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 Grand Opening Celebration, Oct. 27-29



Community-Owned,  
Open to Everyone

# The Shuttle

SEPTEMBER 2017

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 45 | No. 9

## Farmers Market Pops Up for a Trial Balloon in Germantown

by Samantha A. Siegel,  
for the Shuttle

YOU DON'T HAVE TO LOOK HARD TO find a vibrant urban farm or bustling community garden in Germantown — and in the spring of 2018, possibly a new farmers market. For the past year members of the Weavers Way New Economy Incubator Committee have been working to envision, develop and open a farmers market in historic Market Square.

As part of this effort, a trial market will pop up Sunday, Sept. 10, from 11 a.m. to 4 p.m., with Weavers Way Co-op as one of the participants.

Records indicate the open space on Germantown Avenue between Church Lane and School House Lane has been in use since 1703, serving as a place for public gatherings and for merchants to sell their goods. The Deshler-Morris House, better known as the Germantown White House, is across the street. It was also the onetime address of the jail and the stocks. Presently, the square boasts a Civil War memorial, the Germantown Historical Society and the Impacting Your World Christian Center. The half-acre of green space is used for community events like the summer children's concert series in the park.



Germantown United photo

Market Square boasts a Civil War memorial — and soon, a pop-up farmers market.

The New Economy Incubator Committee is dedicated to creating alternative sources of capital and sharing the Co-op business model with the broader community. Andy Trackman, executive director of Germantown United CDC, is a member and has been working with the committee and with local businesses and farmers to preserve, promote, and expand the already thriving farmstands of Germantown.

As envisioned, the Market Square farm market would not compete with existing Germantown farmstands but rather serve as a supplemental, weekday market from May to October. As the concept has grown the committee has consulted with local farmers and hired Greener Pastures, an organization that develops and manages farmers markets.

(Continued on Page 4)

## Waste? Not. Fun? Of Course.

AS THE SUMMER DAYS WANE AND BACK-TO-SCHOOL SEASON IS UPON US, it's time to get excited about Mt. Airy's favorite fall festival, the Mt. Airy Village Fair.

The Village Fair is day-long celebration of the neighborhood by the neighborhood, with live music on multiple stages, food trucks and dozens of vendors and other groups tabling. The interactive activities for all ages include children's games, the highly anticipated SLOW ice cream-eating contest, the beloved pet parade and so much more.

This year's event will be 11 a.m.-4 p.m. Sunday Sept. 17, which happens to be "Citizenship Day," commemorating the signing of the U.S. Constitution on Sept.

(Continued on Page 25)

## Mt. Airy Village Fair

SUNDAY SEPT. 17

11 AM - 4 PM

## PAR-Recycle Works: Breaking Down Old Computers & Difficult Barriers

by Ted Barbato, for the Shuttle

THE LIFE OF A PERSONAL COMPUTER is a decidedly short one. But even obsolete computers are making a huge difference in the lives of Philadelphians, thanks to a new recycling center in East Mt. Airy.

PAR-Recycle Works at 342 E. Walnut Lane was founded last year as an offshoot of People Advancing Reintegration, a nonprofit founded by former inmates at Graterford. PAR provides peer-to-peer counseling and

assistance to Philadelphians recently released from prison. The peer leaders teach basic job-hunting skills, such as resume-writing, handling an interview and keeping a job. Support groups offer the former inmates opportunities to talk about their incarceration.

Recycle Works was a natural result. Opened in February 2016 after more than three years of planning, the center is designed to provide precisely the type of entry-level paying jobs that many of those just released struggle to

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



## Editor's Note



by Mary Sweeten, Editor,  
Weavers Way Shuttle

WHEN IT COMES TO OUR NEW store in Ambler, which is about to open any minute, these are two of my favorite things:

- Having a parking lot.
- Having a beer distributor next door to share it with.

In case you missed it, last year Pennsylvania changed the law that limited beer distributors to selling only cases and kegs. Now they can sell six-packs, singles, even growlers for off-premise consumption.

So, at the Ambler Beverage Exchange at 259 E. Butler Ave., you've got your craft beers, check. Suitcases of Bud and such, check that too. A four-tap growler system with a rotating cast of brews, double check.

And ice. While I'm talking to Ambler Beverage Exchange owner and proprietor Jim Carter, the ice guy sticks his head in and wants to know if he needs any 40-pound-bags. So when you go to the Co-op for groceries, not only can you pick up a sixer while you're out, you can also pick up *ice*. Be still, my heart.

Jim is originally from Erdenheim, now lives in Spring House, and has three full-time and four part-time employees — including Carolyn Bedics, who gamely proposed a Flying Fish Farmhouse Ale to go with Weavers Way house-made Kale & Tofu Salad.

The building dates from 1946. Brothers Steve and Lou Mallozzi opened the Ambler Beverage Co. right after World War II, “when you could get structural steel again,” Jim said. It was always a

(Continued on Page 23)



The old Ambler Beverage Co. shingle.

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](mailto: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](http://www.weaversway.coop/shuttle), via email at [advertising@weaversway.coop](mailto:advertising@weaversway.coop) or by calling 215-843-2350, ext. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

The Shuttle is printed on 100% recycled paper.



## What's in Store at Weavers Way



## Breakaway Farms Is Our Newest Provider of Grass-Fed Beef & Pork

by Valerie Baker, Weavers Way Chestnut Hill Meat, Poultry and Seafood Manager

WEAVERS WAY IS PROUD TO introduce a new meat supplier, Breakaway Farms.

Breakaway, Lancaster County, practices the gold standard of sustainable agriculture: Farmer Nathan Thomas raises free-range cattle and pigs on pesticide- and herbicide-free grasses and clovers, without hormones or antibiotics, using age-old practices of cohabitation and grazing rotation — true animal husbandry.

Nathan has been working on a farm for his entire life and has been in this business for 14 years. Why is it called “Breakaway” Farms? Nate and his father decided they would “break away” from industrial farming standards.

Breakaway's eight farms, all in the Mt. Joy area, use intensive grazing methods, in which the land is sectioned into multiple segments. The cattle feed on one



Valerie Baker photos

Nathan Thomas raises free-range cattle and pigs in Lancaster County. He and his father started Breakaway Farms 14 years ago to “break away” from standard animal-raising practices.

section, and as soon as that section has been consumed, they are moved to the next, which has been growing for weeks completely untouched. As soon as that section is completely consumed, they move to the next, and so on.

During a tour of the farms, we were fortunate to have been able to interact not only with the grass-fed and grass-finished cows — and one very large bull — but also to see Nate's heritage-breed pigs rolling in the mud and foraging for turnips and other home grown fodder.

At Breakaway, using a local slaughterhouse is a top priority to ensure that animals are not stressed by being trucked long distances. Along with genuinely caring about the well-being of his animals,

Nate explained that stress releases lactic acid into the muscles, which can make meat more susceptible to bacteria and reduces shelf life.

Breakaway does its own meat cutting and processing. Every animal is used to its full potential, leaving nothing to waste. From meat scraps to manure, every bit is accounted for.

Along with Breakaway Farms general manager Sarah Barton, please keep an eye out for our Breakaway Farms representative, John Rama, who will be making frequent visits to the meat departments in all of our stores, offering samples and answering your questions.

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

# CO+ company's coming

Holiday specialties and challah orders: See the menu online at [www.weaversway.coop/catering](http://www.weaversway.coop/catering) or pick one up in the stores!



## What's in Store at Weavers Way

### Check It Out!

by Karen Plourde, Weavers Way Communications Staff



### All Wellness and Good

Essentially, our wellness line has gotten bigger and better.

Shoppers have been buying supplements under the Weavers Way name for many years under the auspices of Reliance. But thanks to a new partnership with **Vitality Works** of Albuquerque, NM, Co-op-branded herbs, essential oils and tinctures can also now be found Across the Way and Next Door.

According to Across the Way Manager Lisa Whitlock, the expansion more than doubles the number of remedies under the Co-op's label. It also means that more essential oils will be carried in the one ounce size, for a price equal to or better than the current half-ounce size from Aura Cacia. In addition, Vitality Works strives to use organic or wild-harvested raw materials in its products where possible, which Aura Cacia hasn't been able to do for the most part.

The new tinctures replace the current Herb Pharm line. In most cases, members who prefer Herb Pharm formulas can still get them by preorder. In addition, both stores will continue to carry the Aura Cacia oils not available through the Weavers Way line, and Across the Way will still stock **Gaia** products.

Of course, the Weavers Way label means that members will always get 5% off their purchases of these items. But all this month, those originating from Vitality Works will be 20% off, and members still get the 5% off on top of that. So it's a great excuse to try out a new natural physic!

### Bulk & Beyond



**Brewing Good is doing good for lots of critters.**

The bulk coffee stations at both stores are populated with coffee roasters who specialize in fair trade, organic beans and/or sustainable packaging.

But **Brewing Good Coffee Company** of Savage, MD, goes a step further: Every month, they donate 10% of their profits to a nonprofit dedicated to caring for animals. Brewing Good now has three bins upstairs in Mt. Airy, featuring Ethiopia light roast, Mexico medium roast and Take Flight, a medium roast grown on bird-friendly farms.

### Finds for the Furry & Feathered



**Sustainable, squeaky plush from Glad Dogs Nation.**

The folks at Langhorne-based **Glad Dogs Nation** have discovered a way to recycle the many stuffed



animals we accumulate and repurpose them for actual pooches, and their toys are now available Across the Way.

Glad Dogs relies on donations of stuffies from community and school groups. They sanitize them using biodegradable laundry detergent and remove the hard eyes and noses — and the stuffing, too, you'll be glad to know. They put squeakers in some of them, and sew them back up.

The toys are priced at \$2.99-\$7.99, and profits go to the Glad Dogs Foundation, a nonprofit that funds animal-welfare efforts.

### Bakery Bites



**Add scones to the My House selection in the Hill.**

You need their pies. You crave their cookies. And now, My House of Swarthmore, Delaware County, has filled the scone void in Chestnut Hill. (They've been available in Mt. Airy for a while now.) Their four flavors — orange-cranberry, chocolate chip, almond and cinnamon-pecan — are delivered twice a week, along with My House's other goodies. But if you find yourself scone-less between delivery dates, breathe easy: High Point Café scones are delivered daily to the bins on Carpenter Lane.

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

### Dare to Go Non-Dairy

**Kite Hill Ricotta** is the ideal vegan cheese for the Oven Roasted Stuffed Squash Blossoms I recently made for lunch. It had a light, salty, mild taste and moist texture that was the perfect blend for the rainbow chard mixture. I liked its simple ingredients and the fact that it is not soy-based. (It's made from almond milk.) I would recommend Kite Hill Ricotta for folks looking for a ricotta substitute in their cooking!

— **Jeannine Kienzle, Weavers Way Purchasing Assistant**

## OVEN-ROASTED STUFFED SQUASH BLOSSOMS



- 3 tbs. olive oil
- 3 cloves garlic, minced
- 1 bunch rainbow chard, stems removed and leaves chopped
- 3 tbs. chopped fresh basil
- Salt & ground black pepper to taste
- 3 tbs. Kite Hill Ricotta Cheese (add more if desired)
- 8 zucchini blossoms (ours were picked fresh by Weavers Way farmers)

Preheat oven to 400 degrees F.

Heat 1 tablespoon olive oil in a pan over medium heat; add garlic and cook for 1 minute. Stir in chard and cook until soft, about 10 minutes. Add basil, salt and pepper, and cook until basil is soft, about 2 minutes. Remove from heat and let mixture cool completely, about 15 minutes, then place between two towels and press to remove excess moisture.

Stir Kite Hill ricotta and chard mixture together in a bowl until thoroughly combined. Fill zucchini blossoms about 3/4 full with the mixture, and pinch the ends closed. Place filled blossoms in a roasting pan; drizzle with 2 tablespoons olive oil and sprinkle with salt and pepper.

