



Community-Owned,  
Open to Everyone

# The Shuttle

JULY 2018

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 46 | No. 7



## MOVIE NIGHT IN THE BACKYARD

WEAVERS WAY CHESTNUT HILL



### PLASTIC CHINA

Friday, July 13  
8:30-10 p.m.

This award-winning film captures the striking, melancholic beauty of a vast and lifeless artificial landscape — a Chinese countryside covered almost entirely in imported plastic waste — and the lives of the men, women and children whose lives are built around it.

Co-hosted by the Weavers Way Environment Committee, the Weavers Way Plastic Reduction Task Force and the Women's International League of Peace and Freedom (WILPF-Greater Philadelphia Branch).

Come early for a Backyard picnic — BYO beverage and place setting and grab some takeout from the hot bar!

For more info, visit  
[www.weaversway.coop/Plastic-China](http://www.weaversway.coop/Plastic-China).

## The Sawdust Is Flying at Kensington Co-op

by Laura Young, for the Shuttle

WHEN YOU WALK INTO KENSINGTON Community Food Co-op these days, all you might see are boarded-up windows and dusty concrete floors surrounded by a chain-link fence. But it's a beautiful sight to the dedicated group of community activists who first envisioned a food co-op in their neighborhood almost 10 years ago. Construction finally began on April 23, with the goal of opening the store by Thanksgiving, according to General Manager Mike Richards.

Located in a former bar at 2672 Coral Street, at the bustling intersection of Lehigh and Frankford avenues, the Kensington co-op will be a highly visible presence in the neighborhood, with about 2,800 square feet of retail space and a 500-square-foot café seating 30. The café will serve prepared foods (there is no kitchen on site), coffee and draft beer and wine. There will be additional seating in the garden adjacent to the café, plus a 16-car parking lot.

The café will double as a community resource. By providing the space for such events as educational programs and neighborhood meetings, it will help fulfill KCFC's mission of serving the entire community. This is particularly important to Richards, who joined KCFC in early 2017 after a stint as operations manager at Creekside Food Co-op in Elkins Park.

The new store is expected to primarily serve Kensington, Fishtown, Port Richmond and Northern Liberties. These old industrial river-ward neighborhoods are experiencing an unprecedented upswing in renovation and new construction, as well as a rapid increase in property values.

Like many food co-ops, KCFC was long an organization without a store, having been founded by



(Continued on Page 18)

## Green Dream Weavers

### Let's Consume Sustainably

by Alisa Shargorodsky,  
Weavers Way Zero-Waste Consultant

FOR THE PAST SIX MONTHS I HAVE WRITTEN A MONTHLY article focusing on the Co-op's movements toward a more holistic zero-waste system. What I am finding is that there are many Weavers Way members interested in sustainability. I have heard from you personally, and I thank you for your personal commitments to this. It is an indicator of the collective desire to move in the direction of new models that favor progressive ecological action.

Every day, we purchase goods necessary for our lives and ideally, the Co-op would be a place that favors products that support more sustainable consumption. Still, many of these products come in single-use packaging. When our loyal members use these products, what happens to the

wrappers? Who is processing the materials that are supposedly recyclable? These are all the things we are starting to think about more and more internally at Weavers Way.

In the past several decades, our recycling has been separated from our rubbish, and most municipalities around the country have introduced single-stream recycling so we aren't even sorting our recycling ourselves. Our waste predominantly is in-

(Continued on Page 8)

### UNFI Pallet Wrap Petition

Visit

[www.change.org/p/  
unfi-unfi-to-switch-to-  
reusable-pallet-wrap](http://www.change.org/p/unfi-unfi-to-switch-to-reusable-pallet-wrap)  
and sign!



KCFC photos by Kae Anderson

The sign at left says it all — but not just now, as Kensington Community Food Co-op renovates its store space.



## Creekside Co-op Hits 5-Year Milestone

by Patti Demchuk,  
General Manager, Creekside Co-op

IN 2007, A GROUP OF PEOPLE CAME TOGETHER to fill a void in their community. Ashbourne Market, a longtime fixture in the neighborhood around the Elkins Park train station, had closed its doors. Empty storefronts lined the adjacent block. And so began the journey of Creekside Co-op.

It started with a meeting at the library. The planners expected 30 people and 200 showed up. The re-

sponse from the neighborhood was overwhelming.

Weavers Way Co-op helped shepherd the project with guidance and advice every step of the way and today is thought of as the big brother to Creekside.

But the real work was about to begin. The neighborhood raised \$350,000 in member loans. (Continued on Page 18)



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



HAVE A BLAST!

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

## Editor's Note



by Mary Sweeten, Editor,  
Weavers Way Shuttle

I WENT TO A MEXICAN RESTAURANT the other night. Did not see Kirstjen Nielsen or Stephen Miller, and if I am edging too close to the frankly political here, hey, it's about the tacos, which were quite good.

It happened to be the first anniversary of this spot on 9th Street, with a DJ and dancing, free chili-powder-festooned margaritas and at least one folklorico-costumed child. We just missed the mariachis.

It's up the street from where Joey Vento, he of the non-English-speaking-Italian-immigrant grandparents, posted his famous sign: *This Is America: When Ordering Please "Speak English."*

A hundred years ago, 9th Street was — not “infested,” let's say “bustling,” shall we? — with Italian immigrants. Later, for a while there, it looked like it was becoming Vietnamese. Then it was Mexicans. All very good news for people who like to eat. Why is it such a nightmare for some folks? Is it because they DON'T like to eat, or because they just don't get it?

Tacos, Vietnamese hoagies, even what my father used to call “EYE-talian spaghetti” — they're all gateway foods. Next thing you know, you're trying mole poblano and chicken lemongrass and bucatini all'amatriciana.

Maybe some of us are genetically susceptible to the addiction of diversity, easily moving on to the understanding that the people who make this delicious stuff are just like us.

Joey Vento is gone. The Mexicans are still here, and so is Geno's. The sign didn't come down until 2016, but reportedly no one was ever actually refused service for not speaking English. In other words, their money was good enough. Hypocritical? Maybe. But it's also kind of the way it should work in America — where all people who pay for their cheesesteaks and tip their bartenders and don't act like knuckleheads ought to be able to get along, and ahead.

As the signs say: I can't believe I'm still marching about this. But I guess we better not stop now.

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

The Shuttle is published by  
Weavers Way Cooperative  
Association.

### Statement of Policy

The purpose of the Shuttle is to provide information about co-ops, healthful 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.

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

The Shuttle is printed on  
100 percent recycled paper.



## What's in Store at Weavers Way

### Check It Out!

by Karen Plourde, Weavers  
Way Communications Staff

#### All Wellness and Good

**Want to get a jump on 2019? Order your Quo Vadis planners and supplies now.**

Hey there, organized types, and those who'd like to be: Across the Way Manager Lisa Whitlock asks that you



order your **Quo Vadis 2019 planners** and refills by July 15. She may only be placing one order this year and can't possibly order all the versions with all their refills for store stock. In your

preorder, please include which style, size and color you want, as well as how many you'd like. And don't forget your name, member number and a phone number so she or someone on the ATW staff can reach you if need be.

#### Bulk & Beyond

**Try the dried whole bananas. And get pumped for brown rice syrup in Mt. Airy.**

Ambler Bulk Manager Sierra Dunn hopes shoppers will take a chance on the organic *whole* bananas she's added. Fair warning: They look like something that got left in a corner of the kitchen too long. But they're chewy and the right amount of sweet, and a small bag with three-plus is under \$2.

Shifting from natural sweets to

sweeteners, and from Ambler to Mt. Airy, **Lundberg** organic brown rice syrup (\$3.75/lb.)

is now available at The Incredible Bulk. Lundberg, of Richvale, CA, has been producing rice and rice products since



1937 and sponsored one of our \$4 Friday Dinners in Ambler last month.

#### Going On in Grocery

**Righteous chews from Uganda. And some new frozen meat choices from Applegate.**

Ever on the lookout for healthy snacks, Ambler Grocery Manager Nancy Melley has brought in **Amaziorganic** dried plantain chips, papaya strips and jackfruit chews. They're a D.C.-based, women-owned company that partners with growers in Uganda. (Chestnut Hill carries the plantain chips.)



**Applegate** has been a leader in processing natural, humanely raised meat for 30 years, and now the Hill has more of their offerings in its freezer section. Look for two types of chicken breakfast-sausage patties, as well as turkey burgers and the one-pound package of chicken nuggets. And don't forget the uncured beef corn dogs and organic chicken maple sausage!

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

## Breaking News in Bakery



**Our bakery buyers had to scramble after Personal Chef, the Mt. Airy-based seafood restaurant and supplier of our cornbread, closed on short notice earlier this year.**



After we considered a number of options (including making our own), **My House**, the Swarthmore baker of cookies and pies, agreed to extend their reach to cornbread. Their wrapped singles can now be found in Mt. Airy and Chestnut Hill. In Ambler, Bakery Buyer Rob Drake has substituted Le Bus rolls at the soup station for now.

**But this year has signaled major changes to daily bakery fare at all three stores.**

**Noreen**, the Glenside baker who's supplied loaf cakes, bars and cookies to the Co-op since the '70s, is scaling back. Gone are the loaves, lemon and coconut dream bars and iced brownies. She's also cut down on her cookie flavors, concentrating on chocolate chunk,

oatmeal chocolate chip, orange cream cheese and Russian tea nummies.

Variety continues to rule the cake shelves, however. **Roz's** of South Philly, baker of the cupcakes in Mt. Airy

and Chestnut Hill, has had her own section of the loaf rack in the Hill for a couple of years. Now she's added zucchini bread and mini Jewish apple cakes to her to banana-chip and banana-nut cakes. Mt. Airy currently stocks Roz's pumpkin loaf only, and also offers slices of assorted **Le Bus** pound cakes.

West Philly's **Metropolitan Bakery** jumped in to fill the bar void: They now keep Mt. Airy and Chestnut Hill stocked with lemon bars and raspberry bars; Mt. Airy also carries their brownies. Also, My House — them again! — has added Rice Krispie treats.

In short, some of your faves may be gone, but there are still plenty of local baked goods to satisfy.

— Karen Plourde

## HENRY GOT CROPS FARM MARKET

FRESH PRODUCE &  
LOCAL PRODUCTS



### Cropping up at the Farm Market

**Shosho's Kitchen granolas are local and au naturale.**

Anyone who frequents our Henry Got Crops Farm Market at the farm at Saul High School in Roxborough knows there are plenty of great local products for sale along with our hyper-local (read: GROWN RIGHT THERE) produce. Recently, Farm Market Manager Lauren Todd added Shosho's Kitchen granolas (\$7.50/bag) from West Philly. They're made by Mary Wylesol, who developed them to provide a healthy, preservative-free snack for her own kids, and come in three flavors — banana walnut, pecan cherry and almond cranberry. Want to try before you buy? Mary will be at the market to demo them on Tuesday, July 24, from 3 to 6 p.m.

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

**HOURS**  
Tuesdays & Fridays  
Noon-7 p.m.

**MAY-NOVEMBER**

EBT, FMNP, and –  
**\*\*NEW\*\*** Philly Food Bucks accepted.





## What's in Store at Weavers Way

### Local Vendor

# Organic Tofu Is a Legacy For Company Started in 1984

by Michael Frost, for the Shuttle

**I**N ITS HEYDAY, ALLENTOWN, PA, was the home of Mack Trucks' main assembly plant, a sprawling industrial complex in the south side of the city that straddled 10th Street from Harrison all the way down to the banks of the Little Lehigh Creek. For the past 20 years, however, employees in the 17,600 square-foot building at the southern edge of the property have been churning out a much different product: organic tofu.

Fresh Tofu got its start in nearby Easton in 1984, where much of the work was originally done by hand. Allentown's Mack Trucks facility closed for good in 1986, and Fresh Tofu moved into the former tractor-trailer factory a decade later as part of its expansion. The current owner and president, Mark Amey, an Allen-



Organic soybeans come from New York state.

town native, was working various jobs during that time period, including bartending and construction. "Jobs were scarce," he said.

Amey, now 55, joined Fresh Tofu as a delivery driver soon after its relocation. During his ensuing 20 years at the company, he "did a little bit of everything," he said, including delivery, production, and sales—something he says the company no longer needs, instead relying on its reputation and word of mouth.

He purchased the business from its owner of 30 years, Gary Abramowitz, this past January. Abramowitz, who co-owned the company with its founder, Jeff Connorton, for three years before buying him out years ago, has moved to California, but still comes in to pick up tofu whenever he is back in the area. Amey strives to maintain his predecessor's "Japanese Zen tofu-making type of thing." While Fresh Tofu uses modern machines these days, "we try to duplicate what they used to do by hand," he said, adding that the machines are formulated "to simulate that same process."

A little background: "Tofu" is the Japanese word for the soft white blocks of soybean curd, and most of the terminology around its manufacture is Japanese as well. Originating in China at least 2,000 years ago, tofu was introduced to Japan in the eighth century alongside Buddhism; it was an important source of protein in the vegetarian diet the monks followed (as it continues to be today). Philadelphia's own Benjamin Franklin sent soybeans across the Atlantic to a friend in 1770, touting their use in a "special cheese" called "tau-fu." However, it

would take another 200 years for tofu to really find a place in the broader American diet (and lexicon).

Along with traditional Japanese techniques, taste and consistency are also key aspects of Fresh Tofu's ethos. "I'll cut open a piece every day to make sure it's good," Amey said.

The company now has 21 employees who aim to keep it that way. Most have been with the company a while; the newest employee arrived about a year and a half ago. "The men and women who work here all take pride in what they do," Amey said.

