

# Practices & Tools to Transform City Schools

by Esther Wyss-Flamm, for the Shuttle

IT'S BACK-TO-SCHOOL MONTH! MANY OF US enjoy the sweet ritual of shopping for pencils and notebooks, socks and T-shirts for our school-going kids. We might even harbor a sugar-coated memory of the excitement of reconnecting with classmates after a long, hot summer.

That nostalgia bubble may burst when we are confronted with the reality of Philadelphia schools: Along with the well-documented poor condition of many buildings and facilities, there are profound shortfalls in educational and intra-personal outcomes as well:

- Seventy percent of students perform below

(Continued on Page 21)



Community-Owned,  
Open to Everyone

# The Shuttle

SEPTEMBER 2018

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 46 | No. 9

## Hammers Heard at South Philly Co-op

by Jacqueline Boulden, for the Shuttle

THE SOUTH PHILLY FOOD CO-OP has cleared another major hurdle on its way to opening its doors as the city's newest community-owned, full-service grocery store.

"It's pretty amazing to see the inside of the building and the walls framed out," said Leigh Goldenberg, a member of the co-op's Board of Directors and resident of the Passyunk Square neighborhood. "Walking in and seeing it makes it so much more real, and it was bigger than I expected."

The South Philly Food Co-op has been in the works since 2010. It's a long process to find, fund and fit out a new store. Just locating the optimal space took two years. The co-op selected a property at 2031 S. Juniper St. in the heart of South Philadelphia, near the intersection of three commercial corridors: Passyunk Avenue, Snyder Avenue and Broad Street. The lease was signed in November 2016, and work on the 3,300-square-foot retail space began with a lot of input from co-op members.

"The building was new construction," Goldenberg said. "We had input about the construction before we signed the lease. This space is being built out for us, so that's great. The co-op will still be responsible for the shelving." The target for opening is Spring/Summer 2019.

The physical structure is one element of building a new co-op; signing up member-owners and raising equity from

(Continued on Page 22)



## WEAVERS WAY: SUSTAINABLY YOURS



### TERRACYCLE UPDATE

by Alisa Shargorodsky, Weavers Way Zero-Waste Consultant

AS YOU LIKELY KNOW, WEAVERS WAY SERVES AS A COLLECTION site for TerraCycle, a company that recycles materials that are commonly not recyclable. TerraCycle does this by working directly with the original producers to fund post-market handling.

There are TerraCycle drop sites in all three stores — Ambler's new TerraCycle station is the latest. It's important that you take the time to learn what materials can and can't go in the TerraCycle bins. This

(Continued on Page 17)

### RECYCLING: IT'S NOT WHAT IT USED TO BE

by Sandra Folzer, Weavers Way Environment Committee

YOU MIGHT BE THINKING THAT RECYCLING IS JUST PUTTING YOUR plastic, cans and paper in a bin. These days, it isn't.

Ever since China announced stricter requirements for processing recycled material, much of our "recycling" actually goes to the landfill. "All of a sudden, material being collected on the street doesn't have a place to go," said Peter Keller, VP of Republic Services, a large waste-disposal company.

Exports of scrap plastic to China are down 90 percent. Waste com-

(Continued on Page 16)

### SUSTAINABILITY? LET'S TALK

by Richard Senerchia, for the Shuttle

WE ARE A GROUP OF PEOPLE WHO MEET REGULARLY to share — among ourselves and at times with the larger community — information, challenges and creative ways of living more sustainably."

This is a summary of the purpose of the Sustainability Club. We began last September with publicity and meeting-space generously provided by Weavers Way. We have continued meeting monthly on the third Thursday at the home of Judy Morgan and Richard Senerchia, who started the group.

It's a varied group. Some participants are new to the idea and hungry for tips and ideas to improve their

(Continued on Page 17)

### LETTER TO THE EDITOR: WE NEED TO TAKE PLASTIC SERIOUSLY

DISAGREE THAT PLASTIC-STRAW POLLUTION IS NOT a major issue and feel that the Editor's Note in the August Shuttle downplayed the impact.

They are used and tossed out — given to every customer at most restaurants and stores as if we cannot drink anything without a straw.

I have travelled to Nicaragua and other places and there are a lot of straws on pristine beaches, tons of foam trash as well, chopped up into tiny bits by the sea. I pick trash often out of the Wissahickon and so much of it is straws. (See the website [www.strawlessocean.org](http://www.strawlessocean.org).)

We are using so many of the world's resources. I wish you had mentioned that in 30 years there will be more plastic than fish in the ocean. What will that mean for the kids who are being given all those straws?

(Continued on Page 18)

### NORMAN EXPLAINS IT ALL: PAGE 18

WEAVERS WAY COOPERATIVE ASSOCIATION  
559 Carpenter Lane, Philadelphia, PA 19119  
WWW.WEAVERSWAY.COOP  
CHANGE SERVICE REQUESTED

**YES, We Have 99¢ Bananas. Here's Why.**

GM's Corner, Page 7

# Editor's Note



by Mary Sweeten, Shuttle Editor

**L**AST MONTH WE HAD A BIG HONKING typo in the Shuttle. Possibly none of you noticed, or you were being polite, or maybe you're so used to seeing typos in the Shuttle that you didn't think it was a big deal.

It was a big deal to me and Art Director Annette Aloe, who by the way is one of the best graphic artists I have worked with in 40-some years in the business and here she is at Weavers Way, la-di-dah. In real publishing operations, this kind of mistake would cue a Quality Control alert, kind of like the mortality and morbidity reviews on TV doctor shows.

OK, still reading? To our horror, the promo for the Germantown Farmers Market read:

## ADDRESS HERE

So as a service to Shuttle readers and to the Germantown Farmers Market — which (please note) is held *every Thursday from 3 to 7 p.m. in Market Square, on Germantown Avenue between School House and Church lanes* — here's our QC report:

I laid out the page — that is, I drew the sizes of everything on the page so Annette would know exactly what to do with her handy-dandy graphics-arts software. Now, the problem with this nearly universal practice is you almost always have to do the layout before you actually know how long the stories are. In this case, a story came in short, so I asked Annette to make the farmers market promo bigger. (Because in print, things actually have to fit.)

This was a great solution. Except. Annette reworked a draft version of the graphic. It fit. I smiled. I OK'd the page. (The proofers never saw it — they had approved the earlier version.)

So there you have it. I'm sorry, Germantown Farmers Market; sorry, Shuttle readers; sorry, Annette, sorry for every typo, past and future. Forget the Daily Planet — even the Shuttle is a miracle of moving parts.

Or, as my friend Les used to say, "Sometimes you put out the paper, and sometimes it escapes."

*msweeten@weaversway.coop*

**GERMANTOWN FARMERS MARKET**  
GERMANTOWN AVENUE AT MARKET SQUARE  
THURSDAYS, 3 - 7 p.m.



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](mailto:editor@weaversway.coop). Articles and letters express the views of the writers and not those of the Shuttle, the Co-op or its Board, unless identified as such.

### Advertising

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

The Shuttle is printed on 100 percent recycled paper.



# What's in Store at Weavers Way

## Fresh-Made Ready to Cook Meals That'll Put Takeout to Shame



Summer's all but over, we're back to our routines, and the age-old question has returned: What's for dinner? One answer is at the Ambler store: Fresh-made **Ready, Chef, Go** ready-to-cook meals in a bag.

The meals, which include a protein and two veggies or a protein, starch and vegetable sealed in an oven-safe bag, are available in the packaged meat case. Three single-serve options are available right now:

- 6-ounce chicken breast with butternut squash, broccoli and mushroom compound butter (\$6.99).
- 7-ounce salmon fillet with asparagus and Yukon Gold one-bite potatoes (\$8.99).
- 8 shrimp with spaghetti squash, string beans and scampi compound butter (\$10.99).

They're lovingly prepared by our own meat/poultry/fish and Prepared Foods staff, and the bags, which are made of BPA-free plastic, can be heated in the microwave or in a conventional oven. Cooking instructions are on the bag.

Because the food is steamed inside the sealed bag, the protein and veggies stay tender. I tried the salmon, and thought all the elements came out just right. For those who only want a little help with their prep, standalone 2-ounce containers of compound butter are available, in pesto and basil in addition to the mushroom and scampi varieties mentioned above, for \$2.99 each.

Down the line, based on customer response, Ready, Chef, Go meals will be available in all our stores and will include family bags that can feed four. We're also making plans for organic and vegan options. So pick up a pack, let us know how you like it and stay tuned.



## Check It Out!

by Karen Plourde, Weavers Way Communications Staff

### Grocery

**Hop aboard the cauliflower train in Ambler. And a new local honey to howl over.**



Even during its reign as Veggie of the Moment, no one was doing with Brussels sprouts what folks are doing with cauliflower — pizza crust, steaks and now, crackers and pretzels. **From the Ground Up** offers two flavors of crackers and mini pretzels made primarily of cauliflower flour. They're vegan and non-GMO. Find them on a front endcap in the Ambler store.

Honey, especially the local kind, keeps getting more interesting. The latest entry is **Hound Dog Honey**, from Glenmoore, Chester County, available packaged in all three stores. Seasonal selections include goldenrod, star thistle, cranberry and raspberry blossom. Want to taste a couple kinds? The Incredible Bulk in Mt. Airy has 2-ounce honey-bear bottles in assorted flavors for \$3.15. Chestnut Hill and Ambler also sell 5-ounce handled jars for \$5.99. All locations carry one-pound jars for \$10.99.



### All Wellness and Good

**Andalou introduces hemp-infused products for hair and skin.**

Novato, CA-based **Andalou Naturals** is now incorporating hemp into a line of their hair and skin products, available at all three wellness locations. **CannaCell™** formulas feature Cannabis sativa antioxidants cultivated from hemp stem cells. They're naturally occurring phytocannabinoids

extracted from the mature stalk of the hemp plant. As superpowered antioxidants, they help counteract free radicals, oxidative damage, sun exposure, pollution and premature aging. All CannaCell products are vegan, non-GMO, and THC free.



Ambler and Across the Way carry the full line of CannaCell items, including facial serum, beauty oil, Happy Day and Dreamy Night moisturizers, toner, scrub, facial masks, D Puff eye cream, and Sun Buddy SPF 30 sunscreen. They also stock their shampoos, conditioners, body lotion and shower gel, and the mens line of face wash, face scrub, body lotion and body wash. Due to space constraints, Next Door is only carrying the men's line for now.

### Bulk & Beyond

**GT's Cannabliss takes over the kombucha taps in two stores. And more variety for almond lovers in Ambler.**

Weren't we just talking about CBD? Well, you can drink it too. GT's, the king of kombucha, now offers **Cannabliss**, a blend of pineapple, ginger, turmeric, lemon, CBD and black pepper, on tap in Mt. Airy and Ambler.

Almond fans, take note: Sierra Dunn, Ambler bulk manager, has responded to customer requests by bringing in organic, completely raw almonds from Sicily. They're \$14.99 a pound. In addition, she's added organic lemon almonds for \$17.99 a pound. They're tossed with organic lemon oil, and the taste is similar to a lemon tea cookie, without the sweetness. They can punch up a salad, top off a cake or tart or add zing to your homemade granola or trail mix. Toss them with olive oil, garlic and lemon zest for a snappy side or main dish.



*kplourde@weaversway.coop*

# Company's coming

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

## What's in Store at Weavers Way



### Local Vendor

## One Good Deed Deserves More Cheese

by Shawn O'Connell, Weavers Way Mt. Airy Deli Manager

**G**OOD FOOD THAT DOES GOOD IS exactly what we love to offer to our shoppers at the Co-op. After much anticipation, Abundantly Good Cheese is on our shelves! We're thrilled about being one of a selected few retail venues where you can buy this cheese — an “adjacent brand” of Philabundance.

It is a brilliant solution to fight hunger and food waste — and the cheese is really good!

Here's how it works:

With declining demand for milk, dairy farmers in Lancaster County (and all over Pennsylvania) often have surplus milk that they end up discarding. Meanwhile, the communities and individuals that the hunger-relief nonprofit Philabundance has served for more than 30 years are in need.

Milk has a pretty short shelf life — but cheese is another matter. One solution: Upcycle perfectly good surplus milk (good for only 21 days) into cheese (good for six months to a year, and easier to ship and store).

What's the Abundantly Good brand got to do with it? This artisanal, raw milk cheese is made by Philabundance's Lancaster County cheesemaking partners for retail sale. For each pound sold, \$1 goes to buy surplus milk and pay the same

cheesemakers to make Colby and cheddar cheese for free distribution.