Roast in the preheated oven until blossoms are hot, about 10 minutes.



Jeannine Kienzle photos

# Local Apples

**99¢**  
PER POUND



WEDNESDAY AND THURSDAY

(excluding Honeycrisp)

## 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

## Pop-Up in Germantown

(Continued from Page 1)

“My hope is that the market serves as another place for the residents of Germantown to gather,” Trackman said in an interview. “I would like for the market to uplift local businesses and draw additional ones too. I want to see it used by the broader community of Germantown — accepting EBT is a must.”

Trackman says the committee thinks of the market as an “event,” a return to the square’s historical purpose, featuring local merchants, food vendors and possibly live music while also serving as a way to attract new businesses and highlight an underutilized community “gem,” Market Square itself.

While Germantown will play a critical role in navigating conversations with local businesses, residents and other agencies, Greener Pastures will lead in the overall management of the proposed market, vendor recruitment and general planning.

Vita Litvak, lead organizer at Pastorius Community Garden farther north on Germantown Avenue, is excited about the prospect of a new market. “A farmers market in Germantown would tap into the rich agriculture history of the neighborhood, and my hope is that it might also inspire more local food production on the hundreds of vacant lots currently available for urban agri-

## GERMANTOWN MARKET SQUARE POP-UP FARMERS MARKET

Sunday  
September 10  
11AM - 4PM

Market Square,  
Germantown  
(on Germantown Ave,  
between School House Lane  
and Church Lane).

FEATURING  
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Sweet Lady Bug Bakery  
Weavers Way Co-op  
Lancaster Brand Hummus  
Germantown Kitchen Garden  
Hansberry Community Garden

FOOD TRUCK • LIVE MUSIC



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cultural development,” she said.

Other residents remain skeptically optimistic — and extremely mindful of the way a market might impact existing Germantown farmstand locations like those at Germantown Kitchen Garden, Grumblethorpe and Hansberry Garden.

In addition to connecting with local farmers and business owners, the committee has been conducting face-to-face and online surveys and will continue to do so into the fall to gauge Germantown residents’ interest and product preferences, as well as answer questions like the best time and day of the week for the market.

Germantown homeowner Melissa Manney told a survey-taker in Vernon Park: “Germantown is such a grassroots, community-minded place. We need to make sure that the existing community farmstands are consulted, considered and guide the conversation.”

As the market continues to develop, residents and community supporters can take the online survey: [www.surveymonkey.com/r/5D7LSG9](http://www.surveymonkey.com/r/5D7LSG9). And check out the pilot market Sunday, Sept. 10, 11 a.m.-4 p.m. The event will feature live music, local vendors and, of course, delicious produce.

*Samantha Siegel is a Weavers Way working member.*

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weavers way

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August 30 - October 3, 2017

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## Farm Collaboration with Greensgrow Gives Ugly Veggies a Second Chance

by Nina Berryman,  
Weavers Way Farms Manager

**G**REENSGROW HAS BEEN AN INNOVATIVE leader in the urban farming movement ever since it was founded in 1997, and this summer is no different. The Kensington farm/CSA/farm market complex recently was awarded a Local Food Promotion Planning grant through the U.S. Department of Agriculture, and they are putting it to good use!

The goal of the grant is to generate extra income for other local farms (like Weavers Way's) by supporting the purchase of "seconds" — produce that would otherwise be un-

sellable. Greensgrow is then using their community kitchen to process the produce into value-added products for their CSA and other food-access programs. "We wanted to find a way around haggling on price with our farmers, while still making local food affordable," said Greensgrow Executive Director Ryan Kuck. "This will hopefully bring new revenue to these farms and allow us to distribute more local food to our neighborhoods."

Greensgrow's food access programs manager reached out to me over the winter to see if we would be interested in participating, and I responded with an emphatic yes! Before we knew it, was July

and we had 480 row-feet of spring collards that were no longer top quality and needed to be uprooted to make room for the fall planting. Greensgrow said they had a use for our edible, but less-than-perfect, collards and within a week, we packed and delivered 200 pounds of collards, plus 74 pounds of carrots and 18 pounds of cucumbers.

Carolynn Angle, Greensgrow's Community Kitchen manager, blanched and froze the collards and carrots for use during the winter. She made a shrub out of the cucumbers to sell at the Greensgrow farmstand.

Last month, we made a second delivery of 120 pounds of kale, as well as 40 pounds of various types of eggplant.

So far this year, we have sold \$792 worth of produce to Greensgrow that would otherwise have been composted. We are thrilled to be partnering with Greensgrow on this type of entrepreneurial project that reduces food waste and strengthens the local food economy.

Greensgrow engages our neighborhoods in cultivating social entrepreneurship, urban agriculture and community greening. To learn more about Greensgrow, visit [www.greengrow.org](http://www.greengrow.org).

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



Not all collards are destined to sell.



# HENRY GOT CROPS

## FARM MARKET

**7095 HENRY AVE.**  
at the farm across from  
Saul High School in Roxborough

**MAY-OCTOBER**  
Tuesdays & Fridays  
Noon-7 p.m.

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.

**September 2**

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

**MOVIE NIGHTS**

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

**"Back to the Future"**

7 p.m. Sept. 22

Check the Weavers Way Events Calendar for more details!  
[www.weaversway.coop/events](http://www.weaversway.coop/events)

SAVE THE DATE



**HARVEST ON HENRY**

7th Annual Farm Festival

**Saturday, Oct. 14, Noon-4 p.m.**

Games ● Food ● Live Music ● Community Groups  
Petting Barnyard ● Bake Sale

It's an afternoon of fun at Henry Got Crops Farm  
at Saul High School — don't miss it!

# coop™ basics

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Looking to stretch your grocery budget? So are we! Co+op Basics offers everyday low prices on many popular grocery and household items. And this September we've cut prices on even more items.

You'll find more than 300 Co+op Basics items in the store, just look for the tag.

coop™ basics



# Teens Gather for Good And Get Inspired, Too

by Tara Campbell, Food Moxie Youth Education Coordinator

ON AUG. 2, FOOD MOXIE AND THE TEEN LEADERSHIP CORPS co-hosted the second annual Gather for Good, a conference planned by teens and for teens. More than 80 young people attended from youth and urban agricultural organizations across Philadelphia.

The conference took place at the Teen Leadership Corps farm at Awbury Arboretum. Youth had the opportunity to share their experiences, show off their skills, and delve deeper into some of the more scientific aspects of farming. A main goal of the conference was to connect youth to urban gardens in their community and Philadelphia's vast urban agricultural network. Throughout the day, recurring statements were overheard: "I can't believe there's a farm so close to my house!" and "I never knew there were so many people farming in Philadelphia!" I think the goal was achieved.

Morning activities focused on STEM learning, so it was appropriate that our opening speaker was a scientist. Aja Carter, a Ph.D. student from the University of Pennsylvania studying paleontology, explained what it takes to be a scientist — a question that you love, and the burning desire to work hard to answer that question. Speaking of, you know the age-old question: "What came first, the chicken or the egg?" Aja helped us answer this question using deductive reasoning. What came before chickens? Dinosaurs! And since dinosaurs come from eggs, the egg came first! Her talk inspired the teens to put on their scientist hats and participate in a rotating series of workshops. There was a soil science lab to dig deeper into dirt, they tested vegetable nutrient content using a refrac-



Julia Lemyer photo

When young people gather, the blender bike always gets a workout.

The highlight of the day was the youth-led afternoon workshops. The Food Moxie teens led a pickle-making demonstration and a natural beauty care workshop. Our teens spent weeks researching and testing recipes. All products made used items sourced directly from the farm. They made a cucumber toner, strawberry hair mask and various body scrubs. The TLC teens made a variety of teas using dried herbs from their garden. Teens for Good participants operated an incredibly professional art station and photo booth.

Nyseem Smith from Soil Generation, a young person who is an emerging community leader, closed the day by delivering a valuable message on the importance of making your voice heard. He encouraged youth to stand out by making sure teachers and influential adults know them, to ask a lot of questions, and to take advantage of every available opportunity. He stayed afterward to help connect teens to important resources and exciting events happening for young people of color involved in urban agriculture. Thank you, Nyseem, for your wise words, your time, and for all of the work you do to inspire the next generation of youth leaders!

Despite the weather, Gather for Good was once again a huge success. Check our Facebook page and Instagram feed (@foodmoxie) for more pictures! We look forward to working with Anna Herman and her TLC crew next year, and potentially partnering with other urban agricultural organizations, to make the third annual Gather for Good even bigger and better yet!

tara@foodmoxie.org

tometer, the TLC teens led a tour of Awbury Arboretum's Agricultural Village, and Dottie Baumgarten, an educator for the Philadelphia Water Department, demonstrated how land use affects watersheds.

Thunderstorms brought our morning activities to an abrupt halt, so we huddled 80-plus people into TLC's indoor classroom and sheltered porch to enjoy a nutritious and delicious lunch made by the TLC teens. All of the dishes were vegetarian, vegan, and/or gluten free and used fresh vegetables from the TLC and Food Moxie farms. Lunch and breakfast were complimented by smoothies mixed in a blender bike built by John Siemirowski of Electrical Wizardry. Special thanks to John for the use of his bike, which was a huge hit!

**WEAVERS WAY + FOOD MOXIE'S 12<sup>TH</sup> ANNUAL URBAN FARM BIKE RIDE**  
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*from* SEED to SUPPER

FRIDAY, OCTOBER 6, 2017  
 6 to 9 pm at Belmont Mansion

Join us for a night of good food, wine courtesy of Moore Brothers, and wonderful company in celebration of Food Moxie

Speaker  
**LEANNE BROWN**  
 Author of *Good and Cheap: Eat Well on \$4/Day*

FOR MORE DETAILS, VISIT  
[FOODMOXIE.ORG/SEEDTOSUPPER](http://FOODMOXIE.ORG/SEEDTOSUPPER)



An offshoot of Weavers Way Co-op

**CELEBRATING 10 YEARS!**

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**THANKS TO...**

- Hilda Mullen Foundation
- Hope Ebert — Haverford Intern
- PYN Interns
- All Our Individual Donors!



**For Their Support!**

An offshoot of Weavers Way Co-op

Welcome to

*Allison Budschalow and Andrea Downie*

by Julia Lemyre, Food Moxie

**T**HIS SUMMER, FOOD MOXIE WELCOMED two of our newest staff members, Development Director Allison Budschalow and Program Director Andrea Downie. We feel so lucky to have these two women bring their experience and dedication to these important positions, particularly as we mark Food Moxie's 10th year.

- Allison has spent the past two decades working in the nonprofit sector in Philadelphia. A native to our city, she's worked on both sides of the nonprofit table — bringing social-justice programming to life around the United States and globally through the American Friends Service Committee, and building fundraising support for the Public School Notebook, the Waldorf School of Philadelphia and the Media Mobilizing Project. As a working member of Weavers Way since moving back to Philadelphia after a short stint in Vermont, she and her family love Northwest Philadelphia. She is a member of the Kalmyk Mongol diaspora and is interested in the linked issues of race, class and food.



Allison: Development director



Andrea: Program director

- With a master's in counseling psychology from Temple University, Andrea has had a dual career as counselor and later as coach. She also has provided organizational and business-development support in formal roles with nonprofits and as an independent consultant. Andrea enjoys working at the intersection of public health, leadership development and education. She strives to infuse her work with her love for art, culture, food, nature, health, well-being and human potential.

On the occasion of Food Moxie's 10th anniversary, Allison and Andrea warmly invite you to attend the Seed to Supper gala on Friday, Oct. 6, at Belmont Mansion.