It all starts with the soybeans. Organic Vinton beans are sourced from the Finger Lakes region of New York. Fresh Tofu processes 56 bags — about 6,500 pounds — of dried beans every day, which ends up as 3,500-4,000 pounds of finished tofu.

After soaking overnight, the beans are ground into a slurry, then strained to separate the "milk" from the *okara* (pulp), which Fresh Tofu delivers for free to a local organic dairy farmer to complete the organic process. "The cows love it," Amey said.

The liquid is then pumped over to a 12-barrel carousel curding machine, where it is mixed with *nigari* (desalinated seawater), rotated and agitated to produce curds and whey, not dissimilar to cheese. After the turning and churning, the whey is drained off and the curd is poured into forming trays lined with cheesecloth, where it is pressed into giant tofu slabs. These are then cut into one-pound blocks, which are transferred to an ice bath to set and cool.

At this stage, tofu for customers who prefer their tofu unpasteurized is placed directly into buckets for delivery, while the remaining 80 percent of the product



is vacuum-sealed in food-safe plastic and sent off to the pasteurizer for the final step of the process. Start to finish, making tofu takes a little more than 24 hours.

Within another 24 to 48 hours, most customers will have received their share of the fresh batch. Along with Weavers Way, these customers include nearby restaurants, Whole Foods stores throughout the area and Moshe's Foods of Philadelphia (another Weavers Way vendor). Fresh Tofu also has customers farther afield, spanning the East Coast from Florida to New England.

In addition to its standard-bearing firm tofu, Fresh Tofu produces several varieties of baked tofu, No-Egg Salad and, each



Fresh Tofu owner Mark Amey, above, and his employees manufacture organic tofu where trucks were once built in Allentown.

Michael Frost photos



Thanksgiving, about 500 Tofu Turkeys, which it has been offering since 1992, a few years before the more widely known Tofurky was introduced. According to its website, the 1 lb., 10-oz. hand-scored, marinated and baked boneless bird "is not only delicious, but creates an amusing but elegant centerpiece for any holiday table."

Weavers Way sells about 250 pounds of Fresh Tofu a week — more than half of it in the original store in Mt. Airy where the company first started delivering its wares in 1986 or 1987, according to Purchasing Manager Norman Weiss. But no Tofu Turkeys, at least not anymore. "I forget if we stocked them or it was just by pre-order," he recalled. "Never sold a lot of them."

At its core, Fresh Tofu is a family business. The plant runs five days a week, sometimes six, "if we need to. I try not to do that because my employees work really hard during the week and they need that weekend time for themselves and their families," Amey said. His wife, Aurora, serves as the company's accountant, and their son returned to work in the factory a week after his last college exam in May. He was slated to come in the day after, but, as the end of the semester drew near, called and asked if he could postpone his start date.

"Mom," he told her, "I think I'd rather start a week later."

Michael Frost is a Weavers Way Working Member.



An offshoot of Weavers Way Co-op

608 Carpenter Lane  
215-843-8289  
foodmoxie.org

- Development Director**  
ALLISON BUDSCHALOW allison@foodmoxie.org
- Program Director**  
ANDREA DOWNIE andrea@foodmoxie.org
- Manager of Communications and Operations**  
JULIA LEMYRE info@foodmoxie.org
- Manager of Growing Spaces**  
BRANDON RITTER brandon@foodmoxie.org
- Manager of Education**  
MARIAH BUTLER mariah@foodmoxie.org
- Manager of Culinary Literacy**  
KHARI GRAVES khari@foodmoxie.org

## THANKS TO...

Alfred & Mary Douty Foundation  
Dolfinger-McMahon Foundation  
Green Tree Community Health Foundation



For Their Support!

## FOOD MOXIE

We dig what we eat.

### Ch-ch-ch-Changes at Food Moxie

from Tim Clair, FOOD MOXIE Board Chair

Last month's fifth annual Hoedown marked the end of a Food Moxie era. After five and a half years at the helm of the organization, Food Moxie's Executive Director Jill Fink is moving on.

When Jill started at Food Moxie (then Weavers Way Community Programs) over five years ago, she hit the ground running. We got a new name, innovated our programming, strengthened our partnerships, and built an operating reserve. As Jill moves on, Food Moxie is in high gear for the summer, busy growing food and cooking with our program participants at Stenton Family Manor, Martin Luther King High School, and Saul Agricultural High School.

A bittersweet moment, Food Moxie is in a healthy state, supported by a strong and visionary team of staff and board members who will continue to deepen our commitment to the communities in which we work. Please join me in recognizing and thanking Jill for her time with Food Moxie. We wish her the best!

Now, let's dig in.



Above, Jill with staff at a recent outdoor work day. Clockwise from top left: Brandon Ritter, Khari Graves, Mariah Butler, Julia Lemyre, Andrea Downie, Allison Budschalow and Jill.

### Our Annual Report Is Available

Visit [www.foodmoxie.org/annual-report](http://www.foodmoxie.org/annual-report)  
or contact us at 215-843-8289 or [info@foodmoxie.org](mailto:info@foodmoxie.org) to get a copy!



**FREE COMMUNITY PLAY DAYS AT ADVENTUREWOODS**

AWBURY ARBORETUM'S NEW NATURAL MATERIALS PLAYGROUND

**Saturdays: 10am - 2pm**  
**Now through Fall\***

- + BUILD FORTS & SHELTERS
- + EXPLORE THE FOREST
- + BRING A PICNIC
- + CREATE FAIRY HOUSES
- + RUN, JUMP, CLIMB
- + BRING A FRIEND

visit [www.awbury.org/adventurewoods](http://www.awbury.org/adventurewoods) for directions & more info

Interested in another day or time?  
>> AdventureWoods is also available for rental! <<  
email us at [contact@awbury.org](mailto:contact@awbury.org) for rates & info

\* Opening subject to change based on weather

Empowering Children One Project at a Time

**Apply Now!**  
Ask about Sliding Scale Tuition.

Call 215-438-3623 to Schedule a Tour!  
[www.projectlearnschool.org](http://www.projectlearnschool.org)

**CHESTNUT HILL Computer Spa**

PC & Mac Repair, Set-up, Tune-up/Clean-up, Upgrades

Joanne Davis  
215-939-2534

COMPLETE COMPUTER SERVICES & 1-ON-1 TRAINING

215-939-2534 CHComputerSpa@gmail.com

Don't miss out on breaking news!  
Sign Up Online at [WWW.WEAVERSWAY.COOP](http://WWW.WEAVERSWAY.COOP)

An offshoot of Weavers Way Co-op

**FOOD MOXIE**

**Meet  
Haverford  
Intern Nicky  
Rhodes**



**What inspired you to get involved with Food Moxie?** At Haverford College, I major in a program called Growth & Structure of Cities.

This is an interdisciplinary study focused around architecture and urban studies, as well as people and cultures. I am passionate about sustainability and think that environmental health necessitates community well-being too. I am excited to work with Food Moxie to experience how local farming not only creates sustainable food systems but helps support communities.

**What is your favorite fruit or vegetable?** Without a doubt, my favorite vegetable is zucchini. I hope to be able to grow and share many zucchinis with the farm this summer!

**Fun fact about yourself?** I am an avid runner. I ran a marathon when I was in high school and am looking to run another sometime soon.

**What's your favorite part of Philadelphia?** Old City, especially during First Friday. I love walking around and going to the many museums, galleries and second-hand book stores. I'm excited to have the opportunity to explore more parts of the city this summer!

**5<sup>th</sup> ANNUAL  
HOEDOWN  
TO BENEFIT**

**FOOD MOXIE**

**SUNDAY, JUNE 24**

Thank you to our sponsors:

**LINE DANCE**



Health Partners Plans



**BARN DANCE**

**Cliveden Nursing & Rehabilitation Center, Dietz & Watson**



**Explore  
TMS**

and discover the  
Montessori method  
of education  
for your child.

Call to find out more  
or arrange a tour  
215-542-0740



Serving children from 18 Months through Grade Six  
in an authentic Montessori environment

**The Montessori School**

1701 Jarrettown Road, Dresher PA 19025  
admissions@themontessorischool.us

**HOUSE  
AT  
POOH CORNER**

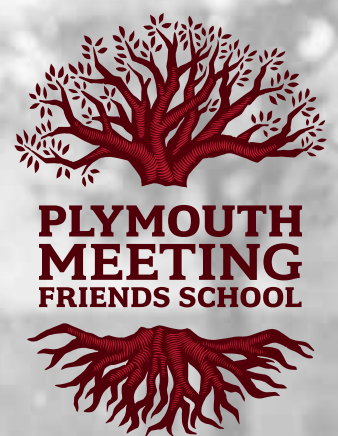
where learning comes naturally  
Teri DiCesare, M.Ed.

INFANTS • TODDLERS • PRE-K

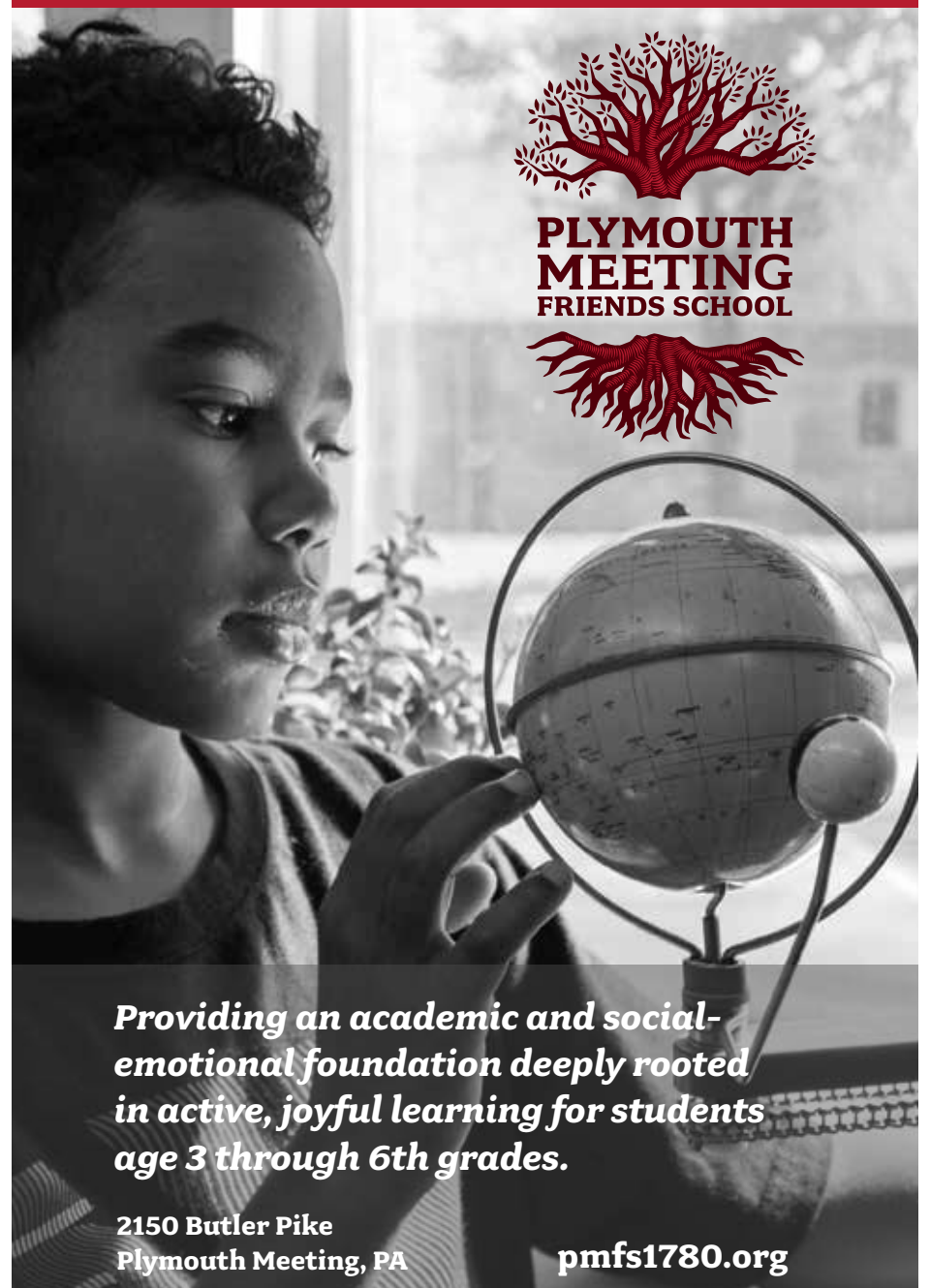
Over 30 years  
of quality care  
215-843-0815

Visit our website [www.houseatpoochcornerdaycare.com](http://www.houseatpoochcornerdaycare.com)

**A Big World in a Small Quaker School**



**PLYMOUTH  
MEETING  
FRIENDS SCHOOL**



Providing an academic and social-emotional foundation deeply rooted in active, joyful learning for students age 3 through 6th grades.

2150 Butler Pike  
Plymouth Meeting, PA

[pmfs1780.org](http://pmfs1780.org)

**Now Enrolling for 2018-19! Call for a tour.**

Visit  
**Weavers Way at  
 the Germantown  
 Farmers Market**  
**Thursdays**  
**3-7 p.m.**  
**Market Square,  
 Germantown Avenue and  
 Church Lane**



And say hi to our **NEW**  
 market coordinator  
**Sarahyn Branson.**  
*(If she looks familiar, you might  
 have seen her behind the deli  
 counter in Ambler.)*

A·D·V·O·C·A·C·Y

## The Renewed Poor People's Campaign

by Bernadette Geller, for the Shuttle

**W**HEN I THINK OF THE COMMUNITIES THAT MAKE UP Weavers Way, I think of people who, while upset with our current national administration, and the many ways our government is failing on the world stage, are mostly happy with the way our lives are playing out.