The free cheese and the Abundantly Good product — which Weavers Way carries in all three stores — are essentially the same, although the retail cheese comes in more flavors — jalapeño,

sickening amount of food waste while people go hungry, this is what we need and more of it. It benefits those in need, plus farmers struggling to deal with today's volatile milk markets, as well as giving consumers a way to help the cause by purchasing cheese.



smoked Colby and horseradish cheddar in addition to plain Colby and cheddar.

Philabundance hopes to grow the program with additional Abundantly Good products, supporting the upcycling of even more perishable foods.

In a country where we have such a

And the cheese! It's very good! My favorite is the smoked Colby. It has just the right amount of smoky flavor and the texture is luscious, smooth and creamy, great to use for cooking or on a cheese board. I presented it alongside several other local cheeses and meats at an al fresco dinner last month at Weavers Way

## Try It Yourself

We'll be sampling Abundantly Good Cheese:

- At the Mt. Airy store on Tuesday, Sept. 11, from 11 a.m. to 2 p.m.
- At the Chestnut Hill store on Tuesday, Sept. 11, from 3:30 to 6:30 p.m.
- At the Ambler store on Friday, Sept. 14, from 3:30 to 6:30 p.m.

AND... Abundantly Good Cheddar will be on sale for the entire month of September at \$5.99 for an 8-ounce block.

Farm at Saul High School. It was a big hit and a wonderful way to introduce a product with a conscience to our community.

(See photos of the dinner on Pages 14-15.)

Glenn Bergman, our friend, former general manager and current executive director of Philabundance was there, so I was especially proud to be able to have Abundantly Good cheese on the cheese board!

Upcycling is something we can all aspire to with the food we buy or grow. In our homes and in our businesses, we can always do something to be less wasteful. Figure out a way to give food a new or extended life. Cook. Can. Make soup. Use the freezer. You CAN pickle that!

Buy cheese and be part of the solution!

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

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new

## SLICE IT DICE IT SERVE IT



Kieran McCourt,  
Weavers Way Ambler,  
answers the question,

"What Do I Do With This?"  
THIS MONTH:

## Kohlrabi

- Peel, slice and serve raw on a crudité platter— "It's super tasty with hummus."
- Peel, dice and throw into a vegetable soup or any stew.
- Peel, dice and boil with your 'taters for a tasty mash — "It adds slightly cabbage-y note."
- Peel, shred and fry into latkes — either by itself or with potatoes.
- Peel, slice and saute — in butter or oil, by itself or with a fave seasonal veggie such as eggplant, summer squash or fennel.



**Now get to work—and don't forget to peel it!**



An offshoot of Weavers Way Co-op

608 Carpenter Lane

215-843-8289

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## An offshoot of Weavers Way Co-op

## FOOD MOXIE

### Young People Gather for Good, and Have a Good Time Too

The rain held off! So on Thursday, Aug. 2, the Food Moxie staff and our partners at the Teen Leadership Corps were able to host more than 30 young people from around Philadelphia at the third annual "Gather for Good" conference at the Awbury Arboretum Agricultural Village.

The conference is a culmination of a summer of hard work and community building with teens working with the Philadelphia Youth Network, an organization that connects young people in our city with opportunities for employment.

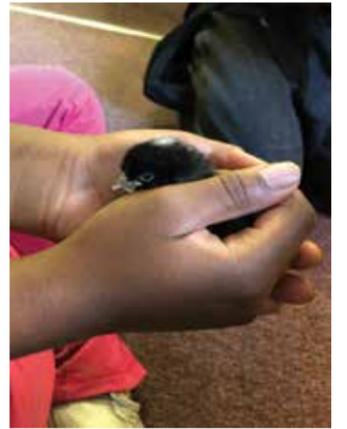
This year, the conference was led and organized by and for youth. Teenagers working with TLC and Food Moxie at Awbury for six weeks over the summer gained valuable experience in urban farming. At Gather for Good, they hosted other youth from organizations and neighborhoods outside Germantown, leading attendees on a tour of the

Agricultural Village, introducing them to what's growing and making noise on an urban farm. The young guests (and likely the adults who were present, too) left with a new appreciation for urban farming.

Workshops focused on how to use different items from an urban farm to make art, a do-it-yourself sugar scrub

and local, seasonal kebabs. The blender bike, brought to us by our friends at Electrical Wizardry, was also a big hit, as were the screen-printed T-shirts using a specially made screen.

Thanks to the Food Moxie and TLC teams for the work that they put into Gather for Good to make it a huge success!



Food Moxie photos by Julia Lemyre



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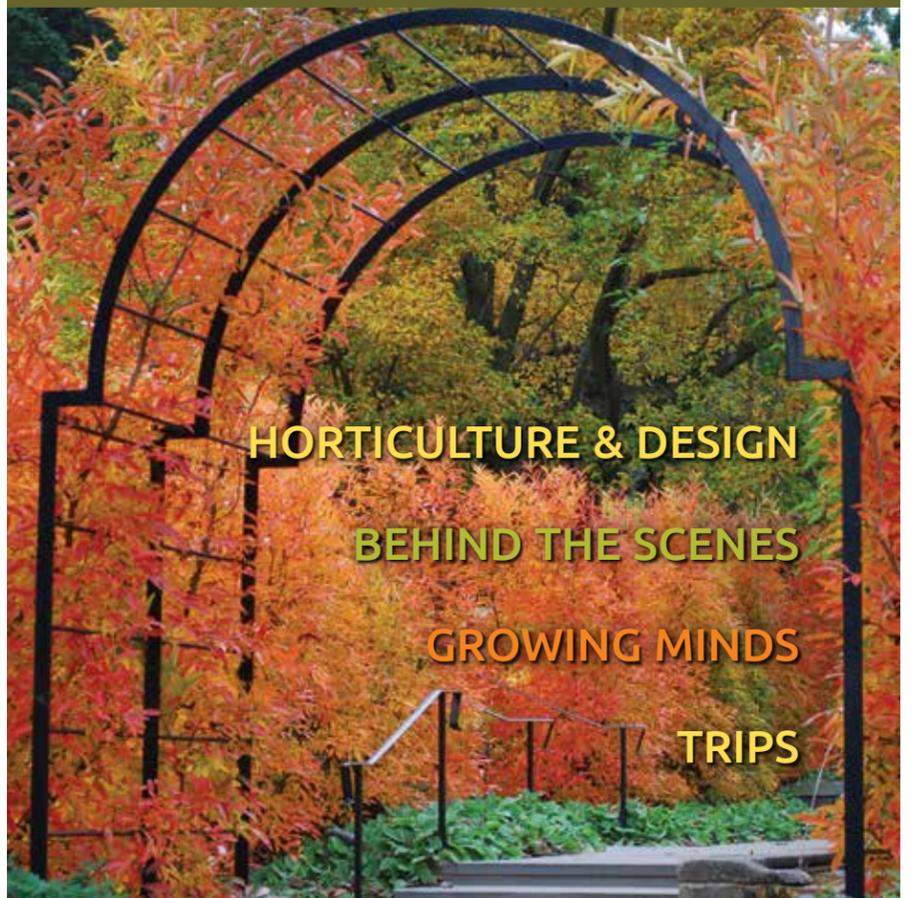
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## WEAVERS WAY ENDS

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.

## A·D·V·O·C·A·C·Y

### Wrenching Photo Inspired Camp-a-Thon for Peace

by Carol Shearon, for the Shuttle

**I**N SEPTEMBER 2015, I SAW A PHOTOGRAPH that totally disrupted my comfortable life. That photograph captured the lifeless body of 3-year-old Aylan Kurdi lying face-down on a Turkish beach. The overcrowded rubber boat that he and his family had boarded for a 30-minute journey toward freedom flipped in the first 5 minutes. The following day, Aylan, along with his brother and mother, were buried.

I soon mailed a check to the United Nations High Commissioner for Refugees. In response, UNHCR sent information about its cash assistance program for Syrian refugee families living under the poverty line in Lebanon and Jordan. The cost to raise a family of five above the poverty line was just \$148 a month in 2016. If refugee families could pay rent and buy food, perhaps they wouldn't feel the desperate need to undertake the dangerous journey across the Mediterranean. I took my concern to my Quaker meeting, Gwynedd Friends, who united with my concern.

A Refugee Support Subcommittee was formed; it immediately created a donation form and began planning fundraising projects. Meeting members gave generously and shared the project with families, friends and neighbors. Over \$50,000 has been raised in two years to support the UNHCR cash-assistance program.

Susan LaBombard, a Senior Manager for USA for UNHCR, asked to visit and thank

Gwynedd Friends. I acknowledged to her that while cash assistance was surely the most effective way to give poor refugee families needed resources, it was sometimes difficult to keep donors connected to the human beings receiving their donations. Susan said she might be able to help, inviting me to join her on a UNHCR field trip to Jordan to meet with two refugee families.

We arrived in Jordan on July 10, 2017. Overall, I was struck by the strength, grace, and hope of these families. Using my phone to share a photo of my granddaughter, I observed that just as she had done nothing to deserve the security and plenty in her life, their children and grandchildren had done nothing to deserve the deprivation and loss in theirs. I promised to tell their stories when I returned home, and now I have a presentation, "Syrian Families, Refugees in Jordan," that I give to schools and civic organizations.

To further this commitment, on Sept. 29-30, Gwynedd Meeting will host a Camp-a-Thon for Peace. Participants will spend a night under the stars on the meetinghouse grounds off DeKalb Pike in solidarity with the millions worldwide who have fled war and violence.

The event will include intergenerational games, a campfire and two simple meals. For more information, visit:

[gwyneddmeeting.org/refugeesupport.html](http://gwyneddmeeting.org/refugeesupport.html)

*Carol Shearon is a Weavers Way Working Member. Contact her at [moyer.shearon@gmail.com](mailto:moyer.shearon@gmail.com).*

## Being Jewish Alone Is Fine. Being Jewish Together Is More Fun.

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

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### CONTACT US TO LEARN MORE

Classes start Sunday, September 16

### JOIN US FOR HIGH HOLIDAY OBSERVANCES

**Rosh Hashanah** - Monday, September 10 - 2:00 PM

**Yom Kippur** - Wednesday, September 19 - 3:00 PM

**Germantown Friends Meeting**

47 W. Coulter St.

Philadelphia, PA 19144

--- Suggested contribution \$50 per person/per program ---

--- Proceeds to benefit Jewish Children's Folkshul ---

--- Families Welcome; supervised activities for Pre-K through 6th Grade during program --- Free Parking

To RSVP or for more information:

[folkshul@folkshul.org](mailto:folkshul@folkshul.org)

(215) 248-1550

[www.folkshul.org](http://www.folkshul.org)

GM'S  
CORNER

## Yes, We Have 99¢ Bananas. Here's Why.

by Jon Roesser, Weavers Way  
General Manager

I'VE GOT BANANAS ON MY BRAIN. HERE'S WHY:

The Co-op's bananas are imported by Equal Exchange, a worker cooperative that deals directly with small farmers in Ecuador and Peru. The bananas are both organic and Fair Trade-certified and we're proud to be part of the supply chain that brings them to you, our member-owners.

Problem is, our bananas are expensive. At 99 cents a pound, they are at the top of the market in terms of price. No one charges more for bananas than we do.

The typical banana weighs about a third of a pound, so to buy a banana that's grown without pesticides by a farmer who's paid a fair price, shipped in a climate-controlled container thousands of miles and then transported to our stores and stocked on the shelf will set you back about 33 cents.

A bargain, considering. Except bananas, like ground beef and half-gallons of milk, are considered particularly "price-sensitive." Shoppers see bananas for 99 cents a pound and just assume we're an expensive place to shop. Fair Trade and organic certifications aren't going to get us a pass.

Our produce wholesaler has two potential solutions to our banana-sticker-shock quandary, both practical and both problematic.

His first solution is to offer a conventional banana as an alternative. Keep selling the Fair Trade, organic bananas at 99 cents a pound but also bring in a conventional banana and sell it for 59 cents a pound.

Most retailers (including Whole Foods) offer both conventional and organic bananas. And Weavers Way has always offered conventional produce side by side with organic produce. Our product philosophy allows

for the sale of good-quality conventional products to meet the diverse needs of our member-owners.

But there are compelling reasons to avoid conventional bananas. The banana industry has a long and brutal history of mistreating workers, including the misuse of child labor, and dousing their plantations with the most noxious of chemical pesticides. Workers often are exposed to these toxins.

Selling conventional bananas may be one compromise too many — risking our reputation, undermining our brand and selling our soul to be competitive.

Our produce wholesaler's second proposed solution is to stick with selling just the Fair Trade, organic bananas, but lower the price to 79 cents, taking a smaller profit, which would better align our pricing with the marketplace.

