

GET SET TO BANG THE DRUM AND WAVE THE FLAG ON CO-OP DAY THIS FALL

by Kathleen Casey, Weavers Way Development Manager

Philadelphia-area food co-ops will get to strut a bit on Saturday, Oct. 19, with the proclamation of "Co-op Day" in the city from Mayor Jim Kenney.

The announcement, backed by food co-ops in the city, celebrates the good that grocery co-ops bring to shoppers as well as to our region overall. The three largest area food co-ops (Weavers Way, Mariposa and Swarthmore) collectively put \$12 million into the local food system, and support approximately 400 local



vendors. With the addition of two new co-ops in the city – Kensington, which opened in the spring, and South Philly, set to open in the fall – those numbers have the potential to go higher.

A press conference is scheduled at the Mayor's office the day before the big event. On Co-op Day itself, shoppers can look forward to special discounts, local food sampling and demos, educational opportunities, and incentives to make pilgrimages to multiple co-ops in the same day.



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The Shuttle

JULY-AUGUST 2019

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 47 | No. 6

Our Newest Committee Does Fancy Footwork Around Our Discounting Structure

by Kathleen Casey, Weavers Way Development Manager

THIS PAST SPRING, THE CO-OP ESTABLISHED a discounting committee, which could perhaps better be called the "Disco Committee," since our myriad discounts can make you spin. We seek to better understand the impacts of various discounts (financially and organizationally), their appeal, and their sustainability. We are charged with making a recommendation to the Board as to whether our discounting requires changes and what those changes might entail. The committee is made up of department managers, representatives from the front end and our farms, and employees from the finance, marketing, and membership departments.

So far, the committee has primarily collected data. It is clear that discounts have a strong place in the Co-op, because they (a) are loved by members, and (b) show some positive impact on sales. Still, we carry one of the most costly discount structures compared to other co-ops across the country: 3% of sales are "spent" on discounts. Is that amount sustainable, especially given slim profit margins in the grocery business? Does our discounting structure meet the needs of our community? Since discounts can drive sales and shoppers' behavior in many incalculable ways, the answers to these questions are tricky.

(continued on page 21)

PRTF Summer Events Keep Up the Lower Waste Vibe

by Arielle Tannenbaum, Weavers Way Plastic Reduction Task Force



photos by Mike Tannenbaum

The author gets help in completing her family's bulk routine with her four-year-old neighbor, top. Below, part of the lineup of bulk items in the Tannenbaum's kitchen.

THE PLASTIC REDUCTION TASK FORCE — A subcommittee of the Weavers Way Environment Committee — is working to improve our sustainability efforts at the Co-op. We have several events and initiatives coming up to help fellow members reduce their plastic waste. We'd love to see you at them and in the Bulk department, arguably our favorite spot in the store.

Movie Night, Tuesday, July 23

Join the PRTF for a free outdoor film screening of acclaimed 2009 documentary "Tapped" in the backyard behind our Chestnut Hill store. Showtime is at 8:30 p.m., but feel free to grab a spot anytime after 7:30.

"Tapped" peers into the obscure world of the bottled-water industry. Light refreshments will be provided. This event is presented in partnership with The SE PA Sierra Club.

Weigh It Wednesday 2.0

Want to help our efforts to cut down on single-use plastic at the Co-op? All day long on Wednesday, July 31, you'll get 10% off your bulk order at all three stores when you bring and use your own bags and containers. Here are some ideas about what you can bring in:

- Glass jars
- Cloth bags
- Plastic containers (e.g. cleaned-out yogurt containers with lids, Tupperware)
- Stainless steel containers
- Reused coffee bags
- Any container you walk in with, including previously used plastic or paper bags

Our goal is to encourage bulk shopping and promote a culture of reuse, in which shoppers regularly bring their own bags and containers. Hope to see you there!

(continued on page 14)

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

All Weavers Way stores
will be open
9 a.m. to 5 p.m.
Monday, September 2.

Editor's Note



by Karen Plourde, Editor, Weavers Way Shuttle

THE FEEDBACK TO OUR “YOU’RE JUST A Few Clicks Away From Subscribing to the Paper Shuttle” email blast on June 25 came in fast, and, as is the way with Weavers Way members, varied. We got a fair number of “Thanks for doing this!” responses, along with several that said they were going to unsubscribe from the paper version, but asked whether they’d be reminded when a new Shuttle was coming out so they’d remember to check it out (good suggestion, and as you know, we did). The last update I got on total number of new “unsubscribers” before I wrote this column was 1,187. Thanks! That should put a healthy dent in reducing the postage bill.

I replied to some who felt the need to explain why they really enjoyed reading the paper Shuttle versus the online version, and please could they continue to receive their copy. Absolutely; no need to feel guilty. This move was never meant to take Shuttles away from readers — only a means for people to shed themselves of the paper copy if they weren’t using it.

An extra “Thank You” to those who took the time to include some words of praise about the Shuttle — how much you enjoy reading it and appreciate the amount of information in it. That was an unintended bonus of this exercise. We’re probably far down the list of things that compete for your attention, but we’re gratified that you give us the amount of brain space that you do.

As Big Boss Jon Roesser often points out, no other co-op puts out as extensive a publication as we do. We’re fortunate to have the resources and talent to do it, and even more fortunate that our members pay attention to it and support it in the form of buying advertising, contributing articles and responding to what we put out.

We’re bucking a trend, but so what? That’s where Co-op members live often, anyway. Thanks for staying with us on this ride.

What’s in Store at Weavers Way



Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle



The Daily Deli

Try the ‘Stranger Things’ sandwich, put together upside down.

Sandwich Station Artiste Franco Liles, inspired by the popular Netflix series “Stranger Things,” has developed a hoagie that’s gotten plenty of buzz. Key elements are blueberry spread, house-roasted turkey, lettuce, sweet peppers, pickles, and cheddar cheese, and the placement of ingredients is... strange. Take an edible trip to 1980s Hawkins, IN, for \$8.99.

Deli customers, take note: Your sliced meat order can now be wrapped in paper rather than plastic. Be sure to inform the clerk at time of ordering.

All Wellness and Good

Across the Way adds Terry Naturally remedies, Ambler gets sweet on Colorado Hemp Honey, and Acure will soon debut a new hair formula.

Green Bay, WI-based Terry Naturally supplements, already stocked in Ambler, now have a home in Mt. Airy.



Their CuraMed is the only patented curcumin that contains turmeric essential oil, which helps reduce inflammation.

Curamin, meanwhile, is a nature-based pain reliever available in various strengths and targeted to ease lower back pain and headaches and help you sleep. Across the Way also carries Terry Naturally formulas that address bladder health, blood sugar balance, and anxiety (their Anxio Calm series). Ambler carries CuraMed, as well as traditional and vegan Curamin formulas, and the one designed for lower back pain.



As hemp-infused products go, honey may make a better vehicle than some others out there. Colorado Hemp Honey, recently added to Ambler’s wellness department, also has a small display Next Door. It’s produced at Frangiosa Farms in Parker, CO, and blends raw Rocky Mountain honey with full-spectrum hemp extract and organic essential oils. A six-ounce jar of one of their four flavors is \$26.99, and a variety 10-pack of honey sticks is \$27.99 in the Hill. Single sticks are also available in both stores for \$2.99 each.



The color-treated heads among us can look forward to Acure Color Wellness shampoos and conditioners, expected to be added soon to all our wellness locations. Varieties include Wave & Curl, Unicorn Shimmer, and Detox-Defy.

Bulk & Beyond

Flavored cashews from Tierra Farm, and tamari pumpkin seeds from Woodstock.

For added punch and crunch to salads, yogurt, homemade trail mixes, and more, bag up a scoop or two of Tierra Farms organic honey sriracha or maple cashews, now in bins in Mt.



Airy for \$15.99/lb. (The honey sriracha cashews are available packaged in Ambler.) Not enough crunch for you? Woodstock Foods tamari pumpkin seeds can now be found in a gravity bin at the Incredible Bulk for \$11.99/lb.



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

Advertising

Advertising for each issue is due the 1st of the preceding month, e.g., Dec. 1 for January. Ad rates are online at www.weaversway.coop/shuttle, or call 215-843-2350, ext. 314, or email advertising@weaversway.coop. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

SLICE IT DICE IT SERVE IT



Kieran McCourt, Weavers Way Ambler

Tomatoes



- **There are three basic types:** 1) Grape/cherry sized, 2) Romas/plums, 3) Slicers
- What we call “heirloom tomatoes” are really hybrids. We call them “heirlooms” mostly because they look different.
- **You can (and should) refrigerate them!** The advice not to refrigerate comes from the tomato industry, because most of the year they’re not optimally ripe when picked. (“Room temperature” is considered 68-70°, but most houses are above that in summer.)
- If you refrigerate, let the tomato come back to room temp before eating it.
- Store them stem end down to retain moisture.
- Roma tomatoes are great for sauce, because the proportion of meat to seed is higher.

Pro Tip: If you have an overabundance of cherry tomatoes, grill them on a sheet pan for oven-roasted taste without heating up the house.

A Summer-Sweet Taste of Maine

by Dianne Dillman, for the Shuttle

I'M SPENDING JULY IN MAINE, AND I am cooking local. In the latter part of the month, tiny wild blueberries start to appear at roadside farmers markets. These intensely sweet, deep purple fruits are grown on low bushes and must be harvested by hand. Easily bruised, they cannot be shipped fresh far from home. They have half the sugar of their larger cousins and twice as much fiber and anthocyanin, the powerful antioxidant that makes them so purple.

Sweet and nutty spelt is an ancient form of wheat which some find more digestible than modern whole wheat. Maine grown and readily available, it's my go-to flour for scones and pancakes.

But you don't need to drive 10 hours to make my scones. Just go to your nearest Weavers Way location, where you'll find Wymans wild blueberries in the freezer section year round, and spelt in the bulk flour section. Feel free to substitute whole wheat flour for spelt or to adjust the ratio of spelt to all-purpose flour, but keep the total flour at two cups. And don't thaw the berries or they will stain the dough flaming purple.

In Maine, I can shop at the Rising Tide Co-op (Damariscotta) and Belfast Co-op in Belfast. It was really cool to learn my Weavers Way membership makes me an honorary member of both.

Maine Spelt and Wild Blueberry Scones

- 1 large egg
- 2/3 cup cold heavy cream
- 2/3 cup spelt flour
- 1 1/3 cups all purpose flour
- 1 Tablespoon brown sugar
- 1 Tablespoon raw sugar
- 1 Tablespoon baking powder
- 1/4 teaspoon salt
- 5 Tablespoons very cold unsalted butter, cut into small cubes
- 3/4 cup frozen Maine wild blueberries or 1 cup of fresh New Jersey blueberries
- 1 teaspoon lemon zest, optional
- 1 tablespoon raw sugar
- 2 Teaspoons sugar
- 1/4 teaspoon ground cinnamon



Preheat the oven to 400°.

In a measuring cup, mix the egg and heavy cream with a fork until fully combined.

In a large bowl, whisk the flours, sugars, baking powder and salt.