This is an ambitious year for Food Moxie programs and fundraising to make them happen, so please stay tuned for how you can help. You will see Andrea and Allison quite a bit around the Co-op and the Mt. Airy Village. Andrea, in particular, will also be out and about at the Food Moxie farms. Stop and chat or say hi when you see them, or feel free to email them at [allison@foodmoxie.org](mailto:allison@foodmoxie.org) or [andrea@foodmoxie.org](mailto:andrea@foodmoxie.org).

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

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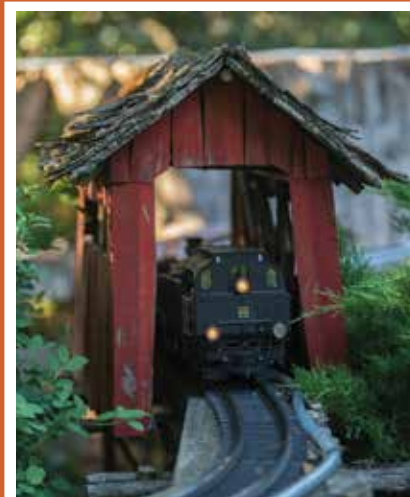
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For more informaton go to:  
[morrisarboretum.org](http://morrisarboretum.org)

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## L·E·T·T·E·R

## Co-op Must Weigh Value, Definition of Success

**I** AND MY FAMILY HAVE BEEN MEMBERS of Weavers Way for many years, and before that I was a member of food co-ops in a few other cities.

The other day, I was in Elkins Park and stopped into Creekside Co-op. Of course, Creekside is great for its community. There was a Creekside board member there doing some volunteer time. We struck up a short conversation. He said he was grateful to Weavers Way for our assistance to his co-op. I felt proud of the connection.

I hope that Weavers Way will not become so big that it is no longer local and personal to us. In addition, I hope that Weavers Way will not become so prominent that it forgets how to help smaller, regional co-ops on a path toward success.

Some years ago, Weavers Way was making plans to open a café in the location that is now High Point Café. At that time, I wrote the Co-op leadership, sharing my concerns of such an expansion, including that it might exclude independent businesses in the neighborhood. As we know, Weavers Way dropped the plan. The space became High Point Café instead, a wonderful business for our community.

Please include my comments into the discussion of “When Is Our Successful Co-op Too Successful?” I am interested in various views on the question.

*Dan Moscow*

## SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to [editor@weaversway.coop](mailto: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.

## A·D·V·O·C·A·C·Y

## Dangerous Waters: The WOTUS Rule Rollback

by Maura McCarthy, Executive Director, Friends of the Wissahickon

**O**N JULY 26, THE U.S. ENVIRONMENTAL PROTECTION Agency and the Army Corps of Engineers published a proposal to rescind the current version of the Clean Water Rule, which defines the scope of “waters of the United States” subject to regulation under the Clean Water Act. Developed by the Obama administration, “WOTUS” expanded the scope of water bodies — nearly 60 percent of the streams and 20 million acres of wetlands nationwide that could receive federal regulation. July 26 also marked the beginning of the public comment period, which closed on Aug. 28.



## FRIENDS OF THE WISSAHICKON

What do these proposed changes mean to the Wissahickon watershed and its neighbors? By clarifying which wetlands and streams were eligible for protection under the Clean Water Act, WOTUS was intended to safeguard the sources of drinking water for 117 million Americans. Put another way, three-quarters of our nation’s public water systems use surface drinking water that’s fed by these sources.

Surface waterways may be small, but their significance is anything but. Nearly two-thirds of Pennsylvanians get their drinking water from sources that rely on small streams protected by the Clean Water Rule. In our region, the streams that make up the Wissahickon watershed supply drinking water for 350,000 Philadelphians while also supporting habitat for countless birds, fish and other wildlife and protecting our communities from floods.

In the two years since the WOTUS rule was enacted, there has been no noticeable water-quality degradation in the Wissahickon

watershed, an achievement in and of itself. But the full effects of such protections usually take about three years. This rule is an experiment that most likely won’t be allowed to come to fruition.

WOTUS acted as a platform for municipalities to come together to create clean-water mandates. Enactment and enforcement “trickle down” through the state, so without federal protection, local initiatives may be interrupted. Any strides will be based on the resources of individual communities. And where they are allowed, poor practices gravitate toward communities with fewer financial and political means.

## What You Can Do

Even though the public comment period has closed, you can still make your voice heard:

- Be informed. Follow the issue and its impacts on sites such as Clean Water Action-Pennsylvania ([www.cleanwateraction.org/states/pennsylvania](http://www.cleanwateraction.org/states/pennsylvania)) and Penn Future ([www.pennfuture.org](http://www.pennfuture.org)). Learn how your municipality is doing on watershed management.
- Call or email your elected officials and tell them to oppose any bill that includes anti-environmental amendments. If you’re already in contact with legislators, add this to your list of agitation, and make it a priority.
- Send a message to the EPA. Tell them: Hands off our water.

Clean water is essential for life and healthy communities. What’s more, wholesale rollback of basic protections and targets for water quality is a terrible economic investment. As Ezra Thrush, campaign manager for Watershed Advocacy, wrote in a recent blog on Penn Future, the WOTUS rule is “a strong, commonsense policy that makes clean water a priority throughout the nation.”

Visit the Friends of the Wissahickon website at [www.fow.org](http://www.fow.org).

## Beyond the Resistance: Building a Justice Agenda in Philadelphia

by Margaret Lenzi, for the Shuttle

**I**T’S BEEN QUITE A YEAR SO FAR. Many of us have been fighting back against the Trump regime with some success, but now Philadelphia Neighborhood Networks thinks it’s time to move beyond resistance. So we’re having an organizing meeting to develop a justice platform and build the political infrastructure to make it happen. Join us in doing this work on Sunday, Sept. 24, 2:30-5 p.m., at First United Methodist Church of Germantown, 6001 Germantown Ave.

Keynoting the meeting will be Larry Krasner, the Democratic candidate for district attorney, who supports a criminal-justice platform that focuses on redemption, not revenge. At the meeting we will

highlight issues Neighborhood Networks already works on, ranging from education to environment, public banking and health care, and discuss how you can get involved. We’ll also review the latest draft of a proposed Progressive Platform that we hope will reflect the wide range of concerns of the developing intersectional movement in Philadelphia.

To advance this platform, we must recognize that all politics is truly local. That’s why we are launching the Committeeperson Project at this meeting. Working with other local groups, our goal is to elect hundreds of committeepeople across the city. We want an army of progressive committeepeople in every neighborhood supporting progressive candidates and issues. Fortunately, the timing

is right, as all committeepeople are up for election in the May 2018 primary.

Particularly strong in Northwest Philadelphia, Neighborhood Networks is an independent progressive political organization that has worked since 2005 to advance progressive ideas and programs and political candidates who support them.

Join us Sept. 24 as we lay out a road map to build a justice agenda in Philadelphia. Learn how you can be involved from the ground up.

For more info and to RSVP, visit [www.phillynn.org](http://www.phillynn.org) or email [info@phillynn.org](mailto:info@phillynn.org).

*Margaret Lenzi is a former president of the Weavers Way Board of Directors.*



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GM'S  
CORNER

# It Was Never About the Food

by Jon Roesser, Weavers Way  
General Manager

IN CASE YOU HAVEN'T HEARD, THE GROCERY INDUSTRY is in a tizzy over the news that Whole Foods, the company that took natural foods mainstream, has been purchased by Amazon, the company that changed the way Americans buy everything from books to baby diapers.

Oh, what changes this will bring!

Late last month, the feds OK'd the deal — already, and overwhelmingly, approved by Whole Foods shareholders — and since then the industry's been in chaos.

Stocks of other publicly traded grocers, such as Albertsons (parent of Acme) and Ahold-Delhaize (owner of Giant) and Kroger, have been in a tailspin. Grocery-industry experts are predicting the demise of the supermarket as we know it.

And to be sure, this Amazon / Whole Foods merger changes the grocery landscape, with winners (Amazon Prime customers) and losers (Whole Foods employees). Customers can certainly expect lower prices on Whole Foods shelves (they can't get any higher).

But if you think this deal was about "making healthy and organic food affordable for everyone," as Amazon said in a statement, or better positioning Whole Foods to "expand our efforts to support and promote local products and suppliers," as John Mackey, CEO of Whole Foods, told investors, you are, I'm afraid, very much mistaken.

This deal was about greed.

Whole Foods, you see, has been struggling the last few years. Negative perception based on high prices, increased competition and a cumbersome management structure all contributed to slower sales and smaller profits.

Whole Foods' stock price sagged. Enter Jana Partners.

Jana, a Wall Street hedge fund, is an "activist" investment firm: On behalf of its (very rich) clients, it buys a large portion of a distressed company's stock, then harangues management into making changes that

improve the company's performance. Preferred tactics are layoffs, squeezing suppliers and closing underperforming locations.

In March, Jana spent \$721 million to buy an 8.2 percent stake in Whole Foods. It immediately began to demand seats on the board and a dramatic change in strategy. Jana said it intended to address Whole Foods' "chronic underperformance for shareholders."

Most importantly, it stated its plans to force Whole Foods to explore "strategic alternatives" with "third parties."

Jana's activism did the trick. Investors flocked to Whole Foods stock. Its price increased dramatically. Rumors of a merger were rampant.

And within two months, Amazon bought Whole Foods.

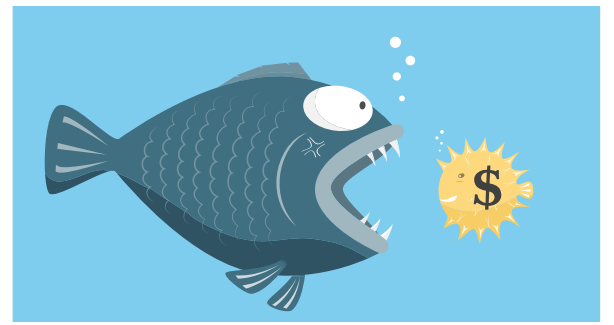
In such ways does a giant company (Whole Foods market capitalization: \$12.69 billion) get swallowed by a colossal one (Amazon's net capitalization: \$469.65 billion).

Amazon's purchase of Whole Foods was announced in June. Less than a month later, Jana sold its stake. Mission accomplished. Their take on behalf of their clients: a cool \$320 million. Not bad for a few months of, um, "work."

Mackey, who for now remains CEO of Amazon's Whole Foods division, founded the company in 1980. He's a complicated guy, combining a deep concern for the planet with a fierce, defiant libertarianism. The company he founded and grew is certainly not perfect, but it has always maintained high standards for its products and has been instrumental in bringing terms like "organic," "fair trade" and "sustainable" into the mainstream.

Whole Foods, in other words, has always been about more than just profit. Unlike, say, Jana Partners.

Whole Foods' fate was actually sealed back in 1992, when it went public. Mackey needed venture capital to fuel his expansion plans. And as long as the business did well, investors were happy. But when things got rough, investors turned quick. And now Mackey



gets to play second fiddle to Amazon's Jeff Bezos.

Will Amazon allow Whole Foods to maintain its product standards? Perhaps. But Amazon is publicly traded too, and its investors' demands will forever come first.

Profit before people. Profit before planet. Profit before everything.

Over the summer, you can bet that in the clubs of Manhattan, on the decks of beach houses in the Hamptons and in the clubhouses of private golf courses in Florida, Jana Partners investors raised many a glass to toast their latest success.

Another American Dream fulfilled.

But I am not despondent. Hanging out on the corner of Carpenter and Greene, or in The Backyard at our Chestnut Hill store, or on Butler Avenue in Ambler, I'm talking to more and more people who are opting into the cooperative economy, supporting local businesses and making deliberate choices about where to spend (and invest) their money.

Together we are proving that prosperity can be shared and that a cooperatively owned business can hold its own in the competitive marketplace.