The problem with this solution is that bananas are big business: Last year, we sold \$203,089 worth. Reducing the price to 79 cents a pound would mean we'd sell more bananas, but whether we'd sell enough to make up the margin loss is an open question. That would only work if a large number of our existing customers are currently buying their bananas elsewhere (at least some of the time) and would change their buying habits if our bananas were suddenly 20 percent cheaper than before.

Otherwise, if we took bananas from 99 cents to 79 cents, we'd need to make up the difference somewhere else in the produce department, raising prices on items that are less price-sensitive.

This mixed-margin approach is generally accepted in the retail world. And as consumers, we sort of know and accept this: Fast-food joints can sell a hamburger for 99 cents because there's another product with a bigger markup to cover it.

As a cooperative enterprise, Weavers Way has always tried to maintain a certain level of transparency in pricing. Our goal is to mark up products basically just



enough to cover the cost of running the operation.

But as member-owners, you expect us to operate our business to compete in the marketplace. You want us to be savvy retailers and that means that when we're determining prices, we can't ignore what our competitors are charging.

In fact, we're already doing this with bananas. Were we to apply our standard markup, we'd be selling Fair Trade bananas for \$1.27 a pound. But we keep the retail price below \$1 a pound as it's generally agreed that crossing the \$1 threshold would turn off too many customers.

This banana dilemma highlights two of our values that often are at odds with one another: Our commitment to co-prosperity and protecting the planet vs. our commitment to competitive pricing.

As member-owners of Weavers Way, you have already shown you care about fair treatment of workers and reducing the use of chemical pesticides. You also want the stores you own to stay in business.

We're always trying to get that balance right.

See you around the Co-op.

*jroesser@weaversway.coop*

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Webinar Presenter: Steven Q. Simpson, MD  
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Handouts available. Discussion to follow

~ ~ ~ ~ ~

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Questions:

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L·E·T·T·E·R·S

### A Few Words About Herbert Hoover

**J**ON ROESSER'S PIECE IN THE AUGUST SHUTTLE HAS LEFT ME WITH A FAINT taste of dismay. To be sure, Franklin Roosevelt addressed the effects of the Great Depression with both energy and imagination. These were not qualities that President Hoover lacked; that he did not have them in equal measure to his successor would be hard to argue. What troubles me here is that there is no mention of Hoover's formidable, fundamental humanity — feeding huge numbers of the victims of World War I, principally in German-occupied Belgium and then, following the war, the victims from both sides, including revolutionary Russia. The end of World War II saw the former president once more feeding the hungry, principally in Poland. Who knows how many thousands owed their survival to his efforts?

During Hoover's time as Secretary of Commerce (1921-1928), he warned not once but many times about the dangers lurking in the orgy of speculation in the world's financial markets. But who listens to a secretary of commerce?

As president during the Great Depression, he involved the federal government more deeply in our economy than had ever been the case in peacetime. That his efforts did not meet the needs of the time were not character defects. He grew up in tiny West Branch, Iowa — have you ever been there? Downtown West Branch would fit into Pastorius Park with room left over. When his parents died, the neighbors looked after him until he could be sent to relatives in Oregon.

He needed to respond to the crisis of the early 1930s by taking into account the needs of individuals first and institutions second. Free fodder for animals would not corrupt stock, but he believed free meals on the table would corrupt people. And please, how many times have we asked ourselves why the government doesn't do something instead of wondering what we could do ourselves?

My purpose here is not to reconsider policies that are now the better part of a century behind us but to offer a corrective to the idea that Hoover was a bad man.

I am neither a Republican nor a conservative. In Faust, we read that when a man strives with all his might that man can we redeem. Hoover strove. He did the best he could, something that cannot be said so readily about some of his successors.

*Edward Sargent*



Photo: Tim Nafziger / Carnival de Resistance

Marchers on Aug. 2 called for PECO, SEPTA and the city to support solar and green jobs.

### We Celebrated the Earth and the Sun — Powerfully

**A**S MEMBERS OF WEAVERS WAY AND the organizing committee of the "Power for a Just Future" parade on Aug. 2 in Center City, we thank Weavers Way for being a co-sponsor of the event.

The parade celebrated the Earth, the sun and solar power. Specifically, we called on three of our major institutions — PECO, SEPTA and the City of Philadelphia — to meet their operating needs as soon as feasible with 100 percent solar power. This would both slow climate change and reduce traditional air pollution, both ways to improve the health of Philadelphia residents.

Moreover, we want PECO, SEPTA and the city of Philadelphia to use as much locally produced solar power as possible. In addition to improving public health, this would create local, well-paying jobs for solar installers right here in Philadelphia, a critical step for the country's fourth-poorest city.

Our parade on Aug. 2 drew more than 250 participants and received coverage on local TV news, which helped carry our message to thousands more. For more information, email [joybergey@gmail.com](mailto:joybergey@gmail.com).

*Rev. Cheryl Pynch  
Rabbi Mordechai Liebling  
Joy Bergey*

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

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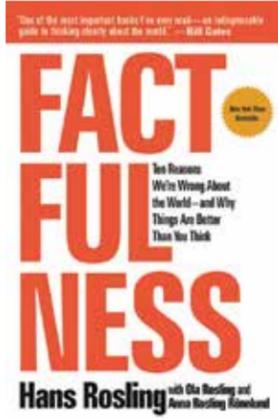
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Hans Rosling (pictured in 2014) urged us not to lose sight of how humanity's lot has improved.



## Author: We Should Rethink Where We're Going in This Handbasket

by Betsy Teutsch, for the Shuttle

**H**ANS ROSLING, FAMOUS FOR COOL data visualization videos and TED talks, is the author of my new favorite book, "Factfulness: Ten Reasons We're Wrong about the World — and Why Things are Better Than You Think." Racing to complete it before he died in 2017, he announces flat out: Our world view is simply wrong. It's outdated, based on false impressions rather than contemporary fact and over-focused on calamity, and it ignores the astounding human progress of the last 50 years.

Rosling urges us to reboot our thinking, and makes it fun. Just as a car recall involves a fix, "When the facts about the world that you were taught in schools and universities become out of date, you should get a letter too: 'Sorry, what we taught you is no longer true. Please return your brain for a free upgrade.'"

Rosling was a global public-health physician, and his first lessons were how ill-equipped he was to make judgments about situations in countries far from his native Sweden. The people were just as smart, but lived in cultures with different assumptions and systems. Presuming we know better, as do many people from the WEIRD (Western, Educated, Industrialized, Rich, Democratic) demographic, distorts our decision-making. To be wiser global citizens, we need revised mental maps of the world.

Terms like "Third World" and "developing countries" reflect old mind sets. Rosling divides the world into four income levels, reflecting the vast disparity both within a country and between countries. Remarkably, by his accounting, six out of seven people in today's world have escaped extreme poverty and more do so every day, accessing sanitation, electric-

ity, clean water and education.

- Level One: Very poor, 1 billion
- Level Two: Poor, 3 billion
- Level Three: Lower middle, 2 billion
- Level Four: Rich, 1 billion

Last winter, my husband and I traveled to Peru to see Machu Picchu. We were surprised how few Americans we saw there, especially compared to the huge crowds of Asians on group tours. Reading "Factfulness" before an international trip would have provided a simple explanation.

Rosling presents a simple rubric for understanding global population. Of the 7 billion people outlined above, one billion live in North and South America. Another billion live in Africa. The third billion live in Europe. The remaining 4 billion? They all live in Asia.

The Pacific Rim has, in two generations, moved many hundreds of millions of people from deprivation to relative security — educated folks with disposable income. They are now happily exploring the world, visiting World Heritage Sites just like American tourists do. This is a wonderful, but relatively new, reality. It's a new world, indeed.

Bill Gates thinks "Factfulness" is so important that he underwrote free pdfs for all 2018 American college graduates. Anyone interested in downloading an excerpt can do so at the Gates blog.

Watch Hans Rosling's TED talks and learn even more. For the express version, catch his "200 Years in 4 Minutes" on YouTube.

*Weavers Way Working Member Betsy Teutsch is completing a new book, "100 Tools for Reducing Postharvest Losses." Reach her at [bpteutsch@comcast.net](mailto:bpteutsch@comcast.net).*



PaIPL photos by Mark Smith

## Caring for Trees, Caring for Climate

The Germantown IPL Pruning Club, led by Pennsylvania Horticultural Society/Tree Tenders director Mindy Maslin, pruned street trees in central Germantown in July.

Trees are not only a solution to climate change; studies have shown that crime and litter are reduced in neighborhoods where trees are planted. But planting is just the beginning. The success of the tree depends on followup by groups like the Germantown IPL Pruning Club

The club was created as a community outreach project by the Philadelphia chapter of Interfaith Power & Light, a national group whose mission is to create awareness and take action on the climate crisis as a moral imperative.

Germantown IPL Tree Tenders will be planting up to 30 trees in November. For more info, visit [paipL.us/what-do-we-do/tree-tenders](http://paipL.us/what-do-we-do/tree-tenders).



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# When a Tree Falls In the Wissahickon, They Hear It & Clear It

by Maura McCarthy, Executive Director,  
Friends of the Wissahickon

IT'S BEEN A BIG YEAR FOR HEAVY STORMS IN OUR area — the kind that knock down trees. In the aftermath of such weather, the air is filled with the sound of chainsaws as tree-service crews rush to clean up the debris that has downed power lines and blocked roads. But when trees fall in the Wissahickon, who clears them from the trails? Enter the Friends of the Wissahickon Volunteer Sawyers Crew. When a tree falls in the Wissahickon, they hear it and clear it.

A “sawyer” is someone whose job is to cut wood. While that may sound simple, it’s really anything but. With so many large canopy trees in the Wissahickon, when they fall it’s always a big job to remove them. Since 2013, FOW has partnered with Philadelphia Parks and Recreation to keep the upper trails clear of fallen trees through the Volunteer Sawyers, a small subset of FOW’s volunteer crew leaders with specialized skills and training. In 2017, FOW’s Volunteer Sawyers cleared 50 fallen trees. But this year, our heroic crew has already cleared nearly 90 trees – with six months still to go! Sadly among the trees lost this year was one of my favorites – the massive cucumber magnolia behind Cedars House Café, just off Northwestern Avenue, which succumbed to a strong rainstorm in June.

Led by Chuck Kirkland, our group of motivated and self-directed saw-wielding stewards is organized to respond rapidly to fallen-tree alerts — often within 48 hours. In the depths of winter or the peak of summer, they haul 40, 50, sometimes 60 pounds of gear into the woods. Besides the physical challenges and unpredictable weather conditions, the very nature of clearing fallen trees poses numerous hazards, particularly on steep



In the absence of bears and cougars (for now), the most dangerous volunteer job in the Friends of the Wissahickon has to offer these days is likely clearing fallen trees. Chuck Kirkland teaches FOW volunteers the power tools needed for this thrilling assignment. Sound like a job for you? A new training is set to begin in December.

*Friends of the Wissahickon photo*

terrain. Yet this dedicated team has spent countless hours performing this dangerous work without a single injury.

Following the lead sawyer on site, the crew assesses the situation together and develops a strategy. Tasks are assigned, responsibilities are reviewed; only then does the team go to work. Last year, for the first time, FOW’s volunteer Trail Ambassadors were invited to assist the Volunteer Sawyers, acting as flaggers to intercept trail users ahead of the work zone. This has proven to be a great opportunity for outreach and public education and, of course, ensures the safety of both sawyers and trail users. We hope to expand the ranks of Trail Ambassadors in this role.



Based on the sawyer crew program’s success, FOW initiated a formal sawyer training last December

with Chuck at the helm of an intensive two-day, 16-hour program that teaches future sawyers the following skills:

**Safe Aware Working Standards (SAWS).** An in-class review of every component of sawyer safety. Chuck covers communication in the field, public safety and first aid response, operational features of chainsaws, personal protective equipment and supplies, crew responsibilities and unique challenges of the Wissahickon.

**Field Application.** Lessons move outdoors as Chuck demonstrates, and participants practice under his close supervision, how to handle and operate a chainsaw. Volunteers who complete the two-day safety training are eli-

gible to join the crew in the field. New volunteers continue to work under Chuck’s direction to gain experience and skills before they are eligible to officially join the ranks of the valiant FOW Volunteer Sawyers crew!

If you think you have what it takes to be an FOW Volunteer Sawyer, contact Shawn Green, volunteer coordinator, at [green@fow.org](mailto:green@fow.org). The next training is in December, and now is a good time to apply.

Or, if you see sawyer work in your future but need to build your outdoor skills, try volunteering for FOW’s Trail Work Thursdays from 9:30 a.m. to noon. Work involves regular trail-maintenance projects, including repairing drains and grade reversals, fixing stonework, narrowing widened trails and emergency trail repairs. Volunteers meet at Pachella Field (6751 Henry Ave.) then head off to the work site. Contact Shawn for this as well.

