In the Endless Summer Department, that's Monday, September 7, folks.



The Shuttle

August 2015

Vol. 43

No. 8

Community-Owned Food Markets Open to Everyone

SMOOTHIES

by April Pedrick, Weavers Way Across the Way Wellness Buyer

HOT? BUSY? HAVE A FRIDGE FULL of veggies and fruits to use before heading out for the weekend? Craving something sweet but don't want processed ingredients?

Your blender hears you.

Popular smoothie culture involves mostly yogurt and fruit. The world of nutritive smoothie is much broader. With a few basics, you'll be blending your way to glowing health with time to spare.

Plenty of information is available about choosing a blender — and for our purposes, we're talking blending, not juicing, which removes fiber. Most of us need more fiber, not less! Livestock are great at digesting raw greens, but people tend to do better when plant food is fermented, soaked, steamed or very well blended. So whatever blender you choose, make sure it has a powerful motor to break down raw cellulose.

People with very sensitive digestions can steam greens before blending. Experimenting with food combinations can also make digestion more comfortable. Some people can cram every type of calorie into one big beverage, while others thrive on simple concoctions using only protein or only fats at once. Some combinations support one another: Fats help the body digest minerals, and vitamin C helps us absorb iron. But iron makes calcium and magnesium difficult to utilize, so keep spinach and yogurt separate.

As with all foods, quality counts. The proteins and fats you blend will serve you best if they haven't been blasted or oxidized within an inch of their molecular lives. For biochem nerds, glycation, calcification and oxidation are worth re-



searching over coffee someday.

Now it's time to blend. Even your liquid base can be nourishing. Commonly water or some kind of creamy "milk" is used. Or substitute herbal tea for a nutrient boost! Ginger infusion warms; peppermint infusion cools. You can add tonic infusions such as nettle, alfalfa, red clover, rose hips or elderberries — whatever your herb(s) of choice, they can go into your smoothie. Tinctures and the contents of powdered capsules can even be blended right in. Plant remedies were never so versatile.

Next come greens and fruits, fresh or frozen. Keeping the ration at 60/40 or 80/20 greens to fruits will help reduce blood-sugar spikes. Low-sugar berries packed with antioxidants really shine here. Play with combinations. Who knew pear and celery make such good fellows?

Veggies should be at least loosely chopped before blending. Bananas or avocados are the most popular thickeners. There are even smoothie recipes that mimic our favorite treats — mint/cacao is popular during Shamrock Shake season.

Superfoods boost a smoothie to a supplement. Many folks like to add protein powder and/or concentrated greens powders; these will keep you full and energized for hours. (Folks with kidneystone concerns should avoid protein powders, and may want to consider adding some nettle leaf for its kidney/mineral benefits.) Consider other additives to suit your needs and tastes:

- Concentrated juice high in antioxidants, such as cranberry.
 (Limit to a few ounces if sugar is a concern.)
- Cacao.
- Turmeric.
- Greens powders or Chlorofresh.
- Molasses. (Loaded with minerals!)
- Coconut oil.
- Chia seeds. (They thicken, add fiber and are high in Omega-3 fatty acids.)
- Flax meal. (Must be cracked.)
- Nudzu.

Sampling FRIDAYS August 7, 14 & 21 Noon-3 p.m. Weavers Way Mt. Airy 559 Carpenter Lane

- Yogurt. (Do consider grassfed for its favorable fatty-acid profile.)
- Nut butters or tahini. (Almond butter is most alkalizing, but also hard on the environment.)
- Plant or whey protein powders. (Organic options are preferred.)

Smoothies begin to lose nutrients once blended, so try to prepare just before you consume. If you can only make a big batch every two days, don't fret! Stop by Weavers Way Mt. Airy to sample some smoothies on the dates above, or send us your favorite ingredients and recipes to share with other members.

apedrick@weaversway.coop

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Weavers Way Cooperative Association 559 Carpenter Lane, Philadelphia, PA 19119

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Editor's Note

by Mary Sweeten, Editor, **Weavers Way Shuttle**



WITH VERY LITTLE FANFARE, THE U.S. Department of Health and Human Services last month issued rules that essentially rendered the most controversial Supreme Court decision in recent history moot.

No, not THAT decision. What's controversial about gay marriage? I mean Burwell v. Hobby Lobby, and if you're drawing a blank, hey, it was a whole year ago that the court ruled that "closely held" for-profit companies should not be required to pay for birth control under the Affordable Care Act if doing so affronted the "sincerely held" beliefs of their owners. On July 10, HHS explained that businesses can use the same procedure available to religious nonprofits: If they notify the federal government about their religious objections and request to opt out of providing coverage for contraceptives, HHS will then will notify health insurance companies, and enrollees in their health plans will receive separate payments for contraceptive services.