We, by and large, are the kind of folk we are all content to be in each other's company — thoughtful, concerned about the environment and tender care of Earth, with discipline around recycling, eating healthful food, exercising, marching when the cause is important, voting when we know we have worked to lift up good candidates, and having the financial means to do these things, with money and time for relaxing and enjoying our versions of the good life, and preparing for aging (in place, if possible).

And there are those folks who, in the words from a prayer-service program in Hope House Journal, NOLA: "We are people who don't seem to count for much in this world — whether we are just starting out in life's journey, nearing its end or just not worth much in the world's cost-benefit analysis. But we are God's children. We are all brothers and sisters. We want respect. We want to live full and meaningful lives. We want our unique gifts to be recognized and used to create a more just, peaceful and verdant world."

Fifty years ago, after the assassination of Dr. Martin Luther King Jr., the Poor People's Campaign erected Resurrection City on the National Mall in Washington, DC. Subsequently, the Voting Rights Act was signed into law, as was the Civil Rights Act. Today, there are fewer voting rights; since 2010, 23 states have passed voter-suppression laws, including racialized gerrymandering and redistricting as well as measures to reduce early voting days, purge voter rolls and impose stricter voter-ID requirements.

One cannot view this as accidental, but rather an attack on the poor and disenfranchised in our country. This is just one area the new Poor People's Campaign ([www.poorpeoplescampaign.org](http://www.poorpeoplescampaign.org)) is addressing.

In preparation for the Poor People's March Saturday, June 23, protests were held in 37 state capitols on six previous Mondays (actually, one was held on Tuesday because of Memorial Day), each lifting up another aspect of the moral decay that needs to be corrected to change the moral narrative in our country.

Among the themes:

- The right to health: Ecology, justice and health, extreme water extraction, climate change and health care.
- Everybody's got a right to live: A living wage, guaranteed income, housing and social services.
- Somebody is hurting our people: Women, youth, disabled people, children in poverty and the right to education.
- Veterans: Our war economy and militarism.

All of these issues were not only lifted up in loud protests but also in mass arrests because thousands took part in acts of "nonviolent moral fusion direct action," which was essentially civil disobedience, though rarely reported in mass media.

Hopefully the June 23 Poor People's March will not be the end, but a continuation of what has been building over several years — building a broad and deep national moral movement rooted in the leadership of poor people and reflecting the great moral teachings — to unite our country from the bottom up, drawing on the unfinished work of the 1968 campaign, tragically cut short both by King's death and by the subversion of his coalition that sustained it.

May those of us who believe in the moral right do our part to support the National Call for Moral Revival, co-organized by Repairers of the Breach ([www.breachrepairers.org](http://www.breachrepairers.org)), a social-justice organization founded by the Rev. William Barber, and the Kairos Center for Religions, Rights and Social Justice ([kairoscenter.org](http://kairoscenter.org)) at Union Theological Seminary, headed by Rev. Liz Theoharis.

*Bernadette Geller is a longtime Weavers Way member.  
 Contact her at [bclgeller@comcast.net](mailto:bclgeller@comcast.net).*

## Summer at Morris Arboretum

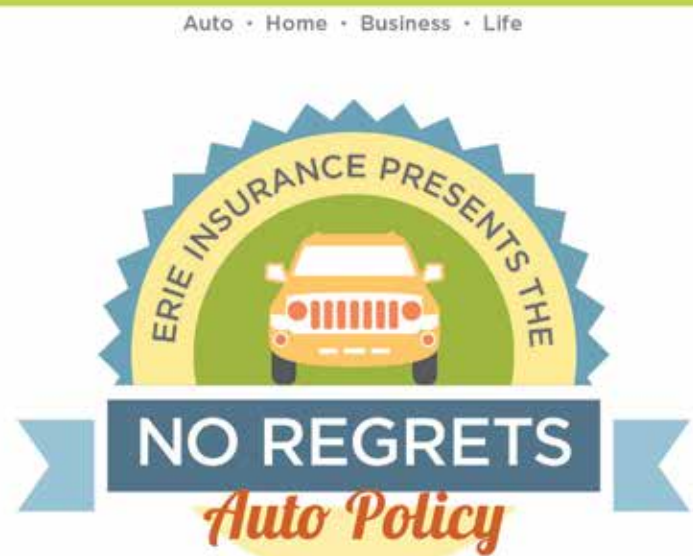


Garden Railway open daily through Labor Day,  
 then weekends only through Columbus Day

Early Bird Saturdays through September – Open at 8am  
 Late Night Wednesdays through August – Open until 8pm



100 E NORTHWESTERN AVE, PHILADELPHIA • [WWW.MORRISARBORETUM.ORG](http://WWW.MORRISARBORETUM.ORG)



Quick-start claims processing • No rate hikes with ERIE RateLock<sup>1</sup>  
 Rates as good as those other guys • No kidding. Seriously good insurance.

Get a quote from your local agent today.

**The Iowa Group, Inc.**  
 8002 Germantown Ave.  
 Philadelphia PA 19118  
 215-242-2242  
[www.lowagroup.com](http://www.lowagroup.com)



Above all in SERVICE - since 1925<sup>SM</sup>

<sup>1</sup>Not available in all states. Limited to three years in Virginia. The ERIE Rate Lock<sup>SM</sup> auto insurance endorsement does not guarantee continued insurance coverage. Insured must meet applicable underwriting guidelines. Rate may change if you add or remove a vehicle, add or remove a driver or change your address. Premium may change if you make a policy change. Patent Pending. For terms, conditions, exclusions, licensure and states of operation information, visit [erieinsurance.com](http://erieinsurance.com). 51675 3/15 © 2015 Erie Indemnity Company.



# VEGAN FEST 2018

It was a great day of plant-based fun, with an all-Vegan Hot Bar, giveaways, vendors, music and speakers and plenty of vegans and vegans-to-be prowling the aisles of Weavers Way Ambler!

Photos by Working Member Rivkah Walton.

OPEN TO EVERYONE  
8 AM - 8 PM DAILY

## CREEK SIDE FOOD CO-OP

**Come Meet Us Coupon!**

**\$5.00 OFF** CREEK SIDE CO-OP Your Purchase of **\$25.00 or More**

Not to be combined with any other offer or

### CreekSide Food Co-op

Yes, CreekSide Co-op is a Full Service Grocery Store in Elkins Park, Pa but we are so much more than groceries. We are small and manageable, with friendly staff and short lines making shopping a joy rather than a chore! We are a community hub that generates a sense of belonging, hope and possibility. Visit us today to find out more!

**Member Benefits**

- Discounted Member Pricing
- 10% Off On The 10<sup>th</sup> Of Each Month
- 5% Off One Shop A Month
- 10% Off Bulk Products
- Special Pricing For Events
- Cash Back
- Paying By Check
- Senior Discount Day 5% off Tuesdays
- EASY SHOP!
- Supporting Your Local Economy

**Across from Elkins Park Train Station!**

www.creekside.coop  
7909 Highschool Rd.  
Elkins Park, PA 19027  
215.557.4480

**CREEK SIDE CO-OP**

## Yes, We Bring the Bananas



Dear Weavers Way,  
Thank you for visiting us at Lower Gwynedd. We LOVED your visit and learning all about the Coop. It was so much fun to work with our friends. We even loved your special treat. Thank you for taking time out of your busy schedules to teach us!

Sincerely,  
LG 3<sup>rd</sup> Graders



Third-graders at Lower Gwynedd (pictured) and Shady Grove elementary schools welcomed Co-op staff and volunteers to their classrooms last month to learn about cooperatives and food production, and enjoyed a healthy snack! We look forward to more classroom visits. Interested in helping?  
Contact Kathleen at [kcasey@weaversway.coop](mailto:kcasey@weaversway.coop).

## Green Dream Weavers

(Continued from Page 1)

cinerated and landfilled. Though we think waste-to-energy systems are good, they result in a huge amount of resource loss and unintended contamination of soil, air and water. Landfilling is equally toxic, generating emissions of methane into the air and other toxic leachates into leachate pools that need chemicals to neutralize. Plus, landfills are running out of room. In both systems, waste generally has to travel long distances to reach its end of life, using non-renewable resources in the transport process.

Our recycling also is plagued with unintended problems. Many materials in the marketplace are not even recyclable because they have not been designed to maximize recyclability and we lack the infrastructure globally to handle the sheer amount of these materials. To make matters worse, our systems for processing these materials are collapsing, with mass recycling processors like China no longer accepting materials from other countries.

When a recyclable item is put out on the curb and transported to a materials recovery facility, it goes on a giant conveyor belt where workers pull off “contaminants” — materials that don’t belong. A few larger MRFs have optical processors that can sort up to 80 products per minute, whereas a person can sort only about 30 per minute. There are not many of these types of MRFs, though. And even with the most sophisticated sorting systems, contamination still occurs. China has refused to take our bales unless we can have less than 3% contamination, which is virtually impossible with the systems we have in place.

It is a perfect storm of lack of public education, producers that are not cognizant of optimizing recyclability and a breakdown in materials processing.

So what are we looking at now? The Co-op must nurture a stronger culture of sustainability, source reduction and conscious consumerism. We must harness the power of the collective to indicate a willingness to move in a new direction. What will it require from our leadership and our members, and how will we remain competitive in our market in the face of this problem?

We are moving forward with establishing better forms of communication within all of our stores regarding waste systems and finding innovative ways to encourage our shoppers to BYOC — Bring Your Own Containers.

Examples include:

- Bring your own coffee cups and your own containers for deli items and prepared food in Chestnut Hill.
- Skip the plastic roll bags. Consider reusing the ones you have or skip the bagging process all together — our cashiers are prepared to weigh your produce loose.
- Bring a your own non-disposable bags for bulk. We also sell cloth bulk bags in all three stores. Eventually, we hope to implement a point system that would give rewards to shoppers who buy in bulk.

Keep an eye peeled for our new signage about packaging reduction and proper disposal. We will be making those systems more clearly indicated. Thank you for your patience and cooperation during this process!

Meanwhile, we have 274 signatures on our petition to get the National Cooperative Grocers to support the use of reusable pallet wrap. We need to get to 1,000, and with and more than 9,000 member households, we can do so. Thank you for your sustained efforts.

[asharg.zwc@gmail.com](mailto:asharg.zwc@gmail.com)



Black swallowtail: Where butterflies are choosy, caterpillars are voracious.

## Think Like a Butterfly, Not Like a Caterpillar

by Mike Weilbacher, for the Shuttle

IT’S HIGH SUMMER, WHICH BRINGS WITH IT erratic weather patterns, fierce storms, rising tides, raging stormwater pouring through our communities and other climate-change concerns. As someone who worries about climate change, I have stumbled upon a powerful way to save the world.

We need to think like butterflies.

Consider the butterfly — born as a humble, often ugly, caterpillar. A living weed-whacker, caterpillars plow through living plants, mercilessly devouring leaves, bent on defoliation. Tent caterpillars ravage the Schuylkill Center’s cherry trees every spring; gypsy moths consume whole landscapes. Last year, I planted a stand of dill to attract black swallowtail caterpillars. The plan worked: The dill raised about 15 caterpillars, but the plants were skeletons when the caterpillars were done. Not one feathery leaf remained.

But suddenly, the caterpillar crawls away, hangs upside down and transforms into a chrysalis — its body parts magically melting inside a shell to rearrange as a completely different body. An entirely different creature emerges: an adult butterfly.

Where the caterpillar devoured everything, the butterfly has no ability whatsoever to eat solid food. A butterfly drinks its world, using its coiled straw of a mouth to sip nectar. When the butterfly flits from flower to flower, it pollinates each in turn. Caterpillars devour, but butterflies pollinate. That’s the key: While the caterpillar takes from the world the resources it needs for survival, the butterfly gives back, helping produce the next generation of plants.

And they don’t just pollinate the zinnias in your backyard. They pollinate the native plants that sustain entire ecosystems. More importantly (to us, anyway), they enable so many trees to make fruit. Oranges, cherries, grapefruit, grapes (and therefore raisins and wine), apples, lemons, limes: All exist because of pollinating insects like butterflies.

For millennia, we humans have been caterpillars, taking from the world the stuff we need to live: food to eat, water to drink, lum-

### Annual Butterfly Count

Thursday, July 5, 1 p.m.  
Schuylkill Center  
8480 Hagys Mill Road. \$3.

Help the staff of the Schuylkill Center count the butterflies in our forests and meadows in the annual effort orchestrated by the North American Butterfly Association. To register, call 215-482-7300, ext. 110, or email [scee@schuylkillcenter.org](mailto:scee@schuylkillcenter.org).

ber to build homes, coal and oil to power our lives. Now, living on a finite planet on limited resources, we’re running out of stuff to devour. For us to live sustainably, it’s time we grew up — metamorphosed, transformed ourselves into butterflies, sipping at resources and giving back to the world that sustains us, metaphorically pollinating it and making seeds.

Thinking like a butterfly means conserving water, switching to renewables, driving electric cars, radically recycling everything, growing our own organic food, protecting biological diversity, consuming less stuff and ceasing suburban sprawl across whole landscapes.

Protecting biological diversity means inviting your non-human neighbors into your yard — growing milkweed plants to nurture populations of monarch butterflies, installing bat boxes to support troubled bat populations, keeping your cat inside so it kills no birds, planting native plants everywhere you can, and more.

Thinking like a butterfly also means getting to know butterflies. They are remarkable, delightfully colorful creatures, extraordinarily adapted — and vanishing. We’ve got a butterfly event happening soon at the Schuylkill Center — come help us count them. And we’ll continue the conversation about thinking like a butterfly.