Using your fingers, toss the cold cubes of butter in the flour mixture to coat. Quickly, rub the flour mixture until it is pebbly, with pieces of butter ranging in size from peas to flakes.

Pour the cream mixture over the flour and stir lightly with a fork. Before fully combined, sprinkle the zest and blueberries over the dough and continue combining until you have a wet, sticky dough. Gently knead or turn over with spatula in the bowl 8 to 10 times.

Mix the raw plain sugar and cinnamon in a small dish; set aside.

Lightly dust a board or table. Turn the dough out onto the floured surface and pat the dough into a nine-inch circle. Rub the top with a little extra cream and sprinkle on the cinnamon sugar mix. Cut into six or eight scones and place them on a baking sheet lined with parchment paper.

Bake for 20 to 25 minutes until nicely colored and firm. Cool for 10 minutes before devouring!



Weavers Way Executive Chef Bonnie Shuman is gettin' her grill on at the Farm Market Tuesdays from 4 to 6 p.m. through August. She'll use produce from our fields to grill up tasty apps for shoppers to sample. Stop by sometime!

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by Norman Weiss, Purchasing Manager and Jeannine Kienzle, Weavers Way Programs Coordinator

ALERT!

Two vegans, one an old-timer and another newer to the scene, exchange banter on all things vegan, from products to events to controversial topics to the shelf life of rutabaga fondue.

N: Norman and Jeannine tackle the topic of ethical clothing and the use of animal parts in everyday products. Not for the faint of heart!

J: I'm debating on whether to buy these vegan leather pants (or is it faux leather?) from Urban Outfitters.

N: Vegan and non-vegan materials in life is a whole other part of veganism.

J: Yes, it can be a touchy subject for some — sorta like the whole honey debate.

N: Yeah, but let's save honey for another column.

J: We really don't need animal parts in the manufacturing and production of our clothing. I have no need to wear a mink coat in the wintertime. Granted, I live in Philadelphia and not somewhere in the Arctic.

N: If I lived in the Arctic, I would see if I could move somewhere warmer.

J: So you wouldn't choose to live in the Arctic.

N: The Arctic seems like a hostile environment for vegans.

J: Oh, but those cute polar bears! I wonder if there are any vegan-friendly restaurants in the Arctic.

N: Maybe Burger King will come out with a vegan blubber burger — the Blopper.

J: It wouldn't surprise me. What do you think about clothes and veganism? Do you avoid leather?

N: I avoid new leather where I can, but I do wonder about animal materials as part of every day life, especially when I think of the natural world. If you came across a dead animal, and it had parts you could use, would you use them? For example, if you found animal bones, and you had a use for them, why not use them?

J: Interesting perspective. I'm currently reading a book called "The Last American Man" about Eustace Conway, an American naturalist, who lives off the land in North Carolina. He talks about using his entire kill and paying respects to the animal in a spiritual offering or prayer, which I think is the way it should be.

N: I guess it comes down to, are you contributing to animal suffering, and if you're not contributing to the demand for animals to be killed, I don't see how using parts of an already dead animal contribute to suffering. On the other hand, when I couldn't find basketball shoes that weren't made of leather, I bought leather ones.

J: Were they brand new or second hand?

N: I've done both.

J: So, you're a part-time sinner?

N: Yep, guilty. I'll have to pay the karmic consequences.

J: Aside from clothing that might come from animals, buying second hand or environmentally friendly is the best way to avoid fast fashion. Lately, I've been getting a lot of my clothes from clothing swaps, which is a fun way to get new clothes. I also trade favorites with friends.

N: Did you know tires are made with animal parts?

J: Yes; actually, I think you told me this before. And yes, I do own a car.

N: Bike tires, too.

J: Is it really necessary to use animal parts in the making of tires?

N: I don't know. I heard stearic acid helps rubber hold its shape.

J: Who discovers these things? Who decides, "Oh, that beaver's butt gland is going to make a great source for vanilla flavoring?" Who started boiling animal bones and skin in order to make gelatin to add to food or cosmetics?

N: Chemists.

J: Sick people.

N: I don't know if all chemists are sick, although some of the products they come up with could be considered somewhat sickening. But they also come up with good products, like hydrogen peroxide.

J: That's not the first thing that would come to my mind. Got anything else?

N: Refrigerant. How dependent are we on refrigeration for food?

J: Very dependent.

N: Without a refrigerator, you couldn't have smoothies. What would you do without your smoothies?

J: I wouldn't be very regular, I can tell you that.

N: This Thanksgiving you should give thanks to the chemists for your regularity. Bake a Tofurky in their honor; probably food chemists helped come up with it.

Recommendations:

Eat Nice ravioli, LUHV burgers and vegan tuna salad, Miyoko's cheese and butter

We'd like your feedback on plant-based products.

Email veganalert@weaversway.coop to share your experience.



An offshoot of Weavers Way Co-op

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GIVING TWOSDAY

AUGUST 13

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FOOD MOXIE

We dig what we eat.

It's Summer, and We're Cooking and Growing

by Lisa Mosca, Food Moxie Executive Director

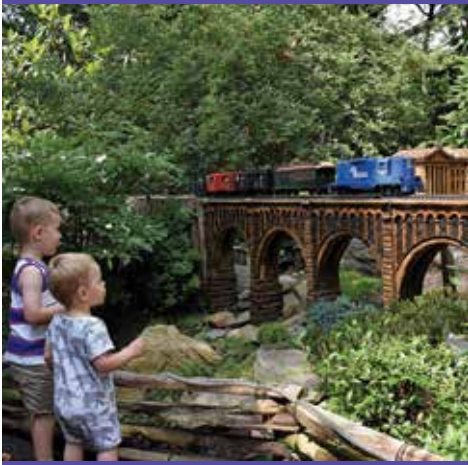
THE SUMMER HEAT IS PROMOTING amazing plant growth in our growing spaces, and our "Tastes of Summer" programs are in full swing. I want to thank Co-op members for their donations, work shifts, volunteer time, and the myriad other ways that Co-op members support FOOD MOXIE.

Our programs are built on research, and put forward the notion that exposure to growing food, combined with scratch cooking and/or tasting unfamiliar produce in age-appropriate ways, has a lasting positive impact on healthy eating habits, especially for children. All our programs integrate seasonal gardening activities with scratch cooking healthy meals on a budget and tasting unfamiliar seasonal fruits, vegetables, and herbs.

You can continue to support our efforts by joining us for our Seed to Super annual fundraiser on Thursday, Sept. 19 from 5:30 to 8:30 p.m. at Awbury Arboretum's Agricultural Village. And don't miss our 14th annual Urban Farm Bike Ride benefit on Saturday, Oct. 5. For more information on these events, check out our website: www.foodmoxie.org.



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More info at:
www.awbury.org/agricultural-village

An offshoot of Weavers Way Co-op

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Tickets available August,
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THANKS TO...

- Lindy Communities, lead sponsor of the Urban Farm Bike Ride
- Weavers Way Co-op, sponsor of the Urban Farm Bike Ride
- Equal Exchange, sponsor of the Urban Farm Bike Ride
- Dining for Women for their quilt contribution to Food Moxie. Members include Elizabeth Bentley, Brigid Blake, Margot Bradley, Margaret Guthrie, Bonnie Hay, Maya Kinnealey, Mary Madeira, Helen Sertz, Betsy Teutsch, Karolina Wallace
- Youthworks
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L.E.T.T.E.R.S

Hooray For Vegan Alert

JUST A QUICK NOTE TO SAY THAT I have loved Vegan Alert from the beginning. I describe my diet as mostly vegetarian, and I tend to minimize (if not fully excise) animal products. It is with glee that I read takedowns of fake meat and honest assessments of vegan trends as pricey lifestyle statements.

There's a place for educating people about all of their options and looking for converts, and Vegan Alert does not have to be it. In an age where we all have safe spaces, I appreciate having one to thoughtfully and comically assess vegan trends from within the community. Keep up the good work!

Nick Semon

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to editor@weaversway.coop. The deadline is the 10th of the month prior to publication. Include a name and email address or phone number for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. The Shuttle reserves the right to decline to publish any letter.

For 40 Years, Home Is at the Heart of House at Pooh Corner

by Daphne Dennis, for the Shuttle

IN A WORLD THAT'S CONSTANTLY CHANGING, celebrating 40 years as a local business is quite an achievement. Meanwhile, House at Pooh Corner daycare in Germantown is turning the corner into its fifth decade under the same ownership and in its original location. In late June, the center marked the occasion with a reunion and anniversary celebration.

Teri DiCesare, the owner of Pooh Corner, was a young mother in 1979, living in a big house on East Walnut Lane. She had her Master's degree in childhood education and was happy in her chosen career, but she found herself frustrated by the lack of reliable daycare available for her two-year-old daughter, Jessie.

"Like most working mothers, I struggled with the necessity of leaving my child in daycare," she recalled. "It was a dilemma that really hit home."

Home, the huge, three-story twin, was where DiCesare's heart was, and what prompted her to take the giant leap of faith that changed everything. "I wanted my daughter to spend her childhood in a safe, nurturing environment where she could learn, explore, play and just be a kid," she said. "Most daycares are in church basements or in storefront spaces with no opportunities for the children to experience the outdoors. I couldn't find anyplace designed to meet children's needs for freedom



Teri DiCesare's daughter, Jessie, the inspiration behind Pooh Corner.

and a sense of security. Let's face it — putting a cardboard cutout of Elmo in a window doesn't make an uninviting space or a damp basement into a homey environment for children. That was when I had my Dorothy moment — that there really was no place like home."

Initially, Teri moved her family's living quarters to the second and third floors, turning her first floor — with its side and back doors leading directly into the huge backyard — into a home daycare serving about a dozen local children of her daughter's age. But word of mouth spread quickly, and within a few years, her house had become entirely devoted to the daycare.

Today, Pooh Corner is bustling from top to bottom with children busy being children — socializing, playing, gardening, creating, and learning — all in a house that proudly

maintains its roots as a home. The center employs a handful of teachers who have been there since the center opened its doors in 1979, and many former Pooh Corner students have chosen to enroll their own children. DiCesare calls these her "legacy kids." Included in that category are her two grandsons: Luke, who graduates this year, and baby Noah, both children of the first Pooh Corner kid, Jessie.

For more information on House at Pooh Corner, check out www.houseatpoohcornerdaycare.com.

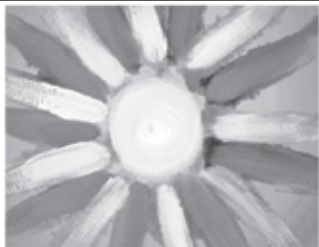


WEAVERS WAY ENDS

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.



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GM'S CORNER

Co-op Seniors Show Us How to Live Out the Late Innings

by Jon Roesser,
Weavers Way General Manager

HAPPY NEW YEAR! THAT IS, UM, HAPPY New Fiscal Year, 2020.

Here at the Co-op, 2020 began on July 1. Our fiscal year budget and business plan have been presented to, and accepted by, our Board of Directors. I hope some of you would like to hear about what we've got planned.