Still drawing a blank? Two words: "Eden Foods."

Eden had also sued over paying for birth control under the ACA. Eden's lawyers, the Thomas More Law Center (website: "The Sword and Shield for People of Faith"), argued that founder and owner Michael Potter's sincerely held religious beliefs were being violated, contrary to the Religious Freedom Restoration Act. While not a party to the case the Supreme Court eventually decided, Eden, in effect, also won.

(There is a kind of a hitch: Some religious nonprofits are currently fighting even the accommodation, saying the very act of opting out involves them in the delivery of birth control. Lower courts have ruled against them, including Philadelphia's 3rd Circuit, for whom our own Hon. Marjorie O. Rendell wrote: "Far from 'triggering' the provision of contraceptive coverage," the opt-out lets employers declare they "will not be complicit." Stay tuned.)

To find out where Eden stands now, I talked to Demian Potter, vice president of sales, who was at pains to assure me that no one working for Eden had gone without birth-control coverage in

(Continued on Page 6)

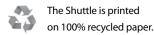
The Shuttle is published by Weavers Way Cooperative Association. **Statement of Policy**

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

Weavers Way members are welcome to submit articles or Letters to the Editor. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January. Articles should be 500 words or less; letters should be 200 words or less. Articles express the views of the writers and not those of the Co-op or its Board, unless identified as such. No anonymous material will be published, and all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or Letter to the Editor. Submit to editor@weaversway.coop.

Advertising

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What's in Store at Weavers Way

New on the Shelves

by Karen Plourde, Weavers Way **Chestnut Hill Grocery Staff**

Bulk & Beyond

A Spanish olive oil that's easy on the wallet. And a couple new spicy

Bulk olive oil can really add up once you've filled that reusable container. To counter the sticker shock, we now offer Nunez de Prado organic olive oil for \$9.95 a pound. Oil with abandon!

Your beer looks lonely. Why not pair it with our new sriracha cashews? Or Tex-Mex snack mix from Frankferd Farms of Saxonburg, Butler County? It's got hot Cajun corn and sesame sticks, tamariroasted pumpkin seeds, dry-roasted peanuts and smoked almonds. And a lot of spices. Mmmm . . . savory.

Goings on in Grocery

Mt. Airy gets saucy with Robert Rothschild. Barnana Banana Bites are tasty and good for you.



Spicing up meals just got a little easier, thanks to the folks at Robert Rothschild Farm in Urbana, OH. Weavers Way Mt. Airy now carries four of their cooking/grilling sauces. Pour over your source of protein in the morning and enjoy later. Bet they'd be great in a veggie stir-fry, too.

Up on the Hill, we're going wild over Barnana banana bites, chewy, sweet ovals packed with potassium, fiber and protein. We've got them in chocolate

and peanut butter, and they're organic, gluten-free and non-GMO.

Finds for the Furry & Feathered

Introducing Wellness Wet and Dry Pet Food. And sign up for the frequent buyer program from **Primal Foods.**

Wellness Air Dried pet food uses a new, innovative cooking method which locks in flavorful, high-protein nutrition that cats and dogs love. Use as a food, treat or topper. We carry two-pound bags of air-dried dog and cat food. New Wellness foods also include 6-oz. tubs of savory pate with a chunky center for dogs and 6-oz. cans of Core 95 percent meatingredient food for dogs in five flavors.

If you're a fan of Primal pet foods, you can now be rewarded for your devotion through our frequent buyer program. Just sign up at the Across the Way register to get one free product for every 12 you buy. This deal only covers Primal's frozen, Pronto, and freeze-dried formulas.



Picks in Produce

Heirloom tomatoes rule. And ginger gold apples are back.

This is the time of year when heirloom tomatoes show all their stripes and

colors. Our Weavers Way Farm versions will spark up your caprese. Grab 'em while we have 'em.

Meanwhile, this season's apples are easing into the bins, and ginger golds,

juicy with a bit of bite, are one of the early returnees.

Meat & Fish Market

A trio of specials livens up your plate and palate.

Curious about salmon burgers? Well, Ippolito's take on them will be on sale all



month for \$11.99 a pound. By the by, salmon burgers are lower in calories and fat than their

beef counterparts.

Stock up for your next barbecue event with Bell & Evans chicken parts. We have 5-pound bags of whole legs for \$12.49. Bags of wings and thighs are on sale for \$17.99 and \$11.99, respectively. And the Bell & Evans savings don't end there, with cutlets on special for \$6.79 a pound.