*Weavers Way member Mike Weilbacher is executive director of the Schuylkill Center.*



# SHOP BULK

Spend money on food...



5% off haircuts for Co-op members

### The Healthy Path to Beauty... In the Heart of Ambler Borough

- Organic, vibrant hair color.
- Physician approved ✓
- Our organic hair color makes beauty safe for: Expectant mothers, cancer recovery, allergy sensitivities, immune-system restrictions and other health-care concerns.
- 35 years of industry experience.
- Healing of the body and mind with our amethyst crystal-infused FDA-approved BioMat.

365 East Butler (267) 460 8307



Proud to be a neighbor to the new Weavers Way in Ambler.

We sell:

- Single bottles
- Six-packs
- Cases
- Growler fills



259 E. Butler Ave.  
Ambler, PA 19002

267.470.4854





# In Defense of Bugs

by Sandra Folzer, Weavers Way  
Environment Committee

**E**COLOGISTS SAY THAT IF ALL THE HUMANS WERE TO suddenly vanish, the environment of Earth would improve, but if all the insects were to suddenly vanish, it would be a disaster," Carlos Mano writes on sciencing.com.

Bugs pollinate our food, our fruits and our vegetables. While bees get most of the attention, other insects also pollinate plants. Some orchids are pollinated by only one species of insect. Dates are the only food not pollinated by insects; they have been cultivated so long, they now depend upon humans.

Unfortunately, insecticides are widespread. The public believes what profit-hungry corporations tell them —

that we have to kill bugs. The chemicals used cause nerve damage, which also puts humans at risk, a fact often overlooked. We kill bugs indiscriminately; yet of the 5 to 30 million insect species, most are beneficial to the environment.

The small percent-

age that cause disease gets most of our attention.

Insects are fascinating creatures. Ninety-five percent fly sometimes during their life cycle. Most are beetles. Don't say "ugh," for some beetles, like the ground beetle, eat garden pests. The Pennsylvania leatherwing beetle eats aphids. These are bugs we want in our gardens.

We sometimes think we are special when we recycle. Except when we compost, we are simply sorting our stuff, much of which may still end up in the landfill. Insects, on the other hand, break down plant and animal matter, so that bacteria can finish the job and create precious soil. Without insects to break down matter, we would be inundated with waste.

In fact, the lowly insect may be more important for the Earth than we humans. We don't understand insects, so we make assumptions about them. If we take the time to study them, we can appreciate their complexity. The bee's "waggle dance" is a good example.

A bee dances on a vertical surface inside the hive to communicate where a good source of nectar is and how far away it is. The dance aligns with the sun. Dancing straight up signifies the nectar is in the direction of the sun. Right or left dancing signifies the source is to the right or left of the sun, with the degrees of the angle signifying how far to the right or left. The dance takes the shape of a coffee bean. If the bee takes one second to trace the pattern of the bean, then the nectar is a kilometer away. The longer it takes to make the pattern, the farther away the nectar is. If it's a really good food source, the bee will repeat the dance over and over.

Ants communicate with one another through touch. In a line, the ant behind keeps touching the abdomen of the ant in front with its antennae. This is called "tandem running." If the ant in front doesn't feel the antennae, it will stop and wait for the ant behind to catch up.

Cicadas communicate through sound. After spending 17 years underground, they come out of the ground



This is an Eyed Click Beetle, about 2 inches long, that the author found foraging in Chestnut Hill.

and begin calling for a mate. They are able to make their sounds via organs in their abdomens and receive sounds in organs located in their legs and thorax. Our hearing only detects sounds from 20 to 20,000 Hz, so we miss most of the cicadas' calls, which can be above 80,000 Hz.

How much else do we miss about insects and other animals because we are not capable of hearing, seeing or understanding?

Not only can some insects hear better than humans, their capacity for scent far surpasses ours. Some female moths give off pheromones that can be detected by the male from many kilometers. The emperor moth female can attract males from 16 kilometers away.

We know little about insects' intelligence, but a few studies suggest that insects are smarter than we thought. For example, we now know that bees can count and understand zero. Unlike humans, some insects have sub-brains that can operate separately from different parts of their bodies — insect antennae have their own brains as do the mouth, eyes and legs.

My hope is that the reader will not kill any insect they see, believing they are all bad. They are on the Earth for good reasons. Nature depends upon healthy balances, such as putting back into the soil what we have removed. Some insects are predators, so insect populations of one kind keep others in check. One reason imported plants and animals, including insects, become invasive is that they do not have natural enemies as they would in their primary location. Japanese beetles get out of control in North America because they have so few natural predators. The blue-winged wasp does feed on Japanese beetle larvae, which is helpful, and another good reason not to kill wasps who are not a threat to us.

OK, you might respond, what about mosquitoes and ticks, which pose real disease threats to humans? Go for it. I would not stand between you and a mosquito. Just make sure what you are about to kill is not a beneficial insect like a hover fly or a lacewing, both of which kill nasty aphids, and might be mistaken for a mosquito.

*environment@weaversway.coop*



## Keep Your Cool Without (or With Less) AC

by Marsha Low, Weavers Way  
Environment Committee

We Americans use (or waste) a huge amount of energy on air-conditioning.

The U.S. Energy Information Administration's 2015 "Residential Energy Consumption Survey," revised in March 2018, says 87% of all homes in the United States have some form of air-conditioning. As a result, roughly 117 million metric tons of carbon dioxide are released into the air each year, according to the U.S. Department of Energy.

Carbon dioxide is bad enough, but air-conditioners also contain refrigerants called hydrofluorocarbons that can leak out during use, maintenance and disposal. HFCs are among the most potent and longest-lasting of all greenhouse gases, and recent research has shown that HFC emissions increased 54% between 2007 and 2012. So the very act of cooling ourselves is contributing to rising temperatures!

Thankfully, we can reduce the amount of air-conditioning we use at home. Whether you have central or room air-conditioners — or none at all — you can keep your home cooler in the summer by following some simple tips:

- In the morning, open your windows to let in the cooler air.
- Once it starts to heat up, close your windows and draw the shades or blinds.
- In the evening, open everything up again.

Also, consider "twin" window fans, the kind that can be set to expel or draw in air. Once it's cooler outside, run them for a few hours before going to bed. Make sure to keep the door of your bedroom closed. When it's time to go to bed, you'll find that your room has cooled down considerably.

Even during heat waves, you don't need to have your air-conditioning going all the time. Just set your thermostat higher. Once the air-conditioner lowers the humidity, you'll find you're comfortable enough, even with your thermostat set as high as 80 degrees.

NOT on plastic packaging.



weavers way  
**Coffee OF THE Month**  
BULK BEANS  
Organic French Roast  
**\$8.99** reg \$11.99  
Sale July 4 - 31  
EQUAL EXCHANGE  
PAINT TRADED

We've gone GREEN...  
Now using environmentally-friendly  
Waterborne paint!

**MACLENS**  
Collision Repair Professionals Since 1945  
Family Owned & Operated

20 W. Allens Lane  
Philadelphia, PA 19119

Tel (215) 247-3906  
Fax (215) 247-9506

# Still a Crime: New Logo, Same Old Mission for Philadelphia Backyard Chickens

by Maureen Breen, for the Shuttle

PHILADELPHIA BACKYARD CHICKENS HAS BEEN busily reorganizing since establishing itself last year as an independent group. Originally founded in 2012 as a club of Weavers Way Co-op, the group now has almost 1,400 members working on legalizing backyard chickens in Philadelphia and educating officials and their neighbors about the benefits of keeping chickens.

The group's increased advocacy work and food study created the need to organize a leadership team and develop a strategy to address the problem that backyard chickens are illegal in Philadelphia although they are legal in most other large cities. The new leadership team of seven members from various Philadelphia neighborhoods has met several times for strategic planning, led by Co-op member Susan Saxe. Strategic planning will continue through the summer with an emphasis on harnessing and leveraging the resources of Philadelphia Backyard Chickens members throughout the city.

Some members of the group are also participating in research to measure the value of backyard chickens in



reducing municipal solid waste by eating kitchen scraps, leftovers and other edible-only-to-chickens materials. After a year, the group estimates that each chicken keeps about 6 pounds of kitchen scraps out of the waste stream every month. (Austin, TX, so highly values this role of backyard chickens that they pay people \$75 toward the purchase of a chicken coop.) This research is ongoing

and open to anyone interested in participating.

With all the excitement from reorganizing and completing the first year of the study, member Suzanne Dunn was inspired to create a new logo for the group. It features an artistic reinterpretation of a famous Philadelphia landmark along with silhouettes of the artist's own chickens to show how much many Philadelphians love backyard chickens. A sale of T-shirts with the new logo, Philadelphia Backyard Chickens' first fundraiser, has already netted more than \$300, which the leadership team will use to implement their strategic plan.

To get your shirt, visit [www.customink.com/fundraising/backyardchickens2](http://www.customink.com/fundraising/backyardchickens2).

With new leadership, new knowledge and a new logo, Philadelphia Backyard Chickens is poised to fulfill its founding mission and bring the backyard chicken home to roost in Philadelphia.

*Weavers Way member Maureen Breen is one of the founders of Philadelphia Backyard Chickens. Interested in making chickens legal in Philadelphia? You can request to join the Facebook page.*

## New Park Safety Feature: Summer Outreach Aides

by Maura McCarthy, Executive Director, Friends of the Wissahickon

ONE OF THE GREAT THINGS ABOUT A VISIT TO Wissahickon Valley Park is that there's always something new to see. Usually, it's a bird, a plant or a historical feature, but this summer it'll be some new faces: Friends of the Wissahickon's seasonal outreach assistants, who will be greeting visitors at some of the most popular locations in the park during our busiest season and into the fall.

Look for these FOW representatives from Valley Green Inn to Livezey Lane and at Devil's Pool, where they'll be communicating three overarching messages: Have fun, stay safe and help keep the Wissahickon beautiful.

Why this increased presence in the park? It has to do with the nature of the Wissahickon, literally. Because we live in a major urban area, it's easy to forget that the park is an 1,800-acre wilderness with a fragile forest understory. Stocked each spring with trout, the Wissahickon Creek provides drinking water to a third of all Philadelphians. More than a million visitors annually experience the natural beauty and take advantage of park's abundant recreational opportunities.

While we welcome everyone who wants to enjoy the park, increased visitorship takes its toll, with increased



FOW photo



trash, occasional vandalism and just plain carelessness. In April, a fire burned about a half-acre in a secluded area off an upper trail near Devil's Pool. Fortunately, no one was hurt, and the damage was minimal and likely short-term. But the incident was troubling for what could have happened, and underscores FOW's paramount responsibility as the park's steward

and the mission of our seasonal outreach assistants: protecting the safety of visitors and habitat.

That's why they'll be offering materials and friendly reminders about general park safety, with a focus on these specific areas:

**Look but don't leap.** Although the Wissahickon Creek is a tempting spot to cool off on a hot day, swimming or wading, especially in Devil's Pool, is not allowed. It's

unprotected and presents a number of dangers, from uneven depths and potentially fast water (especially after a storm) to submerged debris.

**Leave no trace.** Whenever you visit the Wissahickon, carry out what you carry in, and leave what you find. Enjoy the nature that's all around you, but in a responsible way that lessens human-created impact.

**Leash your dog.** This isn't a choice — it's the law in Philadelphia. Unrestrained dogs can go after each other, spook horses and disturb the habitats of park residents, especially nesting birds.

So when you're in the Wissahickon this summer, say hello to our seasonal outreach assistants — they're the ones in the FOW T-shirts. And thank you for your much-needed and -appreciated help in making sure every visit to our beloved park is a safe and happy one.

### Thursday Afternoon Devil's Pool Cleanup

Every Thursday afternoon from 1 to 4, we will tackle trash at one of the most beautiful (and popular) spots in the park. Meet at Valley Green Inn; work will consist of collecting trash, separating recycling and general maintenance. Wear sturdy shoes and long pants, and bring a water bottle. For more info, contact Shawn Green at [green@fow.org](mailto:green@fow.org) and register at [fow.org/events](http://fow.org/events).

### Cheryl Shipman

Garden planning and maintenance  
Upholstery, cushions and pillows  
Rush, cane and wicker repair

[shipman.cheryl@gmail.com](mailto:shipman.cheryl@gmail.com) 215-681-9440  
<https://www.facebook.com/CherylShipmanFurnitureandGarden>

### JB STOCOVAZ

Professional Landscape Gardener  
Maintenance • Design • Installation

WE CREATE BEAUTIFUL LANDSCAPES

417 East Gowen Avenue, Philadelphia, PA 19119  
215-248-0649 • [jbstocovaz@verizon.net](mailto:jbstocovaz@verizon.net)



## E. G. Rall Jr. Landscape Design & Horticultural Services

"From Sustainable Habitats to Elegant Gardens - We Are Your Outdoor Problem Solvers."

622 Markley Street, Norristown, PA 19401

Services include: Native plant installation, Rain garden installation, and Permeable paver installation

Check out our website to find out more!

[Egralljrlandscape.com](http://Egralljrlandscape.com)  
P610.239.7460

## The Passionate Gardener

# No Roots, No Seeds, No Problem

by Ron Kushner, for the Shuttle

**M**USHROOMS ARE NOT REALLY “PLANTS” but are part of the fungus kingdom. What we would recognize as a mushroom is actually the fruiting body of a fungus. The purpose of the mushroom is to release reproductive spores. All mushrooms have a cap and gills. The cap protects the gills, which make up the reproductive surface, until the mushroom pushes up through the ground. Then the cap expands and spores are released from the gills into the wind.

(Be careful! Most mushrooms are not edible and many are actually poisonous. Some just make you very sick, but others will kill you. Don't harvest mushrooms in the wild unless you know what you are doing.)