Here’s how you can help the FOW Volunteer Sawyers when visiting the park: If you come upon a tree fallen across a trail, please report it by taking a picture, pinning it to a Google map, and texting WISS to 267-966-2207. Follow the prompts to report a downed tree with your map link and photo. We need to know the exact location and be able to assess the size and level of difficulty of the removal job in order to promptly and safely clear the tree from the trail. If you are lucky enough to see the sawyers in action, heed their safety signs, stay on the trail and wait for the OK to proceed.

Happy trails!

*For more information about Friends of the Wissahickon, visit the website at [www.fow.org](http://www.fow.org).*

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# Spotting Redbirds: It Never Gets Old

by Ron Kushner, for the Shuttle

**W**E'VE BEEN IN OUR HOUSE FOR 12 years and my wife still shrieks with delight every time she sees the bright red feathers of a male cardinal in the trees or at our feeder. Everyone loves cardinals. Seven states (Illinois, Indiana, Kentucky, North Carolina, Ohio, Virginia and West Virginia) have declared it their state bird.

Northern cardinals (*Cardinalis cardinalis*) are found mainly in the eastern United States from southern Canada all the way through Texas to Mexico and Guatemala.

Cardinals do not migrate. Cardinal "couples" often mate for life, although they may stay together at breeding and nesting times only. They generally appear at feeders in either early morning or evening when their colors don't stand out so much and hawks can't pick them out easily. (The male cardinal is the only all-red crested bird.)

These birds can withstand intense winter cold. Somehow, they increase their metabolic rate while reducing their water loss.

Cardinal courtship displays can occur as early as late January in even the coldest climates. As mating progresses, males feed the females. They work together in selecting a nesting site. They also rarely fight with one another. However, during the breeding season, males will chase other males and females will chase other females away from their nesting area. They



Cardinals often mate for life. You may see their wintertime courtship but you will rarely see their nests, which are well hidden in dense foliage.

raise at least two, sometimes three, broods a season starting in the spring. There are still many questions as to why some cardinals stay together and others do not, although if a mate dies, it is pretty certain that the other will find another mate.

Territorial fighting stops by late summer and in the fall, cardinal flocks start forming. These flocks vary according to weather, habitat, time of day and time of year, but they usually are made up of roughly equal numbers of males and females.

Cardinals, along with many other resident birds, have to contend with harsh winter weather conditions, predators and disease. Predators include snakes, crows, blue jays, cowbirds, owls and hawks, plus squirrels and chipmunks that eat their eggs — and cats. Their life span could be 15-20 years but most don't make it that long.

Cardinal nests are normally well hidden in the dense foliage of shrubs, trees and often, out-of-control vines such as wild grape or honeysuckle. The nests are



built by the females without much assistance from their mate and are rarely higher than 10 feet off the ground. Cowbirds can be a problem as they often lay their own eggs in cardinal nests.

Once the cardinal eggs hatch, the babies stay in the nest for about 10 days with both parents feeding them constantly with insects, spiders and other small invertebrates. The young can leave their nest but they generally don't fly for at least another week and it could take over a month before they are actually on their

## September gardening reminders

- ▶ Lawn care: Labor Day is the best time for fall lawn fertilizer (no additional fertilizer is needed until Thanksgiving). Sow grass seed, apply corn gluten meal for organic lawn treatment if you are not planting grass seed.
- ▶ Continue to harvest veggies; sow cover crops; sow seeds for fall greens; keep winter squash on vines until skin is hard — resists pressure from your thumbnail — and the rind is not shiny; continue to cut kale and chard outer leaves regularly until frost.
- ▶ Bring houseplants back indoors.
- ▶ Deadhead roses, annuals and perennials for potential new blooms. Note: These plants will not rebloom: astilbe, monarda, dianthus, lilies, iris, phlox and tall sedum.
- ▶ Start planting spring bulbs.

own. Then the female gets to work on her next brood, building an entirely new nest.

If you are trying to attract cardinals with a feeder, make sure they have a platform with a place to stand. They can't hang upside down like other small birds. Also, make sure you supply clean water for drinking and bathing. A bird bath is fine but keep it clean. Adult cardinals will eat seeds, berries and flower buds along with insects; their favorite is black-oil sunflower seed. They also eat safflower seed, millet, cracked corn and small fruits, so most conventional packaged birdseed will suit them.

*For questions or comments: ron@primexgardencenter.com*

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# Bottle Brick Building: The Alchemy (and Logistics) of Trash to Structure

by Betsy Teutsch, for the Shuttle

AND THERE IT WAS: AFTER TWO-plus years of neighborhood environmentalists compacting miscellaneous plastic into 20-oz. soft-drink bottles, a keyhole garden arose in the garden atrium at Sayre High School at 58th and Walnut streets. Eric Sherman, a nutrition educator for the Agatston Urban Nutrition Initiative working at Sayre, made it happen!

Sherman had been planning the project since he agreed to take our stash of 600 bottle bricks. Over the summer, he and his college interns worked with a group of high school students on the keyhole garden, now waist-high, a U-shaped structure that will eventually be filled with all manner of ingredients to become rich soil. (When planted, a keyhole garden can be easily maintained from the “keyhole” space in the center.)

The students described their construction experience at a celebration of summer projects connected to the University of Pennsylvania’s Netter Center for Community Partnerships. “Keyholes require a lot of cement. They save the environment. They are creative, very messy, beautifying, and decrease pollution.” Eric and his crew built with cement; the students really enjoyed learning and participating in the construction itself.

Meanwhile, at Ramah Day Camp in Elkins Park, nature educator Corri Gottesman collaborated with Wendy Smith and her family on a bottle brick garden bench. Wendy’s husband, Michael Posner, \*really\* likes an aloe drink that comes in square bottles. Wendy recruited other camp families to start bottle bricking for the Ramah garden, and by the start of camp they had several hundred bottle bricks at the ready.



Eric Sherman photo

Gottesman elected to build with cob, a natural cementing material. Campers loved mixing mud, sand, and straw, slapping it on the bottles, and gradually building a solid bench. Construction will continue into the fall.

The Weavers Way Environment Committee has been at the bottle brick project for several years now. Here are some lessons learned:

**It’s a long way from an idea to a reality.** I wrote about bottle bricks and keyhole gardens in my book on effective tools for poverty alleviation. It seemed to me that bottle bricks would be great for building a keyhole garden. However, I don’t live in the developing world, so my theory would have to be proven in our community. Fortunately, the Weavers Way Environmental Committee folks could see the

potential and many of them quickly adopted the personal habit of brick-making. But we needed a partner. . . .

**Matching supply and demand is hard.** People were making the bricks, but it took quite a while to find a “project manager.” Logistical and labor challenges kept our first two partners from being able to follow through. We are very grateful to Eric and Corri!

**People’s ideas about following instructions vary widely.** Bottles bricks of all shapes and sizes started appearing, not just the 20-oz. size we had requested. Bricks need to be UNIFORM. Moving forward, we will heartily discourage weird sizes and shapes, unless someone can commit to making a lot of them. (Hello, Michael and Wendy!)



Betsy Teutsch photo

Student Zarif Robinson, left, uses the wingspan approach to assess progress on the keyhole garden being built over the summer at Sayre High School; above, the Smith-Posner family assembles a course of their specialized bottle bricks at Ramah Day Camp.

**Keeping track of inventory is hard.** We stored bricks in boxes, bins and crates at several different venues. Bad idea! It was really difficult to discern how many we had. In the future, we’ll be using a standard size box with handholds. They will be easy to stack and the brick count for each box will be the same. Sure, it’s Warehouse 101; now we’ve learned our lesson.

**5. People are committed – dare I say addicted?— to bottle brick making.** It is a hands-on, satisfying solution to the problem of what to do with the multitude of little discards in our lives. Moving forward, we need to do more projects. Have one to pitch? We are eager to hear your idea!

*Betsy Teutsch is a Weavers Way Working Member. Contact her at [bpteutsch@gmail.com](mailto:bpteutsch@gmail.com).*

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**BACK to SCHOOL**

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# K is for Knitting For Houston School Students

by Jacqueline Boulden, for the Shuttle

PEOPLE IN WEST MT. AIRY HAVE always been known for their community spirit, their willingness to lend a hand to help out their neighbors. So it was no surprise that when the call went out for hand-knit scarves for children at Henry H. Houston Elementary School — where 70 percent of students are under the poverty level — people picked up their needles and started knitting.

“We reached out to people through the Next Door website in January because we knew it would take a year,” said Deborah Cooper, a volunteer at the school on W. Allens Lane. Cooper came up with the idea, and her original goal was to provide scarves for 30 kindergarten students. Then she decided to think bigger.



Deborah Cooper, left, and Sue Heckrotte with some of the scarves already made for students at Houston Elementary. Their goal is 430, one for each child at the Mt. Airy school.

“I thought, wouldn’t it be wonderful to give these children a scarf, and then I thought, wouldn’t it be wonderful if we could give every child at Houston a gift of a scarf for the holiday from their Mt. Airy community?” Cooper recalled.

While finding people to knit 30 scarves wasn’t a big lift, finding people to knit 430 scarves — well, the scarf volunteers knew that would be a challenge.

They have been pleasantly surprised.

“So many people responded to the initial post, and people keep reaching out and giving us more scarves,” said Sue Heckrotte, another Houston volunteer, who is storing the scarves in her home.

People offered to knit a scarf, or two, or 10, and they passed along the scarf request to other knitters. By August, at least 70 people were knitting — or crochet-

ing — using whatever worsted yarn they had on hand. More than 120 scarves have been completed so far.

The volunteers have set themselves a December deadline, and the next check-in to collect and count scarves is scheduled for September. To follow their progress join or search the West Mt. Airy-Johnson group on [www.nextdoor.com](http://www.nextdoor.com), and search “knitters needed.”

“At this time in our lives, we all need a ‘feel-good’ project,” Cooper said. “We know some children will love their scarves, some will lose them, but that’s not the issue. We’ll just make them and give them.”

*Jacqueline Boulden is a Weavers Way Working Member. Contact her at [jb@bouldenmultimedia.com](mailto:jb@bouldenmultimedia.com).*



## Volunteers at Play

About a dozen Weavers Way Working members were part of the crew doing pre-school-year cleanup and maintenance at the Jenks School Playground in Chestnut Hill last month.

Got a favorite neighborhood cause? Chances are there’s a way to convert your interest into Co-op credit. Check out the Online Work Calendar at [member.weaversway.coop](http://member.weaversway.coop) (login required) or contact Membership at [member@weaversway.coop](mailto:member@weaversway.coop) or 215-843-2350, ext 118.



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## FARM DINNER

### Field Trip, with Sunset

*Editor's note: We were going to include a short explainer to run with these photos of the Aug. 15 dinner at Weavers Way's farm at Saul High School in Roxborough. But then Co-op member Carol Weisl sent us this great letter that pretty much says it all. Thank you, Carol!*

JUST WANT TO SAY THANK YOU FOR A WONDERFUL EVENING AT THE Farm to Table Dinner at Henry Got Crops Farm in August. The stars were truly aligned to grace us with beautiful weather as we sat family-style under the huge cherry tree draped with soft lights. I'm sorry to have to admit that this was my first time at this amazing farm with its acres of vegetables, fruit and flowers. I learned that in addition to filling our plates that night and growing produce for sale at the Co-op, the farm is home to a CSA, provides food for the community and offers educational opportunities to the students at Saul High School through the Food Moxie program.