For beef lovers, Troutman eye round steaks will hit your plate for \$5.99 a pound in August. I'm picturing a grilled eye round steak with heirloom tomatoes tossed with Nunez de Prado olive oil. Yes, indeed.

kplourde@weaversway.coop

Cheese of the Month

These Are a Few of Margie's Favorite Things

by Margie Felton, Weavers Way Mt. Airy Deli Manager

'N AUGUST, I AM LEAVING WEAVERS WAY TO OPEN AN IN-■ dian cafe in South Philly. What I will miss most is the people. My coworkers, members, shoppers, vendors and friends. What I will miss second is the cheese. I love buying cheese, talking about cheese and, of course, eating cheese, but Indian cuisine is mostly limited to paneer.

For my last cheese article for the Shuttle, I decided to feature my four favorite cheeses.

Sartori Balsamic Bellavitano. This is an Italian-style cheese from Wisconsin. The Sartori cheesemakers take their Bellavitano Gold and bathe it in Modena balsamic vinegar, adding a slight sweetness to this tangy cheese. I actually encouraged a shopper to buy a 2-pound chunk for a party and he returned the next time he had a party to buy another 2-pound piece!

Elsa Mae. This is one of the newest cheeses from Calkins Creamery in Honesdale, PA. It is a washed-rind Taleggio-style cheese created by Calkins' associate cheesemaker, James Regelsky, in 2013. On vacation last summer, a friend and I ate the whole square in one sitting. Delicious.

Delice de Bourgogne. I discovered this rich, creamy French triple creme at a friend's house. She warned me that it was a smelly, creamy, messy cheese. I was hooked at my first taste.

Cypress Grove Purple Haze. As a big Jimi Hendrix fan, what first caught my attention was the name of this cheese. This goat cheese from California is flavored with lavender and fennel.

During the month of August, the Balsamic Bellavitano, Delice de Bourgogne, and Elsa Mae are \$1 off per pound. Purple Haze is 50 cents off each disc.

margie@weaversway.coop





What's in Store at Weavers Way

What to Do with... Turmeric

by Karen Plourde, Weavers Way Grocery Staff

urmeric, which grows wild in the forests of south and southeast Asia, has landed a spot in produce at Weavers Way Mt. Airy.

When it's not a powder, it turns out it's actually a tuber that looks a lot like ginger. So if you see some in the bins (and we don't always have it), here's what to do:

- ▶ Turmeric can be peeled and grated just like ginger for use in smoothies or omelets, or as a coloring for rice, sauces or pureed
- ▶ Talk about coloring: Be careful, the root can stain whatever surface it touches an orangy yellow.
- ▶ If you want to substitute fresh turmeric for the dried powder in recipes, use one half-inch piece for every teaspoon of ground.

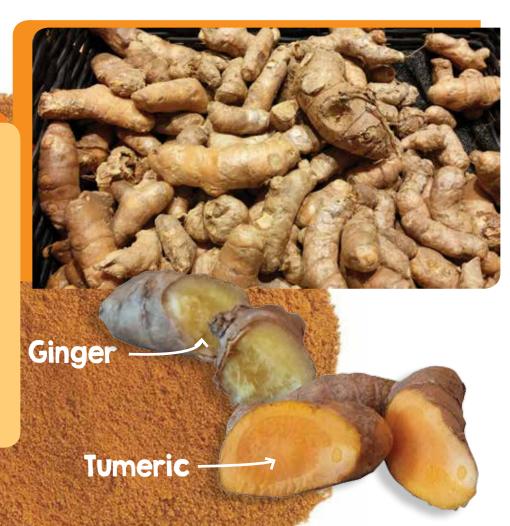
The active compound in turmeric is curcumin, and it is said to have healing properties (not proven, though). Next Door and Across the Way stock a number of boosts and blends that contain turmeric. Try adding it to a smoothie or brewing it into a tea.

Fresh Turmeric Marinade

Try this with chicken.

- 1 cup. plain yogurt
- 1/4 cup olive oil
- 1 tsp. grated turmeric
- 1 tsp. grated ginger
- Juice of 1 lemon
- 1 tsp. ground cumin
- 1/2 tsp. cayenne pepper
- 1 clove minced garlic
- 1 tsp. salt

Massage the chicken with the marinade and refrigerate at least two hours.











Five Things is a service of Weavers Way.

Because there's nothing that can't be improved by something you bought at the Co-op!

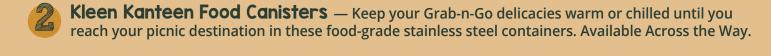


Five Things...For That Late Summer Road Trip

The highway beckons. Pack a few provisions from the Co-op and get outta town.



Tierra Farms Snacks (the non-chocolate ones) — So many options for munching neatly: flavored nuts, dried fruit, trail mixes. Both stores; selection varies.