Basing our projections on our recent performance, and (as always) budgeting conservatively, we expect annual sales of just over \$32 million. The Co-op's sales growth has been strong, well ahead of industry averages, and while we haven't budgeted sales to grow as much as we've been trending, there's no reason to believe that sales won't remain strong for the near term.

In Mt. Airy and Chestnut Hill, growth should be modest, about 2%, reflecting that both stores are mature businesses where sales are already gangbusters and, arguably, both are sort of maxed out, at least during certain days and times of the week.

In Ambler, where recent sales growth has been exceptional (averaging around 12%; for the week of July 4, sales were up 21%), we have budgeted sales growth of 9% — robust, but still conservative and achievable. Unlike Mt. Airy and Chestnut Hill, our Ambler store has significant capacity for growth, and the Ambler trade area remains fertile ground for that growth.

In fact, growing the Co-op's presence in Ambler is one of our top business priorities for the new year. The Ambler trade area — roughly defined as a three-mile radius around our store — includes communities such as Upper Dublin, Blue Bell, Oreland, and Dresher. Much of our marketing and advertising in FY2020 will be concentrated on this area.

The upside is considerable. Take our "penetration

rate," the number of member households compared to the number of actual households in a given area. In 19118, Chestnut Hill, our penetration rate is 26%; more than one in four households are members of the Co-op. In most of the communities in the Ambler trade area, our penetration rate is only about 2%, so the potential for growth is significant.

As we grow our business in Ambler, we grow the cooperative economy and introduce more people to our alternative system favoring shared prosperity and sustainability. All three of our bottom lines — people, planet, and profit — stand to benefit, making Ambler sales growth very much a mission-driven priority.



FY2020 should be a great year for Weavers Way, as we continue to grow our business, enrich our communities, and provide sensible environmental stewardship.



Speaking of mission-driven priorities, our other top business goal for the new fiscal year is further improving staff wages. For FY2020, we have budgeted another incremental increase in our starting wage, taking it from \$11 to \$11.50 (we went from \$10.50 to \$11 back in April). We have also budgeted for performance-based wage increases for all staff, a 5% increase in the Co-op's portion of health insurance premiums, and a modest staff bonus.

If business conditions permit, we will have another incremental increase in our starting wage later in the fiscal year, sometime in March or April. Our ultimate goal, one that will take a few years to achieve, is to get our starting wage above \$13.

Also, in the year ahead, we will develop a strategy to reduce the annual loss experienced by our farm-

ing operation. Weavers Way's farm — at about 5 acres, the largest in the city of Philadelphia — is an important component of the Co-op's business. But as it has grown, so too have its operating costs, and annual losses are now projected above \$50,000, too high to justify not taking a closer look.

If reducing the loss at the farm is a goal, so is reducing the loss incurred by the Shuttle. Printing and distribution costs have risen in recent years, and ad revenue has not kept pace. So, we're planning on small increases to advertising rates while we also ask members to consider opting out of getting the Shuttle mailed and instead picking up their copy when shopping, saving us considerably on postage.

In FY2020 we will continue to make progress on reducing our dependency on single-use plastics. The Weigh it Wednesday incentive program of rewarding customers who bring their own reusable containers will be expanded to happen more regularly (the next one is July 31). We are looking into a reusable/returnable water bottle program. And perhaps most exciting, we're working with the Philadelphia Health Department on a pilot program for reusable/returnable containers for grab-and-go prepared foods.

Finally, in FY2020 we will analyze the Co-op's various discounts — working member, Food for All, Senior Tuesday, etc. — to make sure our members are receiving the maximum benefit. Throughout the fall and winter there will be ample opportunities for us to share our analysis with members and receive feedback.

All in all, FY2020 should be a great year for Weavers Way, as we continue to grow our business, enrich our communities, and provide sensible environmental stewardship. Our success is forever dependent upon the support — and patronage — of you, our member-owners.

See you around the Co-op.

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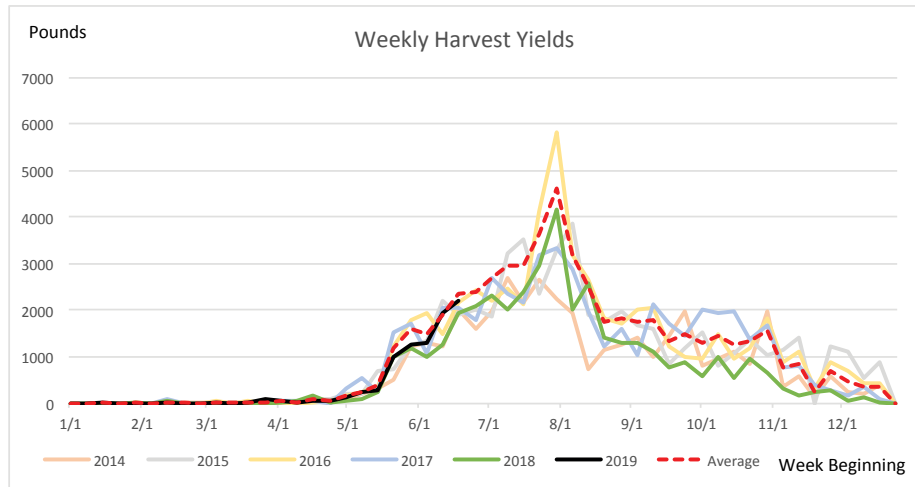
2019 Harvest Predictions

The Growing Season Yields Stress for Our Fearless Farm Leader

by Nina Berryman, Weavers Way Farm Manager

THE TWO QUESTIONS I GET ASKED MOST FREQUENTLY are, “How’s the season going?” and, “Do you think it’ll be a (fill in the blank: hot, dry, cold, rainy) year?” It’s like the farmers version of “Hi! How are you?” I never mind answering these questions, as there is always something new and eventful to share, and I jump at any opportunity to bring non-farmers into my farming world in any way possible.

Every year on the farm is drastically different ... yet also sort of the same. Not sure what I mean? Take a look at the graph below, which is actual data from Weavers Way Farms from 2014-2018.



The basic trend is similar year to year: Harvest yields quickly increase until mid-summer, then more gradually decrease until the end of the season. The more detailed narrative goes something like this: From January through April we harvest small amounts of overwintered crops from our four small high tunnels. Mini harvest peaks during this time are a sign of picking from an entire tunnel of kale or baby greens. Then in May we start to harvest a little from the fields, including herbs, salad greens and cooking greens, and then later some fast growing roots like radishes or turnips.

When yields climb upwards in June, our walk-in refrigerators are jam-packed with lightweight lettuce heads, chard, and lettuce mix that are harvested in huge volume to add up to those total pounds you see on the graph. Then in early July, the cooler weather spring crops stop producing and there is a decrease in yield until the heavy summer crops come in.

The tomatoes, squash, cucumbers, eggplant, onions, potatoes and peppers dominate this time. Not only are they abundant, but these types of crops tend to be heavy. The peak of harvest weights in early August always coincides with the largest tomato harvests of the season.

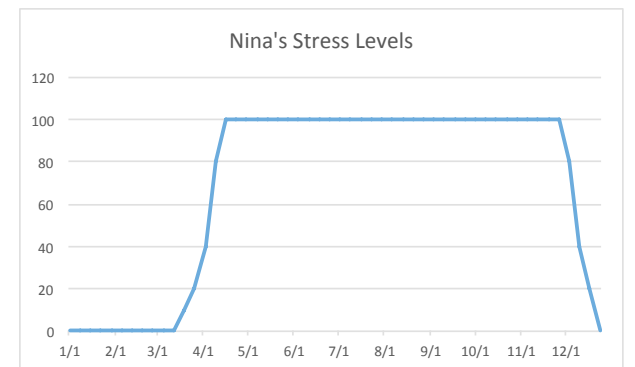
How good the tomato season was can be interpreted from how high that peak is on the graph. When tomatoes crash they crash hard, and late August into September is oddly a low point on the farm. Average yields in early September surprisingly coincide with the average yield at the end of May!

After that drastic decrease, harvests more gracefully plateau or decline, with the harvest of new fall crops that are less time-sensitive.

Small peaks in the graph at this time of year coincide with a big winter squash or fall root harvest. They reliably dip the third week in November, which typically means we only harvest once a week instead of two or three times.

Our goal as farmers is to avoid the low points right before and after summer tomatoes, as well as to sustain yields as long as possible during the usual slowdown in the fall. But as we can see from these visual trends, that is no easy feat.

The micro bumps and climbs within that overarching pattern mark the stressful weekly changes that we farmers fret over. The harvest gaps between planting successions, the astonishing yields that make our days longer than expected, the surprising insect damage that makes the same harvest take twice as long ... all contribute to the ups and downs of not only yield but also stress. If I were to chart a graph of my personal stress levels, it would look something like the following:



Stress increases as plants go in the ground. Stress is high when yields are low because ... yields are low. Stress is high when yields are high because ... yields are high. Also, it’s hard to find outlets for all the product before it rots, and it’s a lot of work harvesting all those veggies!

So the next time someone asks me how the season is going, I’ll have a double-sided graph ready to pull out of my pocket and I can point to where I am on the harvest graph and the stress graph. And if you ask me if I think it’ll be a dry summer ... your guess is as good as mine. You’re better off consulting the Farmer’s Almanac, which by the way has been statistically proven to be completely inaccurate!

nberryman@weaversway.coop



Germantown Native Named the New CEO at Cliveden

Cliveden of the National Trust is now under the direction of a Northwest Philly native, with the appointment of Nancy VanDolsen as its new chief executive officer earlier this month.

VanDolsen, who was born in Germantown, has more than 30 years of experience in historic preservation and museums, and harbors a deep passion for 18th and 19th century American architecture and museums. She served as the founding director of the North Carolina Museum of the Coastal Plain, a regional museum in eastern North Carolina, and incorporated the museum into the Imagination Station Science & History Museum when she was appointed as executive director of both institutions in 2013.

In addition to her museum experience, VanDolsen wrote or was a major contributor to three books on regional architecture. Over the course of her career, she taught at North Carolina State University in Raleigh, NC, University of Laval in Quebec, and Barton College in Wilson, NC.



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Equal Exchange Summit Reports on the Worldwide Alternative Trade

by Bonnie Ehri, Mt. Airy Produce Staff and Jeannine Kienzle, Programs Coordinator

LAST MONTH WE JOINED over 200 fellow attendees — including business owners, clergy, coffee roasters, and established and startup grocery cooperatives, among others — at the Equal Exchange Summit in Norton, MA. During our time there, we learned where your food dollars spent on Equal Exchange products are going, and about the exciting collaborations happening among the various large and small players in alternative trade.



branded fair trade products partner with 640 organizations across three continents, and sales and programming impact 1.5 million workers and producers, with indirect benefits to seven million people.

He then unpacked what the “fair trade premium”— that higher cost for an Equal Exchange organic banana versus a national brand conventional one, for example — means. The

major difference between Equal Exchange and other brands, both fair trade and not, is that the producers get a higher price.