And as owners, we can all take comfort in knowing that Weavers Way is most assuredly not for sale.

See you around the Co-op.

*jroesser@weaversway.coop*



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### Kirk Robertson Fund

On July 12, Kirklin Robertson, a member of our Weavers Way family, was hit by a truck while riding his bike to work.

Kirk is one of the go-to guys in the Chestnut Hill store. He always comes up with great ideas and great customer service, and did an awesome job overseeing the bulk department. Although he is on the road to recovery, he still has a long way to go and we continue to send our support and prayers to him and his family.

The Co-op has set up a fund to help Kirk's family through this traumatic time. You can donate at the register or online at [www.weaversway.coop/kirklin](http://www.weaversway.coop/kirklin). (Please note that contributions are not tax-deductible.)

## Spotlight on Ward & Division Politics

by John Kromer, for the Shuttle

**G**UESS HOW MANY OF PHILADELPHIA'S registered voters skipped the 2016 presidential election? Nearly 325,000! If fewer than one-quarter of these no-shows had participated, it's likely that the election outcome in Pennsylvania would have been different.

It could get worse. Unless more Philadelphia voters get energized in 2018, engaged voters in the rest of Pennsylvania could elect candidates for governor and U.S. senator who are less interested in our city's priorities than the incumbents, whose re-election is by no means guaranteed.

That's why you should know what ward and division you live in and why you should become acquainted with your local committeepople, all of whom will either be re-elected or replaced in the May 2018 primary election. By learning more about how to navigate our political geography on the most local level, you can help address one of Philadelphia's most serious problems: Abysmally low voter turnout.

Please join me for "The Power of 22: Neighborhood Activism and Political Game-Changing in Northwest Philadelphia," on Thursday, Sept. 14, to learn how activism at the ward-and-division level can increase voter turnout, help ensure that competent individuals are elected to public office and advance Philadelphia priorities effectively at the state and national levels.

Although I will focus primarily on

**Workshop**  
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 Thursday, Sept. 14, 7-8:30 p.m.  
 Weavers Way Mercantile  
 542 Carpenter Lane  
 Free; RSVP on Eventbrite

Democratic primary election results and on Northwest Philadelphia's 22nd Ward, the presentation and discussion will be non-partisan and will have value to members of other political parties, to voters with no party affiliation and to residents of both Philadelphia and the Pennsylvania suburbs.

Some background on me: My wife, 10-day-old son and I moved to Mt. Airy three decades ago. Before then, I was a two-term Democratic committeeman in West Philadelphia. I served as the city's housing director during the Rendell administration and later ran as a reform candidate for Philadelphia sheriff. I'm a volunteer member of a capable Election Day team that manages polling-place activities at Summit Church, and I'll be serving as judge of elections there starting with the May 2018 primary.

I hope you'll join me for a discussion of an important challenge facing our neighborhoods. There couldn't be a better time to consider how to make our democracy work effectively.

*John Kromer is a Weavers Way working member with a two-digit member number.*

## Resource Hub for Aging Population

by Larry Schofer, Weavers Way Education Committee

**N**ORTHWEST PHILADELPHIA IS MARKED BY A number of vigorous citizen-run organizations, such as Weavers Way, Northwest Village Network, Mt. Airy USA, Ralston My Way and other neighborhood organizations in West Mt. Airy, East Mt. Airy, Chestnut Hill, Germantown — the list goes on and on.

Nevertheless, there is an aging population that is less vocal but that sometimes needs more help. One approach is to create a resource hub that would coordinate resources for this population. Such a project has been discussed in the past but has not come to fruition. It is now being reinvigorated. The resource hub is a long-term project headed by Mt. Airy USA, based on partnerships with other organizations, including Northwest Village Network, My Way, and Weavers Way.

Kim Massare, director of development and community programs at Mt. Airy USA, has begun the process of planning what it actually means to have a resource center. She will discuss this question at a community meeting organized by Northwest Village Network and co-sponsored by Weavers Way at the Chestnut Hill library Wednesday, Sept. 27, 7-8:45 p.m.

Following the presentation, Northwest Village Network program committee members will query those in attendance about their needs and areas of interest, and what information they need to help them age in their own homes in the community.

Further information is available at [www.northwestvillagenetwork.org](http://www.northwestvillagenetwork.org).

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

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## Stumbling into a Synagogue, Finding Home

by Andee Hochman, for the Shuttle

**W**E WERE IN PHILADELPHIA TO CHECK out graduate schools for my partner. Rosh Hashana was just a few days away, and my parents didn't belong to a synagogue. But a neighbor had told us about a Reconstructionist congregation called Mishkan Shalom — gathering in a Quaker meetinghouse in Newtown Square.

The community was diverse, the neighbor said. Services were creative and relevant. And no tickets or reservations were needed — not even for the High Holidays.

As we entered, someone handed us copies of "Kol Haneshamah: Prayerbook for the Days of Awe"; I paged through, startled and pleased to see the familiar liturgy (in Hebrew, gender-neutral English and transliteration) interspersed with reflections and poems by writers including Rumi, Marge Piercy and Mary Oliver.

During morning blessings, congregants and guests were invited to name things we were grateful for; when we recited the traditional litany of ways we'd "missed the mark" in the past year, the rabbi asked us to add our own regrets or failings.

And the synagogue's newsletter noted a range of tikkun olam (repair of the world) activities: creating sanctuary for undocumented immigrants, fostering peace and justice in Israel/Palestine, advocating for marriage equality — this was 1992 — and challenging racism in Philadelphia.

At some point, my partner and I glanced at each other in silent accord: This is our place.

Twenty-five years later, we remain members of Mishkan Shalom. Mishkan's rabbis have guided us through the birth of our daughter and the deaths of three parents. At Mishkan, I learned to read Hebrew, chant Torah and be an ally to immigrant families in Philadelphia.

The community has its own building now, a renovated former felt factory in Roxborough, and remains a magnet for a wildly diverse group of congregants and guests: interfaith and interracial families, LGBTQ folks, Jews by birth and Jews by choice, children and adults with special needs, families formed through adoption, singles and couples, teens, mid-lifers and octogenarians.

Mishkan's values dovetail with other aspects of my life, including membership in Weavers Way (where I often run into fellow congregants), a resolve to live in the city and fierce advocacy for its public schools.

The 2016 election sharpened my hunger for community — people bound by their commitment to making a more just, compassionate and peaceful world. I continue to find that, every Rosh Hashana and Yom Kippur, at Mishkan Shalom—along with dynamic, relevant liturgy, a broadly welcoming spirit and ticketless services. Some things haven't changed.

For more information about Mishkan Shalom's High Holiday services—welcoming, meaningful and ticketless — visit [www.mishkan.org](http://www.mishkan.org).

*Andee Hochman is a Weavers Way and Mishkan Shalom member.*



### Walk or Bike to Morris Arboretum on Sundays in September

On September Sundays, Morris Arboretum will open its Germantown Avenue entrance (at the corner of Germantown and Hillcrest) from 9 a.m. to 3 p.m. for walkers and bikers. Non-member visitors will receive the Green Admission price of \$9 for adults and \$5 for children. (Members are free as usual.)

Reduced admission, reduced carbon footprint — it's a win/win and September is beautiful at the Arboretum.

We'd like your input about opening the Germantown Avenue entrance; please complete our survey:

[www.surveymonkey.com/r/MorrisArbGermantownGate](http://www.surveymonkey.com/r/MorrisArbGermantownGate).

*Thanks and see you this month!*



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## We Shall Fight Them On the Beeches . . . & the Oaks

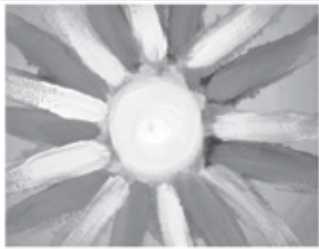
Weavers Way members Leah Buxton and Addison Martin worked with Awbury Arboretum staffer Terance Jones (pictured) to clear vines and debris from this swamp oak at Awbury's Second Saturday, Aug. 8. Terance got paid. Leah and Addison got Co-op work hours.

We've got plenty more ways for you to earn or maintain your Working Member status by volunteering with our neighbors and partners. For instance:

- Awbury's next Second Saturday is Sept. 9 — and so is the Food Moxie/Weavers Ways Urban Farm Bike Ride, a VERY busy event.
- The Mt. Airy Village Fair needs lots of eco-ambassadors on Sunday, Sept. 17.
- You could direct traffic at Mt. Airy USA's Supper Sessions, the outdoor dinner party on Germantown Avenue Tuesday evenings in September.
- Or do your thing at Historic Germantown's Revolutionary Germantown Festival on Saturday, Oct. 7. It's always a blast.

For more info and to sign up, visit [members.weaversway.coop](http://members.weaversway.coop). (Login required.) Or do it the old-fashioned way: Contact the Membership Department at [members@weaversway.coop](mailto:members@weaversway.coop) or 215-843-2350, ext. 119.

*Awbury Arboretum photos by Leslie Cerf*



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# Autumn Is a Good Time to Get Moving

by Margaret Kinnevy, Weavers Way Health & Wellness Committee

TRYING TO TURN BACK THE CLOCK NOW," A long-time Co-op friend said as we caught up on our families. We had just shared a bit about summer hiking adventures. Yes, he gets it, I thought. Movement matters. A lot. Especially at our age.

I am not an athlete, I do not go to gyms. I go to the Wissahickon.

The energetic qualities of nature in September make it easier to get outside. I do like easy. Hot and humid days have transformed into cooler, crisper ones. Skies are so beautifully blue with amazing cloud formations, and nature is showing some of her finest displays. One of the best ways I experience nature's multi-sensory delights is with a walk or a hike.

Whether I walk or hike in the Wissahickon, the activity gives me a good assessment of what is going on in my body and mind. Walking informs me of what is slack, and what I need to work on. My visit to the park pays off with increased mobility in my knees, stronger proprioception and vision and keeps my heart happy. I enjoy the park as a place for socializing, my fitness

center and my local botanical art museum all in one. Once I learned how to stay warm in winter, I had myself an annual lifetime pass.

Walking and other activities are being prescribed to transform the illnesses that relate to "lifestyle" (read that "modifiable") factors. Lifestyle medicine, a growing specialty, shares research around lifestyle-related diseases like pre-diabetes, cardio- and cerebrovascular disease, anxiety and depression. LM asks patients to avoid environments that are morbidogenic. Conversely, putting oneself in environments that will make one to want to move is considered therapeutic.

With the movement medicine of LM, you work with your doctor to discover your dose and frequency based on your condition and adjust your behavior over time. Interviewing patients to learn what motivates them helps them find their own prescription for living well each day.

Hippocrates told us that if we could give every



individual the right amount of nourishment and exercise, we would have found the safest way to health, but we lost our way for a while as heroic medicine got all the attention. Eastern cultures have never stopped using mindful movement (yoga and qigong) as medicine.

Finding how to put movement into your day is worth it in the long run. It takes time to get new habits going, so be patient,

and do not do it alone.

Our medical ancestors thought there was no better medicine.

*Margaret Kinnevy, RN, LAc offers medical and advanced acupuncture with a specialty in women-centered care in Mt. Airy. She offers Women's Natural Flow Qigong and acupuncture at the Healing Arts Studio in Chestnut Hill.*

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

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WEAVERS WAY

MERCANTILE

The Passionate Gardener

# Gardening for Birds

by Ron Kushner, for the Shuttle

**B**IRDS ARE GREAT VISITORS TO ANY GARDEN. THE greater the diversity of plants, the more successful you will be in attracting a variety of birds. Include as many native plants as possible as they have evolved along with the birds, providing food and shelter in a timely fashion.

The closer you can come to creating a native landscape, the more birds will be attracted.

Include evergreens around your property borders to provide cover and nesting areas, especially berry producers for winter food.