- **Lixit Thirsty Dog Water Bottle & Bowl** Because Poochie needs a change of scenery, too. Fill up the bottle at home, unplug it at your stop and the attached bowl fills with water. At the Pet Store.
- **Buzz Away Towelettes** Get out and stretch your legs with up to four hours of natural protection from black flies, mosquitos and ticks. Find them Next Door and Across the Way.
- **Finger-friendly produce** You know, grapes, cherry tomatoes, local green beans, baby carrots. Keep 'em cold so they stay crispy. Then you can justify stopping for ice cream on the way home.





Weavers Way Community Programs

An Apprentice-Level View

by Liam Miller, for the Shuttle

THE SUMMER I TURNED 20 YEARS OLD, I WORKED ON A FARM. IT WAS MY I first job involving daily hard labor. I had worked at summer camps and in my college's dining cooperative as a cook, but I had never been asked to work a 10-hour day in 95-degree heat shoveling compost. I loved it. I found joy in physical labor and a connection to the land I had never experienced before. After that first summer, I worked two more seasons on the same farm. Fully convinced that my life path was to run a small community farm, I moved to New York City. I went to culinary school at the Natural Gourmet Institute; most recently, I lived in Brooklyn and worked my way up to sous-chef at a high-end meal-delivery company. I am really excited to be back in the garden and using my knowledge of food and cooking to work with Weavers Way Community Programs as a seasonal farm apprentice.

When I interviewed at WWCP, I asked each staff member what they hoped students would get out of the programs. The first answer given to me by Andrew Turner, our farm manager, was "a positive experience on the farm, to have a good time being outside." More ideas were thrown out there but I especially hold that in mind as students come to Awbury Arboretum or run outside for class at Martin Luther King High School. Students love the experience of trying a vegetable that they picked themselves 10 minutes earlier, from the dirt, on our farm, in the city where they live. They learn that pickles are made from cucumbers and cucumbers grow out of flowers. Our students at Saul and MLK high schools watch vegetables grow from tiny seeds into heads of lettuce, 6-foot-tall tomato plants and rapidly expanding watermelon vines.

When lessons get going, it is my goal that every student has a hand in the dirt or an eye right up to a leaf of aphid-infested kale.* If you stop by a farmto-plate lesson, you might be as surprised as I first was to see a group of wellbehaved 4-year-olds sampling raw turnip, slices of kohlrabi or edible flowers.

I have enjoyed a great start to the growing season with WWCP, as have the students who come out to work and learn with us. Hopefully, we will reach our goal of teaching young people about our food system, expose them to new foods and instill a sense of pride in their labor.

*Though, ideally, the kale isn't actually infested with aphids.



Above, apprentice Liam Miller hawks beets at the WWCP farmstand outside the Chestnut Hill store; below, the 2015 WWCP farm crew: clockwise from top left, Farm Manager Andrew Turner, Farm Educators Tara Campbell and Melissa Powell, and apprentices Liam, Anna Danusiar (in hat) and Alison Love.



Give \$2 to WWCP! Every 2nd **Tuesday Every Month**

When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support WWCP programs and **services.** Your support enables WWCP to provide a wide range of farm education and nutrition programs to local children.

WEAVERS WAY COMMUNITY PROGRAMS CONTACT US

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Farm Manager Andrew Turner aturner@weaversway.coop



Way Coop



Weavers Way Community Programs









The Lowdown on the Hoedown

Thanks so much to everyone who came out and supported the WWCP Hoedown June 13!

We could not have asked for nicer weather or a better turnout for our annual farmto-table summer picnic. Because of your support, we raised nearly \$4,000 to sustain and expand WWCP's programs.

We are already looking forward to next year — see you then!

Sarah West Cathedral Village resident since 2004 MS Biology, Yale University



Photos by Kim Massare





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Meeting Expansion Expectations

by Larry Schofer, Weavers Way **Education Committee**

OST OF THE PEOPLE GATHERED ON July 22 at the meeting room on Maplewood Mall to discuss prospects for expansion of Weavers Way really wanted only one thing — a Weavers Way store in Germantown. They seemed to be desperate for what acting general manager Jon Roesser called a "third place," meaning some natural gathering place after (first) home and (second) school/work.

Right now, for-profit companies are beginning to flood into the natural foods area, Jon noted, and Weavers Way must continue to establish its personality to survive in this changing environment

He explained that Weavers Way is not ready to move on anything immediately, especially given the unknowns related to the new supermarket to open in Chestnut Hill. However, he did give some explanation as to why many people feel that expansion is necessary and what is involved in planning such expansion.

Many of the factors involved in possible expansion relate to community activities, but in my opinion the most compelling business reason lies in the economies of scale that can be obtained with another store. We currently have two grocery stores, plus two smaller side stores, that do \$20 million a year in business. An operation of this size requires a number of administrative staff, such as human resources director, information technology services, and others, all of which can also

serve a much larger store operation without significant staff expansion.