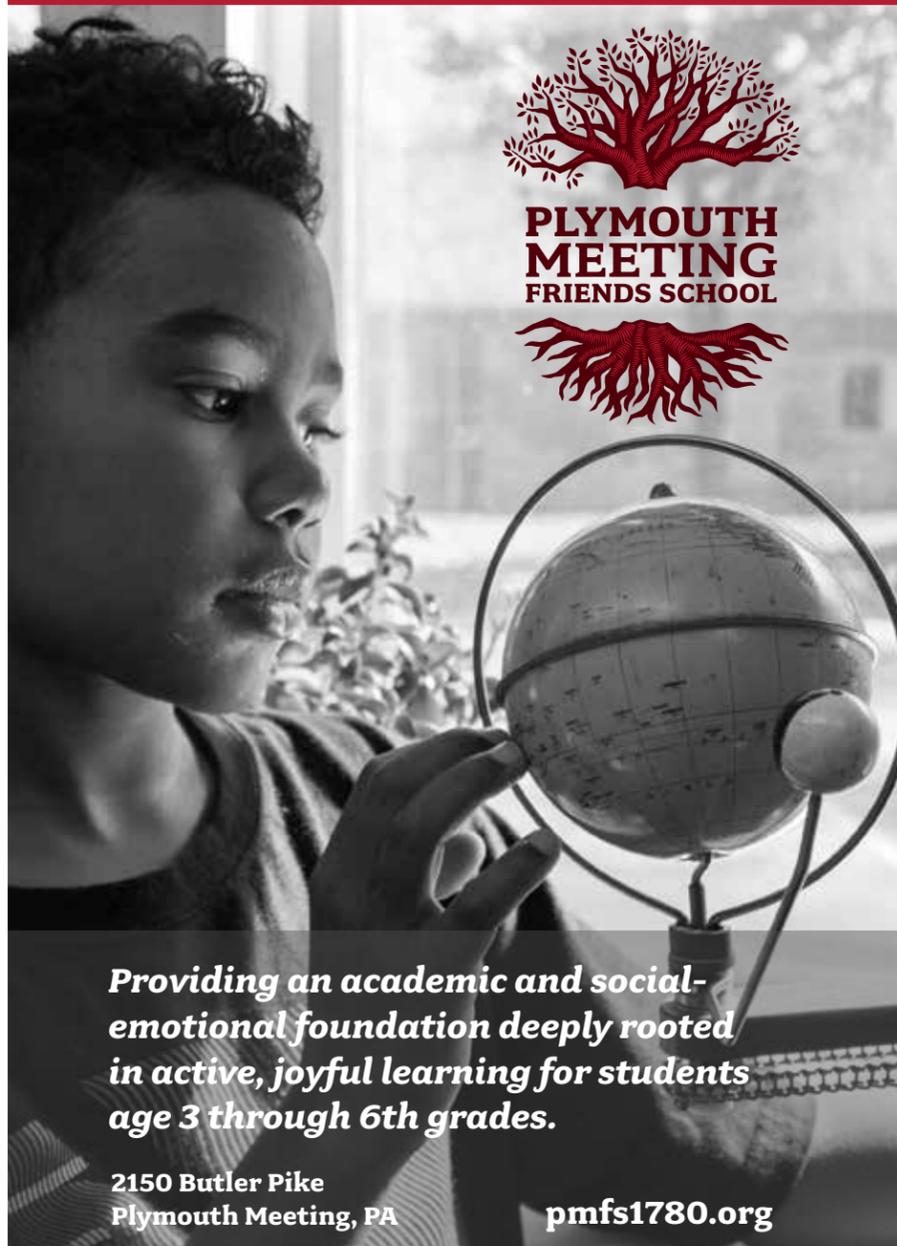
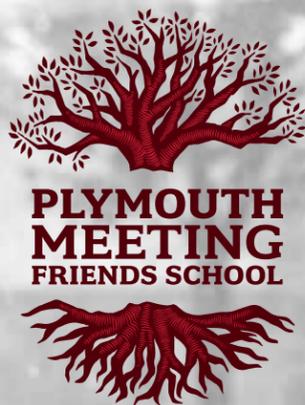
Our meal was beyond delicious. We began with beverages that made fine use of the farm's herbs and fruits. An assortment of cured meats and cheeses came next. A green salad filled with a rainbow of leaf lettuces, a caprese salad of heirloom tomatoes with fresh mozzarella, and crisp pickled vegetables highlighted the mid-August bounty of the farm. A Thai-inspired seafood stew and beef bourguignon showcased Weavers Way Executive Chef Bonnie Shuman's inspired cooking. A fresh berry cobbler with vanilla ice cream rounded out the meal.

My friends and I enjoyed the food and the ambience as well as the camaraderie of our fellow diners. The evening was a wonderful way to showcase the beauty and importance of Henry Got Crops Farm, Weavers Way and Food Moxie.

Thank you for this opportunity!



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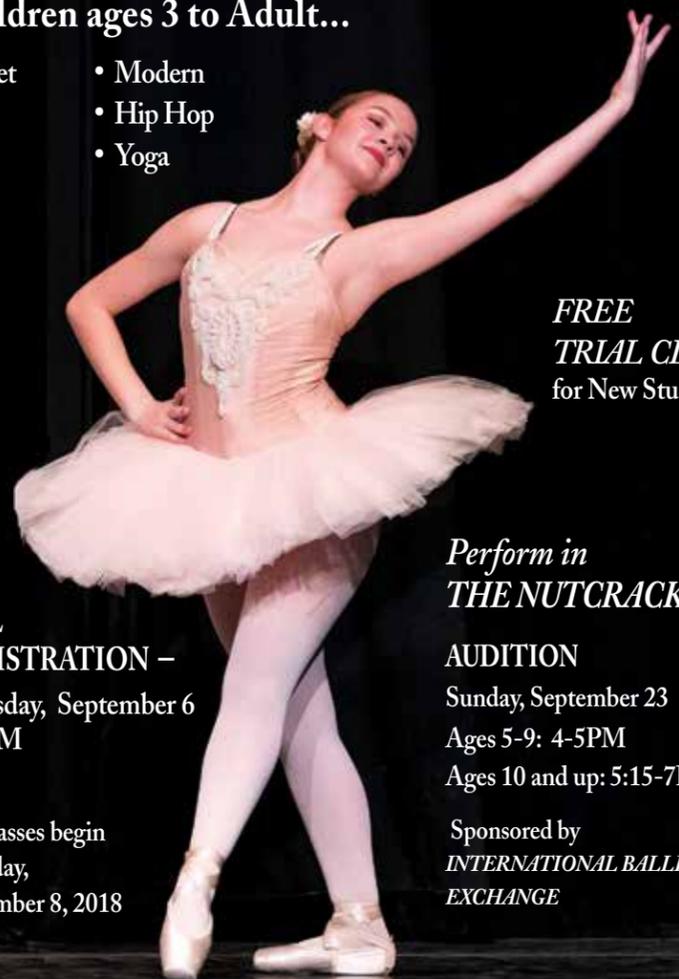
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Photos by Weavers Way Prepared Foods Chef **Jenna Balaban**

Music by Saul High School junior **Shayona Tyler**, Henry Got Crops Farm Market 2018 Assistant

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# WEAVERS WAY: SUSTAINABLY YOURS

## RECYCLING

(Continued from Page 1)

panies that used to get paid for recycled materials; now they have to pay to have them taken away. In rural areas where it's harder to find markets, some recycling trucks are driving straight to the dump. Worse, unwashed or non-recyclable items, like plastic-lined paper cups, can contaminate an entire load, reducing or even eliminating its value on the market.

It's better to avoid plastic or single-use items altogether.

Meanwhile, although I still can't resist picking up a discarded plastic bottle and putting it a recycling bin, my focus is on green waste. Everywhere I go, I see plastic garbage bags filled with leaves and weeds from folks "cleaning" their gardens. Some may think that their trash service handles these random "compostables," but chances are very good they just go in the truck with the rest of the trash.

And just because you put garden waste in paper lawn-waste bags doesn't mean they will be recycled. In Philadelphia, those bags go to the landfill unless you take them to designated sites on particular dates during leaf-pickup season. Year-round, you can take them to the Streets Department recycling center on Domino Lane in Roxborough, or to the Recycling Center at 3850 Ford Road in West Fairmount Park.

One reason I advocate for keeping yard waste out of the trash is it produces methane in the ideal anaerobic condition that landfills offer. As bad as carbon dioxide is, methane is far worse, at least 28 times more potent than carbon dioxide as a greenhouse gas.

Landfills are the third greatest source of human-related methane emissions in the United States. The U.S. had the highest amount of methane from landfills in the world in 2010, according to the Global Methane Initiative ([www.globalmethane.org](http://www.globalmethane.org)). By 2014, we had 148 million metric tons, despite 652 landfill methane capture facilities, which divert some of the methane for energy.

That should be enough to convince you to avoid putting food and garden waste into the landfill.

## ELECTRONICS RECYCLING

**Saturday, Sept. 22**  
9 a.m.-1 p.m.

**Norwood-Fontbonne Academy, Chestnut Hill**  
8891 Germantown Ave.

No lightbulbs. Suggested donation \$10-\$20.



Most important is not to waste food — the Natural Resources Defense Council ([www.nrdc.org](http://www.nrdc.org)) estimates that 40 percent of food is left uneaten — but if you must, try to compost. Some cities offer curbside composting. Philadelphia is trying; it has a goal to become a zero-waste city by 2035. "Setting a zero-waste goal without having organic diversion is inconceivable," said Philadelphia's Zero Waste and Litter Director Nic Esposito. The most recent study, in 2010, estimated that 12 percent of Philadelphia's garbage is yard waste and 13 percent food and organic matter.

The city is also promoting in-sink garbage disposals. A pilot project that installed 173 garbage disposals found that after one year, most households significantly reduced their food waste. Now all new residential buildings must have garbage disposals. "Food is 70 percent water, on average, so if you grind up food it just flows with the water," said Paul Kohl of the Water Department. Wastewater treatment plants have anaerobic digesters; the microorganisms break down the organic material.

Electronics recycling is different. Electronics contain precious metals, some of which are highly toxic (but also valuable and reusable). So DO recycle electronics responsibly — it's critical to prevent these toxic materials from filling landfills or being sent to third-world countries where poor people are exposed to them.

Thank you for any attempt you make to reduce methane emissions by composting and giving your leaves and weeds a place in your yard to decompose. The Earth thanks you too.

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



## eco tip

### Help Reduce Plastic at the Co-op!

Come to the Plastic Reduction Task Force's Public Forums

Are you concerned about plastic waste? Would you like to see the use of plastics of all kinds reduced at Weavers Way? Then sign up to participate in the public forums being planned by the Plastic Reduction Task Force. PRTF, a newly created subcommittee of the Weavers Way Environment Committee, expects to hold three forums a year, with the first to take place Feb. 7, 2019 (venue and time TBA). The other two 2019 forums will be on June 6 and Oct. 3. If you're interested, email [PRTF@weaversway.coop](mailto:PRTF@weaversway.coop) with your name, contact info and your comments, concerns and ideas about how to reduce the use of plastics at the Co-op.

— Marsha Low, Weavers Way Environment Committee

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## WEAVERS WAY: SUSTAINABLY YOURS

### SUSTAINABILITY CLUB

(Continued from Page 1)

“sustainability footprint”; others are quite well-informed, and some could even be described as “activists.” A typical meeting starts with sharing success stories — and sometimes failures! — and then moves to a presentation by a member, followed by general discussion.

Presentations have covered a range of topics: water conservation, home cleaning and “green” renovating, recycling past present and future, zero-waste living, solar and renewable energy, composting, foraging, sustainable agriculture and better (and worse) business practices. It’s a long list and it shows how sustainability enters into so much of our lives.

Belonging to the Sustainability Club means you find yourself being more careful about a lot of things: You’re less likely to waste water at home (we’ve taken to using “gray water” in our garden), more likely to bring your own bags and containers when shopping, more careful about what seafood you buy (the Monterey Bay Seafood Watch app is handy there), less likely to shop at chain stores or Amazon. At our house, we now have a clothesline, a compost bin, a Sodastream (making our own seltzer so we don’t have to buy it in bottles or cans), bamboo toothbrushes, a growing collection of wine corks (real cork can be recycled, though not in curbside recycling) and solar panels on the roof.

Through our Facebook page, Sustainability! ([www.facebook.com/groups/817062518481508](http://www.facebook.com/groups/817062518481508)), we keep informed of new developments, wins and losses in the struggle



Nick Buffone photo

Judy and Richard spreading the word about sustainability at Mt. Airy Earth Day in April.

for a more sustainable world. As of now, we have more than 90 articles posted by members. We’ve learned a lot, and found there’s a lot to learn. We hope to continue educating ourselves, and others, and making changes to live more sustainably. The support and encouragement we’ve received from Weavers Way has shown us how strongly committed the Co-op is to sustainability.

Finally, through the Club we’ve made friends, people who share our commitment and interest; we have varied backgrounds and areas of expertise, but we are all committed to the importance, the challenges and the rewards of sustainable living.

For more information, contact Richard and Judy at [judymorgan711@yahoo.com](mailto:judymorgan711@yahoo.com).

### TERRACYCLE UPDATE

(Continued from Page 1)

is NOT regular recycling and only very specific products are eligible for TerraCycle programs.

If you think that something goes in the TerraCycle bin but aren’t sure, please look into it. We will be posting very clear parameters online in the coming weeks. Just a heads up: NO baby food pouches, and all materials need to be emptied and clean — yes, even toothpaste and deodorant. Feel free to use scissors to cut open and clean toothpaste tubes. We welcome that!