Hollies (*Ilex* species) are among the most valuable and versatile resources for birds, serving as shelter sites and nesting areas in their densely covered branches. Hundreds of fruiting varieties come in a variety of colors — red, yellow, orange, white and black. The fruit is enjoyed by robins, cardinals, waxwings, jays, woodpeckers, chickadees and others.

Roses, mahonia and other thorny shrubs create good protection. Serviceberries (*Amelanchier*) and chokeberries (*Aronia*), after flowering, provide berries in a variety of sizes and colors. Beautyberry (*Callicarpa americana*) provides purple or white berries in fall through winter, attracting cardinals, mockingbirds, thrushes, woodpeckers and sparrows. Viburnum, blueberries, crabapples and hawthorn (*Crataegus*) feed cedar waxwings and cardinals during winter months.

Seed-forming perennial flowers are appreciated by a variety of birds. Hold off cutting back faded blooms of coneflower (*Echinacea purpurea*). The goldfinches love the seeds. The seedheads on many ornamental grasses are also appreciated. Sedum species develop seedheads from late autumn to winter, attracting many birds, especially finches and chickadees.



Goldfinches would rather you didn't deadhead the echinacea.

When cleaning up yard waste, stash some piles of debris under shrubs and trees. That will attract pillbugs, worms and other insects that ground-feeding birds such as brown thrashers will be attracted to.

Bird diets usually change throughout the season. During spring and summer, many songbirds prefer insects as their primary food source. Later, during migration, birds are looking for seeds and berries. In our area, insects are not available in winter, so our residents are likely to be chickadees and cardinals and the like that need the seeds and berries.

Hummingbirds are attracted to numerous flowering plants, especially *Agastache* species like giant blue hyssop. These can be planted throughout your borders and beds and require no fertilizer or watering (other than in extreme drought). There are many varieties in all sizes and colors. I have them growing around

my deck, and the hummingbirds are at the spiked blossoms all summer long. Other hummingbird attractors include *Salvia* (sage), *Kniphofia* (torch lily), *Penstemon* (beardtongue) and *Achillea* (yarrow).

None of us wants insects eating our veggies but please, refrain from the use of pesticides. Not only will you deplete the food source for phoebes, nuthatches and warblers, but you will poison the birds that eat any insects that contain the insecticide.

Make sure you have a water source like a bird bath. Birds need water all of the time, even during winter months. Shallow is better, about 2 inches deep. If you keep the water moving, it tends to attract more birds. A device such as a battery-operated "Water Wiggler" does the trick. There are heaters available for winter use to prevent freezing.

For more detailed information about the birds in your garden, go to [www.allaboutbirds.org](http://www.allaboutbirds.org). This is the official website for the Cornell Lab of Ornithology.

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

# Gardening For Bees

by Howard Goldstein, for the Shuttle

**A**S A PENN STATE MASTER GARDENER and volunteer at the award-winning pollinator garden at the Horticultural Center in West Fairmount Park, I have developed a deep affection for bumblebees.

North America has 40 species of native bumblebees. Honeybees are not native and there are only seven species of them. While honeybees convert pollen and nectar to honey, bumblebees combine pollen, nectar and saliva to feed their larvae. They also store pollen for those cool, rainy days when they remain in their nests.

From egg to full bumblebee adult is a cycle of four to five weeks, depending on the species. The egg stage lasts about five days; after the eggs hatch, the larvae feed for about two weeks until they form small cocoons. At the end of about 14 days, they emerge as fully formed adult bumblebees, ready to leave the nest, do the work of pollination and return to deposit pollen and nectar to feed the colony.

The colony starts with the queen laying eight to 14 eggs, which, after hatching into the larval stage, she tends by feeding for about 14 days until they pupate and form their cocoons.

A bumblebee colony maximizes in size at 200 to 500 individuals, here in Philadelphia typically in the second or third week of October. By this time, the colony has produced a new queen and males. The old queen (she only lives one year) has done her job of laying eggs. The new queen is a bit promiscuous and mates with several males. She stores their sperm and after mating, finds an empty hole in the ground and goes into a kind of hibernation called "diapause." The entire colony dies except for the new queen bumblebee, who has a chemical in her blood that is a kind of anti-freeze. The queen emerges in the spring and the entire cycle starts again with finding a new

(Continued on Next Page)

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## WEAVERS WAY

## MERCANTILE



Howard Goldstein photo

American bumblebee on Monarda (bee balm).

(Continued from Previous Page)

home, eating nectar and collecting pollen for her new brood and laying the first set of eggs. After the first set of bees matures, the queen remains in the nest, producing new eggs and tending to the larvae.

There are a few bumblebees that visit the pollinator garden that are particularly beautiful. The Northern Golden Bumblebee (*Bombus fervidis*) visits bluestar (*Amsonia hubrechtii*) and blue false indigo (*Baptisia australis*) in May and then re-appears in August to feed on a lavender-colored common beebalm (*Monarda fistulosa*). The other bumblebee is the American bumblebee (*Bombus pensylvanicus*), which appears in late July and feeds on the common beebalm.

In September, there are several kinds of native asters, goldenrods and obedient plant (*Physostegia virginica*) for the bees to visit, along with some late perennial sunflowers.

If you want to help sustain our local bumblebees, and are lucky enough to have a sunny spot, consider planting a variety of native perennials that start blooming in the spring and go through the fall. Check this website to see if your garden is eligible to be a Penn State Certified Pollinator Garden: [ento.psu.edu/pollinators/public-outreach/cert](http://ento.psu.edu/pollinators/public-outreach/cert).

Howard Goldstein is a Weavers Way working member.

## Margaret's 80th Birthday Quilting Bee

by Betsy Teutsch, for the Shuttle

WHO'S UP FOR A QUILTING bee? "Little House on the Prairie" will meet The Mercantile on Sunday, Sept. 24, from noon to 5 p.m., for the culmination of a Weavers Way Dining for Women project envisioned, launched and implemented by Margaret Guthrie.

Margaret, a founder of our first Dining for Women chapter, shared an intriguing idea last year. If she designed a quilt, supplied the materials and tutored volunteers as necessary to hand-stitch the components, would people join her to create a quilt in honor of her 80th birthday? The resulting creation would be raffled off as a national fundraiser to support global women's empowerment — the mission of Dining for Women.

A dozen willing stitchers came forward. Some hadn't picked up a needle for decades; others were serious quilters. Our first meeting was hosted at the Co-op, post-election. We threw our collective energy into this positive project. One by one, 12 border patches were completed while Margaret appliquéd the center.

Margaret pieced it all together and, along with Brigid Blake, began the actual multi-layer quilting. This process will be completed at the Sept. 24 quilting bee. All are invited — it will be an especially delightful opportunity for kids to experience. Margaret encourages musicians to come too, adding an aural element to this unique gathering. Fiddlers, we need you!



Ann Mintz photo

Margaret, center, with Moya Kinnealy, left, and Betsy Teutsch, and The Quilt.

Growing up in Chestnut Hill back in the day, Margaret learned to sew at Miss Catherina Zara's School for Girls. School was dismissed at 1 p.m. on Fridays, and students could sign up to stay for sewing classes from Mlle. Lambert, the French teacher. Along with teaching stitching techniques, the instructor read the girls French novels. Balzac, perhaps?

Later, Margaret used those sewing skills to teach herself quilting. While living in Madison, WI, after attending Pembroke College (now Brown University), she became a journalist. She often shares stories of the earlier feminist movement and the challenges women faced, which gave her special empathy for the discrimination women face in other patriarchal societies. Not that, as Margaret is quick to point out, things are all hunky-dory for women in the USA in 2017.

Active in Madison's Women's International League for Peace and Freedom, Margaret created a quilt to be raffled. The winning bidder donated it to the national organization, where it was

auctioned off for a substantial amount. Hopefully, history will repeat itself.

Margaret is also a cookbook author, an exceptional cook, mother of three and an accomplished gardener. She is a past board member of Food Moxie. Always concerned about local food insecurity, she encourages each of our three Dining for Women chapters to bring food to our events, which she then delivers to St. Vincent's food pantry in Germantown. Through Food Moxie, she has nurtured a relationship with Stenton Family Manor, a local shelter for families experiencing homelessness.

The volunteer quilters liked doing this so much, we've talked Margaret into a return engagement. The next quilt will raise funds for Food Moxie, affording us many more evenings to "stitch and bitch."

Happy birthday to Margaret, a community treasure!

Betsy Teutsch is a Weavers Way working member. For info on Weavers Way's Dining for Women chapters, contact her at [betsy@betsyteutsch.com](mailto:betsy@betsyteutsch.com).

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# At Kismet, You Can Work Alone, Communally

by Helen W. Mallon, for the Shuttle

I WASN'T LOOKING TO REVOLUTIONIZE my freelance work life. I didn't know it needed to be revolutionized — I just thought I lacked discipline. When a friend told me about Kismet, the new co-working space on Willow Grove Avenue in Chestnut Hill, my thought was: Nah. I already have a desk at home.

Then I brought my laptop to Kismet for a trial day. After only three hours, I tackled Kismet's director Richard Creamer and asked: How do I sign up? I was shocked to discover how productive I was in the right environment. After several months of Kismet membership, I've never questioned my decision.

The "I already have a desk" syndrome is common among freelancers, who may not realize that simply becoming part of a work community, regardless of your profession, is more energizing than coffee (though coffee is free at Kismet!) and far more motivating than, say, obsessing over why I was so unproductive in my home office, with no one to distract me but the cat.

Kismet is one door past Balance gym. Someone friendly will buzz you in. You'll find a beautifully renovated two-story space. The use of recycled wood and industrial materials reflects not only a



Kismet photos

Kismet provides common areas as well as various levels of dedicated work space and work tools, plus workshops and networking sessions.

commitment to the natural environment, but also to the belief that the way people work can be creative. It's sustainability on a human scale.

Owner Christopher Plant describes Kismet's genesis: "In my work with commercial real estate, people kept asking for potentially shared spaces that didn't exist. Eventually, I thought, 'I should make this.' . . . Knowing that a great co-working space relies on the right algorithm of design and functionality, I waited until I found the perfect space."

DeskMag, an online magazine devoted to co-working, reported in January 2017 that "nearly 1.2 million people worldwide will have worked in a co-working space" by the end of the year. This includes small businesses attracted to the low overhead.

Any given day at Kismet, you might find a refugee from corporate life or from Starbucks who's blazing a freelance

For more info about Kismet co-working spaces and programs, visit [kismetcowork.com](http://kismetcowork.com) or call 267-934-9772.

trail. Represented fields include an action sports/lifestyle brand for martial arts; college guidance; general contracting; a cleaning company; an outsourced CFO; an interior branding and physical design studio; and web/industrial designers.

Friendliness in the workplace is a great thing. In a collaborative workspace, the ultimate friendliness is to respect the way informal interaction can make the whole notion of "work" lighter. In fact, the traditional walls between disciplines no longer exist. Ideas are shared, eureka! moments had. You could sit at a laptop wearing ripped cutoffs, chuckling over cute kitten videos, and nobody would huff that you're being unprofessional. Still, everyone is here to work.

"Community" came up a lot when I asked my "colleagues" what they most like about Kismet. "The space itself is creative." "Breaking down of silos that separate people into different industries." "Access to amenities." "A relaxed atmosphere."

In its public events, Kismet draws from active community resources. We're already connected, but we might not realize it. Well-designed evening events and inspiring speakers allow for the cross-pollination we all need for our communities to thrive and problem-solve.

Kismet's slogan, "The Future of Work," can be applied at the micro or macro level. Freelancers find relief from individual isolation and teams discover a collaborative space. Kismet's message is that hope for the future is found within that most ancient human value: community.