Jon also gave some ideas on the criteria that are necessary for a physical location. Desirables include a central kitchen preparation area, a loading dock, and sufficient operating space. Sometimes a physical facility might be available such as the closed Bottom Dollar grocery store at Washington Lane and Chew Avenue — but probably would not generate the kind of support needed for a natural foods operation.

The Co-op has done some preliminary market studies, though nothing in detail, that point to the most likely areas for expansion being (in order) Ambler, South Philadelphia and Germantown.

It was my impression that there was some contradiction in the outlook of the Germantown residents. It is clear that there is a sizable community in Germantown, often an articulate one, that would very much like to have a social and commercial center. On the other hand, there was a good deal of discussion about cutrate produce stores, and how often the same Germantown residents swore by the prices and quality of these stores. Jon emphasized once again that Weavers Way's policy regarding wages, benefits and working conditions make it impossible for us to match the prices of such stores. It was not clear to me that the people at the meeting understood the contradictions involved in this situation.

I personally made some comments that diverged from the focus of the Ger-



Education Committee

Expansion Forum

The next member forum on expansion is set for 7 p.m. Wednesday, Aug. 26. To RSVP and get the location, contact Outreach Coordinator Bettina de Caumette at outreach@weaversway.coop or 215-843-2350, ext. 118.

mantown residents. I feel that for Weavers Way to exist in the long run, it must create strong community ties in the way it has done in the Mt. Airy store. Jon noted that the Chestnut Hill store is only five years old, and has not yet had time to create those ties in the way that the Carpenter Lane store has. However, I feel that the drive to make the store an economic success has led to some neglect of community activities. In addition, the Chestnut Hill store has acquired the reputation of being quite expensive (despite the startling revelation that more food stamps are spent in Chestnut Hill than in Mt. Airy). It seems to me that most of the exciting work that we do outside of selling food occurs either near the Mount Airy store or in our urban farming operation.

With regard to community outreach, our Education Committee for a number of years has looked to the community with special programs and in particular with our workshop program, where members of Weavers Way share their expertise with fellow members. This program has gone into decline since the discontinuation of the work requirement, but our committee would like to revive these activities, including in Chestnut Hill.

I feel that such activities, which might lie outside the daily business of selling food and other products, are the source of our strength as a community institution.

edcomm@weaversway.coop

Editor's Note

(Continued from Page 2)

the last year. He sent me an email to clarify the company's position and I hope in editing it I have not misrepresented him:

I am glad we were able to speak today.

While sensational supposition and accusation abound, our affirmed objection has always been about government overreach.

Every Eden Foods employee has, does, and . . . will continue to have all available coverages of the ACA.

... Your inquiry about recent changes to the law do not apply to Eden Foods. It does not affect our forthcoming renewal because the relevant coverages remain part of our overall healthcare package.

I hope this update and the facts provided are well received.

Thank you for reaching out to us and for providing your members the facts. I am at your service. Best,

Demian Potter, Vice President Sales

He also sent an attachment, which you can read at www.weaversway.coop/ Eden-Foods-4-17-2015, Eden's April 17, 2015, letter about the ruling, a statement from the company's insurance folks and a list of all the contraceptives available to Eden employees.

But why, I asked Demian in a return email, did Eden work with Thomas More if it was just about government overreach? He responded: "The ACA violated the laws of the land, including the Constitution of the United States, specifically the 1st Amendment. We objected through the only means available. Our objection has been wholly affirmed and validated. Eden Foods' actions remain principled and transparent."

Since Demian was so gracious about responding, I feel a little bad saying that this kind of reminds me of when people say the Civil War was about states' rights.

Health care isn't religion. Corporations aren't people. And I'm still not buying Eden's beans.

msweeten@weaversway.coop



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Why We're Third Place, and Why That's Good

by Jon Roesser, Weavers Way **Interim General Manager**

ROUND HERE, WE'VE BEEN TALKING QUITE A BIT About the social concept of "Third Place," and to what degree the two Weavers Way stores serve as the Third Place for their respective communities.

If you're unfamiliar: As the concept goes, our First Place is home; our Second Place is work or school; and our Third Place is the place that tethers us to our community, the place we go to feel neighborhood connection. (Google it — there's an ocean of ink written on this subject).

A Third Place could be lots of things. It could be a café or a diner, a barber shop or hair salon. It could be the local YMCA, community center or library.

Or it could be a community grocery store. In West Mt. Airy, for many the Third Place is Mt. Airy Village, with the Co-op serving as an anchor to the other, complementary businesses that have grown around it.

Certainly the corner of Carpenter and Greene is the place where many Mt. Airy residents feel like they are most connected, where they're most likely to run into people they know, where they're most likely to be able to catch the pulse of their community. The role the Coop plays in this cannot be understated. It exemplifies how Weavers Way is more than just a grocery store.