Mushrooms do not have roots, leaves, flowers or seeds. They have no chlorophyll so they need to interact with plants to create sugar that plants manufacture by taking in water, carbon dioxide and sunlight. The fruiting body is really not



The “mower’s mushroom,” *Panaeolus foeniculii*, gills-side-up.

the whole mushroom, just the reproductive part, and each mushroom spore is a single cell.

Mushrooms may or may not have a stem. In fact, most fungi are composed of thread-like filaments called hyphae and ultimately form a mass or “body” called a mycelium. They live in the soil, taking in nutrients as they help break down the decomposing soil. Their biggest ecological function is their interaction with plants to form mycorrhizae. Mycorrhizae result from the fungi connecting with the root cells of plants. The fungus provides nutrients to the plants (especially phosphorus) and the plant provides the fungus with carbon that it converts into sugar compounds.

Mushrooms sprout up in our lawns, especially after wet weather. When the weather gets

colder or the soil dries out, they disappear. They live on organic matter in the soil such as buried logs, old tree roots or stumps. They are unsightly but they rarely do damage to your lawn and anyway, there is no practical way to eliminate them. All you can do is rake them up or mow them down. When the buried wood matter has totally decayed, the mushrooms will be gone.

Mushroom consumption has been known since ancient Egypt, mushroom cultivation began in France in the 17th century. Pennsylvania is the top producer of edible mushrooms in the United States, with 65 percent of the total.

Since mushrooms have no ability to make their own food, commercial producers need a special growing medium for a successful crop. Laurel Valley Farms in Chester County creates the mushroom compost for mushroom farmers.

Every year, Laurel Valley Farms buys 40,000 tons of hay and 25,000 tons of straw. These ingredients are broken down and watered for three weeks, then blended with poultry manure, corn cobs and horse manure and bedding. These additives provide bacteria and other micro-organisms to further break down the material. This process creates the carbon that becomes an important food source for the mushrooms.

This “mushroom soil” is loaded into small, dark buildings called “doubles” and treated with mushroom spores. The mushrooms grow in “flushes” and about 60,000 pounds a day are harvested from a typical mushroom house. After three flushes, the compost is replaced and a new cycle begun.

However, this spent compost still has lots of valuable nutrients. It is composted again and recycled for use in urban gardening initiatives, farming applications, nurseries, golf courses, by landscapers and green roofs. Basically, it is turned into high-grade soil; the process has been going on since the early 1900s.

Every week, Laurel Valley Farms recycles 450,000 gallons of storm water, 75 tons of corn cobs, 7,000 cubic yards of horse bedding, 40 tons of cocoa shells and 600 tons of poultry manure. A total of 7,000 yards of mushroom compost is recycled every week — enough to cover 157 football fields with a quarter-inch of compost.

Thanks to Laurel Valley Farms for providing much of the information for this article!

For questions or comments:  
ron@primexgardencenter.com



Nissa Labow photo

Old Tennis Court Farm in Germantown is now protected from development.

## A Community Garden Preserved

by Ellen Wert, for the Shuttle

**T**HE OLD TENNIS COURT FARM IS NOW THE COMMUNITY'S GARDEN.

On May 18, Natural Lands, acting on behalf of the community, purchased the 0.65-acre parcel of land at 5407 Wissahickon Ave. in Germantown — the site of the Old Tennis Court Farm community garden.

In the coming months, Natural Lands will transfer the title to Neighborhood Gardens Trust, with which the Old Tennis Court Farm community garden has been affiliated since reopening in May 2017.

Founded in 2009 on land that was once used as tennis courts for Germantown Friends School, the garden was closed in 2015 so the land could be sold. A community effort to protect the site from development and preserve the garden led to a partnership between the garden's leadership, Natural Lands, Neighborhood Gardens Trust and the Friends of Cloverly Park, which abuts the garden.

Working together, the partners raised the purchase price through a combination of a grant of \$225,000 from the Pennsylvania Department of Community and Economic Development's Greenways, Trails and Recreation program and community-based fund-raising, for which Germantown United CDC served as fiscal sponsor.

“We thank Germantown Friends Monthly Meeting for giving the community the opportunity to purchase the land and for entering an agreement with Neighborhood Gardens Trust in 2017 so that the garden could be reopened during the run-up to the closing,” said Mark Kearney, a gardener and one of the project's leaders. “We thank the many people in and beyond the community who donated so generously to the project. We thank Germantown United CDC for serving as fiscal sponsor for the community fund-raising. And we especially thank Natural Lands and Neighborhood Gardens Trust for acting on the community's behalf.”

“Now and for the years to come, families and individuals will be able to grow fresh, organic vegetables and fruits not only for their own tables but also for those of neighbors in need,” Kearney said. Each year, up to eight 12-foot-square community plots will be dedicated to growing fresh, organic produce for local food-security programs.

Learn more at [www.friendsofcloverlypark.org/otcf-2](http://www.friendsofcloverlypark.org/otcf-2).

Ellen Wert is a Weavers Way member.

### K.K. Lawn Service

Free Estimates

#### Kevin Kitt

President & C.E.O.

Grass Grooming  
Hedge Trimming  
Planting Flowers & Hedges

(215) 432-4069

beareeu72@yahoo.com

Get enlightened.

Get engaged.

Get excited.



**WEAVERS WAY  
WORKSHOPS**



**Wissahickon  
Tree & Landscape  
Services, LLC**

Brian Ames  
Certified Arborist

CUSTOM PRUNING  
DESIGN & INSTALLATION  
ORGANIC & NON-CHEMICAL  
SOLUTIONS  
GARDEN STRUCTURES

215-681-2436  
[www.wissatree.com](http://www.wissatree.com)

435 W. GLENSIDE AVENUE GLENSIDE, PA 19038  
PRIMEXGARDENCENTER.COM | (215) 887 - 7500

WEAVERS WAY MEMBERS  
RECEIVE 5% OFF! \*MUST SHOW CARD

LOCAL FIRST

# Strength, Stamina & More – It Starts With Your Core

by Crystal Widmann, Weavers Way Health & Wellness Committee

WHEN WE THINK ABOUT CORE WORKOUTS, WHAT FIRST comes to mind is usually crunches and six-pack abs. But there's so much more to a strong core than repetitive exercises that cause exterior muscle definition! A strong core means more balance and stability when doing things like walking or climbing a ladder. The muscles of the core prevent injury when you do things like bending, twisting or lifting heavy objects. They support the spine and play a major role in decreasing lower back pain.

It's true — a strong core helps with all of these things and so much more.

Let's take a closer look. We're conditioned to think of the core as the six-pack muscles (real name: rectus abdominus) that are the most superficial muscles of the abdomen. While they are part of the core, they're just a small part. The core is actually made up of four layers of abdominal muscles, plus the hip flexors, the glutes and the spinal stabilizers.

All of these muscles work together to support your spine, pelvis and rib cage. Working just one of these muscle sets will cause imbalances; working all of the core muscles together can improve strength and stability in the spine while also increasing stamina when you perform exercises involving the arm and leg muscles.

Here's an interesting fact: Although you might assume that someone with a well-defined six-pack has a strong core, this isn't

necessarily true. Definition in one muscle set that works as part of a group could be an indication of an imbalance in the core. If you're only working one muscle set in isolation through an exercise like crunches and ignoring the other muscles that work with that set (such as the obliques, transverse abdominus and erector spinae), you could actually be doing more harm than good. Muscle imbalances contribute to reduced stability, more injury and lower back pain. Bottom line: Just because someone looks strong doesn't mean their body is balanced.

So what's a good way to work the core? Functional core training uses exercises focused mainly on using your own body weight to work the whole core muscle group. These exercises improve balance and stability while preventing injury.

A great starting point is to do the forearm plank and the forearm side plank, holding each position for up to 30 seconds or longer. Plank variations engage the transverse (deep) abdominal muscles and obliques, along with the glutes and hip muscles, while being stabilized by the quads and hamstrings. If holding a plank is difficult for you, there are many modifications such as placing the knees on the floor or planking at the wall. As you get stronger, there are endless variations to increase the intensity of your plank.

*Weavers Way Health & Wellness Committee member Crystal Widmann is an expert in functional fitness training. She has a master's degree in exercise science and many years of experience training clients, both individually and in groups to find strength through connecting with their core. She owns Y2B Fit, a yoga and barre fitness studio in Mt Airy.*

## Weavers Way Workshop: Core Conditioning

SUNDAY, JULY 22

Noon - 2 p.m.

7101 Emlen St


**Strength, stamina, and more—it starts with your core!**

Join Crystal Widmann from Y2B Fit to learn how to tap into the potential of your core to improve overall strength, balance and stability. Learn and practice exercises that specifically target the deep core muscles, helping you to strengthen your body from the inside out. Please wear comfortable exercise clothing!

FREE. For more info and to RSVP, visit [www.weaversway.coop/core](http://www.weaversway.coop/core).


This program is organized by The Weavers Way Health & Wellness Committee. Learn more about this and other Co-op committees at [www.weaversway.coop/committees](http://www.weaversway.coop/committees).

### What Sets Pi Dental Center Apart?




A Board Certified Prosthodontist, With a Skilled Team Including an On-Site Dental Lab Makes Dramatic Transformations And Creates Beautiful Smiles In Just One Visit.


Glenn J. Wolfinger, DMD, FACP  
**Pi Dental Center**  
 467 Pennsylvania Avenue, Suite 201  
 Fort Washington, PA  
 215-646-6334 • [pidentalcenter.com](http://pidentalcenter.com)



### Alternative Healthcare for Women



Holistic Gynecology  
 Natural Menopause Counseling  
 Fertility/Pregnancy Consultations



Energy/Sound Healing Arts  
 Therapeutic Touch  
 Tibetan Bowls  
 Shamanic Drums and Journeying

**Iris S. Wolfson, CNM, CRNP**  
 133 W. Phil-Ellena Street  
 Philadelphia, PA 19119  
 (215) 842-1657  
[iriswolfson.com](http://iriswolfson.com)

### Molly Kellogg

LCSW, LDN



*When we accept ourselves, miracles happen.*

**Psychotherapist & Nutritionist**



Offices in West Mt. Airy & Rittenhouse Square

215-843-8258  
[molly@mollykellogg.com](mailto:molly@mollykellogg.com)

*Co-op Member Discount*

for health, balance, manifestation

**LEO MCELROY**  
215-843-9718

*Shiatsu Bodywork*  
*Shamanic Healing Practices*

Cresheim Healing Arts 138-A West Gorgas Lane

[www.ShiatsuLight.com](http://www.ShiatsuLight.com)

### Claudia Apfelbaum, MSS, LCSW



*Where people go to sculpt, create and revise the plot of their tangled lives.*  
 - Laura Slater, Blue Dreams

Individuals • Couples • Groups

Psychotherapist, serving the NW Philadelphia area

215-317-8855

[claudialistens@gmail.com](mailto:claudialistens@gmail.com)

[www.ClaudiaListens.me](http://www.ClaudiaListens.me)

# Why shop the Co-op?

## LET'S COUNT THE WAYS.

# 1

## CATERING.

# Explore Your Fascia in the Summer!

by Abbe Mogell, Weavers Way Health & Wellness Committee

SUMMER IS A GREAT TIME TO LISTEN to your body, reconnect to what is important and ask yourself how you can best maintain physical health and good quality of life. Most of us will think of parks to hike in, lakes to swim in, gardens to dig in, beaches to lounge on, mountains to climb. For some of us, however, these activities also conjure apprehension, because we dread having to deal with chronic pain or unwelcome flare-ups.

For those of us with this fear, this is a great time of year to become intimately familiar with our fascia, along with the possibilities of myofascial release.

What exactly is fascia? Fascia is our connective tissue — a system of the body that runs through and between every cell of the body! It is a shock absorber and runs from head to toe without any interruption. It is the scaffolding that holds us in place.

Why haven't we heard about fascia? One reason is that pioneer practitioners of mainstream Western medicine missed this critical part of the body because they focused on dissecting cadavers. The fascia system is



solidified in a cadaver and has to be scraped away to study the individual organs and other parts of the body. But in the normal healthy living state, the fascia is well hydrated and can stretch and move without restriction. The first person to film this system was Dr. Jean-Claude Guimberteau, a plastic surgeon in France, who concluded that the fascia is a tensegral unit, in essence an ever-changing fractal, fluid-filled system.

Problems with the fascia occur as a result of accidents, injuries (including repetitive-motion injuries), emotional trauma, stress or surgeries. These traumas rapidly become cumulative, causing physical restrictions, inflammation, decreased mobility, pain and poor posture. Fascial restrictions do not show up on CT scans or MRIs, so many people who suffer from chronic pain may be misdiagnosed. We know something is off because of sensations of pain, and we take some ibuprofen, but at the same time, we can't figure out how to effectively address this kind of pain.

How can we relieve fascial restrictions and pain? This is where myofascial release comes in as a possibility to consider for your health care this summer. Myo-

fascial release is a hands-on bodywork/manual therapy that addresses restrictions in the fascia — the technique relieves pain, headaches, fibromyalgia, scars, sports injuries and many other conditions. It can also enhance sports performance! For people with minor restrictions, there are ways to self-treat using a small inflated ball or holding stretches for 5 minutes or more. Usually your therapist will teach you this after a few appointments to maintain your progress.

What drew me to this work was my own experience as a patient for several months. I had several injuries from past horse falls, a mountain-biking accident and car accidents, which left me with conditions such as hip bursitis and frozen shoulder, and pain that interrupted my sleep and ability to continue with the sports and outdoor activities I liked.

Accessing the profound benefits of myofascial release is a wise investment for your long-term health. Make sure you work with a well-trained myofascial therapist, ideally someone trained in the John Barnes Myofascial Release Approach.