Also, we are having issues in Ambler with people placing their waste in the wrong receptacles. Everything is very clearly labeled; please help us be as sustainable as possible by placing materials in the correct bin. Remember, soiled containers from the hot bar are not recyclable. If you have questions about proper placement, please send me an email.

In order to send our TerraCycle collections back for repurposing, they must get sorted into the appropriate shipping bins. We’ve set up a new series of cooperator hours to do this work at our warehouse (located at the Share food program at 2901 Hunting Park Ave. in Nicetown). Two-hour shifts are on the fourth Thursday (except Thanksgiving!) and start at 10 a.m. Sign up on the Online Work Calendar. Gloves provided!

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

### GREEN HOURS FOR WORKING MEMBERS

- **Mt. Airy Village Fair:** Help make the Fair Sunday, Sept. 16 another Zero Waste event! Two-hour shifts for eco-ambassadors, dishwashers and more, starting at 10 a.m.
- **TerraCycle Sorting:** One Thursday a month, 10 a.m.-noon, at the Weavers Way warehouse, 2901 Hunting Park Ave. Upcoming shifts are Sept. 20, Oct. 25, Nov. 29 and Dec. 27.

Visit the **Online Work Calendar** at [member.weaversway.coop](http://member.weaversway.coop) for details and to sign up. (Login required; contact membership at [member@weaversway.coop](mailto:member@weaversway.coop) or 215-843-2350, ext. 119.)

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# WEAVERS WAY: SUSTAINABLY YOURS

## L.E.T.T.E.R.S

(Continued from Page 1)

It's a terrible time to be an ocean creature. Believe me, if there is one turtle with a straw up its nose, there are hundreds more. So many creatures are being tortured and killed by plastic; an estimated 71 percent of seabirds and 30 percent of turtles have been found with plastics in their stomachs, and when they ingest plastic, marine life has a 50 percent mortality rate.

It's a terrible time to try to be a conscious human who is aware of our impact on and destruction of the natural world. As much as I appreciate the Co-op finally trying to deal with the amount of trash the Co-op itself creates, there is so much more it can do.

PLEASE:

- Discontinue selling things in plastic clamshell containers.
- Get rid of the one-time cups for kombucha.
- Stop selling herbs packaged in plastic. People can buy them loose. They are so easy to grow. Can't the farm provide herbs?

### SHUTTLE LETTERS POLICY

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

• Styrofoam. As a sculptor and homeowner, I know its usefulness, but I'm tired of having to throw out multiple pieces of foam from Weavers Way. I don't know the answer, but there has to be a better one than adding styrofoam to the biosphere for each piece of fish to serve one person a meal.

What we cannot do is downplay the problem and when ordering products ignore where the trash will go. The Co-op has to lead the way as this kind of store.

*Elisabeth Nickles*

### Start with the Straws

I'M STRUGGLING TO UNDERSTAND THE seriousness of this issue. I do consider the ill impacts of plastic straws a serious issue. But I wonder at the effort and thought now being put into finding alternatives.

Are straws a basic human need? Have we lost the capacity and motivation to lift a glass to our lips? I realize this is true for a small fraction of our population, due to health reasons. But for the general population? For years, I've been foregoing straws when dining out — refusing them when offered, returning when given, expressing my view that they are wasteful and unneeded.

I now contemplate wearing a sign reading "Please! No straw, no paper napkin, no plastic utensils or dishware." Perhaps I'll begin with just the straw to not create too much discombobulation.

*Lynn Mather*

## Plastics: You Suggest, We Think About It

by Norman Weiss, Weavers Way Purchasing Manager

IT'S GREAT TO HEAR FROM MEMBERS and shoppers who share our values, and we received several letters about plastic after Shuttle Editor Mary Sweeten's column last month about plastic straws. Elisabeth Nickles and Lynn Mather, whose letters are printed starting on Page 1 and opposite, both believe the Co-op can and should do better on single-use plastic and other packaging. And Cecilia Dougherty wrote:

*"I am wondering why we let Trader Joe's beat us to switching to compostable plastic bags? Even though I try not to use bags whenever possible and reuse them, I still end up with too many. Cellophane was the original plastic and is made from plants. It would be great to have bags that break down when they are no longer useful and that aren't made of fossil fuels. I read that Pennsylvania fracked gas will be sent to Scotland to make plastic. What a waste. We can do better."*

Plastic is way more present than just in packaging. In March, National Geographic informed us that of the 79,000 tons of plastic trash that makes up the Great Pacific Garbage Patch, almost half is abandoned plastic fishing nets. Sit in your car and you are surrounded by plastic — your car likely contains over 400 pounds of plastic, and the amount is increasing as technology creates new plastic materials that can replace heavier, and more expensive, non-plastic materi-



als. Walk into a Home Depot and whatever tool or household supply you look at, it likely contains plastic. Look at your computer, your air-conditioner, your lawn mower, your clothes, your TV. Take yourself through a typical day and think about how often your body is in contact with plastic. From the moment most of us wake up, we start with a plastic toothbrush, put on clothes made with plastic, touch our phone's plastic covered screen and case. There is no escaping it. This is why replacing plastic requires a major paradigm shift, but the first step is consciousness of the depth of the problem.

Regarding the compostable produce bags, I'll have to get to TJ's to have a look at the bags, but if they are what I think they are, they are compostable or biodegradable more in theory than in practice. Most compostable plastic is "bioplastic," i.e., made from plants, often corn. Whether plastic made from plants is better than

(Continued on Next Page)

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(Continued from Preceding Page)

plastic made from petroleum is a worthwhile conversation on the production side, but on the disposal side, there are major problems with bioplastic. First, it will not compost in your backyard compost pile. Bioplastics require industrial composters that heat material to 140 degrees, have controlled air flow and active timed turning and sometimes require added digestive enzymes. Commercial composting facilities of this kind are uncommon, and there aren't any in our area. Second, even where such facilities exist, bioplastics require 60- to 90-day cycles to actually break down, and few businesses can afford to tie up their equipment for that length of time.

It seems to me that claiming a plastic material is compostable is a form of greenwashing or, to use a more fashionable term, fake news.

All this said, we are left with figuring out the least damaging of the available products to run our retail food business. So we choose produce bags made from 100 percent post-consumer recycled plastic resin, we choose prepared food and deli containers that contain recycled plastic, we use reusable pallet wraps at our warehouse, and we choose disposable forks and spoons made out of 70 percent bioplastic and 30 percent talc, with the idea that although bioplastic is still a waste problem, at least its production seems less bad than petroleum-derived plastic. We also offer cellophane bags (ours are made from cottonwood trees, according to the supplier) and paper bags in our bulk departments.

Typical of Weavers Way's engaged and activist membership, we do have a Plastic Reduction Task Force. Formed last spring, it's a subcommittee of the Weavers Way Environment Committee. Its goal is to investigate waste issues associated with the full life cycle of plastics, raise awareness about the effects of unregulated plas-

**Mr. McGuire: I want to say one word to you. Just one word.**

**Benjamin: Yes, sir.**

**Mr. McGuire: Are you listening?**

**Benjamin: Yes, I am.**

**Mr. McGuire: Plastics.**

**Benjamin: Exactly how do you mean?**

**Mr. McGuire: There's a great future in plastics. Think about it. Will you think about it?**

**Benjamin: Yes I will.**

tic production and advise the Co-op on ways to reduce single-use plastics. They are planning several workshops for next year. Contact them at [prtf@weaversway.coop](mailto:prtf@weaversway.coop) if you want to get involved.

Regarding straws, there is no doubt there is a problem, and if eliminating plastic straws is a step toward raising consciousness about unnecessary single-use plastic utensils and the trouble they cause, then their value as a sustainability icon has merit and Weavers Way should eliminate them and explain why to shoppers. (We'll have to figure out what to do with the 20,000 plastic straws left in our warehouse; maybe we could fill them with dirt and use them as a building material.)

Anyway, thanks for writing, and here are the regular suggestions and re-

sponses. As usual, they 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.

**suggestions and responses**

**s:** "Meredith Dairy cheese is fantastic, I even use the liquid for cooking greens. Co-op has good price too."

**r:** (Norman) Right now we stock it in our Mt. Airy and Chestnut Hill stores. Look for the jars of feta from New Zealand. From Meredith's website: "... Made in a socially and environmentally responsible business; from milk produced according to leading standards of environmental management and animal husbandry."

**s:** "Please sell smaller (1/2) bunches of herbs like dill, parsley and cilantro. I never need the huge bunch, they don't freeze well and I waste so much."

**r:** (Jean MA) Ask a produce staffer to divide one for you.

**s:** "Wild Flour cornbread is amazing."

**r:** (Norman) Good to hear. A simple thing like cornbread turned into a major project for us when our supplier, Personal Chef, stopped making its popular cornbread. We tried making it ourselves and also asked a few of our other bakery suppliers to take a shot. For a variety of reasons, we weren't happy with any of the resulting cornbread. Meanwhile, Jenna, our new Mt. Airy bakery buyer, had been looking around for some new products and found another local baker, Wild Flour, founded in 2003 in South Philadelphia and currently in Holmesburg. We asked them if they would make us some cornbread, which they did, and shoppers seem to like it. We currently carry Wild Flour products in Mt. Airy and Chestnut Hill and we'll see if we can get them into Ambler.

*normanb@weaversway.coop*



**West Mt. Airy Neighbors Seeks Executive Director**

**T**HE NONPROFIT CIVIC ASSOCIATION West Mt. Airy Neighbors is looking a new executive director.

Founded in 1958 to sustain West Mt. Airy as a racially integrated community, WMAN is committed to preserving and enhancing the quality of life in our richly diverse urban neighborhood. It provides a forum for community problem-solving and communications, encourages community engagement through events and activities, and facilitates neighbor input into proposed land-use planning and community development.

In this 20-25 hour/week position, the executive director works with residents and the WMAN Board of Directors, reporting to the board's president.

The job posting says: "The ideal candidate is an energetic, passionate individual with non-profit executive leadership experience and demonstrated commitment to community engagement and organizing."

For the full posting, and more info about West Mt. Airy Neighbors, visit the website at [www.wman.net](http://www.wman.net).



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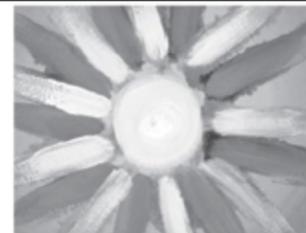
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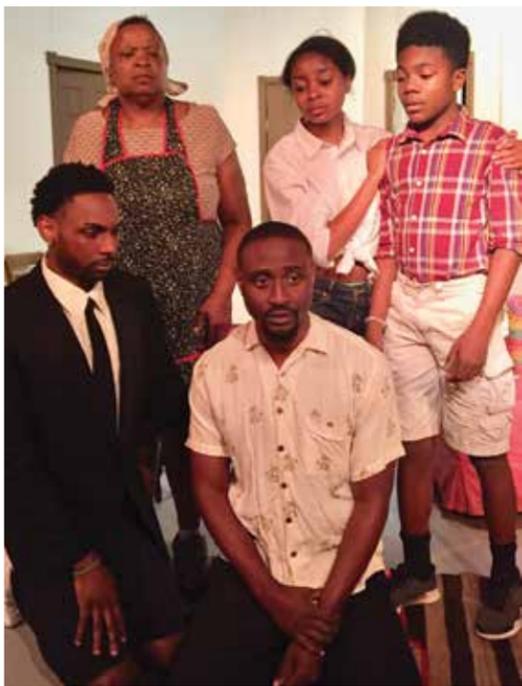
## 'Raisin in the Sun' at Old Academy

**E**AST FALLS' HISTORIC Old Academy Players celebrates its 96th season opening this month with "A Raisin in the Sun," Lorraine Hansberry's groundbreaking 1959 drama about the divergent dreams and conflicts within three generations of an African-American family in Chicago's South Side.

The struggles of the striving Young family to maintain dignity, love and trust in a harsh and changing world make this one of the most important and inspiring works in American drama, as relevant today as it was when it was named best play of 1959 by the New York Drama Critics' Circle. Hansberry, who was the first African-American and youngest person to win the award, noted that her play introduced details of black life to the overwhelmingly white Broadway audiences.