Chestnut Hill is trickier. Our Chestnut Hill store is only five years old, so it hasn't had the time to grow into the community anchor the Mt. Airy store has become. And the Chestnut Hill store exists within a much larger commercial strip, where there are lots of places that can serve as someone's Third Place.

Still. I think that a lot of our members have found the Chestnut Hill store serves as their neighborhood connection. I see it in the aisles, where young moms and dads catch up with their neighbors, rammy kids in tow. I see it on Tuesdays when the store is full of members making full use of their Senior Discount. More than anywhere I see it in the Backyard, our unique space where dogs wait patiently, coworkers from neighboring businesses escape, and parents bolt down some of our amazing prepared food while their kids run around the tables.

My hunch is that as the years go by, more and more Hillers will find the Chestnut Hill store is, in fact,

My second hunch is that a millennium could pass and people still wouldn't find their Third Place in the various chain stores that have been plunked down into

our midst. With apologies to the hard-working people who toil at the Chestnut Hill Pathmark or the Mt. Airy CVS, has anyone shopped in those stores and experienced a sense of place? How could they?

And will anyone feel that sense of place at the soon-to-open Fresh Market on Germantown Avenue? Having visited all the Fresh Market stores around here, I don't see how.

I'm not saying a corporate chain can't serve as a community's Third Place. There are communities where the local Starbucks is the neighborhood gathering place . . . actually, some might feel that way about the Starbucks in Chestnut Hill.

Chains like this are by far the exception rather than the rule. It's a good bet that a business operated by a remote corporation will have a hard time being the Third Place for many people. They are too contrived, too sterile, too inauthentic. For almost all chains, to borrow Gertrude Stein's overly-borrowed words, "There's no there there."

There's a there here, and it is genuine, it is beloved and it is ours.

See you around the Co-op.

jrosesser@weaversway.coop



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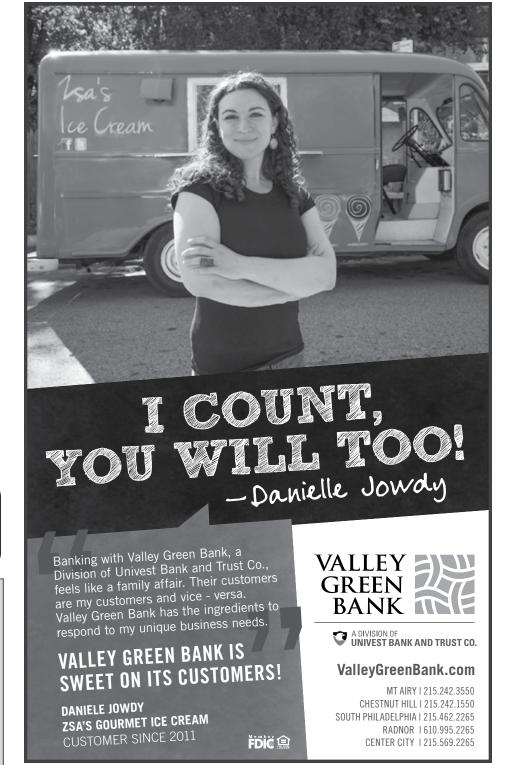
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WMAN Wants YOU to Join Up!

by Keri Delp, for the Shuttle

THE WEST MT. AIRY NEIGHBORS association's annual membership drive got underway in June with a 2015 goal of 500 new and renewing members. WMAN provides an active, collaborative and effective community forum for:

- Community problem-solving through the Quality of Life Committee and ad hoc community meetings.
- Communications through www.wman. net, e-newsletters and safety alerts.
- Volunteers to organize for community improvement such the Streetscapes Committee.
- Key neighbor input into proposed development through the Zoning Committee.

WMAN was founded in 1959 to create and sustain West Mt. Airy as a racially integrated community. It was founded by George Schermer, the first director of Philadelphia's Human Relations Commission, and other neighbors concerned with white flight and block-busting. For more than 55 years, WMAN has been a force in improving our neighborhood and making it a wel-

coming home for all people.

West Mt. Airy Neighbors works closely with its sister organization, East Mt. Airy Neighbors, and with Mount Airy USA on a wide range of projects, including the Mt. Airy Schools Coalition and Mt. Airy Day, held at Cliveden each May.

There are so many things that make the Mt. Airy neighborhood a great place to live. There is the beauty of the native oaks sheltering birds in Carpenter's Woods and throughout our streets. Others cite the proximity to the Wissahickon as their favorite feature of West Mt. Airy, while many residents appreciate the vibrant and unique businesses (from bookstores to bakeries to brewpubs) that give Mt. Airy so much personality.

These and so many other wonderful things make our neighborhood desirable and help support our solid property values. WMAN is one of the key organizations that can help maintain this neighborhood quality. WMAN is also critical in connecting neighbors with local schools, local officials and, importantly, each other. Finally, WMAN organizes and hosts beloved community events like Eat Your



Heart Out and Blocktoberfest.