*Abbe Mogell is an expert myofascial release therapist with a background in occupational therapy and massage therapy. Her practice is located in Lafayette Hill. Her website is [abbemfr.massagetherapy.com](http://abbemfr.massagetherapy.com).*

*Intimate, midwife-owned practice offering full scope maternity care and GYN services in a personal setting. All medical insurances accepted.*

**484-441-3272**

711 Bethlehem Pike, 2nd fl  
Erdenheim, PA 19038  
[WomanWiseMidwifery.com](http://WomanWiseMidwifery.com)

*A beautiful healing space in the heart of Chestnut Hill*

**Somatic Psychotherapy  
Movement Medicine**  
Jodi Schwartz-Levy, PhD, LPC

**Gentle Yoga  
Mindful Leadership**  
Esther Wyss-Flamm, PhD

**Integrative Acupuncture  
Women's Natural Healing**  
Margaret Kinnevy, RN, LAc

[HealingArtsPhilly.com](http://HealingArtsPhilly.com)  
15 W. Highland Ave, 2nd Fl

**Mt. Airy Psychotherapy & Wellness**

BRINGING HOLISTIC HEALTH TO THE NORTHWEST COMMUNITY

<p><b>Psychotherapy</b> Genie Ravital, LCSW Lauren Kahn, LSW, LMFT Lenore Jefford, LPC Eda Kauffman, LSW Althea Stinson, MSW Willie Knight, MA Jennifer Ellis, MEd, LPC</p>	<p><b>Homeopathy</b> Ameet Ravital, PhD, DiHom</p> <p><b>Massage &amp; Yoga</b> Lisa Kaye, LMT</p> <p><b>Acupuncture</b> Anna Beale, LAc</p>
---	--

7127 Germantown Ave • Philadelphia, PA 19119

**215-242-5004**  
[www.MtAiryPsychotherapy.org](http://www.MtAiryPsychotherapy.org)

**Rev. Dr. Nadine Rosechild Sullivan**  
Spiritual Counseling & Hypnotherapy

215-704-4264  
[drsullivan@rosechild.org](mailto:drsullivan@rosechild.org)  
[www.rosechild.org](http://www.rosechild.org)

*LGBTQ-Affirming*

**Member Benefit**

**5% off**

**WEAVERS WAY BRAND  
VITAMINS AND SUPPLEMENTS**

**Dental Arts of Chestnut Hill, LLC**

8625 Germantown Ave. Philadelphia, PA 19118  
Tel. 215-242-6630 Fax 215-242-6633

**Axel Ramke, D.M.D., D.D.S., Ph.D.**  
General Dentistry

[www.DentalArtsOfChestnutHill.com](http://www.DentalArtsOfChestnutHill.com)

<p><b>2 MEMBER BENEFITS.</b></p>	<p><b>3 BULK FOODS.</b></p>	<p><b>4 CO-OP BASICS.</b></p>	<p><b>5 SUSTAINABLE MEAT &amp; SEAFOOD.</b></p>	<p><b>6 PRODUCE.</b></p>
----------------------------------	-----------------------------	-------------------------------	---	--------------------------

# A Focused Dog Is Ready to Learn

(Second of three parts.)

by Erick Redwood, for the Shuttle

**I**N MY LAST ARTICLE, I PROFFERED the value of free run and exercise and teaching recall to your canine companion. This combination of exercise and learning will function for your dog as its own implicit reward; in fact, the prime reinforcement for recall is having free-run access to the pee-mails of other canines and sundry other animals. Being able to see who's been there works as the "dessert" of the free-run exercise.

So, assuming we have now gotten to a place where you can keep your dog within the 50 feet of your training lead, and you are able to release the lead confidently, you can start to work with permissions and boundaries. If you've been reasonably successful at establishing a reliable level of recall through the free run, your dog's trust level will enable him/her to focus more directly on you.

While the free-run component is a prerequisite for your dog to trust his human, the next two components, Boundaries and Permissions and Nurturing and Play, need to be balanced. (The latter will be detailed in the third article in this series).

## FOCUS

Focus is the prerequisite for setting boundaries and getting your dog to respect permissions. When your dog is focused on your wishes and you say "no," they know.

Permissions allow your dog to distinguish between what he knows he is allowed to do and what he needs permission to do. A good example is feeding from the table; in response to those who would say that this encourages "begging," I'd argue that it can create more trust and focus when your dog learns that he needs permission, i.e., to be invited. "Begging" can be redirected to a sit and stay away from the table and then be rewarded.

Another illustration: My dogs have free access to my sofa and bed; however, they know that permissions in my house do not extend to other people's homes!

Giving permission to your dog entails first ascertaining that he is receptive (focus) to learning what you want to teach him. The foundation is the basic sit command. Sitting on command is central to establishing your alpha role as teacher and parent, and canine cooperation is critical. You know your dog is tuned in to your words/commands when he can look you back in the eye. You can tell a dog to sit repeatedly but the repetition is only a voice in the wind if he is choosing to ignore you.

Just as the free-run/off-leash exercise was coupled with the teaching of recall, so the sit command is most successfully taught when coupled with feedings. Respectful "sit and wait" commands (separate, not simultaneous) before eating creates an appreciative bond and reiterates your alpha role for establishing boundaries and for correction where necessary. If he does not sit when you put the food down and give him the verbal (or hand)



Panda, Cajun and Skeeter, from left, wait for permission.

Erick Redwood photo

signal, wait until he does. Don't continuously repeat the command. A sit command has been successful when it is immediately responded to on first request.

- Look him in the eye (even if you need to rest his head on your hand to get him to return your gaze) before giving him the "sit" part of the command.
- Stand in front of the food until he cooperates. Touch his rump if he needs encouragement.
- Once you've "helped him" sit, then praise him (happy voice) and give him permission to eat.

Like people, all dogs have their own unique personality (dog-ality?), and for some, a bit more work will be required; also, different breeds have different propensities. Since this is a "primer," it is only a template for your relationship with your dog. Your dog's trust in and coordination with you, his human, is the key to his acquiring focus.

## VOICES

Dogs intuit your feelings and respond accordingly. Canines hear the tone of your voice and the emotions that are conveyed

through those tones. Three distinct essential voices need to be appropriately differentiated when addressing your dog:

**The COMMAND voice** is a direct, non-threatening, positive direction, such as "sit" or "wait."

**The CORRECTIVE voice** is to be used only when a command or boundary has been ignored. However, corrective tones can often be mistakenly used interchangeably with the COMMAND voice. Dogs do hear the tonal difference; words are secondary, and variably understood.

**The PLAY/NURTURE voice** is used for play and reward, not instruction or command. It should not be used to trick your dog into cooperating.

In the third installment, I will elaborate on the conscious use of voice tones and give more detail on the PLAY/NURTURE component, and how it balances the instructional program.

*Erick Redwood, M.Ed., does relationship counseling via cognitive behavioral therapy. He has adapted his own methodology to facilitate understanding between canines and their humans. Email him at erick.redwood@gmail.com.*



Nicole Hehn VMD

215-247-9560  
8220 Germantown Avenue  
www.chestnuthillcatclinic.com

All new clients,  
\$25 off first appointment

Taking care of cats and their people for over 25 years.

Chestnut Hill  
Cat Clinic

CHESTNUT HILL presents

# Petapalooza



SUNDAY, JULY 8

Noon to 3pm

Germantown & East Highland Avenues


Pet rescue organizations, Petting Zoo, Caricaturist, Photobooth, Food, Music, Arts & Crafts activities, Yappy Hour, Raffles, and more...

Presented by






Join the CHCA at the concert, receive the Local, and pay only \$40 per year! A 20% savings for new members only!



CHESTNUT HILL COMMUNITY ASSOCIATION PRESENTS THE 70th ANNUAL

# PASTORIUS

## PARK Concerts

WEDNESDAYS | 7:30 PM | FREE





70  
YEARS




<p><b>JUNE 13</b> <b>TOUBAB KREWE</b> Afro-California rock n' roll fusion <a href="http://www.toubabkrewe.com">www.toubabkrewe.com</a></p> <p><b>JUNE 20</b> <b>THE JASPER STRING QUARTET</b> Virtuoso string quartet <a href="http://www.jasperquartet.com">www.jasperquartet.com</a></p> <p><b>JUNE 27</b> <b>ZYDECO A-GO-GO</b> A spicy jumbo of irresistible dance music <a href="http://www.facebook.com/Zydeco-a-Go-Go-91226009977/">www.facebook.com/Zydeco-a-Go-Go-91226009977/</a></p> <p><b>JULY 11</b> <b>RUNA</b> Irish super group <a href="http://www.runamusic.com/2016/">www.runamusic.com/2016/</a></p> <p><b>JULY 18</b> <b>THE LUKE CARLOS O'REILLY QUINTET</b> featuring VOCALIST SHENEL JOHNS pianist, organist, composer, educator. <a href="http://www.lukecarlosoreilly.com">www.lukecarlosoreilly.com</a></p> <p><b>JULY 25</b> <b>BEN ARNOLD</b> Sleek, soulful singer songwriter <a href="http://www.benarnold.com">www.benarnold.com</a></p>	
--	---

Pastorius Park is two blocks west of Germantown Avenue, on Hillman Street.  
CHCA • 215-248-8810 • [www.chestnuthill.org](http://www.chestnuthill.org)  
Rain venue is the lower auditorium at SCHA Cherokee Campus.

Sponsored by



## Nutrition Team Has the Skinny on Skin

### THIS MONTH: Healthy Skin

Our largest organ, the skin is continuously exposed to internal and external influences that can alter its condition and function. We'll focus on good nutrition for healthy skin and talk a bit about sunscreens, too.



### Ask the Nutrition Team July Open Hours at Weavers Way Ambler

Tuesday, July 10, 1-3 p.m.  
Friday, July 27, noon-2 p.m.

### COMING UP IN AUGUST: Dairy & Dairy Alternatives

Grass-fed, organic, hormone-free, raw — what do all these terms mean, and what do they mean for our health and the environment?

## WORKSHOPS

All Weavers Way Nutrition Team workshops are held at Weavers Way Ambler, 217 E. Butler Ave. Visit the Online Events Calendar to RSVP.

The Weavers Way Neighborhood Nutrition Team is a group of nutritionists, dietitians and other wellness practitioners who aim to bring nutrition inspiration and information to Co-op members.

### Nutrition for Healthy Skin Thursday, July 12, 6-7:30 p.m.

Learn all about the connection between what we eat and the health of our skin from functional nutritionist **Wendy Romig**, owner of Mt. Airy's Sage Integrative Health Center. FREE.

### DIY Essential Oil Summer Sprays

Thursday, July 19, 6-7:30 p.m.  
Join raw-food chef **Dorothy Bauer** for an interactive discussion and demo of the best

and most effective essential oils for warding off pesky summer pests, cooling sunburned skin and more. \$5.

### DIY Summer Skincare Thursday, July 26, 6-7:30 p.m.

Learn how to create your own all-natural, personalized skincare products and say bye-bye to the chemicals from **Nicole Schillinger**, owner of the Functional Health Center in Ambler. FREE.



Volunteer Suzanne delivers to Kenny M. (And her dog, Molly, helps.)

Chestnut Hill Meals on Wheels photo

## Summer with Meals on Wheels, And the Living at Home Is Easier

by Lauri A. Barish, Executive Director, Chestnut Hill Meals on Wheels

19075, 19444, 19118, 19119, 19150 and parts of 19144).

IF SHOPPING AND MEAL PREP HAVE BECOME a chore you or a loved one just can't handle, here's some good news: Since 1975, Chestnut Hill Meals on Wheels has been helping our neighbors challenged by illness, disability or age. Our friendly volunteers deliver two fresh, nutritious meals a day, up to five days a week, Monday through Friday. Meals are prepared by Halligan's Pub in Flourtown and are delivered between 10 a.m. and noon. The cost is \$9/day for two meals, \$4.50/day for one meal. A limited number of subsidies are available.

If you have no need for meals but are interested in getting involved, we always need volunteer drivers, packers and bakers, especially during the summer months. Drivers and packers generally volunteer one morning a week; bakers sign up quarterly, for as many days as they would like, to make desserts for 75 people.

Chestnut Hill Meals on Wheels serves Northwest Philadelphia and parts of eastern Montgomery County — Flourtown, Glenside, Lafayette Hill, Oreland, Wyndmoor, Chestnut Hill, Mt. Airy and portions of Germantown (zip codes 19031, 19038,

If you want to support Chestnut Hill Meals on Wheels in a really fun way, mark your calendar for the Harvest Kitchen Tour, Saturday, Nov 3. In our biggest fundraiser, you'll get to explore seven spectacular home kitchens, each with a local chef preparing tasty treats, all in support of healthy aging at home.

Call Chestnut Hill Meals on Wheels at 215-233-5555 for more information. Check out our website ([www.chestnut-hillmow.org](http://www.chestnut-hillmow.org)) and Facebook page, too!