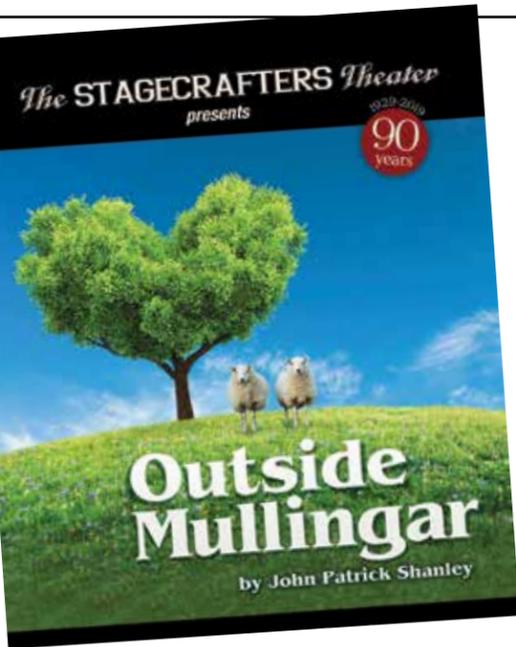
"Raisin in the Sun" will be performed Sept. 14, 15, 21, 22, 23, 28, 29 and 30, at 8 p.m. on Fridays and Saturdays and 2 p.m. Sundays. Individual tickets are \$20, with subscriptions (\$85 for the season) and group discounts available. For information and tickets, call 215-843-1109 or visit the Old Academy Players website: [www.oldacademyplayers.org](http://www.oldacademyplayers.org).

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



Loretta Lucy photo

The cast features, clockwise from top left, Vanessa Ballard, Janae Rockemore, Will Jiggets, Jerome Scott and Brian Neal.



## 'Outside Mullingar' Kicks Off 90th Year at Stagecrafters

**T**HE STAGECRAFTERS theater in Chestnut Hill begins its 90th season with the production of "Outside Mullingar," John Patrick Shanley's hilarious and tender-hearted love story. Anthony Reilly and Rosemary Muldoon are lovelorn Irish farmers. Neither is in the prime of youth and they are true babes in the woods when it comes to romance. They are also beset by both their inner demons and familial rivalries as they struggle to gain traction in a relationship stymied by petty grievances and misunderstandings.

Shanley (b. 1950), who has penned more than 20 plays that have been performed worldwide, is perhaps best known for his play "Doubt: A Parable," which won the Pulitzer and four Tony Awards in 2005. He has also written for film, including "Moonstruck" (1987) and the movie version of "Doubt" (2008). "Outside Mullingar," his only play set in Ireland, opened in New York in 2014.

Performance dates are Sept. 13-15, 20-22 and 27-29 at 8 p.m., and Sept. 16 and 22 at 2 p.m. A "Meet the Cast and Director" Q&A session will be held following the performance on Friday, Sept. 21.

Tickets are \$21 online (no service charge), \$25 at the door, with discounts available for group and students. Season subscriptions (\$75) are still available. The box office opens 45 minutes before each performance. For information, call 215-247-8881 or visit the website [www.thestagecrafters.org](http://www.thestagecrafters.org); for reservations-direct call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.

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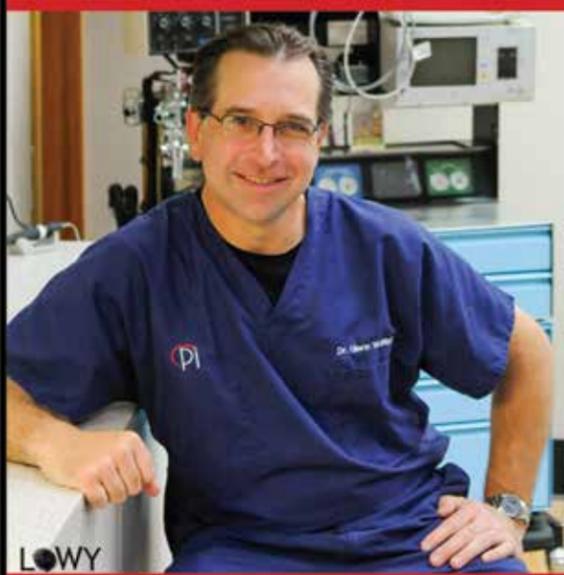


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**WEAVERS WAY BRAND VITAMINS AND SUPPLEMENTS**

## Take a Hike! (It's Good for Your Bones)

by Joanne Fagerstrom, Weavers Way Health & Wellness Committee

**T**HERE'S A FREE AND NO-SKILLS-required remedy to get more exercise, strengthen your bones and decrease stress, and it's waiting just outside your door: Get out and go for a walk.

Countless research studies point toward the benefits of walking to improve overall fitness. Walking has not only been associated with stronger bones, joints and muscles, but also with a healthier heart and improved sleep and mood. And all you need is a decent pair of shoes and a safe place to do it.

### Unplug and go outside

Studies have shown a clear association between high levels of the stress hormone cortisol and low bone density. There is now an abundance of research confirming the healing power of nature. Being in green spaces has been shown to lower blood pressure and cortisol levels as found in studies of the wonderful Japanese practice of *shinrin-yoku* or "forest bathing," where walkers amble through a forested park and take in their surroundings through all five senses.

### Why a brisk walk is better

While walking at any speed is better than sitting on the couch, trying to kick it up a notch is even better for your bones and your overall fitness. How fast we are able to walk is considered to be a predictor of vitality and our ability to stay independent over the years.

How can you judge your walking pace? A brisk walker typically walks a mile in 15 minutes (4 miles/hr) while a slow walker covers that distance in 30 minutes.

To boost your pace, start slow and progress gradually. Consider using the interval training approach: Pick a distance, (the next lamppost you see, for example), and walk as fast as you can until you get there. Then resume your usual pace. Do it again a little farther down the trail.

### Decrease risk of hip fracture

Need another reason to get out there and walk? Moderate levels of activity, including walking, are associated with substantially lower risk of hip fracture. This is not only because of the bone-strengthening effect of the increased mechanical load, but also because people who are more active are less likely to fall.

### Walking groups provide health bonuses

The nearby Wissahickon and Green Ribbon walking trails provide us with beautiful public spaces in which to walk. But what if you can't get there, or just don't feel safe going by yourself? Joining (or starting) a walking club or walking with a friend not only can make you feel safer, but you may be more likely to stick to it over the long term if you have someone besides yourself to be accountable to.

### Take care of yourself

You want your program to be successful, so avoid overdoing it on a hot day or setting your goals unrealistically high. And of course, as with any exercise program that you're just starting, check with your doctor before beginning.

See you on the trail!

Joanne Fagerstrom, PT, CFP is the owner of Mindful Physical Therapy ([www.mysuperbones.com](http://www.mysuperbones.com)) in Wyndmoor.

*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 own doctor.*



### Important Tips for Strengthening Your Bones and Preventing Falls

Tuesday, Sept. 11, 7-8 p.m., Bone Health Center, 8200 Flourtown Ave., Wyndmoor.

Exercise is a critical factor in improving and maintaining bone health. However, the evidence also shows that not all exercise is created equal! Join Joanne to learn safe and effective exercises for strengthening your bones and balance. To RSVP and for more info, visit the Weavers Way Online Events Calendar, [www.weaversway.coop/events](http://www.weaversway.coop/events).

## School Mindfulness Project

(Continued from Page 1)

age-level proficiency standards.

- One in nine students is placed on at least one out-of-school suspension annually.
- Only 63 percent of teachers attend 95 percent or more days of school.
- Assault and disorderly conduct account for 59 percent of the 6,000 "serious incidents" reported annually.

(Sources: 2015/16 District Scorecard; 2015-16 and 2016-17 PSD Open Data.)

The classroom can become a holding place for the emotions kids experience in neighborhoods, on the playground and in family life. Small wonder that this can negatively impact students' ability to learn, grow and excel.

The School Mindfulness Project is passionately committed to being part of shifting this context, one school at a time. A 501(c)3 nonprofit organization, SMP has developed and piloted a schoolwide curriculum that includes school administrators and teachers as well as students.

With the SMP program:

- Students learn movements and tools that can serve them through the rest of their lives — to become aware of



breath, help with calming, increase focus, make healthier, more skillful choices and be less reactive to the world around them.

- Teachers experience a more receptive classroom climate, greater job satisfaction and increased student engagement.
- School communities enjoy improved academic outcomes, healthier students and a more resilient school culture.

School climate change is a tall order. Ultimately the results are most profound at the level of the individual student. In the words of a fourth-grader at the Edwin M. Stanton School: "Yoga and meditation

help me come to my safe place. It helps me concentrate on my work."

Imagine classrooms of students who know how to come to their "safe place," learn self-regulation skills they can use at school, at home and in their future work settings! Imagine how this could contribute to a more peaceful school environment with positive ripple effects across the city!

Weavers Way Co-op asked the Health and Wellness Committee to nominate a nonprofit organization for donations on "Giving Twosday" in September. For all the reasons described above, committee members selected the School Mindfulness Project.

## GIVING TWOSDAY

Give \$2 at the register at any store

Tuesday, Sept. 11

Please consider giving \$2 or more at the register when you shop at the Co-op on Tuesday, Sept. 11. Every dollar you donate will be used to give students tools that can serve them for a lifetime. For example, \$2 buys raisins for a classroom to learn about mindful eating; \$12 buys materials to make "mind jars" to help settle difficult emotions.

If you don't get to Weavers Way on Giving Twosday, please consider making a donation to SMP online at [www.schoolmindfulness.org](http://www.schoolmindfulness.org). And while you're there, sign up for the newsletter and join the movement!

*Esther Wyss-Flamm is a yoga and mindfulness instructor. With a professional background in organizational development, Esther also promotes and teaches mindful leadership skills. She has been involved with the Weavers Way Health & Wellness Committee for the past 3 1/2 years and is a member of the Weavers Way Board of Directors. Reach her at [ewyssflamm@gmail.com](mailto:ewyssflamm@gmail.com).*

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Food Justice Committee photos by Miriam Kahn

## Healthy Snacks at the Health Fair

Co-op staff and members participated with the Weavers Way Food Justice Committee last month at the Germantown Natural Health Fair, serving over 1,000 samples of Weavers Way hummus, quinoa salad, fresh-ground peanut butter, apples, carrots and celery to Health Fair attendees. The approximately 20 volunteers also explained public transportation routes to the three Weavers Way stores and even helped out with voter registration!



Committee members also raised \$1,000 for Philly Food Bucks, a Food Trust program that provides \$2 coupons good for purchasing fresh produce at Food Trust farmers' markets. East Falls Presbyterian Church, whose pastor, the Rev. Kari Olson, is a Weavers Way member and volunteered at the Health Fair, gave \$500! The Food Justice Committee sends a special thanks to all who made the Health Fair a humongous success.

Have an interest in food justice? Want to get involved? The Food Justice Committee meets the first Wednesday of the month from 6 to 7:30 p.m. Locations vary; visit our web page at [www.weaversway.coop/food-justice-committee](http://www.weaversway.coop/food-justice-committee) for more info.



Above, Jarma Frisby readies hummus with carrot sticks, along with quinoa salad; far left, M'Balia Singley butlers Weavers Way snacks around the fair.

## South Philly Food Co-op

(Continued from Page 1)

them is another. Member-owners are the true foundation of any co-op, contributing equity payments to the organization and even providing loans, especially in the beginning. The overall capital campaign for the South Philly Food Co-op is \$1.14 million; they're still looking to raise about \$190,000 in member loans.

"We have 919 member-owners," said South Philly Food Co-op Board President Jessica Calter, who lives in the Dickinson Square West area. "We are aiming for 1,200 members to raise the equity we need."

Each member makes a one-time equity investment of \$200. The amount and the co-op concept of member-ownership can be a challenging sell, so there is a constant effort to educate prospective members about why they are putting in money that doesn't go directly to buy groceries.

People who can't afford the full \$200 upfront can pay over time, and there's also help for those who can't afford the entire amount.

"We established a Community Equity Fund with seed money for people for whom even \$200 is cost-prohibitive," Calter said. "People could pay as little as \$5, and the Community Equity Fund would pay the rest."

The co-op board is also sensitive to the immigrant communities in South Philadelphia, one of the most diverse neighborhoods in the city.

"About a year ago, we instituted the Food Justice Equity Committee to reach out to community organizations and ethnic communities, to find out how the co-op can best serve these folks and how we can best serve the community," Goldenberg said. "We have to constantly message why this is important to our neighborhood." She said some of the co-op's handouts and signage have been translated into Spanish, but admits other materials in other languages will be needed.

Calter says the ethnic diversity in the neighborhood is both a challenge and



an opportunity. Take building equity. "I think it's something that takes time and what we've seen is that it takes more education because it's a slightly different investment opportunity than people are used to. It requires a little more education so people understand how it works. But it's been really positive for our members and the community. It has deepened the financial investment and engagement

with our members in their community, and also is bringing the community together with the commonality of the same goal for everyone."

South Philly Food Co-op members are benefiting from the experience of others who have established community grocery stores in Philadelphia and elsewhere, Calter said.