But to continue its work, WMAN needs your support. WMAN is a small organization with a modest budget and it counts on membership dollars to carry out its mission of informing, connecting and upholding the neighborhood. WMAN membership levels are:

- Individual: \$30.
- Senior (65 and older) or Student: \$25.
- Family: \$50.
- Business: \$100.

For more information about what WMAN does and how you can join, visit www.wman.net/join-wman-membership/ or mail your membership dues and application to WMAN, 6703 Germantown Ave., Suite 200, Philadelphia, PA 19119.

Keri Delp WMAN's vice president of marketing and membership and a member of the WMAN board.

\$100,000 Grant for Awbury Youth Program

WBURY ARBORETUM HAS RECEIVED a project grant of \$100,000, plus an operating grant of \$9,000, from Impact100 Philadelphia, to help develop its Teen Leadership Corps.

TLC focuses on urban agriculture, cooking and food justice issues, and affords urban high school students the opportunity to transform ideas into finished products. Participants earn modest stipends for completing after-school sessions and can earn salaries for their full-time work in the summer through a partnership with the Philadelphia Youth Network. (The Shuttle featured TLC in its May 2015 issue.)

Impact100 Philadelphia, which engages women in philanthropy and funds grants to charitable initiatives in the Philadelphia region, also made \$100,000-plus grants to the Center for Grieving Children and Community Learning Center at its annual meeting June 1.

For more about Impact100, visit impact100philly.org; for more about TLC, visit awbury.org/childrens-programs/awburytlc.

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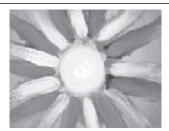


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Free Weight Loss Program

The Roxborough satellite group of Trevose Behavior Modification Program, a nonprofit weight loss program, is now accepting applications from people who need to lose 20 to 80 pounds and want to get control of their lives.

Group meetings are held at 6 p.m. Thursdays at Roxborough Memorial Hospital, 5800 Ridge Ave. There is no charge for these meetings.

For more information and an application, contact Ilene Cohen at 215-836-9876.

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Light Shining New Frequencies on Healing

by Marvin H. Berman, for the Shuttle

IGHT IS LIFE — WITHOUT IT, WE can't survive.

Sunlight contains a wide range of frequencies along the electromagnetic spectrum of visible and invisible frequencies, each having different properties for supporting life and, in some cases, promoting healing. Doses of near-infrared light or those frequencies between 630-1300 nanometers (millionths of a meter) are fast becoming the basis for the next revolution in medicine. We're close to trading in the knives and poisons of our current medical paradigm for sustainable, safe, low-cost, non-polluting, easily deployed pulsing electromagnetic fields and ultrasonic vibrations.

In the late 1800s, N.R. Fineness showed that low-level light therapy, or LLLT, can help heal psoriasis and aid in cancer treatment. Near-infrared phototherapy (NIR), also called photobiomodulation, describes how light energy can painlessly penetrate the body to stimulate the mitochondria in our cells to generate additional energy that our body can use to heal and protect itself.

Professor Harry Whelan, an expert on hyperbaric oxygen and phototherapy at the University of Wisconsin Medical College, has studied infrared light for many years. He says. "You can expect over the next few years to see infrared LED [light-emitting diode] therapy as being the primary treatment for wounds such as post-surgical and non-healing wounds like diabetic ulcers. . . . brain tumors, bone-marrow transplants and organ regeneration." NIR phototherapy safely improves inflammatory arthritis and reduces damage to heart muscles by 50-70 percent in animals and in humans suffering acute stroke, without side effects.

Ongoing research at Quietmind Foundation in Plymouth Meeting involves using LEDs to give brief, intensive near-infrared stimulation to reverse the degeneration of brain cells and improve brain-tissue health and prevent further damage caused by lack of blood flow and inflammation.

We see autistic children, brain-injured veterans and people with Alzheimer's and Parkinson's disease show marked improvement when exposed to NIR stim-

ulation and other noninvasive, non-drug therapies. These treatments work because the NIR frequencies can easily penetrate the body and stimulate tissue and generate cellular-level changes needed for healing to occur.

Studies have shown that NIR stimulation can kill the antibiotic-resistant MRSA germ and greatly improve wound healing rates.

Lower frequency light therapies can help treat disorders such as acne and subsequent scarring, bone and muscle repair, carpal-tunnel syndrome, bursitis, tendonitis, ankle sprain and temporomandibular joint dysfunction, shoulder and neck pain, arthritis and post-herpetic neuralgia, as well as tissue repair in cases of diabetic ulcer, venous ulcer, bedsore, mouth ulcer, fractures, tendon rupture, ligament tears, torn cartilage and nerve injury.