*Helen W. Mallon is a Weavers Way working member, writing coach, workshop leader and fiction writer. See her website at [www.helenwmallon.com](http://www.helenwmallon.com).*

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# Supper Sessions in Mt. Airy: 4 Nights, 9 Restaurants, Lots of Fun

by Bradley Maule, for the Shuttle

ON TUESDAY EVENINGS THIS MONTH, PLAN ON taking a trip downtown — downtown Mt. Airy.

With the second annual Supper Sessions on the Avenue, the 7100 block of Germantown Avenue will again transform into an outdoor café, one that happens to have 11 different chefs.

The nine restaurants on the block — **Chef Ken's Cafe, Cresheim Valley Grain Exchange, Earth Bread + Brewery, Golden Crust Pizza, The Juice Room, Jyoti Indian Bistro, McMenamin's Tavern, Mi Puebla and Trattoria Moma** — bring tables, chairs and friendly service out onto the Belgian blocks and trolley tracks; cars and buses will reroute as the historic corridor opens up to folks on foot.

This summer, four of the free outdoor movies shown at Pleasant Playground and Trolley Car Diner were rained out, so we've decided to bring those to the Avenue, too. Drop a blanket or unfold your camping chairs in the side yard at Mt. Airy Presbyterian Church for showings of recent classics including "Moana" and "Bend It Like Beckham." Titles roll about 7:45 p.m.

In the same space, we'll kick off each Supper Session about 5:30 with story time for children featuring local readers and kid-oriented musical performances. Grown-up performances by local heroes **Bethlehem & Sad Patrick, Ryan Tennis** and others go live near the Sedgwick Theater a bit later.

The Sedgwick's resident company, **Quintessence Theatre Group**, will open the lobby to preview their upcoming season — and lure you into their speakeasy, with local distilleries sampling cocktails featuring craft spirits made here in Philadelphia. Likewise, the three bars on the block (Earth Bread, Grain Exchange and McMenamin's) will have beer specials: \$1 off a select draft when you use a collectible Supper Sessions glass. Mt. Airy USA has them for sale online (\$10) and on the Avenue.

Several businesses of the non-food-and-drink variety, including **Blacqskirt** and **The Shop on the Avenue**, will stay open late, and local artists and artisans will be showing and selling their works. Expect businesses from other parts of the neighborhood to put their services under the Avenue's spotlight. For example, **Y2BFit**, winner of this year's Philly.com Readers Choice poll for best yoga studio in Philadelphia, will lead a free yoga class on Tuesday, Sept. 19. The same night, **Handcraft Workshop** will set up 15-20 sewing machines near **Queenie's Pets** for a free sewing workshop.

In addition to our nine brick-and-mortar restaurants, we'll also have some of the mobile variety on hand. Each week will feature two rotating local food trucks, a sweet and a savory, to bring back a small taste of Supper Sessions' predecessor, Street Fare.

All told, we're very excited for this second edition of Supper Sessions. Follow us on social media @GoMtAiry for the latest updates, and see you on Tuesdays!

*Brad Maule is a Weavers Way member and a publicist for Go Mt. Airy and Mt. Airy USA. Reach him at bmaule@mtairyusa.com.*



**Supper Sessions on the Avenue**  
 Tuesdays in September:  
 Sept. 5, 12, 19, 26  
 5:30-11 p.m.  
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Bradley Maule photos for Mt. Airy USA

Scenes from Supper Sessions 2016: Dinner under a hula umbrella, sunset under the UFOs — er, lanterns on the Avenue.

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# Teen Opera Singer to Help Launch Emlen School Mural Project Phase 2

by Linda Slodki,  
Mt. Airy Art Garage

AT ELEANOR C. EMLEN SCHOOL, A public school with lack of access to the arts, dreams are happening — embodied in the Community of Pride Mural Project, led by Emlen teachers, principal Tammy Thomas, artists from the Mt. Airy Art Garage and, of course, the most amazing children ever.

Community of Pride Year 1 focused on exploration — talking, drawing, creating images. As we launch Year 2, MAAG and Arielle Baril are going to make some magic at Welcome Back to School Night Tuesday, Sept. 26, starting at 5:15 p.m. All are welcome to attend!

Who's Arielle? The 14-year-old from Drexel Hill is a classical music prodigy who won the Golden Buzzer on "America's Got Talent" at the ripe old age of 11. She will be telling her story and singing for the entire school, helping to empower underrepresented children with the idea that all genres of music — even op-



Opera singer Arielle Baril will sing and share at back-to-school night; above right, Emlen muralists with the mural-in-progress last year.



era! — are available to them.. Want to know more? Check Arielle out on YouTube ([youtu.be/6iWbVOe9NWs](https://youtu.be/6iWbVOe9NWs)), and, believe me, you will want to be at Emlen on Sept. 26.

So join us at our COP launch of a new and exciting year.

We especially want to thank East Mt.

Airy Neighbors for their generous donations to this project over the last two years. We couldn't have done it without you. That's what it has always been about on the Germantown Avenue corridor — community.

Looking to donate or volunteer yourself? Visit [www.mtairyartgarage.org](http://www.mtairyartgarage.org) or call 215-242-5074.

**Welcome Back to School Night**  
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next door

# Nurture and Nature at New Summit Children's Program

TUCKED AWAY INSIDE SUMMIT Presbyterian Church, just a block from Weavers Way Co-op, Summit Children's Program has served children and families in the community for 40 years. Now SCP is evolving and growing in a new direction. With new leadership, a new mission and vision, and the addition of the core values of Diversity, Respect, and Responsibility, SCP has begun a journey of growth and change.

"I believe that early care and education programs have such an amazing opportunity to impact the greater good," explains Koren Clark, SCP's new executive director. "Children's core values, their ability to accept others from diverse backgrounds, and to take responsibility for themselves and others is developed in the first five years. That doesn't just happen; it takes a group of committed families, educators and community members to transform an organization into a resource that will have a lasting impact on the world. I have been very fortunate to work with the individuals committed to helping us become a high-quality early

care and education center."

SCP has incorporated an outdoor nature focus into its programming led by Joanne Woodburn, a 34-year veteran of the program. The nature curriculum, designed by Clark, encourages children to connect with the natural world and take responsibility for themselves and those who live in it.

SCP is creating a nature trail, expanding the number of families served within the greater community, and moving toward Keystone STARS 4 rating, the state's quality rating system for early care and education. Change is not easy; SCP's board is dedicated to the continuous quality improvement of the center but there is still work to do.

SCP will be hosting a Welcome Back Potluck Picnic to celebrate the start of the new school year on Friday, Sept. 22, from 5 to 8 p.m. All interested families and community members are welcome to join us and meet our families and staff. Visit SCP's new website at [www.summitchildrensprogram.com](http://www.summitchildrensprogram.com).



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**introducing the coop explorers!**

**Starting September 1, our ABC program is getting a new name!**

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Act II Playhouse in Ambler presents

# Which Reminds Me

Aug. 29-Oct. 1



ACT II PLAYHOUSE

www.act2.org 215-654-0200

Tony Braithwaite's newest one-man show combines stand-up, storytelling, songs, and video to recount his favorite theatre stories. Mishaps, triumphs, and letters from patrons will make their way into these hilarious tales from Ambler's chief raconteur.



## Shadow Teens Win Big & Plan for Fringe Festival

The teens of **Yes And Collaborative Arts' Shadow Company**, who took two prizes this summer in the inaugural Philly Youth Theater Festival with their scene from "The Exonerated," are back in September at the Fringe Festival with "The Other," another original, innovative piece using the power of shadows, movement and music.

Shadow is a year-round group for ninth through 12th graders who write and perform original, topical works. They work as camp counselors at Yes And Collaborative Arts in the summer and rehearse through July and August. Shadow has been selected for a grant from Bread & Roses Community Fund.

Dive into the world of "The Other," a place where people have segregated themselves into us vs. them. The Shadow Company's production asks "Who have you made the other?" Shows are Friday, Sept. 8, 7 p.m., and Saturday, Sept. 9, 3 and 7 p.m., at Arch Street United Methodist Church, 55 N. Broad St., or Friday, Sept. 15, 7 p.m. and Saturday, Sept. 16, 3 and 7 p.m., at 21 W. Washington Lane. Tickets are \$10. For more info about the Fringe Festival, visit [www.fringearts.com](http://www.fringearts.com); for more info about Yes And, visit [www.yesandcamp.org](http://www.yesandcamp.org).

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## 'Cans' Film Festival

**Weavers Way Food Drive At Ambler Theater Benefits Mattie N. Dixon Community Cupboard**

**Monday, September 18**  
**7:30-9:30 p.m.**

Join us for a screening of "Big Night" and discussion led by Temple sociology professor Michael Altimore.

ADMISSION is a non-perishable food item (not necessarily a can!) or a cash donation to Mattie N. Dixon.

**COMMUNITY CUPBOARD WISH LIST ITEMS INCLUDE:**  
Jelly, canned peas, canned carrots, boxed pasta, boxed instant mashed potatoes, canned fruit, boxed snacks, coffee, tea, cocoa, cake and muffin mix, canned gravy, canned tomatoes (stewed or diced), oatmeal, pancake mix and syrup. We currently do not need canned soup, green beans or corn.

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## 'House with No Walls' at Old Academy

OLD ACADEMY PLAYERS PRESENTS "A House with No Walls," by the award-winning Philadelphia playwright Thomas Gibbons, starting Sept. 8.

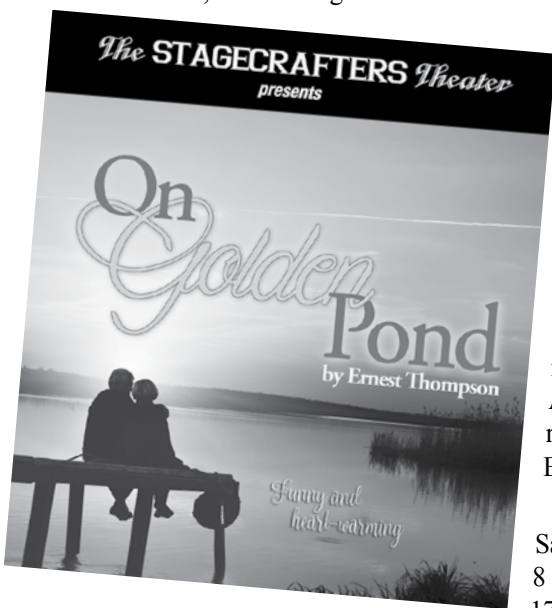
Gibbons is playwright-in-residence at the InterAct Theatre Company in Philadelphia, which has premiered nine of his plays. "A House with No Walls" is part of a trilogy dealing with the enormous divide between African American and white experience in America. Synopsis: A bitter public battle erupts when it is revealed that the site of a new museum enshrining American liberty is the ground on which George Washington's slaves' house once

stood. Moving in time between the present and the past, the play explores our relationship to troubling historical reality. It asks the question: How do we decide what to remember — and what to ignore — about our history?

Shows are Friday and Saturday, Sept. 8/9; 15/16 and 22/23, at 8 p.m., with Sunday matinees Sept. 17 and 24 at 2 p.m. Tickets are \$20, with group discounts available. The theater is at 3544 Indian Queen Lane in East Falls; parking is free. For information and tickets, call 215-843-1109, or visit the website at [www.oldacademyplayers.org](http://www.oldacademyplayers.org).

## Stagecrafters Presents 'On Golden Pond'

THE STAGECRAFTERS THEATER IN CHESTNUT HILL OPENS ITS 89TH SEASON SEPT. 14 with the moving and funny "On Golden Pond." The action centers on Ethel and Norman Thayer, who are spending their 48th summer at their Maine home. An unexpected visit from their daughter, with her new fiancé and his son from a prior marriage in tow, sets the stage for turbulent confrontation between father and daughter.