"In addition to working with the Philadelphia Area Cooperative Alliance, Weavers Way, Mariposa and others, we have forged relationships with co-ops in Chicago and New Orleans, for example, because an urban co-op is a little different from most co-op communities and their input is very helpful."

They have also forged a strong relationship with the Kensington Community Food Co-op, which is following a similar path in its effort to start a cooperative community grocery store, albeit in a neighborhood about 7 miles to the northeast. Renovation at KCFC commenced in April 2018 and the store at Frankford and Lehigh avenues is now slated to open later this year.



Members have been able to grab sneak peeks of the space at 2031 S. Juniper as construction and fitting out has progressed over the summer. (That's Co-op prez Leigh Goldenberg on the ladder.)

South Philly Food Co-op photos

"The principal of co-ops helping co-ops is absolutely true," Goldenberg said. "We're very plugged in to the co-op community."

With the interior framing completed, the owner of the building is working on the plumbing, electricity and the heating and air conditioning system. Now the board is preparing for another big step: hiring a general manager.

"We haven't finalized our staffing needs and ultimately the GM will decide, but we anticipate hiring 10 full-time staffers and 15 to 20 part-timers," Calter said.

"We are committed to hiring people from the neighborhood," Goldenberg said, "and hiring people who speak different languages so people can feel comfortable coming into the store."

You can learn more about the South Philly Food Co-op on their Facebook page or on their website, [www.southphillyfoodcoop.org](http://www.southphillyfoodcoop.org).

*Jacqueline Boulden is a Weavers Way Working Member.*

## STAFF CELEBRITY SPOTLIGHT

### Ashley Hammock

**Job:** Mt. Airy shift manager.

**Since when:** November 2017.

**Age:** 33.

**Where she's from/where she lives now:** Houston/Chalfont, with her boyfriend, Anthony.

**A little background:** She enrolled at Kutztown University in 2008 as a transfer from the University of Houston, majoring in art therapy. She left school two years later and moved to Allentown, but visits to a friend in Philly persuaded her to move here in 2010. She worked at a Starbucks in Center City, then left in 2014 for Orlando, FL. She returned to the Philadelphia area in February 2016.



**How she got to the Co-op:** She was working at a coffee shop in Bryn Mawr, but felt she needed a fresh start. Her best friend, former Ambler Bakery and Pet Supplies Buyer Jon Cavanaugh, encouraged her to apply. She originally interviewed for a position in Chestnut Hill, but ended up in Mt. Airy.

**Thoughts on the job:** "I wish I could have a little more one-on-one with everyone... I know how it is to be new somewhere. ... People get so frazzled so quick, especially because we're so cramped. And I tell people, 'That's really a blessing.'"

**Favorite Co-op products:** Donut peaches, chocolate-covered espresso beans, Ippolito's shrimp burgers.

**A little Co-op love:** "It's nice to see people who are very committed, who have low, low member numbers and have been here 20-something years. That resonates a lot with me, since I've been all over the place. It's a good testimony — if you just really do try, and you have good intentions, and you have a little bit of faith from people around you, what you can accomplish."

— Karen Plourde

## COOPERATOR OF THE MONTH

### Megan Hess

**Joined Weavers Way:** 1979.

**Lives in:** Mount Airy, with husband Sid Cook.

**Why they joined:** "We moved to Mount Airy, and we were really buying into the whole community spirit here. It was really nice shopping together with like-minded people who were our neighbors."

**Former job:** She recently retired from teaching lower school at Germantown Friends. She previously taught at Plymouth Meeting Friends.

**Family facts:** She and her husband, Sid, have two adult children, Kiri and Custer.

**Why they're Working Members:** "I really like the feeling that I'm part of the Co-op community, and also, working with other people is one of my favorite ways to relate to other people."

**Co-op job history:** Bulk packing, deli, organizing shelf tags for the point-of-sale department. "For a long time, I would go in and organize the member cards, back when we used to have 5-by-8 cards in drawers by the cashiers. I even did truck unloading for a while, when I was much younger."

**Favorite Co-op products:** Michele's tofu tahini, Prepared Foods tabouli ("Which I love to put together in a pita"), ciabatta rolls, Zsa's ice cream sandwiches, bulk spices and single pickles from the deli. She estimates they do about 75 percent of their shopping at Weavers Way.

**A little Co-op love:** "It's part of our neighborhood. I love Mt. Airy for the reason that lots of people share my values, and I feel like the Co-op shares my values, too. It feels good to be able to support a place that is doing some good in the world."

— Karen Plourde



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

### Weavers Way Board

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

The Board's regular meeting monthly meeting date is usually the first Tuesday of the month. Because of the Labor Day holiday, the September meeting is scheduled for Tuesday, Sept. 11., 7 p.m., at the Chestnut Hill Community Center, 8419 Germantown Ave. All are welcome! (October's meeting is scheduled for Tuesday, Oct. 2.)

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

#### 2017-2018 Weavers Way Board

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### Weavers Way Chestnut Hill

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### Weavers Way Ambler

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## HOW TO REACH US

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

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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.:**  
Saturday, Sept. 29, 1-2:30 p.m.

**Weavers Way Mt. Airy**  
Wednesday, Oct. 3, 6:30-8 p.m.

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

## What We've Got in the Pot

- **SEPTEMBER: Back to School.** We'll consider healthy meals, packed lunches and "fast" foods that won't break the bank.
- **OCTOBER: Coffee & Chocolate.** As we talk about sourcing, nutrition and the impacts of these delicious treats on health and wellness, we'll also offer tastings.



### Open Hours: Ask the Neighborhood Nutrition Team

Two Fridays, Sept. 14 and 28, 5-7 p.m., Weavers Way Ambler

Bring your questions and concerns about healthy eating, Weavers Way products or anything related to nutrition and food — and stay for \$4 Friday Dinner in The Café while you're at the store!

**Nutrition Team workshops are FREE.  
Go to [www.weaversway.coop/events](http://www.weaversway.coop/events) to RSVP.**

### Immunity-Boosting Veggies for the Back-to-School Season!

Saturday, Sept. 8, 11 a.m.-12:30 p.m., Weavers Way Ambler

Nutrition Team member **Wendy Romig** knows which foods will strengthen your immune system and keep it purring all winter long. Learn how to capture immune-boosting, anti-inflammatory nutrients in your fruits and veggies.

### Bulk Up Your Salads!

Tuesday, Sept. 11, 4-5:30 p.m., Weavers Way Ambler

Get inspired to craft delicious and

nutrient-dense main-course salads — and dressings too! For this live demonstration workshop, Nutrition Team member **Nicole Schillinger** will completely transform the way you think about salad.

### Dry Your Own Fruits & Vegetables

Thursday, Sept. 27, noon-1:30 p.m., Weavers Way Ambler

Dehydration is one of the oldest and simplest ways to make the harvest last, and it also maximizes nutritional value. Nutrition Team Member **Dorothy Bauer**, our resident expert, will show you how.

## Food to Live For

by Dorothy Bauer,  
Neighborhood Nutrition Team

**T**HE ONLY THING THAT EXCITES me more than the potential that Spring brings is the rush of the harvest of the fruits of your labor that comes in late Summer and into the Fall! If you haven't been able to manage a backyard garden of your own this year, not to worry, you have lots of options to take advantage of the local bounty.

And if you haven't stopped by our own Henry Got Crops, what are you waiting for? Open Tuesdays and Fridays from noon to 7 p.m., it is a one-stop shop! There are fresh eggs, cheese, hummus, meat, yogurt, bread, coffee, tea, kombucha, ice cream treats, fresh cut bouquets or the option to pick your own, and of course a plethora of chemical-free vegetables and fruit, many grown on Weavers Way's farms.

Fermenting and dehydrating are my preservation methods of choice. They are simple, and maximize the nutritional value of the produce while maintaining the live enzymes. Fermenting has the additional advantage of introducing the much-needed friendly bacteria not found in pasteur-

### Dry Your Own Fruits & Vegetables

Thursday, Sept. 27, noon-1:30 p.m., Weavers Way Ambler

Check out Dorothy's upcoming Weavers Way workshop on dehydrating produce, and also her dehydrating and fermenting classes through Mt. Airy Learning Tree. Visit [mtairylearningtree.org](http://mtairylearningtree.org) for info and to sign up.

ized food. I have already made several dozen gallons of yummy half sours from their beautiful yellow and green cucumbers, fresh dill and garlic. The mouth-watering selection makes MY heart go pitty-pat!

You can dehydrate vegetables and herbs to be rehydrated later as components for winter soups, sauces, snacks and treats to remind you, in the dead of winter, of the sweetness of summer and fall. Team up with friends and/or family and whistle while you work your way through the prep of colorful peppers, tomatoes, green beans, squash, onions, carrots and more!

May the abundance of produce be with you!

*Weavers Way Neighborhood Nutrition Team Member Dorothy Bauer is a raw-foods chef.*

# 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](http://Eventbrite) or RSVP via the Events Calendar, [www.weaversway.coop/events/workshops](http://www.weaversway.coop/events/workshops). Or do it the old fashioned way: Email [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or call 215-843-2350, ext. 119.

### 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.

## COMING UP IN SEPTEMBER

### The Fine Art of Packing Lunch

Sunday, Sept. 9, 1-2:30 p.m., Weavers Way Ambler

Weavers Way Working Member **Julia Watts** has some creative options for home-prepped meals to be carried out, and fun ways to make your children's lunches enticing. Get inspired to compose satisfying, nourishing and artful meals for your loved ones on the go, or for your busy self! FREE.

### Tips for Strengthening Bones & Preventing Falls

Tuesday, Sept. 11, 7-8 p.m., Bone Health Center, 8200 Flourtown Ave., Suite 14, Wyndmoor

This interactive workshop will be led by Joanne Fagerstrom, PT, CFP, who learned how to overcome her own diagnosis of osteoporosis using exercise and diet. FREE.

### Summer Flower Arranging on the Farm

Wednesday, Sept. 12, 2-3:30 p.m., Henry Got Crops

This workshop was so much fun the first time around, we're offering it again! Weavers Way Farmers Emma Dosch and Hannah Holby will guide you in making exquisite summer bouquets and also talk about the meaning and personalities of various flowers. \$5; registration required.

### Permaculture & Food Forest Tour

Tuesday, Sept. 18, 6-7:30 p.m., Awbury Arboretum.

See permaculture principles at work at Weavers Way's farm and the adjacent Philadelphia Orchard Project Food Forest. This program is led by Weavers Way Working Member Andy Andrews, owner and operator of Gardens of Gratitude and former Farming Director at Pennypack Farm. FREE.

### The Cultured Trilogy: A Way to Gut Health

Thursday, Oct. 4, 7-8:30 p.m., Mt. Airy Community Room

In this interactive workshop by Weavers Way working member Karoline Wallace, you'll learn about nutritious and probiotic-rich cultured (fermented) foods and their power to alleviate allergies, skin problems, digestion problems, even bipolar disease. FREE.

### Invest with Your Heart in Mind

Thursday, Sept. 27, 7-8:30 p.m., Mt. Airy Community Room.

Weavers Way Working Members Bruce Risler and Eric Dean will discuss Values-Based Investing, how you can invest with your values in mind and why the research is showing that performance does not have to suffer in the process. FREE.

## Values-Based Investing

by Eric Dean, for the Shuttle

**I**NVESTING WITH YOUR VALUES IN MIND IS NOT A NEW concept, yet many investors are unaware that they can do so. Some just don't know where to turn. Still others have never heard of values-based investing or just haven't considered it.

At Risler Financial Management, we work with many clients who care about their communities, the environment, social justice and a better world for all of us. They often spend their time and donate their money to causes and issues important to them, many with far-reaching impacts and others closer to home. When it comes to investing, why shouldn't these same values be incorporated?

There are essentially two types of values-based investing. The more traditional is "Socially Responsible Investing." This approach uses negative screens to exclude gambling, tobacco and firearm stocks from a portfolio. In practice, using negative screens alone may exclude top-performing companies. The second type of values-based Investing is known as "Environmental, Social and Governance." This approach relies on positive screens to choose a portfolio — for example, incorporating the stocks of companies that have strong sustainability measures and fair employment practices. A combination of both negative and positive screens potentially leads to stronger performance.

Our focus is to use our resources and advanced methods of analyzing companies to help build a portfolio that takes into consideration what matters most to you.

*Eric Dean is a certified financial planner at Risler Financial Management ([www.rislerfinancial.com](http://www.rislerfinancial.com)).*

**MORE INFO & TO RSVP:**  
[www.weaversway.coop/events](http://www.weaversway.coop/events) or email [outreach@weaversway.coop](mailto:outreach@weaversway.coop)