Gerard Plourde, Attorney at Law  
Brian Gordon, Attorney at Law

WILLS, TRUSTS AND ESTATE PLANNING  
PROBATE AND ESTATE ADMINISTRATION  
GUARDIANSHIPS AND SPECIAL NEEDS TRUSTS  
MEDICAID PLANNING



*We take a holistic approach to law.*

Call Gerard's office in Philadelphia at (215) 901-7222  
Or Brian's office in Bala Cynwyd at (610) 667-4500



**Janet Ames**  
**RE/MAX**  
EXECUTIVE REALTY  
610 Old Lancaster Rd.  
Bryn Mawr PA 19010  
Office: 610-520-0400  
Cell: 610-308-0802  
[realtorjanetames.com](http://realtorjanetames.com)  
[janetames@remax.net](mailto:janetames@remax.net)



\$509,900  
2539 Church Road, Glenside 19038  
MLS#7166360

- 18th century center hall stone colonial
- 4 BR, 3+ Baths
- Nearly one acre with a small stream
- 2nd floor master bedroom with ensuite and working fireplace
- Large, enclosed pool area with an in-ground 20x40 pool w/attached spa and new heater in 2017.
- 2 basements
- Carriage house extended to accommodate 2 cars

**Put my skills and experience to work for you!**  
**Call me: 610-308-0802**

[www.facebook.com/realtorjanetames](http://www.facebook.com/realtorjanetames) | [www.linkedin.com/in/realtorjanetames](http://www.linkedin.com/in/realtorjanetames)

**DID YOU KNOW?**

You can read the Shuttle online.

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



## Your Neighbor and Your Neighborhood Realtor!



Whether you are looking to buy or sell, I can offer the highest levels in real estate expertise and professionalism. Don't hesitate to contact me and allow me to help guide you through that process.

**Lisa Mowafi**  
REALTOR® CELL: 215-796-1495

[lisa.mowafi@foxroach.com](mailto:lisa.mowafi@foxroach.com) [www.lisamowafi.foxroach.com](http://www.lisamowafi.foxroach.com)  
8400 Germantown Ave. Philadelphia, PA 19118 215-247-3750

Customer Service isn't what I DO, it's who I AM!





## WEAVERS WAY ENDS

Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy.

### AS A RESULT OF ALL WE DO:

- END 1** There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.
- END 2** Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.
- END 3** There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.
- END 4** Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op's long-term vision.
- END 5** Members and shoppers will actively participate in the life of the Co-op and community.
- END 6** The local environment will be protected and restored.
- END 7** Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.

## Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

Recently I was invited to be a panelist at gathering hosted by Equal Exchange. EE wanted someone with "multi-decade perspectives of consumer food co-ops . . . to share some of their insights into our changing food system and co-ops' place in it." I was happy to do this, since EE is one of my favorite brands. They have a great mission and do great work connecting small farmers with consumers such that all participants' lives are improved. Plus, I love the idea of being qualified to speak on a topic simply due to the length of time I've been associated with Weavers Way. It's its own form of sustainability. (A few years ago, I calculated it was 34 years, so I decided to stop calculating.)

I talked about how Weavers Way was formed, how it grew and where we and other co-ops are today. Co-ops today are abuzz with discussions on how to compete in the changing retail food landscape, where Costco sells more organic food than anyone and the post-Amazon Whole Foods has decided local foods are important enough to hire a Global Coor-

(Continued on Next Page)

\*\*\*\*\*  
**COMPUTER HELP!!**  
 Having trouble getting your computer, printer, scanner, CD/DVD/Blu-Ray, digital camera, or system software working properly?  
 Would you like to set up a home wired or wireless network to share your files, multiplayer games, and Internet access between all of your computers?  
 Need help removing **VIRUSES**, **SPYWARE**, or other malware which may have invaded your system?  
 Need help finding, designing, repairing, or upgrading a PC and setting up software which best meets **YOUR** needs?  
 For expert, reasonably-priced **service, instruction, and assistance** in your own home or office...  
 call  
**Lauren Royce Emery**  
 Phone: (215) 844-5570  
 E-mail: LREmary@fast.net  
 24 hours, 7 days  
 \*\*\*\*\*

**H**  
**HANSON SERVICES**  
*Small Projects for the Home*

Interior/Exterior Carpentry  
 Custom Cabinetry  
 Door & Window Installation/Repair  
 Structural Work, Roofing  
 Porch Repair, Deck Construction  
 Hardwood Flooring  
 Energy Efficiency Consultation  
 Drywall/Plaster Work  
 Painting, Masonry & Stucco  
 Fire Protection  
 Electrical & Plumbing

214 KALOS STREET, PHILADELPHIA  
 Tel 215 483 + 8338 ~ HGCINC.BIZ

**Interior/Exterior Painting**  
*Stucco Coatings / Power Washing / Deck Staining*

**30 Years of Professional Experience**

Locally owned and operated  
 Schedule your free estimate

**Visit us online!**

**planet paint**  
**SOLUTIONS, INC.**  
 planetpaint.org

**215.948.3747**

**Computer Service and Repair**  
**Call Ed "The Tech Guy"**

**FOR ALL WINDOWS  
 PC COMPUTER SERVICES  
 IN-HOME OR REMOTE ASSISTANCE**

**LOW RATES**  
 cell 719-964-9538  
 www.edttg.com

**Advertise  
 in the Shuttle**

- Targeted readership
- Extended Internet presence
- Affordable and effective

✉ advertising@weaversway.coop

**John Sutton  
 Masonry**

- Chimney Repair
- Brick and Stone Repointed & Repaired
- Concrete Sidewalks
- Basement Walls
- Stucco
- Flagstone

Contact John for a free estimate:  
 masonrytradesman@gmail.com  
**215.510.6724**

License #39705



(Continued from Preceding Page)

dinator of Local Brands. (I am not making this up.) Co-ops practically invented organic and local-food retailing, and for a couple of decades had the “segments” to themselves. But now that organic and local have gone big, co-ops find themselves losing market share, as the public has lots of choices in the marketplace, and the larger companies can often offer lower prices and/or more convenience like on-line shopping, home delivery and meal kits. Even large businesses have some degree of community outreach, and companies like Costco also have a reputation for treating employees well.

So what’s a co-op to do?

Equal Exchange is also a cooperative, but different from us in that it is a worker-owned co-op rather than a consumer co-op. What WW, EE and most co-ops have in common is that co-op members (owners) control the governance, mainly through voting. Co-op members can vote on leadership (electing board members), bylaws, policies and more, depending on how the co-op is organized. This is the big way co-ops differ from other investor-owned companies, and while it isn’t necessarily directly translated into the shopping experience, it represents economic democracy that is an alternative to the market-based system outside of co-ops.

In fact, at the Equal Exchange meeting, one of the leaders of a chocolate producer co-op said that from his perspective, the “market is a dictator,” since they still have to compete on the open market to sell their product, so some decisions are made for them by the market, cooperative ownership notwithstanding.



**suggestions and responses**

**s:** “Love the mushroom fagioli soup in the pots in Mt. Airy.”

**r:** (Norman) We are blessed to have soup maestro Dan Cohen running our Mt. Airy kitchen. He promises that no matter how popular his soups become, he will never say “No soup for you” if you are out of line or complain about not getting bread.

**s:** “Kids Cut Dinosaur Pasta has pastas that don’t even look like dinosaurs.”

**r:** (Norman) Dinosaurs were primitive creatures and their pasta must therefore reflect primitive shapes, otherwise it would be a violation of Paleo Diet™ standards (note “The Paleo Diet” registered trademark). Remember from last month’s column that what people eat is a proprietary matter. To preserve our ability to use food words, we’ve begun the process of trademarking every term related to food, including “saucepan,” “tomato,” and the verb “stir.” It costs about \$500 per

trademark, so this will be an expensive, long-term process, but Rome wasn’t built in a day™.

**s:** “Now that Organic Valley has stopped making soy milk, please provide an alternate brand — chilled, half-gallon, sweetened. Happy to pay the city beverage tax.”

**r:** (Matt) A replacement from Silk should be in by time you read this.

**s:** Can we carry Quinn pretzels (classic sea salt) in Mt. Airy? They are delicious and have healthier ingredients than Glutino. The first three ingredients in Quinn are whole-grain sorghum flour, brown rice flour and potato flour. The first three for Glutino are cornstarch, potato starch and white flour. Chestnut Hill carries the Quinn “honey” variety. Thanks.”

**r:** (Matt) I’ll look into them! Thanks for the suggestion.

**s:** “That Switch grape soda that’s been on the bottom shelf of the drink cooler in Mt. Airy lately is outstanding. Can’t imagine such an unknown product is so good.”

**r:** (Matt) We’re glad you’re enjoying it! It can also be found underneath the counter at the first checkout.

**s:** “Gluten-free Kinnickinnick Graham Animal cookies — what happened to the supply? Still not happy about losing the dedicated GF cookies etc.!”

**r:** (Matt) We moved the gluten-free items in line with their conventional counterparts in Mt. Airy in response to shopper feedback. We did also clear some items out based on sales history, including this item. Contact me if you want to special-order a case (ext. 140).

*normanb@weaversway.coop*

## 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**

**COMPLETE MASONRY SERVICE**  
**Flagstone, Brick & Stone Pointing**  
**JAMES G. CARDAMONE**

- Concrete Work
- Basement Wall Plastering & Waterproofing
- Chimney Repairs
- Walkways & Patios
- Retaining Walls
- Stucco
- Glass Block Windows
- Ceramic Tile

**jamescardamonemasonry.com**  
 Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401 All Calls Returned **215-887-9323** **GLENSIDE**

**BASEMENT PLUS CO.**

**...Plus We Waterproof**

- ☐ Get your basement dry and odor-free.
- ☐ Repair old crumbling walls
- ☐ Sump pumps & French drains
- ☐ New windows, doors & locks
- ☐ Clean, paint & seal pipes and flooring

**BEST of the NORTHWEST**

As Seen on DIY TV

**...Plus We Renovate**

- ☐ Redesign your basement
- ☐ Drywall, drop ceilings, closets
- ☐ New bathroom, shower, toilet & sink in one week
- ☐ We handle all plumbing & electrical in basement

**www.basementplus.com**  
 Insured & Licensed **215.233.4598** Free Estimates

**APPLE ROOFING CO.**

**WE HAVE YOU COVERED!**  
 215-843-1970

Complete Roofing Services • Residential & Commercial  
 Prompt and Reliable • Quality Work

*We serve Germantown, Chestnut Hill, Mt. Airy, and surrounding areas*

{ Roof maintenance is often ignored, but small problems with a roof can lead to some of the most costly home repairs around. Don't make that mistake. }

Please call us for your **FREE** Roof Inspection

Call 215-843-1970  
 or email [AppleRoofing@verizon.net](mailto:AppleRoofing@verizon.net)  
[www.AppleRoofingCo.com](http://www.AppleRoofingCo.com)

**Grant Fox Contracting**

Custom Renovations • Fine Cabinetry  
 Old House Renovations and Repairs  
 Kitchens • Baths • Additions  
 Over 25 Years of Experience  
 Co-op Member

Grant@GrantFox.biz **215-771-2713**

**Hansell Contractors, Inc.**

Builders - Historical Restoration - Fine Carpentry  
 Energy Conservation - Architectural Design Services

**HansellContractors.com**

Office: 215-277-1540 Fax: 215-277-1390  
 Lic.# PA022176 EPA Lead Certified



(Continued from Page 1)

Bank financing was secured. And finally, in 2012, Creekside opened its doors. It has created about 40 good-paying jobs within the community, and it partners with well over 100 local farms and businesses. The neighborhood came back to life, with other small businesses filling those empty storefronts: Italian Trattoria, Alexander's Polish Café, Park Plates casual dining restaurant, White Pines theatre company, Open Book bookstore and the Frame House, just to name a few.

Since Opening Day, Creekside has expanded all its departments, adding more and more local products — Nutty Novelty nut butters, Helen's Pure Foods hummus and baked goods from Lochel's, Morning Glory and High Point Café, as well as putting in a full-service



butcher and an extensive prepared-foods department. Our produce department can rival any of the big stores!

We now have 1,360 active members and climbing. Creekside has a highly energized and experienced management team who bring fresh ideas and products to the table every day.

The marketing team has done an amazing job of bringing us back to our roots and really connecting us with the community through our events: Stuff the Truck for charity, hunger awareness, family brunches and neighborhood barbecues.

As Creekside has found a place in the neighborhood, it has also found a home in the heart of those who shop here. It has become the gathering place to catch up with old friends and welcome new ones. It truly has become so much more than a local market. It is an extension of every family.

The thing about Creekside and co-ops in general is that we are not in it to make a profit. We are in it for the sense of community and to give back both to the community and to its individual members.

With the help of the Creekside Board and staff, Creekside continues grow and flourish. We invite everyone to come and check us out. We are member-owned but everyone can shop.

Contact Patti Demchuk at [gm@creekside.coop](mailto:gm@creekside.coop).

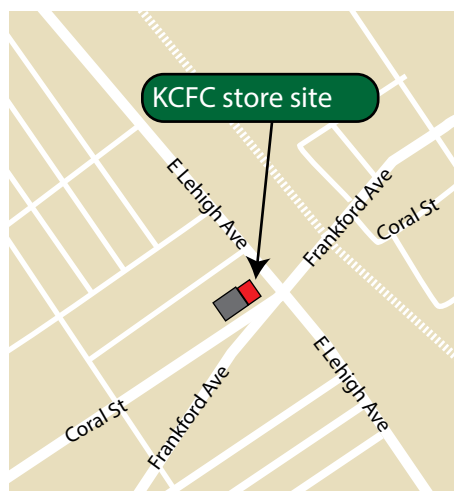
## Kensington Co-op Under Construction

(Continued from Page 1)

neighborhood activists in 2008. Co-op activities were limited to a bulk food and produce marketplace a day or two a month in rented quarters, fundraisers and membership drives. Finally, in 2014, KCFC announced the lease of the Coral Street property and commenced the monumental task of raising some \$2 million needed for renovation.

It was only through the dedicated efforts of KCFC members that the goal was reached. "It shows how passionately residents feel about their community," Richards said, adding with a smile, "I have the easy job."

In addition to the membership equity of KCFC's 850-plus members and a member loan program, the co-op received grants from the City of Philadelphia, the U.S. Commerce Department and private foundations. Loans were also provided by the Common Market, a mission-driven distributor of regional farm products that's also a Weavers Way supplier, and Reinvestment Fund, an organization that works to revitalize neighborhoods through socially and environmentally responsible development.