López’s organization covers six regions in Northern Peru, and binds together its 7,000 producer-members who grow coffee, sugar cane, and chocolate. He wrapped up his spirited introduction with threats to authentic fair trade, including the global context of a trade war “that is as bad as fighting a traditional war.” He encouraged Equal Exchange to differentiate itself from all other competitors.

Workshops and sessions ranged widely over the course of two days, including solidarity campaigns from Oxfam’s “Behind the Barcodes,” “Food Cooperatives: Transforming the Food System,” and “Demystifying Cooperative Models Within Our Supply Chains: Producer and Worker-Owned Co-ops,” to name a few.

There was certainly no shortage of informative and compelling workshops at the Summit. Connections were made, information was shared, and delicious food was generously provided. And we certainly can’t forget to mention Gearson Band from Cape Verde, who rocked the house the Friday night of the Summit.

In Mount Airy alone, we’ve been purchasing up to 50 cases of Equal Exchange bananas per week for over a decade, so many people at the forum were acquainted with Weavers Way. Rob Everts, co-founder and co-director of Equal Exchange, along with Co-Director Rink Dickinson, kicked off the summit by challenging attendees to think about collaboration and change throughout the programs.

Keynote speaker Santiago Paz López, export manager for Peru’s Cooperative Agaria Norandino, elaborated on Everts’ remarks by talking about the fact that 20% or more of the global population lives in poverty.

“How do we stop commercial exchanges from being unjust?” he asked the crowd, explaining how prices at supermarkets for products like chocolate stay the same or increase, while farmers are continually forced to accept lower wholesale prices. His work is based in Peru, the third most affected country by climate change.

López explained that paying the producers a fair price for their products — along with investing in infrastructure to uplift the producers’ communities — is having concrete results in Peru and around the world. The Equal Exchange—

Walk This Way: Prevent Pain and Degeneration by Improving Your Gait

by Dan Vidal, for the Shuttle

WE DON’T TEND TO THINK MUCH about the way we walk. After all, it’s something we learned when we were toddlers and doesn’t require much conscious thought. But what if I told you that the way we walk can have a tremendous impact on our health?

Our ancient ancestors did not have access to refrigerators, prepackaged snacks, or the convenience of the neighborhood co-op to satisfy their hunger pangs. Often they had to go long stretches without consuming calories, and this meant they had to be efficient in the way they used energy. Luckily, our bodies are designed to move through space and time without wasting much precious caloric energy at all.

Using the Force

The bones of your skeleton fit together in such a way as to allow varying degrees of rotation. When working properly, these rotations usually occur in alternating patterns. This allows for outside forces (gravity in particular) to be transmitted through a spiraling network of muscle, tendon, and ligaments. In traditional studies of anatomy, these tissues are presented as separate structures, but in reality they are all woven together through a network of fibrous tissue called fascia. These sheets of tissue create a series of crisscrossing elastic bands with varying degrees of tension that are designed to use outside force efficiently to propel us forward, rather than using pure muscle contraction alone. This method not only saves caloric energy (which you may or may not be thrilled about), but it prevents the body from overusing and injuring particular muscle groups.

It is perfectly fine to use forceful muscle contraction from time to time — say, when sprinting to catch a train or

playing tennis. However, when we consistently rely on muscle contraction alone to move, certain muscles can become tight, spastic, and painful through overuse. This leads to imbalances in muscle tension, chronic pain, and if left untreated, joint degeneration.

And although you may not feel that conserving calories is a priority in today’s weight-conscious society, note that a chronically elevated need for calories can add to overall stress levels and cause us to overeat. Therefore, being more efficient in the way we use calories can actually help promote weight loss.

One of the most basic things you can do to assess the way you walk is to look at how your pelvis and torso move. Stand several paces in front of a full-length mirror and begin walking forward. If your gait is healthy and efficient, your hips should rotate to the opposite side of the leg you are stepping forward with. In turn, your torso should rotate toward the leg that is stepping forward. This counter-rotational pattern is crucial for storing and releasing energy. This puts less strain on our bodies and helps keep us healthy, happy, and pain free.

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

Dan Vidal is a licensed massage therapist and a certified Neurosomatic Pain Treatment Specialist. He helps patients eliminate pain by assessing their posture and creating personalized treatment plans that involve targeted massage and mindful movement practices. The health and wellness workshop on the Mechanics of Gait will be held at Sage Integrative Health in Mt. Airy on July 30.



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A Board Meeting to Build Pallet Picnic Tables

The Co-op has an abundance of pallets, owing to our many deliveries, and the farm has a dearth of picnic tables. Enter human ingenuity and some basic carpentry skills, and it's a win-win. At left, Maura Costello and Peter Rayn do the difficult work of breaking down the pallets, and then fit together the finished tops (below). Below left, Maura, along with David Huntley and Mike Tannenbaum, lay out the bones of the tabletop and then fire up the nail guns, assisted by Guillermo Ortega Tanus.

Kathleen Casey photos



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Caterpillars: They're What's For Dinner

by Gail Farmer, Executive Director, Wissahickon Valley Watershed Association

BABY CHICKADEES ARE SMALL BIRDS WITH BIG appetites. Like most songbirds, nestling chickadees are reared on a diet composed solely of invertebrates. A group of young chickadees will consume more than 5,000 caterpillars before they even leave their nest! The parents of this hungry brood have to work hard to supply their babies with the protein they need to survive and thrive. Their success depends on the quality of the habitat where they are nesting.

The Wissahickon Valley Watershed Association actively works to improve wildlife habitats on the more than 600 acres that comprise our 12 nature preserves. Many of these preserves have an agricultural history, and the existing habitats are often ecologically degraded. Most of our preserves are invaded by non-native species of trees, shrubs, and other plants. Non-native plant species are a problem because they utilize resources but are of limited value to native wildlife as food, shelter, and cover. For example, native oak trees support more than 500 native species of caterpillars, whereas not a single native caterpillar will feed on the leaves of the non-native butterfly bush (Budliea), an invasive plant from Asia. Our chickadee friends would struggle to find enough caterpillars to feed their young in habitats with a high abundance of non-native plants.

It is critically important that the remaining habitats in our developed region be of the highest quality attainable, in order to benefit the most wildlife (and people!) possible. For this reason, WVWA is investing time and dollars to improve the quality of habitats on our preserves. Our 50-acre Crossways Preserve in Blue Bell (3.5 miles from the Weavers Way Ambler store) is a



photo by Margaret Rohde

Chickadee nestling that hatched in a nest box at Crossways Preserve.



perfect example of this effort. Crossways is one of our most diverse preserves, containing a variety of habitats including wetlands, meadows, historic forest, and shrub-scrub fields. Over the

past five years, we have removed non-native plant species from approximately eight acres of meadow, forest, and wetland habitats and planted 354 native trees and shrubs in their place. Increasing the diversity of native plants on our preserves will allow us to support a greater abundance and diversity of wildlife, which also happens to make our preserves more interesting places to visit!

Ensuring that our open spaces provide high-quality habitat for birds and other wildlife is a community effort. WVWA has benefitted from 930 hours of volunteer service to achieve the habitat improvement projects at Crossways Preserve. As a Weavers Way member, you can fulfill your co-op work hours by helping us with this work. To get involved, contact Kelly Joslin at kelly@wvwa.org.



photo by Kristy Morley



photo by Margaret Rohde

Schuylkill Center Hosts Perseid Meteor Shower Party

by Charlotte Roach, for the Shuttle

THE PERSEID METEOR SHOWER IS ONE OF THE MOST spectacular annual events for amateur stargazers and serious astronomy enthusiasts alike. During its peak, tens of thousands of shooting stars blaze across the sky each hour, wowing skywatchers as we gaze up into the heavens. We're actually watching bits of comet debris burn up in the Earth's atmosphere, but if you indulge your imagination, it looks like stars are falling to Earth. This astronomical event is truly awe-inspiring, and you would be remiss not to step outside and look up in the wee hours of Aug. 9, 10, and/or 11.

By definition, meteors are pieces of rock or dust that enter the Earth's atmosphere and become incandescent as a result of friction. The Perseids are caused by Comet Swift-Tuttle, the largest object known to pass close to Earth repeatedly. In 1992, this comet passed close to our planet, leaving behind a trail of debris. As we pass through this debris every year, bits of dust collide with our atmosphere and burn up in a brilliant flare of light.

Unfortunately, this month's moon cycle is not ideally calibrated for meteor viewing. The peak of the shower is Aug. 12, but the light of that night's nearly full moon will render most meteors invisible to human eyes. So, NASA meteor expert Bill Cooke, via space.com, recommends having a viewing party Aug. 9 or 10, when there will still be plenty of meteors and relatively less moonlight to wash them out. He also recommends driving to the darkest place you can find, away from any source of light pollution, and giving your eyes 30 minutes to fully adjust.

Are you interested in watching the meteor shower but don't have the time to drive halfway to Harrisburg? The Schuylkill Center for Environmental Education will be hosting Shooting Stars and S'mores on Aug. 9 and 10, and we would love for you to join us. The Schuylkill Center's 340-acre property is free from sources of light pollution, making it the most ideal meteor shower viewing spot within Philadelphia city limits. Shooting Stars and S'mores will also feature an educational lecture from Renee Stein and Dave Walker of the Rittenhouse Astronomical Society and, of course, delicious campfire treats. Register at schuylkillcenter.org. We look forward to seeing you there!



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Be Sure to Play It Safe in the Park This Summer

by Maura McCarthy, Executive Director, Friends of the Wissahickon

IT'S NO SURPRISE THAT SUMMER IN WISSAHICKON Valley Park is the most popular season. And with the All Trails Challenge (fow.org/alltrailschallenge/), which started in May, running all summer long, some visitors may be exploring unfamiliar parts of the park's 50 miles of trails and encountering new conditions. Friends of the Wissahickon's year-round goal is for everyone to leave the park happier and healthier than when they came in, but summer presents special challenges, from heat and humidity to ticks and poison ivy.

Dr. Lee Jablow, Medical Director of the Department of Emergency Medicine at Chestnut Hill Hospital, one of our community partner organizations, provides the following tips to keep safe when enjoying the Wissahickon this summer.

Simple Ways to Avoid the Emergency Department

Patients are often admitted to the hospital because they didn't keep up with hydration. Most people need 64 ounces of water a day — about eight ounces every two hours while they're awake — and more if they're sweating and in warm weather. During vigorous exercise, additional water is lost not just in the form of sweat but also in exhaled water vapors from heavier breathing. Philadelphia's high summer humidity makes it even harder to cool down. Working muscles too hard without adequate hydration can be serious business, potentially leading to a condition called rhabdomyolysis and a week-long hospital stay and risk of kidney damage. Prevention is simple: hydration and pacing your exercise.

Second, patients often come to the emergency department after mild overexertion or a relatively minor in-

jury. We would generally administer a nonsteroidal anti-inflammatory drug (NSAID) by injection. Truthfully, it works the same as an over-the-counter NSAID, such as ibuprofen, that you could take on your own. Keep this medicine with you and try it first before heading to the ED. Rule of thumb: If the pain doesn't improve in an hour or gets worse, seek medical attention, and tell the ED caregivers what pain medication you took and when. (Note: Avoid NSAIDs if you have kidney or heart disease, diabetes, or bleeding issues.)