"On Golden Pond" playwright Ernest Thompson (b. 1949) has enjoyed a long career as a playwright, actor, lyricist and screenwriter for film and television. "On Golden Pond" opened Off Off Broadway in 1978. The 1981 film version featured actual father and daughter Henry Fonda and Jane Fonda, along with Katherine Hepburn, in the leading roles, and earned Thompson the Best Adapted Screenplay Oscar. The 2005 revival on Broadway starred James Earl Jones and Leslie Uggams.

Performance dates are Thursday-Saturday Sept. 14-16, 21-23, 28-30 at 8 p.m., with matinees Sunday, Sept. 17, and Saturday, Sept. 23, at 2 p.m. A "Meet the Cast and Director" Q&A session will be held following the performance on Friday, Sept. 22.

Tickets are \$21 online (no service charge), \$25 at the door, with discounts available for couples, groups and students. Subscriptions are still available for the entire season; for info, visit the website at [www.thestagecrafters.org](http://www.thestagecrafters.org) or call 215-247-8881; for reservations-direct call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.

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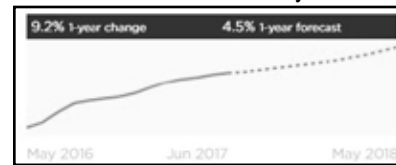
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Five Star Professional surveyed Philadelphia area residents who purchased a home priced at more than \$150,000 within an 8-month period. The final list of 2017 Five Star Real Estate Agents is a select group, representing less than 7% of real estate agents in the area.

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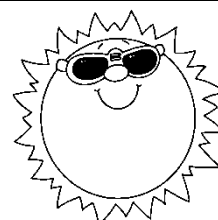
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Jim Carter owns the Ambler Beverage Exchange, right across the parking lot from the Ambler store.

# We're Broadening the Co-op's Impact on Giving Tuesdays

by Crystal Pang, Weavers Way Marketing Director

**W**ITH THE OPENING OF THE NEW WEAVERS WAY AMBLER, we're looking for ways that the Co-op and Co-op members can have a charitable impact in all the communities we serve.

We've met with numerous organizations in the Ambler area over the last year that are doing work that closely aligns with our mission. We're already working on numerous ways to partner with them and get their message to our members.

One of the ways we support local organizations is Giving Tuesday. On the second Tuesday of every month, our intrepid cashiers ask folks in line if they'd like to donate \$2 (or more!) to a designated cause. Food Moxie, our affiliated nonprofit, has been the recipient in the past; in July, we did a test run of changing up that tradition, when our Food Justice Committee proposed raising money for the Holy Cross Food Pantry in Mt. Airy. The committee put a lot of energy into getting the word out and encouraging members to donate and we raised over \$1,000. In part because of the success of that campaign, we've decided to go ahead and expand the list of nonprofits that will have a chance to get in front of our shoppers on Giving Tuesdays.

Food Moxie will continue to be the recipient of six of the 12 Giving Tuesdays per year. We remain committed to supporting Food Moxie's nutrition and farming education programs by sponsoring events and providing numerous touch points for them to reach our membership.

Here's our plan for the rest of 2017:

- In October, we'll be raising money jointly for the Friends of the Wissahickon and the Wissahickon Valley Watershed Association. These two organizations play a major role in protecting the environment in our entire service area, working in concert to preserve Wissahickon Creek both upstream and downstream.
- In November, we'll focus on area food pantries.
- In December, we will be raising funds for Food Moxie's end-of-year giving campaign.

With a third store, Weavers Way will be able to support even more nonprofit organizations and raise more funds to benefit the community. Stay tuned news about what we're planning for 2018.

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

## Editor's Note

(Continued from Page 2)

drive-through — after WWII, you could gas the car up for beer runs again, too — until Amber Beverage Exchange shut the garage door. “The way the beer situation has changed — there's so much variety now, you really want people to be able to shop, not just come in and say, ‘Give me a 30-pack of Coors Light, throw it in the trunk.’ . . . We want people to come and have a nice experience.”

And, he added, “We'll carry your stuff to your car.”

The Mallozzis retired from the beer business in the '80s. (“Lou is actually still alive. Steve died last year, he was 94. I heard he was bear-hunting up until a few months before,” Jim said.) The distributorship went through a couple of hands after that, then the last owner moved the business to East Norriton in 2006.

“I don't know why they moved,” Jim said. “It was right before Ambler started to do its renaissance, the theater started to get renovated and everything happened.”

The building stood vacant for about five years — “I think when the dealership was next door, they used it for a detail shop,” Jim said, referring to the old Knopf Motors, where the Bottom Dollar eventually went up. “Ambler was just dying for a beer distributor.”

Jim, a beer-loving landscaper at the time (he still operates Sunrise Landscaping) and a partner, Doug Loughran (who left the business a few years ago), acquired a vacant license and opened the Ambler Beer Exchange in 2012.

How's that turned out? “I love it. Ninety-five percent of the people who come in here are in a good mood — they have a party to go to, or they're looking forward to cracking a beer,” Jim said. “It's a ton of fun.”

Currently open 10 a.m.-8 p.m. Monday-Thursday, 9-9 Friday-Saturday and 11-5 Sunday, Jim plans to adjust the hours to align with the Co-op's once it opens: “I am so looking forward to it.”

Ambler Beverage Exchange will be meeting, greeting and sampling at the Weavers Way Ambler Grand Opening Oct. 27-29.

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



## Suggestions

We gave Purchasing Manager Norman Weiss September off because he's been working so hard to get the Ambler store ready! His Suggestions column will return next month.

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## eco tip

### With TerraCycle, Your Recycling Options Just Keep Growing

by Marsha Low, for the Weavers Way Environment Committee

TerraCycle provides free waste collection for hard-to-recycle materials. Ever wonder why

TerraCycle's programs are so darn specific? It's because one of the ways the company — which is based in Trenton, by the way — makes ends meet is to partner with brands, manufacturers and retailers to develop ways to recycle formerly unrecyclable products and packaging. So TerraCycle has partnerships with, for example, Brita (water filters), Kraft (Capri Sun juice pouches) and Wellness (pet food bags).

You can drop items off at these three Weavers Way locations:

**In Mt. Airy: 555 Carpenter Lane (box located under the stairs).**

**In Chestnut Hill:**

- Main Co-op store (box located next to the ATM)
- Next Door (box is under one of the display tables).

See the list of what we're collecting for TerraCycle at right.



## TerraCycle Collections At Weavers Way



### Brita Products

Filters, pitchers, faucet filtration systems, Brita® filter packaging and Brita® dispensers

### Dental Products

Used manual toothbrushes, toothpaste tubes and caps, floss containers, plastic dental brush sticks, toothpaste cartons, toothbrush outer packaging, Colgate Wisp products

**Please note:** Electric toothbrushes, battery toothbrushes and their parts are not recyclable through the program.

### Hair & Body-Care Products

Empty plastic shampoo, conditioner and gel bottles, tubes and caps; hair-care packaging; hairspray triggers; hair paste caps; soap dispensers and tubes; body-wash caps; lotion dispensers and caps.

### Cosmetics Packaging

Empty make-up containers — mascara, foundation, lipstick, cream tubes or plastic containers, empty lip-balm tubes, powder cases, eyeliner cases, eyeliner pencils, eye shadow tubes, concealer tubes, concealer sticks and lip liner pencils.

### Mouthwash Bottles & Caps

### Deodorant Containers & Caps

### Wellness Pet Food Bags

### Foil-Lined Energy Bar Wrappers (e.g., Lavabar, Clif)

Also, foil-lined granola bar wrappers, meal replacement bar wrappers, protein bar wrappers, diet bar wrappers.

### Empty Baby & Toddler Food Pouches & Caps (e.g., Ella's, Earthbest)

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- NO light bulbs
- NO medicine containers
- NO razors
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## PAR-Recycle Works

(Continued from Page 1)

find. “Members of the [PAR] board said, ‘Let’s find a viable venture that we can start for the gentlemen who are coming out.’” said operations manager Maurice Q. Jones.

The concept is simple: Formerly incarcerated men and women are given paying jobs, most part-time, disassembling donated electronics, primarily old computers. The parts and scrap metal, mainly aluminum, are then recycled, with the proceeds going toward salaries. The jobs are considered transitional — stepping stones toward full-time employment.

“Those who are recently released have a better chance at not recidivating when they are meeting employers within the first three months,” said Jones, who himself came to PAR-Recycle Works after six years of incarceration. “So that’s the demographic that we focus on. We take some referrals, we have walk-ins and we work with the federal re-entry board.”

PAR board members modeled Recycle Works on a similar program, RecycleForce, in Indianapolis, and several board members traveled to Indiana to study that operation.

With the carcasses of desktop computers dotting the landscape, the benefits to the environment of such an effort are obvious. The benefits to those who are hired, though, are many, if more subtle.

For one, the jobs at Recycle Works provide much-needed structure after release from prison. Jones points with pride to the warehouse foreman, Gerald Williams. “The lack of structure is what sent

PAR-Recycle Works provides transitional employment to people returning to the community from prison. Among the items they recycle:

- Computers, keyboards, monitors
- Printers, scanners, fax machines
- Cell phones, telephone systems
- Electronic motors, integrated circuits

For info, visit [par-recycleworks.org](http://par-recycleworks.org) or call 267-335-5455

him back and forth to jail, through his own actions. So he welcomes the structure that we are setting up for him.

“And of course, [there is] a paycheck every week. From never having a paycheck to being able to say ‘I have money in the bank every Friday, guaranteed,’ it’s a different feeling for him.”

And as they break down the old computers, Recycle Works employees are also breaking down a huge barrier to future employment — computer literacy. “Some of these ladies and gentlemen who are coming home, they haven’t seen a computer, and what they know of a computer is what they’ve seen on TV,” Jones said. “So we’re trying to bridge that gap in order to make them further employable. Because in every job, you need to have some type of computer literacy.”

PAR-Recycle Works is still a relatively small operation, having offered only about a dozen jobs since it opened. But small steps are needed to solve a huge problem: Philadelphia has the highest incarceration rate in Pennsylvania, and across the com-



PAR Recycle Works photos

Recycle Works employees sort discarded electronics at the site of a collection before hauling it away to be deconstructed.



monwealth, nearly two-thirds of those released from prison are rearrested.

“The participants in our program are still working, and they haven’t gone back to jail,” said Jones, who is now also a student at Temple University. “And that’s our key: to keep men and women working,

and to have sustainable income in order to be able to put their lives back together.”

The Weavers Way Environment Committee works with PAR-Recycle Works in its twice-a-year electronics recycling and “Weird Waste Day” collections. This fall’s drive, in conjunction with GRInCH (Green in Chestnut Hill) is Saturday, Sept. 23, at Norwood-Fontbonne Academy in Chestnut Hill.

PAR-Recycle Works also accepts donations of old electronics. For more information, call 267-335-5455 or visit the website, [par-recycleworks.org](http://par-recycleworks.org).

*Ted Barbato is a Weavers Way working member.*



Robert Smith photo

Neighborhood drummers draw a crowd at a previous Village Fair.

## Zero Waste Village Fair

(Continued from Page 1)  
17, 1787. In recognition, the theme this year is “HOME,” and we will be celebrating Mt. Airy as a welcoming and diverse sanctuary community.

In addition, just like last year, this year’s fair is aiming for Zero Waste. Two years ago, the fair generated 400 pounds of trash. Last year, thanks to the efforts of the Weavers Way Environment Committee, the Village Fair Planning Committee and Co-op Zero Waste Consultant Alisa Shargorodsky, we metered only 80 pounds of rubbish. This year, we want the goal to literally come true, with zero waste generated.

“I’m bringing my own plate and cup, and a cloth napkin, too,” said Liana Orazi, Weavers Way staff member and Germantown resident. The fair planning team will have plenty of reusable supplies on hand,

but encourages everyone attending to tote washable eating equipment of their own.