(Reinvestment Fund was also instrumental in helping Weavers Way to expand to Chestnut Hill and Ambler.)

The lease came with a landlord willing to hang on to the liquor license that goes with the address until the store opened, hence the ability to sell beer in the cafe.

To assist lower-income families that might have difficulty raising the \$200 equity investment, KCFC received a \$50,000 grant from the Penn Treaty Special Services District to fund a program that allows neighborhood families to become member-owners at a discounted rate.

General contractor Lyon Contracting Services has offices in the neighborhood, and focuses on hiring local subcontractors and area residents. Lyon is also dedicated to subcontractor diversity and has been instrumental in meeting the city's aggressive minority- and women-owned businesses thresholds, Richards said.

KCFC is fortunate to exist in an area with a rich history of co-op ventures. Weavers Way has provided inspiration and guidance to the new co-op, particularly in graphic design, marketing, back-of-house financial operations and equipment purchasing, said Peter Frank, longtime KCFC activist and one of the founders of the Philadelphia Area Cooperative Alliance: "We would not have been able to do this without them."

Richards said the retail store will carry healthful, high-quality food, with community tastes and preferences influencing what is on the shelves. To make it work, the store must achieve sales of about \$30,000 a week, or \$1.5 million a year. Like most food co-ops, KCFC will have a hard time taking advantage of volume discounts. The closest supermarkets, an Acme and a Save-A-Lot, likely will have lower prices on certain products. But since KCFC is owned and operated by its members, their needs take preference rather than the interests of corporate investors whose eyes are strictly on the bottom line.

Visit [www.kcfc.coop](http://www.kcfc.coop) to learn more.

Laura Young is a Weavers Way Working Member.



Yes, it's a construction site: The store's main room stripped down to bricks and joists, above; contractors prepare to demo the addition next to the parking lot, left; before and (hopefully) after, below.

KCFC photos by Kae Anderson



FRIDAY, JULY 6, 13, 20 & 27

**\$4 FRIDAY DINNER**

@WEAVERS WAY AMBLER

FRIDAYS FROM 4 TO 8 PM  
Take out or dine in The Cafe.  
No reservations necessary!

The menu changes every week, and a vegan option is always available.

FRIDAY, JULY 6

**FIRST FRIDAY**

IN THE BACKYARD!

weavers way COOP CHESTNUT HILL

Open Mic & More... from 5 to 8 P.M.

LOCAL ARTIST OF THE MONTH Other Artists, Too!  
LIVE MUSIC • DELICIOUS FOOD  
VENDOR SAMPLES & DEMOS

TUESDAY, JULY 10

**GIVING TWOSDAY**

**GIVE \$2**

to support Weavers Way Co-op Community Fund.

# Welcome Back, Kirk!

Chestnut Hill Grocery Staffer Kirklin Robertson hopped on his bike to get to work last July 12, and ended up in the ICU at Einstein Medical Center. Hit by a truck and knocked to the street, he sustained a brain injury that sidelined him for nine months. But now he's back in a limited role, happy to be alive and working.



"Honestly, you don't know how much people appreciate you until you need them to show it and be there for you," said Kirk, who returned to the Chestnut Hill store in late April. "That's a great experience, and I mean not just the coworkers, but the community of Weavers Way."

For now, Kirk, 26, is approved for 10-20 hours a week. He finds he has trouble remembering all the products in Grocery, so he likes to work back stock to help improve his recall. "My co-workers are extremely supportive," he said. "The customers are very patient with me when I say, 'Hey, I don't

know where that goes. I'm new here! I've gotten used to saying that."

He does credit the accident and its aftermath for giving him perspective. After attending Tuskegee University for a year and getting an associate degree in chemistry from Community College of Philadelphia, he realizes he may have been coasting a bit in his previous role as the Hill's bulk buyer. Now he's applying to colleges in hopes of getting his bachelor's degree, with an eye toward teaching chemistry.

"Now I can look back on that, and I understand that I was getting comfortable," he said. "But I can also appreciate that I found something that allowed me to get that comfortable. . . . so I'm glad to be back, and I'm glad to be back here, and I'm glad to be back planning for my future."

— Karen Plourde

## COOPERATOR OF THE MONTH

Chris Roberts

**Joined Weavers Way:** 2005, shortly after moving here from London.

**Lives In:** Chestnut Hill, a short walk from the Co-op.

**Current Job:** Deacon at Holy Martyrs parish in Oreland; president of the board and theology teacher at Martins Saints Classical High School, located in the former Holy Martyrs grade school.

**Family Facts:** He and wife Hannah have four daughters: Martha (12), Ruth (10), Sarah (7), Miriam (3). Hannah is a homemaker and home-schools Ruth and Sarah.

**Why They Joined:** "Agriculture and sustainable eating and sustainable economics have always been a big family theme for us...all of that is huge, and I would say, is very connected with Catholic social teaching."

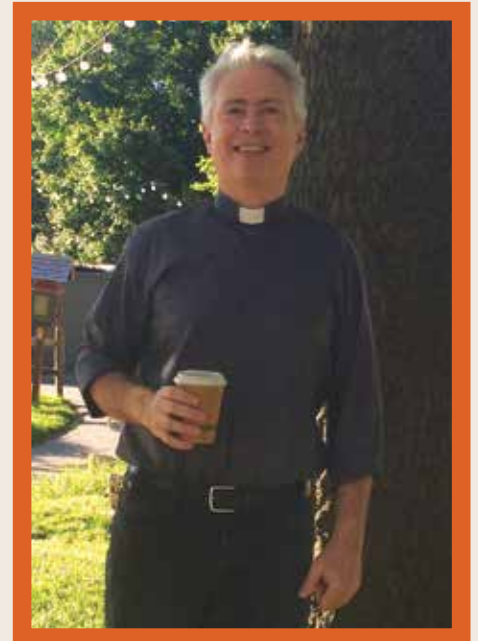
**Why They're Working**

**Members:** "We do almost all of our shopping here, so the 5% discount really matters."

**Co-op Job History:** Chris has worked a lot of early morning bakery shifts in Chestnut Hill. Hannah, who now does most of their hours, has done weeding in The Backyard.

**Favorite Co-op Products:** Raw milk, organic food, local items in general, meat (especially the discounted items).

**A little Co-op Love:** "To borrow a phrase, it's a haven in a heartless world. . . . If our economic system is going crazy, it is hugely important that there's this oasis of sanity, where the workers are paid fairly, where we're really trying to support the local economy."



— Karen Plourde

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

### Weavers Way Board

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

The Board's regular meeting monthly meeting date is the first Tuesday, but because of Independence Day, the July meeting is scheduled for Tuesday, July 17, 7 p.m., at the Chestnut Hill Community Center, 8419 Germantown Ave. All are welcome! The Board does not meet in August.

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.

#### 2017-2018 Weavers Way Board

**President:** Chris Hill  
**Vice President:** Joshua Bloom  
**Treasurer:** Joan Patton  
**Secretary:** Lisa Hogan  
**At-Large:** Eric Borgstrom, Olga Corrias Hancock, Larry Daniels, Meg Gruwell, Toni Jelenik, David Woo, Esther Wyss-Flamm

### The Shuttle

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

**Art Director:** Annette Aloë  
[annette@weaversway.coop](mailto:annette@weaversway.coop), 215-843-2350, ext. 130

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

**Proofreaders this issue:** Alice Cervantes, Jeanne Kyle, Mike Kyle, Pam Ozaroff.

**Contributors this issue:** Maureen Breen, Patti Demchuk, Sandra Folzer, Michael Frost, Bernadette Geller, Ron Kushner, Marsha Low, Maura McCarthy, Abbe Mogell, Karen Plourde, Erick Redwood, Alisa Shargorodsky, Norman Weiss, Mike Weilbacher, Ellen Wert, Crystal Widmann, Laura Young.

### Weavers Way Mt. Airy

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

### Weavers Way Across the Way

610 Carpenter Lane  
**8 a.m.-8 p.m. daily**  
**215-843-2350, ext. 6**

### Weavers Way Chestnut Hill

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

### Weavers Way Ambler

217 E. Butler Ave.  
**8 a.m.-8 p.m. daily**  
**215-302-5550**

### Weavers Way Next Door

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

## HOW TO REACH US

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

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

**General Manager**  
 Jon Roesser, ext. 131  
[jroesser@weaversway.coop](mailto:jroesser@weaversway.coop)  
**Finance Manager**  
 Susan Beetle, ext. 110  
[sbeetle@weaversway.coop](mailto:sbeetle@weaversway.coop)  
**Purchasing Manager**  
 Norman Weiss, ext. 133  
[normanb@weaversway.coop](mailto:normanb@weaversway.coop)  
**Marketing Director**  
 Crystal Pang, ext. 121  
[cpang@weaversway.coop](mailto:cpang@weaversway.coop)  
**HR Coordinator**  
 Danielle Swain, ext. 132  
[hr@weaversway.coop](mailto:hr@weaversway.coop)  
**Membership Manager**  
 Kirsten Bernal, ext. 119  
[member@weaversway.coop](mailto:member@weaversway.coop)  
**Outreach Coordinator**  
 Bettina de Caumette, ext. 118  
[outreach@weaversway.coop](mailto:outreach@weaversway.coop)  
**Programs Coordinator**  
 Stephanie Bruneau, ext. 152  
[sbruneau@weaversway.coop](mailto:sbruneau@weaversway.coop)  
**Executive Chef**  
 Bonnie Shuman, ext. 218  
[bonnie@weaversway.coop](mailto:bonnie@weaversway.coop)  
**Farm Manager**  
 Nina Berryman, ext. 325  
[nberryman@weaversway.coop](mailto:nberryman@weaversway.coop)  
**Pet Department Manager**  
 Anton Goldschneider, ext. 276  
**Floral Buyer**  
 Ginger Arthur, ext. 317  
[floral@weaversway.coop](mailto:floral@weaversway.coop)

#### Ambler

**Acting Store Manager**  
 Heather Carb, ext. 375  
[hcarb@weaversway.coop](mailto:hcarb@weaversway.coop)

**Wellness**  
 Andrea Houlihan, ext. 378  
[ahoulihan@weaversway.coop](mailto:ahoulihan@weaversway.coop)

**Grocery**  
 Nancy Timmons Melley, ext. 373  
[nmelley@weaversway.coop](mailto:nmelley@weaversway.coop)

**Produce**  
 Erik Fagerstrom, ext. 377  
[efagerstrom@weaversway.coop](mailto:efagerstrom@weaversway.coop)

**Deli**  
 Anne Learnard, ext. 359  
[alearnard@weaversway.coop](mailto:alearnard@weaversway.coop)

**Prepared Food**  
 Alisa Consorto, ext. 374  
[aconsorto@weaversway.coop](mailto:aconsorto@weaversway.coop)

**Meat, Poultry & Seafood**  
 Adam Sirine, ext. 361  
[asirine@weaversway.coop](mailto:asirine@weaversway.coop)

**Bulk**  
 Sierra Dunn, ext. 379  
[sdunn@weaversway.coop](mailto:sdunn@weaversway.coop)

#### Chestnut Hill

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

**Next Door Wellness**  
 Chris Mallam, ext. 221  
[cmallam@weaversway.coop](mailto:cmallam@weaversway.coop)

**Grocery**  
 James Mitchell, ext. 217  
[jmitchell@weaversway.coop](mailto:jmitchell@weaversway.coop)

**Produce**  
 Josh Magnitzky, ext. 211  
[jmagnitzky@weaversway.coop](mailto:jmagnitzky@weaversway.coop)

**Deli**  
 Ann Marie Arment, ext. 209  
[aarment@weaversway.coop](mailto:aarment@weaversway.coop)

**Prepared Food**  
 John Adams, ext. 209  
[jadams@weaversway.coop](mailto:jadams@weaversway.coop)

**Meat, Poultry & Seafood**  
 Ron Moore, ext. 205  
[rmoore@weaversway.coop](mailto:rmoore@weaversway.coop)

#### Mt. Airy

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

**Across the Way Wellness**  
 Lisa Whitlock, ext. 114  
[lwhitlock@weaversway.coop](mailto:lwhitlock@weaversway.coop)

**Grocery**  
 Matt Hart, ext. 140  
[matt@weaversway.coop](mailto:matt@weaversway.coop)

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

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

**Prepared Food**  
 Dan Cohen, ext. 102  
[dcohen@weaversway.coop](mailto:dcohen@weaversway.coop)

**Meat, Poultry & Seafood**  
 Dale Kinley, ext. 104  
[dale@weaversway.coop](mailto:dale@weaversway.coop)

**Bulk**  
 Luis Cruz, ext. 142  
[lcruz@weaversway.coop](mailto:lcruz@weaversway.coop)

**Advertise in the Shuttle**

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

**DID YOU KNOW?**  
 You can read the Shuttle online.



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

### Become a Member

Want to play a role in shaping your grocery store? Just complete a membership form in any store or online, make an equity investment and you're good to go! We ask new members to attend an orientation meeting to learn about our cooperative model. You'll receive two hours of work credit for attending. We look forward to meeting you!

### Upcoming Orientations

**Mt. Airy (location TBA):**  
**Thursday, July 12- 6:30-8 p.m.**  
**Ambler Senior Center, 45 Forest Ave.:**  
**Thursday, July 19, 6:30-8 p.m.**  
**Saturday, July 28, 1-2:30 p.m.**

Check [www.weaversway.coop/events](http://www.weaversway.coop/events) for additional dates. To RSVP or for more info, email [outreach@weaversway.coop](mailto:outreach@weaversway.coop)