Watch Your Step

If you're running on the trails, you tend to focus your vision straight ahead, so it's easy to lose sight of what's under your feet, including tree roots, branches, and uneven surfaces. It's the reason we see a lot of FOOSH — fall on outstretched hand — injuries from people instinctively reaching out their arms to catch themselves after tripping and falling forward. It's the most common of the so-called defensive injuries and results in a break at the end of the forearm just before the wrist bone.

Also, remember to protect your head. When riding a bike or climbing, please wear a helmet at all times. That goes for horseback riding, too.

Common First Aid Mistakes

A big one is using hydrogen peroxide for minor cuts and scrapes. Patients think peroxide's bubbling action means it's working, but it actually impairs natural wound healing. All you need is plain soap and water. To control more serious bleeding, the first line of defense is to press a single fingertip very hard against the wound. This distributes greater force directly to the area and compresses it with more pounds per square inch than using addition-



Dr. Lee Jablow, medical director of the Department of Emergency Medicine at Chestnut Hill Hospital.

al fingers or the palm, which can diffuse the pressure.

Another one is tick removal. We live in a heavily endemic area for Lyme ticks, so it's not unusual to find that one has hitchhiked a ride home with you from the park. The best way to remove the entire tick is not with tweezers, which can leave pieces behind, but by wetting a sponge with soapy water and making small circles for about 60 seconds, then larger circles for about four or five minutes. Although it takes about 36 hours for a tick to attach itself, bite, and transmit the Lyme pathogen, it's best to shower soon after being in heavily wooded areas. Then, do a body check (or have someone do it for you) and keep in mind ticks like to hide in moist, dark areas such as armpits, groin, behind ears, etc.

Travels with Shula

Young and Not-So Savor the Joys of Public Transportation

by Betsy Teutsch, for the Shuttle

“GRANDMA BESHIE, LOOK! THE BUILDINGS ARE there again!” My four-year-old granddaughter, Shula, had just spied Center City's skyline from her window seat on the Chestnut Hill West. The towers would disappear behind houses, warehouses, and graffiti. When the train crossed over a straight street, we could look all the way down it and there they were again far off in the horizon. Then they disappeared, but soon reappeared, even bigger, all the way to 30th Street.

All this magic on what seems to most an ordinary train ride.

Shula lives in Washington, D.C. and shares my love of mass transit, so I gave our free train and trolley travel equal billing to our destinations. Philadelphians over 65 receive free SEPTA cards. (If you are eligible and haven't claimed yours yet, go to State Rep. Chris Rabb's Germantown Avenue office to apply.) Children four and under ride free, too.

Train and Trolley Day began at Upsal Station with Shula patiently awaiting the Chestnut Hill West's arrival. She loved seeing and hearing it coming down the tracks.

At 30th Street we transferred to the 30th Street trolley Station, with Shula using my card to open the turnstile with one hand while clutching a Philly pretzel in the other. She had never been on a trolley before, and here we were, screeching along underground and emerging at 40th Street to transfer to the 34. After getting off at 50th Street, we headed to visit her newborn twin cousins, our actual destination.



An exciting train ride for Grandma Beshie and her four-year-old granddaughter - photo by Ruthie Rosenberg

After a lovely visit, we did the trip in reverse. Another trolley, an ice cream, and finally the train home. Shula fell asleep on the last leg of our journey. It was a day to remember, without my wrestling with her car seat, traffic, and parking.

Philadelphia boasts a rich mass transit network, far denser than many cities of comparable size. City planners and environmentalists promote multi-modal solutions to overloaded roads clogged with all those single occupancy vehicles endlessly heating up our planet. Riders can

combine walking with regional rail, buses, trolleys, the El, subways, Indego bikes, Lyfts, and even scooters.

My SEPTA pass has emboldened me to start adventuring beyond the train, even taking a stab at getting comfortable with Philly's mysterious buses.

Three factors have helped me in this effort:

1. I am less time-stressed. Waiting for buses requires patience.
2. The Google Maps app, which includes mass transit options and detailed info.
3. Using my smart phone to help pass the time waiting.

Some cities have reliable GPS-enabled buses providing real-time information. Philly's not quite there yet, but in the year or two I have been traveling more on buses, information has improved. Some people like the SEPTA app; others use NextBus or Moovit.

Note that none of the apps are multimodal. The fastest way to travel from my house to West Philly is actually taking the train and then picking up an Indego bike at 30th Street. (I only just figured that out, despite walking by the rack of cycles dozens of times.) The human brain still outdoes transit apps.

Safe travels!

Betsy Teutsch, a Weavers Way member from Mt. Airy, hates driving!



Canadian Author Dives Deep into Big Grocers and Food Co-ops

by Karen Plourde, Editor, Weavers Way Shuttle

JON STEINMAN HAS SPENT MUCH OF THE PAST 10-plus years peeling back the layers of the food industry. As host of “Deconstructing Dinner,” a podcast-turned-radio show-turned Canadian TV series that ran from 2006 to 2011, he delved into everything from the chemicals in food to the misuse of “local” to the gritty details behind the production of such staples as pork, honey, tomatoes, and wheat.

About two years ago, Steinman, a native of Toronto and longtime resident of Nelson, BC, switched his format to the printed page and began research on what he calls the food system’s control center: grocery stores. His book “Grocery Story” (New Society Publishers), which came out this spring, features a detailed history on the rise of such behemoths as A&P and Kroger, while touting food co-ops (including Weavers Way) as the antidote to the pricing, marketing, and distribution manipulations of big grocers. He embarked on a book tour in early April, equipped with a white Ford Transit van that featured the “Grocery Story” cover emblazoned on the driver’s side panel.

Steinman is a longtime member of Kootenay Co-op in Nelson and served on the co-op’s board of directors for a decade. He said the book is an effort to connect his earlier research on food systems with the daily or almost daily task of shopping.

“I got to see that there was a significant gap in the conversation, which was grocery stores,” he said during a phone interview in May. “Ninety-two percent of the food we purchase for the home is purchased at food retailers....I looked online to see if any books had been written about the role of grocery stores in shaping the food system, and not one book had been written about that in North America.”

While promoting co-ops as food retailers that also work to engage the community, Steinman also notes how Big Food is chipping away at the pillars that once distinguished co-ops from other grocery stores.

“I think what’s missing within even member-owners of co-ops is a general understanding of what’s happening in the larger grocery store sector, and how that is now impacting co-ops in a very different way,” he said. “Whereas once co-ops operated in somewhat of a niche, along with other natural foods stores and maybe even Whole Foods as being part of an option within the natural, organic foods sector, that’s no longer the case. Co-ops are really competing with some of the largest grocers on the planet, who are carrying many of the same products.”

The stops on Steinman’s tour are either operating co-ops or startups. From his experience, there is a 10-year window that determines whether many co-ops succeed, and one of the challenges is getting past the honeymoon phase and making sure the store becomes part of the community’s shopping routine.

As a shopper, Steinman walks the walk when it comes to supporting his local co-op. After spending several years participating in assorted collectives and CSAs, growing and canning his own vegetables and the like, he’s come to rely on Kootenay for most of his daily food needs. “I’ve definitely found a healthier balance of ‘do it yourself’ and relying on the co-op,” he said.

He’s discovered that the crowds he addresses might believe they’re aware of the various tactics Big Food uses to shut out small, local vendors and keep prices low, but they end up realizing they know less than they thought.

“Often the reaction — even from people who work in co-ops, board directors, managers — is, ‘I had no idea this is what was happening,’ and also, ‘I had no idea how the grocers were really pressuring their suppliers increasingly in the food system, and some of the practices they’re using,’” Steinman said.

The tour, which covers 114 locations ranging from British Columbia to Nashville, will conclude in late November.



photos by Karen Plourde

Author Jon Steinman nabbed a spot in Mt. Airy for an afternoon in May to sign his book “Grocery Story” and take questions. Below, the Ford Transit van is piling on a lot of miles during his extensive tour.

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JULY 31

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PRTF Summer Events

(Continued from Page 1)

Learn to Make "No-Sew" Bags at the Mt. Airy Village Fair

When you're at the Mt. Airy Village Fair on Sunday, Sept. 8, stop by the PRTF table and learn how to make a no-sew reusable bag out of a T-shirt. We'll supply the shirts, or you can bring your own. We're also seeking shirt donations. If you'd like to donate T-shirts or tank tops ahead of time, please contact me at arielletannenbaum@gmail.com.



Jar Library

Did you know there's a jar library at the Mt. Airy store? Next time you're in the Bulk section, look for it by the spices. If you need something in bulk but forgot your own container, grab one from the jar library. When you're finished with it, wash and dry it and bring it back to the store, along with any other glass jars from home. To add a jar to the library, make sure to remove all labels, wash and dry it completely, and label it with its tare weight.

Jar libraries will debut in the Chestnut Hill and Ambler stores in the near future.



photo by Mike Tannenbaum

Tips for Buying Bulk at the Co-op:

1. Bring your own bags and containers.
2. Use the scales at the stores to measure the tare weight of your container (the weight of it empty) and write it on the container.
3. Write the PLU number of the product you're buying on the container.
4. If you forget your own container, feel free to borrow one from the jar library (currently only available at the Mt. Airy store).
5. At home, store your bulk items in airtight jars and containers. (Pro tip: granola left in a cotton bag gets stale quickly!)
6. Shop in the Co-op's bulk department on Weigh It Wednesday July 31, to save 10% on your entire bulk order when you bring your own bags/containers.

Happy bulk shopping!



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Summer Skin Care Tips: Sunscreen and Dairy-Free Milk

by Beth Chiodo, Weavers Way Neighborhood Nutrition Team

WE'VE HAD SOME BEAUTIFUL WEATHER OVER THE past few weeks, and I've been taking my little ones out to enjoy every ray of sunshine I can. We've been tending to our garden and we just finished our first weekend-long camping trip. We've been in the sun a lot, and it reminds me of just how important summer skin care is for myself and for my family.

Skin cancer is the most common form of cancer in the U.S., and there is ample evidence that prolonged exposure to the sun raises the risk for melanoma, the deadliest type of skin cancer. In addition, too much sun is responsible for sunburns, cataracts, premature aging, and wrinkles. In being more responsible for my health and the environment, I've come up with a few tips for healthy skincare you can follow all summer long:

1. Sunscreen is one of the best defenses against sunburn and skin cancer.
2. Pick a sunscreen that has an SPF of 30 or higher and re-apply it frequently. Choose a waterproof option to ensure adequate coverage.
3. Use a sunscreen that is labeled "Broad Spectrum." This means it protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause skin cancer.
4. Be especially careful during the hours of 10 a.m. and 2 p.m., when the sun's rays are strongest.
5. Consider dressing yourself to protect against the sun. Wear lightweight, long-sleeved clothing, a wide-brimmed hat, and sunglasses.