Liana will also be bringing her rabbit, Daisy, to the annual Pet Parade. (Line up with your pets at 11:15 a.m.) In keeping with this year’s theme of celebrating diverse origins, pet people are encouraged to dress their pet partners in line with their country of origin.

The festivities will take place throughout the Mt. Airy Village, around the intersection of Carpenter Lane and Greene Street. The ever-popular organic pie-eating contest will be at 1:15, the slow ice cream-eating contest at 1:30 p.m. Look for performances from the Humbleman Band, G’vanim, Merge Dance Studio, Jump Jive & Jam and other artists all throughout the day.

For more information and the latest updates to the performer lineup, visit [www.mtairyvillage.com/mt-airy-village-fair](http://www.mtairyvillage.com/mt-airy-village-fair).

See you at the Village Fair!



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# ELECTRONICS RECYCLING

WEIRD WASTE DAY

**Saturday, September 23**

**9 a.m. to 1 p.m.**

**Norwood-Fontbonne Academy**  
(circular driveway)  
**8891 Germantown Avenue**



Anything that  
turns on and off.



**Batteries Accepted.**  
**NO Lightbulbs.**

Suggested donations \$10 to \$20.  
TVs and monitors are \$30 each; flatscreens are free.




Weavers Way Environment Committee is joining with GRInCH, Green in Chestnut Hill, for this event to benefit the Environment Committee’s grant program and GRInCH’s Green Warrior Student Grant program.

# 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! 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](http://www.weaversway.coop/events/workshops). Or do it the old fashioned way: Contact **Programs Coordinator Stephanie Bruneau** at [sbruneau@weaversway.coop](mailto:sbruneau@weaversway.coop) or 215-843-2350, ext. 152.

## WHY NOT GIVE A WORKSHOP YOURSELF?

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



## WORKSHOPS ARE HELD:

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

## WEAVERS WAY + MALT: PERFECT TOGETHER

This fall, keep a lookout for some new workshops that are a collaboration between Weavers Way and **Mt. Airy Learning Tree**. MALT is a longtime local treasure, a community-service organization that brings neighbors together to share ideas, information and skills in informal learning environments. This fall, Weavers Way will host three MALT programs at Weavers Way Mercantile, 542 Carpenter Lane. Weavers Way members receive 10% off on these programs; to register, call the MALT office at 215-843-6333 and provide your member number; discount available only at time of registration.

Here are our first MALT collaborations:

### Essential Bicycle Maintenance for Every Rider

Thursday, Sept. 28, 7-8:30 p.m.

### Create Your Own Succulent Garden

Wednesday, Oct. 18, 7-9 p.m.

### Seeds to Live by: Fall/Winter Gardening

Saturday, Oct. 21, noon-2 p.m.

Weavers Way workshops include presentations, hands-on classes, book studies, film screenings, discussions and more! All are open to the public. We believe in neighbors teaching neighbors, and welcome collaborations with community groups and individual members. Members who lead workshops get three hours of work credit. Interested in leading a workshop? Contact me at [sbruneau@weaversway.coop](mailto:sbruneau@weaversway.coop).

—Stephanie Bruneau

## COMING UP

### Back-to-School Wellness

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

Get tips for the whole family to stay well during this transitional time from the perspectives of an acupuncturist, Rachel Kriger, and a chiropractor, Rachel Palikowski. Bring the kids! FREE. Sponsored by the Weavers Way Health & Wellness Committee.

### Local Butterfly Identification and Gardening for Pollinators

Saturday, Sept. 9, 3-5 p.m., The Mercantile

Learn how to identify the butterflies in our area and what to plant to attract them. This workshop, which will include a neighborhood plant/butterfly walk (weather permitting), is led by Weavers Way member Clifford Hence. FREE.



### Moxie Tuesday: Food as Medicine

Tuesday, Sept. 12, 7-8:30 p.m., Weavers Way Ambler office, 131 E. Butler Ave.

Find out how to give your body what it really needs and dig into the role diet plays in health. Takeaways and tastings included! FREE, registration required.

### The Power of 22: Neighborhood Activism & Political Game-Changing in Northwest Philadelphia

Thursday, Sept. 14, 7-8:30 p.m., The Mercantile

Join Weavers Way member John Kromer for a discussion of how political activism at the ward and division level can increase voter turnout, help ensure competent individuals are elected to public office and advance Philadelphia priorities statewide and nationally. FREE.



### Herbs for Immune System Strength

Tuesday, Sept. 19, 7-9 p.m., The Mercantile

Find out how herbal medicine can support your immune system and help you stay healthy from community herbalist Stephanie Kane. We will make elderberry elixir — a delicious and easy-to-make immune system booster! \$10.

### Living with Cancer

Monday, Sept. 25, 7-8:30 p.m., 538 Carpenter Lane

Learn how yoga, diet and herbal medicine can strengthen your mental and physical health and support self-care both during and after treatment. This workshop will be led by licensed clinical nutritionist Wendy Romig and Michelle Stortz, a certified yoga therapist specializing in cancer and chronic illness. FREE. Sponsored by the Weavers Way Health & Wellness Committee.

### Soil, Carbon, Gardening and Agriculture

Wednesday, Sept. 27, 7-8:30 p.m., The Mercantile

Can we have diverse, regenerative and productive gardens and farms while building carbon in soils? What roles do perennial plant systems play? Learn about all this and more from Dale Hendricks, founder of Green Light Plants, LLC. FREE.

### Essential Bicycle Maintenance for Every Rider

Thursday, Sept. 28, 7-8:30 p.m., The Mercantile

Get tips and techniques to ensure your bike is in safe and comfortable working condition. Presented by Weavers Way in collaboration with Mt. Airy Learning Tree. \$24, 10% off for Weavers Way members.



### Natural Dye Party

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

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

### Ethical Eating: What Is It & Why Does it Matter?

Monday, Oct. 2, 7-8:30 p.m., Upper Dublin Public Library, 805 Loch Alsh Ave., Fort Washington

Keith Brown, associate professor of sociology at St. Joseph's University, will talk about food activists from the Revolution to today, then focus on the limits and possibilities of cooperative food stores and creating change while shopping on a budget. FREE.

MORE INFO & TO RSVP: [www.weaversway.coop/events/workshops](http://www.weaversway.coop/events/workshops)  
[sbruneau@weaversway.coop](mailto:sbruneau@weaversway.coop)/215-843-2350, ext. 152

## STAFF CELEBRITY SPOTLIGHT

## Ian Brunell

**Title:** Mt. Airy bakery buyer (plus floor staff)

**Where He's From:** Wyndmoor

**Where He Lives Now:** Mt. Airy

**Before He Got Here:** He earned a bachelor's in film and media arts (with a minor in Spanish) from Temple in 2013. He landed a job in Los Angeles doing custom modifications on cameras for TV shows and movies. He enjoyed the work, but the hours were long and the quality of life wasn't great, so he left after two-plus years. He spent the next year traveling around Europe, learning about wine and olive oil production and soil science. In Catalonia, he lived at a winery cooperative that's also a livable, workable space for people with mental and psychiatric disabilities. He compiled photo stories about the people he worked with — check them out at [ianbrunell.com](http://ianbrunell.com).

**How He Got Here:** When Ian came home for Christmas last year, he was looking for a place to do community-oriented agriculture. A job at Weavers Way Farm didn't pan out; instead, he got a job on the floor in the Mt. Airy store. He took on the bakery buyer duties over the summer.



**About Those Job(s):** "Floor shifts, you've got to have your ears and eyes peeled for absolutely everything... The bakery buyer position seems like it's had a lot of turnover... One thing I'm excited about is maybe I can get a little more creative — buying products, bringing products in... It's a bit more engaging."

**Other pursuits:** Taking classes through the Pennsylvania Association for Sustainable Agriculture, keeping a garden in Co-op member Ilene Cohen's Wyndmoor backyard.

**Long-Term?** "I'll probably wind up in the agricultural world... I would love to have an agricultural operation that has some sort of social value to it. What I've been learning in the past six months has really put me more down a path of perennial food production, tree food production, what's possible with perennial foods... That's kind of where I'm trying to gear my self-education right now."

**Favorite Co-op Products:** Fresh figs, dried dates, Weavers Way Farm produce, Backyard Beans coffee. (He doesn't eat much bread.)

**How He Feels About the Co-op:** "It's a great place to work. I feel in the past few months, I've already met people I'll be friends with for a really long time." —Karen Plourde

## COOPERATOR OF THE MONTH

## Jo Viviani

**Joined Weavers Way** Early 1980s, after moving to Northwest Philadelphia from Radnor.

**Now Lives in:** Ambler

**Why She Joined:** "When I moved back into the city, I wanted a supportive community around me, and Weavers Way was one of those communities."

**Day Job:** She's a graduate-level adjunct art instructor at Moore College of Art, Tyler School of Art and the University of the Arts. She's also a painter, in watercolor and acrylics, and has a studio in Germantown. In May, she had a solo show at Cellini Gallery in Ambler. On Oct. 14, her studio will be part of the Philadelphia Open Studio Tour.

**Co-op Job History:** Her preferred place to do hours is in the deli, but she's also done floor and bulk packing shifts. Recently, she did a few hours as a greeter at the Co-op's temporary offices in Ambler.

**How She Feels About Weavers Way Coming to Ambler:** "I'm excited that it's growing, that there's a network now. There are more stores, there's a larger community, it affects the greater community... Ambler's a good place for Weavers Way to continue networking."

**Favorite Co-op Products:** Prepared foods, cheese, exotic olives and herbs, bread.

**A Little Co-op Love:** "Weavers Way supports the arts. It's about being supportive of each other as a community, as well as eating the right things." —Karen Plourde



## What's What &amp; 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. The next meeting is Tuesday, Sept. 5. October's meeting is scheduled for Oct. 3.

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

## 2016-2017 Weavers Way Board

**President:** Chris Hill

**Vice President:** Joshua Bloom

**Treasurer:** Emmalee MacDonald

**Secretary:** Lisa Hogan

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

## The Shuttle

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## OPEN EVERY DAY

## Weavers Way Mt. Airy

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

## Weavers Way Across the Way

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

COMING SOON!  
Weavers Way Ambler

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

## Weavers Way Chestnut Hill

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

## Weavers Way Next Door

215-866-9150, ext. 221/222  
9 a.m.-8 p.m. daily  
8426 Germantown Ave.

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

## 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!

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

SEPTEMBER MEETINGS  
Saturday, Sept. 9, 1 p.m.  
Ambler

131 E. Butler Ave.

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

Community Room, 555 Carpenter Lane

Wednesday, Sept. 27, 6:30 p.m.  
Ambler

131 E. Butler Ave.

## HOW TO REACH US

## General Manager

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## Ambler Store Manager

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## Pet Department Manager

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(MA) Shawn O'Connell, ext. 109  
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(MA) Jean MacKenzie, ext. 107  
[mackenzie@weaversway.coop](mailto:mackenzie@weaversway.coop)

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[www.weaversway.coop/shuttle-online](http://www.weaversway.coop/shuttle-online)



# SAVE THE DATES

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



## WEAVERS WAY AMBLER GRAND OPENING CELEBRATION!



**FRIDAY**  
Ribbon-Cutting & Cake

**SATURDAY**  
Kids Day

**SUNDAY**  
More Friends, Food and Fun

### MEMBER APPRECIATION DAYS

at all Weavers Way stores –  
AN **EXTRA 5% OFF** PURCHASES FOR ALL MEMBERS.



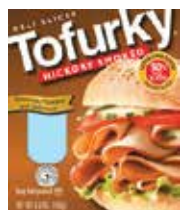
## September Member Specials

Valid from August 30 - October 3, 2017

For more member savings, visit [www.weaversway.coop](http://www.weaversway.coop)



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