Avoiding the sun might not be the only way to promote healthy skin, especially if you are prone to conditions like acne and other skin irritations. Some studies suggest there is a link between dairy intake and skin health. According to a systematic meta-analysis of 78,529 children, adolescents, and young adults, consuming any dairy such as milk, yogurt, and cheese was associated with an increased incidence of acne in individuals aged 7-30 years. This could be due to hormones used to treat the cows producing the milk, or it could be due to growth hormones naturally present in the milk itself.

Whatever the reason, avoiding dairy products can be one way to combat this. But you don't have to do without milk, yogurt, and cheese entirely — there are more dairy alternatives on the shelves today than ever before!

Plant-based milk alternatives can be made from various foods including soy, oats, rice, almonds, coconut, quinoa, teff, or seeds such as flax or hemp. Many of these are fortified with calcium and vitamin D so their nutrient profile is similar



to that of dairy milk. Also, they may be flavored with vanilla or sweetened with sugar, but an unsweetened variety is almost always available. These milks may be sold in the refrigerated section or available in a shelf-stable version.

The main difference between dairy alternatives and cow's milk is their protein content. Cow's milk contains 8 grams of protein in an 8-oz. glass. Soy milk comes close at 7 grams of protein per 8-oz. serving, while other milks contain only about 1-4 grams of protein per 8-oz serving. However, milks such as flax or hemp also contain omega-3 fatty acids, which are helpful in promoting heart health and reducing overall inflammation in the body.

Any of these plant-based milks can be used interchangeably with cow's milk in recipes, and they are delicious in cereal, oatmeal, or your favorite smoothies. Greens, including collards, kale, swiss chard, etc., are absolutely scrumptious braised in coconut milk.

Summer sun is upon us, and we are called to enjoy the weather provided to us in a way that is responsible for our planet and good for our health. Using sunscreen is a must to prevent deadly skin cancers, while avoiding excessive amounts of sun can prevent a number of health conditions. For individuals suffering from acne, removing dairy might be the next step toward clear skin; thanks to stores such as Weavers Way, there are plentiful and delicious alternatives to dairy at your fingertips. Try one today!

Beth Chiodo is an Ambler-based registered dietitian and certified wellness coach. She works in corporate wellness and also has a private practice (www.yourperfectbite.com). She does one-on-one nutrition counseling, gives seminars and cooking demonstrations, and helps execute other wellness offerings for the community.



What the Team Has in Store

As the thick of summer approaches, the Neighborhood Nutrition Team will focus on healthy skincare solutions as well as explore the many dairy alternative offerings. Join us for fun DIY workshops like making your own Deet-free bug spray, how-to essential oils, frozen treats for kids, making your own nut milks, and much more!

Neighborhood Nutrition Team Open Hours at Weavers Way locations:

- Tuesday, July 23, 4-6 p.m. - Backyard of Chestnut Hill
- Tuesday, Aug. 6, 4-6 p.m. - Ambler
- Tuesday, Aug. 13, 4-6 p.m. - Ambler
- Tuesday, Aug. 20, 4-6 p.m. - Mt. Airy
- Tuesday, Aug. 27, 4-6 p.m. - Backyard of Chestnut Hill

WORKSHOPS

See listings on Page 16, or visit www.weaversway/coop/events.



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WEAVERS WAY WORKSHOPS



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

RSVP on EVENTBRITE

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

Go online at [Eventbrite](https://www.eventbrite.com) or RSVP via the Events Calendar, www.weaversway.coop/events/workshops. Or do it the old-fashioned way: Email outreach@weaversway.coop or call 215-843-2350, ext. 118.

GIVE ONE YOURSELF

Anyone can propose a topic, and members who lead workshops get three hours of work credit.



WORKSHOPS ARE HELD:

- In Mt. Airy in the **Community Room**, 555 Carpenter Lane.
- In Chestnut Hill in **The Backyard**, 8482 Germantown Ave., and the **Healing Arts Studio**, 15 W. Highland Ave., 2nd floor.
- On our farms: **Henry Got Crops**, Saul High School, 7095 Henry Ave.; **Awbury Arboretum**, 901 E. Washington Lane.
- In Ambler, in **The Café** at the store, 217 E. Butler Ave., or the **Ambler Senior Center**, 45 Forest Ave.
- Other locations as noted.

HERE'S WHAT'S COMING UP

Neighborhood Nutrition Team: You-Pick Herb Garden Talk and Tour

Tuesday, July 23, 11 a.m.-12:30 p.m.
Henry Got Crops Farm

Exploring the Henry Got Crops You-Pick herbs section is a wonderful way to bring fresh herbs into your life. At this special workshop and garden tour led by Neighborhood Nutrition Team member Dr. Wendy Romig, you'll hear all about the medicinal and nutritional benefits of our vast array of herbs. Plus, Wendy will provide great preparations that will help you enjoy these herbal delights for the entire season. Free.

Neighborhood Nutrition Team: Intro to Essential Oils

Thursday, July 25, 6-7:30 p.m.
Weavers Way Ambler

Learn the many benefits of using essential oils for skin health. Neighborhood Nutrition Team member Nicole Schillinger will show how to make your own lotions, creams, and cleansers. She'll also review the different bases that can be used and demonstrate how easy it is to make your own skin care line. Free.

All Levels Yoga

Monday, July 29, 7-8:30 p.m.
Ambler Yards, 300 Brookside Ave.

Flow into the work week with an All Levels Yoga class led by working member Elizabeth Witlin-Roberts. Come as you are! All Levels Yoga classes are suitable for beginners, masters, and everyone in between. You'll stretch and relax near an all-natural meadow and the lush greenery at the Ambler Yards campus. Free! Can't make this one? We're doing it again Monday, Aug. 5 – same time, same place.

Health & Wellness Workshop: The Mechanics of Gait

Tuesday, July 30, 6-7:30 p.m.
Mt. Airy Nexus, 520 Carpenter Lane

The way you walk has a tremendous impact on your health. Working member Dan Vidal will explain how poor gait patterns can lead to many of the painful, degenerative conditions associated with aging. Participants will leave with a basic working understanding of the biomechanics and anatomical structures involved in human gait. They will also learn how to apply these concepts to their own movement patterns. This class is part lecture and part active movement participation. Free.

Neighborhood Nutrition Team: I Scream, You Scream for (Non-Dairy and DIY) Ice Cream

Wednesday, Aug. 7, noon-1:30 p.m.
Sage Integrative Health, 538 Carpenter Lane, Mt. Airy

Discover the ins and outs of delicious DIY non-dairy ice creams — tastings included! Totally dairy-free, gluten-free, and process-free. Come join in the fun with Neighborhood Nutrition Team member Dorothy Bauer and learn creative ways to make delicious, nutritious frozen fruit transformations. Free.

Neighborhood Nutrition Team: Frozen Treats For Kids

Saturday, Aug. 10, 11 a.m.-noon
Weavers Way Ambler

Looking for healthier alternatives to frozen popsicles full of artificial colors, high fructose corn syrup, and added sugars? Join Beth Chiodo, registered dietitian and mom of two little ones, and discover how to make tasty and healthy frozen treats without the additives. Beth will show how to make popsicles, ice cream, and more using fresh, real ingredients that will satisfy even the pickiest of eaters. Sampling and recipes included. Free.

Neighborhood Nutrition Team: Dairy-Alternative Cheeses and DIY Cashew Cheese

Tuesday, Aug. 13, 4-6 p.m.
Henry Got Crops Farm

The world of non-dairy cheeses has never been bigger or better. Come taste the best non-dairy cheeses the Co-op carries, enjoyable by vegans and non-vegans alike. Neighborhood Nutrition Team member Nicole Schillinger will also go over the DIY basics of making your own cashew cheese spread. Free.

Neighborhood Nutrition Team: DIY Nut Milks Demo and Tasting

Thursday, Aug. 22, 6-7:30 p.m.
Weavers Way Ambler

Join Weavers Way Nutrition Team member Dr. Wendy Romig as she leads you through a live demo of how to make your own alternative milks – such as almond, cashew, and oat – and how you can get creative in the kitchen with the remaining pulp. No crumb left behind! Free.

Get enlightened.

Get engaged.

Get excited.



MORE INFO & TO RSVP: www.weaversway.coop/events or email outreach@weaversway.coop

Why shop the Co-op?

LET'S COUNT THE WAYS.

1 CATERING.

Part 3a of 4

Food Drives Help, But Can't Fully 'Strike Out Hunger'

by Keith Brown, for the Shuttle

ON THE WAY HOME FROM A PHILLIES game last week, I learned that Hatfield Quality Meats was donating 100 pounds of food to Philabundance for each home run the Phillies hit in the game. They hit three!

In many ways, this is great news. Since 2011, the Phillies and their corporate partners have raised over \$500,000 for Philabundance alone. Support like this goes a long way for the non-profit organizations throughout the region that make sure residents have enough to eat. These charitable organizations, largely staffed by women, are lobbying businesses for donations and conducting food drives throughout the region. With 600-800 food pantries and soup kitchens in Philadelphia alone, these organizations need help.

The Phillies say their goal is to "strike out hunger." But even though these efforts deserve applause, they also blind us to a greater problem. The number of hungry and food insecure people in the region is not declining.

Philadelphia is the poorest of the 10 largest cities in the U.S. Since the Great Recession of 2008, rates of food insecurity in the nine other cities have improved, with fewer people expressing "a lack of consistent access to enough food for an active, healthy lifestyle." In Philadelphia, we have not enjoyed the same success.

There are many reasons for this. The loss of manufacturing jobs in the 1970s and 1980s still impacts the financial conditions of many of our poorest families. The transition to a service economy, a decline in union participation, and a stalled minimum wage means that working-class jobs do not pay nearly as much as they did 30 years ago. Further, increased economic segregation in Philadelphia neighborhoods means wealthier residents do not live alongside poorer residents, and often do not understand the daily struggles of making ends meet.

Racial segregation compounds these problems, causing some to blame poverty on individual attributes instead of on the policies that led to neighborhoods with exceptionally high poverty rates. Perhaps most importantly starting in the 1980s, state and federal governments rolled back the safety net designed to allow people to lift themselves out of poverty. Today, instead of expecting our government to protect our poorest citizens, we praise good "corporate citizens" for their donations.

These problems often feel overwhelming, but the Weavers Way community is playing an active role in solving some of the area's food problems. In my view, a two-pronged approach is appropriate. First, we need to continue our charitable donations to support families facing food insecurity. The Co-op's most-recent food drive was a step in the right

direction, raising over 4,000 pounds of non-perishable food items. In addition, the Food For All program is slowly, but steadily, growing. FFA is the member-owner discount program that provides a stackable 10% discount on nearly everything at the Co-op. The Food Justice Committee is working with management to discuss whether we can increase the FFA discount from 10% to 20%. Reducing the financial barriers to healthy, sustainable food can make a major difference in a family's budget.

But our charitable efforts are really just a Band-Aid on a more serious problem. Therefore, our efforts to increase food access must be complemented with government action.

The Supplemental Nutrition Assistance Program (SNAP) is the most important government-funded program to help low-income individuals and families purchase food; over 43 million Americans are currently using it. While I was working on a research team examining SNAP in Philadelphia, recipients told us that the program provides enough food for one to two weeks each month. After that, residents seek help from soup kitchens, food pantries, friends, and neighbors. We talked with many people who were literally spending hours and hours each week to save a few dollars on food. They cut coupons, obsessed over weekly store circulars, and took the bus or carpoled to



four or five stores each month to find the best deals on food. One woman told us that "even a few nickels make a big difference."

SNAP is an effective program, but it still needs improvements. The enrollment process could be much easier to complete, and increasing benefits would greatly help families and local businesses. Increased benefits would also allow recipients more time and energy to focus on school, find work, and plan for their family's future. Of course, improving the SNAP program is not a silver bullet that will eliminate hunger and food insecurity. But we need to keep poverty and food issues on the forefront of our representatives' agendas.

Although giving to a local food bank or volunteering our time builds community and makes us feel like we are making a difference, it will never "strike out hunger." Let's work harder to reduce the number of people who are hungry in the first place.

Part 3b of 4

Flexibility Is Key to Addressing the Needs of the Elderly

by Whitney Lingle, Executive Director, Senior Adult Activities Center of Montgomery County

FOOD INSECURITY CAN AFFECT ANYONE; IT TRANSCENDS demographics and plays a role in the lives of many. Similarly, those who are aging are an inherently intersectional population. Therefore, services designed for older adults must be flexible and multi-faceted enough for the varied needs of those we serve.

I started my career in food access working with local food banks, after-school meal programs, urban gardens, and soup kitchens. Seeing food access from multiple angles allowed me to see that multiple solutions were a better approach, because this allowed people to be served in a way that worked for them. As my career progressed and I started working at an agency that serves older adults, I realized that the need for various modes of delivery remained important to program success.

The Senior Adult Activities Center of Montgomery County (SAAC) serves adults 50 years of age and older through a combination of food assistance, social services, arts, and health and wellness programs. We are the largest Meals on Wheels provider in Mont-

gomery County and serve nearly 350 individuals each day. Those receiving MOW are the most vulnerable of our service population, with limitations preventing them from preparing and procuring food. The daily wellness check coupled with the delivery of two nutritious meals each day saves lives and helps prevent hospitalizations.

Although our MOW program improves lives, it is not always enough. When food insecurity affects several generations, things are more complicated. Montco SAAC offers various forms of food assistance including daily congregate lunches in Ambler and Norristown, nutrition education, assistance with signing up for SNAP benefits, senior Commodity Supplemental Food Program boxes, a small food pantry, produce distribution, and food distribution with Rolling Harvest food rescue.

There have been times when a person receiving MOW takes care of their grandchildren and ends up giving the kids food delivered for the older adult. Food assistance is not effective when diluted. My staff has

worked to address this type of issue by being ready to refer those who need assistance beyond what we offer to other agencies. This is especially important when people ask for help for their children and grandchildren. Hunger and poverty quickly become intergenerational, which makes referrals to programs offering summer meals and other forms of food assistance for all ages all the more critical.

Also critical is creating programs with dignity for those we serve. It is all too easy to create prescriptive, condescending programs aimed to alleviate hunger, help older adults live well, or reduce the numbers of those living in poverty. To effectively help, we must always prioritize the dignity and agency of those receiving assistance and avoid making decisions in a vacuum. Weavers Way's broad reach into the community allows their Food Justice Committee to create and provide assistance that is both helpful and dignified. I can think of nothing more important for area seniors and their families.

2 MEMBER BENEFITS.

3 BULK FOODS.

4 CO-OP BASICS.

5 SUSTAINABLE MEAT & SEAFOOD.

6 PRODUCE.

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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

The “market.” Supply and demand. Innovation. Capitalization. Sourcing. Production. Packaging. Regulation. Branding. Advertising. Distribution. Competition. Consumption. Industry. What do all these words have in common? They are all part of how products we buy and consume come into existence and, for some, remain in existence.

These last few months, the two biggest product categories trending up in the natural food industry are products containing CBD and products that are vegan, especially vegan versions of meat, like burgers and bacon. They’ve both become so popular with producers I wouldn’t be surprised in the near future to see a vegan iPhone case that offers a transdermal CBD dose with every touch, with an app to regulate the dose.

With CBD and vegan meats, government regulation also seems to be looming large. CBD is too complicated to fully explain here, but suffice it to say there are conflicting legal issues. Some retailers, including Amazon and Whole Foods, won’t sell it, while other retailers, including CVS and Walgreens, are selling CBD products at many stores. We’ve heard of at least one co-op whose credit card processor won’t process transactions of CBD products. It’s a confusing time for CBD products. Hopefully, we’ll get some clarity from the Food and Drug Administration soon.

Regarding plant-based meats, the state of Mississippi just passed a law that declares “a plant-based or insect-based food product shall not be labeled as meat or a meat food product.” There are similar issues with the dairy industry lobbying the FDA to restrict the use of the word “milk” to the output of lactating mammals. Countering that are the plant-based product companies complaining this is a



limit of free speech, plus they claim no reasonable person would confuse almond milk and cow’s milk or vegan bacon with animal bacon. Again, our besieged FDA will have to make the call.

Note that plant-based products and CBD have something major in common — both come from plants (hello, U.S. Department of Agriculture involvement in addition to FDA). I haven’t seen much analysis of what will happen if these two industries continue to get more popular, but you have to expect agricultural land use will change. Mass consumption of Beyond Burger-type products means someone will have to grow way more peas to create all that pea protein.

As CBD finds its way into Starbucks coffee, way more hemp will have to be grown.

Will concentrated animal feedlots diminish, with a corresponding reduction in demand for corn and soybeans grown for animal feed? Will China get involved in growing lots of hemp and peas if they can do it less expensively than in the U.S.?

The meat industry has a huge infrastructure, and not just the agricultural part. There are also processing plants, an entire packaging industry, specialized equipment, tons of labor, trucking, wholesale and retail facilities, waste processing, pharmaceuticals, value-added products, federal inspection services, etc. All will be diminished if meat consumption is reduced. Will the fake meat industry take up the slack?

It will be interesting to see what happens. CBD, on the other hand, is new consumption, not really replacing other existing products, so probably this is a new industry that won’t replace an older industry. Plus now that growing hemp is

(Continued on Next Page)



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(Continued from Preceding Page)

legal at the federal level, there will likely be an explosion in plantings, because hemp can also be used for textiles, oil, protein, bioplastics, and who knows what else.

Seems that one limitation in current hemp planting expansion is seed availability. For legal hemp, the plant has to produce material with less than 0.3% THC content, and apparently more of this type of seed has to be produced before hemp plantings reach their potential to meet demand. This probably also contributes to keeping CBD prices high.

suggestions and responses:


- s:** "It would be great to have a bread option like the Metropolitan white sandwich loaf stocked in Chestnut Hill that is not made in a factory but is also not seeded, oated, rye, raw, sprouted, sour, etc. Just a good solid white sandwich loaf baked locally."
- r:** (Jenna MA) Thanks for the suggestion! I will look into bringing the bread in. In the meantime, if you want to pre-order a loaf, fill out a pre-order slip. Ask a staffer for assistance if needed.
- s:** "I like Rudi's Gluten-Free Homestyle bread, glad you have it. My last loaf was compressed from side to side and from top to bottom. Somebody isn't storing it right."
- r:** (Jenna MA) Glad you like the bread, it's a customer favorite! The bread comes in frozen so we will follow up with the distributor.
- s:** "The best gluten-free bread by far is Happy Camper, especially the 'Stompy Seedy.' It's a true whole-meal bread and has a very long unrefrigerated shelf life. Can we stock this?"

“
As CBD finds its way into Starbucks coffee, way more hemp will have to be grown.
 ”

- r:** (Matt MA) It doesn't seem to be available from our primary vendors, and the company's minimums for direct purchase are a little high for us.
- s:** "Can we bring back my favorite Talenti ice cream flavor? The Coffee Chocolate Chip is the best, and it has been missing for several weeks. Thanks."
- r:** (Matt MA) Unfortunately the Coffee Chocolate Chip was discontinued by our supplier.
- s:** "How can ice cream be a 'natural' food since it doesn't exist in nature, especially in hot weather?"
- r:** (Norman) For most foods, to create a "natural" food, all you have to do is print the word "natural" on the packaging. There is no FDA definition (there is a USDA definition that applies mainly to meat, poultry and eggs — no artificial or synthetic ingredients and minimally processed). The FDA started looking into this a few years ago but there's been no progress that I've seen.

However, you could look at "natural" another way. Virtually all manufactured food is natural food, since humans are natural, so everything they make is also natural. Humans' main resource to make food (or anything) is their own ideas and effort, plus resources we find in nature. So ice cream is natural, as is the technology to freeze things and keep them frozen. Freon is as natural as rock formations; it's just Freon has been manipulated more by humans to serve their purpose, one of which is having ice cream available to millions of people year round. Heart transplants, going to Mars, and nuclear submarines are all perfectly natural, as is artificial color and flavor. They're all products of the earth and human ingenuity and effort. Good luck to the FDA with this one.

- s:** "Why is the Organic Edensoy unsweetened soy milk 20 cents more expensive than the sweetened/flavored varieties? Any chance you could lower the price to match (or just lower the price because it has fewer ingredients)? Or maybe Weavers Way can make/sell its own soy milk?"
- r:** (Norman) Looks like a mistake. We'll correct it; thanks for pointing it out. Making our own soy milk is an interesting idea, but not likely in the cards anytime soon.
- s:** "When you write a suggestion/request in the book and it disappears, while other, more recent comments are answered, what does that mean? Is it on someone's desk somewhere? Has it been burned and erased from history as part of a massive conspiracy to preserve the status quo (in this case, the status quo on sandwich bread)? Those are the only two possibilities I can think of."




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- r:** (Norman) When a suggestion disappears, yes, most likely it is on or in someone's desk. Not a conspiracy, just garden variety neglect. With your suggestion in hand, we can shame our staff out of their neglectful behavior, so thanks! We don't always go with the status quo — look at all the fake meat and CBD products we have!
- s:** "Could we please get back the La Colombe Latte (not labeled "Draft") that we had before? Better tasting to me than the one with sugar. Thanks!"
- r:** (Matt MA) Unfortunately La Colombe changed their recipe and packaging and now all of their canned lattes contain cane sugar. I agree it was plenty sweet before they added sugar.
- s:** "Why don't we sell whale meat? We have lots of other seafood."
- r:** (Norman) Good suggestion. Look for Captain Ahab brand spear-caught whale meat in the near future.



“



Put your suggestions right here.

”

Norman Says:

Look for the suggestion box in all three stores.

Read SUGGESTIONS by Purchasing Manager Norman Weiss every month in the Shuttle.



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The Scoop on Easing Local Hunger

On Father's Day, June 16, hundreds of children and adults braved the possibility of brain freeze by attending the Food Justice Committee's ice cream social in the backyard of Weavers Way Chestnut Hill. The event was designed to promote two initiatives to improve the Co-op's Food For All program. The Top-It-Off Program would allow members and non-members to round up their WW grocery bills to the nearest dollar, with the proceeds benefitting FFA. The Opt-Out program, meanwhile, would permit working members to opt-out of their 5% discount, with the proceeds also going to FFA. If 400 households opt-out, we can increase the FFA discount from 10% to 20% this year.

Special thanks to the Chilly Philly and Weavers Way for generously donating the ice cream for our social. Chilly Philly will be winding down its operations and will be sorely missed in our community.

Old Academy Players Showcases Original One-Act Comedies



Old Academy Players presents its 11th Annual Summer One Act Bonanza, produced by Nancy Frick and Sarah Labov. The show features seven comedic plays and original scripts from members of the group, including:

- "A Good Heart" by Daniel Jankauskas, directed by Dale Mezzacappa
- "Back to the Drawing Board" by Nancy Frick, directed by Georgina Bard
- "Deer Playrite" by Rob Rosiello, directed by Jeff Hunsicker
- "In the Eye of the Beholder," written and directed by Richard Sivers
- "The Font of All Knowledge" by Leigh and Lauri Jacobs, directed by Lauri Jacobs
- "This Is What's Left" by Michael Murphy, directed by Megan Murphy
- "Where Everybody Says Goodbye" by Courtney Bambrick, directed by Nolan Maher

Show dates are Friday, July 19 and Saturday, July 20 at 8 p.m., and Sunday, July 21 at 2 p.m. Tickets are \$20 per person, with group discounts available. Tickets for students are \$10 with a valid ID. For more information and to order tickets, visit www.OldAcademyPlayers.org or call 215-843-1109.

Old Academy Players is a non-profit community theater located at 3544 Indian Queen Lane in East Falls.



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Our Newest Committee

Here are some facts about our discounting:

- We have eight different types of discounts: 1) Working member; 2) Senior; 3) Food For All; 4) Weavers Way branded items, including farm products; 5) CSA working share; 6) CSA working share extraordinaire; 7) EasyPay discount (2% for \$100 cash or check deposits), 8) staff discounts.
- Our working member discount is by far our largest, totalling over half a million dollars last year. It is two-and-a-half times more than our senior discount, which is our second biggest.
- Working members shop our store on average three more days per month than non-working members.

During the course of our work, we have conducted two surveys — an internal survey of managers on the working

member program, and a survey to co-ops across the country. Each had a great response rate.

The internal survey brought no surprises. Departments that rely heavily on cooperators think our working members are highly valuable, and responded they would have to incur the expense of paying staff to do the work if it weren't for cooperators. For those departments that do not post as many cooperator shifts, they generally think the working membership program's value lies less in aiding operations, and more in simply fostering a spirit of cooperation and providing a chance to learn more about the store (or our governing structure, or our farms, or our partnering community organizations).

For our external survey, we've heard from 30 co-ops. The big takeaway has been that we are not alone in struggling with the questions involved with discount-

ing. Indeed, many co-ops are currently reviewing the matter and are looking to us to share the data. We will undoubtedly be bouncing off ideas and learning from our fellow co-ops along the way.

By the end of the summer, we will wrap up our data analysis. In the fall, we'll present our findings and will conduct deliberative meetings with the Board and the membership. After receiving feedback from the membership, we'll make a recommendation to the Board to be accepted or rejected. If accepted, any changes would take place as early as January 2020.

You will hear from us again. In the meantime, please email discountcommittee@weaversway.coop with any questions. Disco party invitations are welcome!



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

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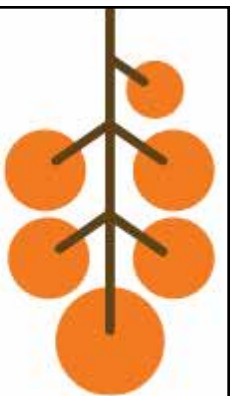
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Before You Fly, Consider Your Carbon Footprint

by Sandra Folzer, Weavers Way Environment Committee

RECENTLY, THE NEW YORK TIMES PRINTED an article titled “Travel’s Climate Problem.” It referenced two authors from Science Magazine who determined that there is a loss of plus-3 or minus-3 meters of sea ice per metric ton of carbon dioxide emissions. This means, for instance, a flight from New York to Los Angeles would shrink the ice by three square meters, or 32 square feet — for one person.

Most of us think we can hide from the statistics, that “what I do personally doesn’t matter, because I’m just one person.” This article shows the damage one person does. After seeing the data, researcher Alice Larkin of the University of Manchester stopped flying. She hasn’t been on a plane since 2008.

A family of three generates the equivalent of 2.4 metric tons of carbon dioxide by taking a flight from New York to Miami, which causes 90 square feet of ice to melt. That’s the size of a pickup truck.

Americans generate an average of 16 metric tons of carbon dioxide a year, more than triple the world average. As a result, hundreds of millions of people, according to a study conducted by the United Nations in 2007, will experience coastal flooding, water shortages, malnutrition, and poor health, due in part to our carbon emissions.

Don’t think taking a cruise ship is any better; in

fact, it’s worse. Cruise ships emit three or four times more carbon dioxide per passenger mile than a jet. And FYI, the indoor air of a ship is likened to that of the worst polluted cities in the world — Beijing and Santiago, Chile.

Unfortunately, air travel has doubled since 2003. By continuing to fly, we are encouraging the airlines to keep investing in planes and airports, when we really need to decrease that investment.

Sometimes you can’t avoid flying. My granddaughter has an internship in China, so she has no choice. A group I meet with once a year is gathering in Bakers-

field, CA, this year. When we’ve met in Florida and Maine in the past, I’ve taken a train. But getting to and from Bakersfield by rail would take three or four days each way, so instead I’m flying, and I feel guilty.

We have to figure out ways to fly and drive less frequently. Remember that every trip you take is gouging out a huge area of Arctic ice. Everything each of us does matters, each time we drive, and each time we fly.

environment@weaversway.coop



eco tip



Love Fireflies? Dim the Lights To Help Them Thrive

by Marsha Low, Weavers Way Environment Committee

For me, watching the fireflies come out is one of the great pleasures of summer evenings. As the dark deepens, the light show they put on is truly a thing of wonder. But you may have noticed fewer fireflies around these days, as their numbers are on the decline due to habitat loss, light pollution, and the use of chemicals in the landscape.

Fireflies use their bioluminescence to help attract mates. Human light pollution interferes with their flash patterns, upsetting their mating rituals and leading to a decline in their numbers, so consider reducing your use of outdoor lighting. If you’re concerned about security, you can install motion-activated lights, which only turn on when triggered by someone or something coming within the range of the light fixture and then switch off after a few minutes.

Another reason for the decline of fireflies is the use of chemicals on lawns and gardens. Fireflies spend most of their lives as ground-dwelling larvae, so insecticides designed for grubs will kill them. To help, keep undisturbed areas of leaf litter and wood debris in corners of the yard, and don’t mow the lawn too often or too short in early summer. And if you use chemicals in your landscape, consider ending the practice. There are so many reasons why going organic is better for you and the environment, and helping fireflies is just one more!



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Remembering Erica Hillyard

I WOULD LIKE TO THANK EVERYONE WHO SENT CARDS AND WELL WISHES TO me and my family in our time of sorrow. Also, thanks to all of the Weavers Way staff for their love and support.

Special thanks to Norman Weiss, who was too emotional to speak at Erica's funeral. Here's what he prepared; it touched Erica & I deeply.

Stephanie Johnson

Norman's Remembrance

I WANTED TO RELAY TWO MEMORIES ABOUT ERICA. FIRST, WHEN STEPHANIE was working at Weavers Way receiving and backstock, her job was fairly physical. One day she told her supervisor, Noah, and myself she was pregnant with Erica, and we should start planning for her to be out a while. I think it was the first time we had a staffer that was pregnant whose job would be impacted. I remember Noah and I being somewhat surprised and bewildered as to what to do; this was our first experience with a co-worker being pregnant.

The second memory was from when Erica was around 7 or 8. She was at the Co-op and we were in the cash office and Erica noticed the little door that led out to a roof. Erica's natural curiosity and sense of adventure led us to go out on the roof together to explore what was out there and take a peek over the edge.

Erica and I were friends ever since. I am sad I will never see her again, but glad I got to know her.

COOPERATOR OF THE MONTH

Jacquelyn Aveta & James Gentile

Joined Weavers Way: 2009

Live in: West Mt. Airy

Why they joined: "Our neighbors belonged to the Co-op, and I walked through with them. I thought, 'That looks kind of cool.'"

Current jobs: Jacquelyn is a physician and hospitalist at Children's Hospital of Philadelphia, working mostly with high-risk patients out of a clinic at 63rd and Locust streets in West Philly. James works in IT for Sungard Availability Services.

Family facts: They have two children — Sal (9), and Gigi (6). James also has two grown children from a previous marriage who live out of state.

Why they're working members: "The discount helps...but I like the fact that it gives me the opportunity to help in the community."

Co-op job history: Jacquelyn enjoys helping out at events in the community; she recently helped put down wood chips with other cooperators at Awbury Arboretum. James has helped make pet toys and treats at ACCT Philly, and enjoys the early morning bakery shift at the Chestnut Hill store.

Favorite Co-op products: Prepared Foods soups and salmon grain bowls, Talluto's frozen manicotti, Lil Pop Shop ice pops. They do all of their shopping at the Co-op.

A little Co-op love: "When we walk in here, I feel comfortable...There's so much stuff going on in this country that's horrible...with so much uncertainty out there, I feel safe in here."

—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 monthly meeting is held on the first Tuesday of the month. The next meeting is scheduled for **Tuesday, September 10, 7 p.m.**, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

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

2017-2018 Weavers Way Board

President: Josh Bloom

Vice President: Lisa Hogan

Treasurer: Joan Patton

Secretary: Toni Jelinek

At-Large: Eric Borgstrom, Olga Corrias Hancock, Larry Daniels, Meg Gruwell, Chris Hill, David Woo, Esther Wyss-Flamm.

The Shuttle

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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

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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

Ambler Senior Center, 45 Forest Ave.

Thursday, July 25, 6:30-8 p.m.

Wednesday, August 14, 6:30-8 p.m.

Nexus Co-Working Mt. Airy, 520 Carpenter Lane

Thursday, August 22, 6:30-8 p.m.

Check www.weaversway.coop/events for additional dates. To RSVP or for more info, email outreach@weaversway.coop

DID YOU KNOW?

You can read the Shuttle online.

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The Shuttle



An Evening of Porchfront Dining at Awbury



photos by Louis C. Hochman

A cuisine-curious group braved the rains July 11 to enjoy the culinary wizardry of Weavers Way Executive Chef Bonnie Shuman for a zero waste, BYO dinner event. Diners enjoyed Weavers Way Farm green cucumber and kale gazpacho (middle left), fresh berry crumble

with house-made gingered whipped cream and mint syrup from our farm (above), among other delights. Proceeds benefited the Arboretum.

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