Scientific advances in photobiology are improving our understanding of the basic mechanisms underlying LLLT and transforming clinical treatment in numerous health-care sectors, including ophthalmology, neurology and neuropsychiatry, dermatology, dentology and



regenerative and pain medicine.

Devices are now available to treat a variety of conditions, but caution is helpful and a good deal of research is important in getting the best device for the money. Some units are FDA-approved for specific conditions like pain management and are available only with a doctor's prescription. Many orthopedic rehabilitation, chiropractic and osteopathic clinics now offer phototherapy treatment, and it is covered by some medical insurance plans.

Marvin H. Berman, PhD, CBT, is president of the Quietmind Foundation and a member of Weavers Way's Health & Wellness Committee. Reach him at marvinberman@quietmindfdn.org

Views expressed are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for talking to your health-care professional.

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The Truth About The Marsupial In Our Midst

by Brenda Malinics, for the Shuttle

THERE IS A MARSUPIAL AMONG US an opossum, that is. This oft-maligned backyard visitor is one of the world's oldest species, with a unique set of characteristics.

The opossum is North America's only marsupial; most marsupial species live in Australia. Like kangaroos and koalas, female opossums have pouches where their young continue to develop after a rapid 12-day gestation period inside the female's uterus.

Most people incorrectly believe opossums are rodents because they have scaly tails and pointed faces. Some find opossums scary-looking and believe they are vicious. In reality, opossums are quite timid for a wild animal, and only appear ferocious because they have so many teeth — 50 to be exact, more than any other mammal. Opossums are 24 to 40 inches long, including that 10-12-inch tail, and weigh between 4 and 12 pounds, about the same as an adult cat. (Cats, by the way, have only 30 teeth.)

Opossums really do faint when frightened, hence the term "playing opossum." When an opossum gets scared, it opens its mouth, drools, foams (or poops) and falls to its side, feigning death. Its eyes and mouth remain open, its tongue lolls out, its forefeet clench and its breathing becomes very shallow. It can stay like this for minutes or hours.

This strange behavior has led many to supposed that an opossum in this state is rabid. However, this is actually extremely unlikely because the body temperature of opossums is much lower than other mammals, and not conductive for the fragile rabies virus to grow. Opossums are eight times less likely to carry rabies than feral dogs.

Opossums' tails are prehensile, adapted for grasping and wrapping around things like tree limbs. The opossum can hang from its tail for short periods of time. Opossums have also been observed carrying bundles of grasses and other materials by looping their tail around them.

Opossums are nocturnal, omnivorous and opportunistic. They will eat pretty much anything, from fruit to mice to insects, and, of course, they will sample your trash if they have a chance. They are happy to sleep in a tree cavity or an abandoned car. Interestingly, they seldom



Opossums really do this . . .



... and this ...

spend two nights in the same place.

They have an unusually high need for calcium. This prompts them to eat skeletons of rodents and roadkill, making them the sanitation workers of the wild.

They are great to have around a garden because they love to eat slugs. They can also eat venomous snakes because they are immune to the effects of the venom. Opossums are also fastidiously clean, constantly grooming and so consuming ticks and fleas.

When a female opossum gives birth (to a litter of 5 to 15), her offspring are only a half-inch long and weigh 0.005 ounces — the size of a honeybee. The hind limbs are rudimentary but the forearms have claws for climbing through the female's fur in search of the pouch with mammary glands, where most of their development will occur.

When a young opossum attaches to a mom's nipple, it swells and forms a bulb in the baby's mouth which helps it stay attached. The young grow rapidly, doubling their size in one week. The female can also close her pouch so the young do not fall out. After 8 to 9 weeks, the nip-



... and this. (Note: Not really dead.)

ple shrinks, encouraging the young opossums leave the pouch for short periods. The youngsters begin riding on their mom's back for foraging expeditions at this age and it is also the time when young opossums fall off and perish. Sadly, mom is focused on food, not keeping track of her offspring, so she keeps walking and leaves some of the kids behind. By 3 to 4 months of age, any surviving opossums start fending for themselves.

Opossums are very slow creatures, (with a running speed of only 4 mph) and many end up as roadkill. The average lifespan of a opossum is only a year and a half. They do not hibernate, and because Pennsylvania is at the northern limit of their territory, many opossums do not do well in winter. They often lose the tips of their ears and tails to frostbite.

Their hearing is not keen, and their eyesight is weak. On the other hand, they are excellent climbers, with an opposable thumb (called a hallux) on the rear foot, and good swimmers, and have an excellent sense of smell and touch.

Male opossums are called jacks and females are called jills, and the young are referred to as joeys, just like their Southern Hemisphere cousins.

Pretty cool creatures, these opossums. Let's spread the word.

bmalinics@gmail.com



ECO TIP

by Marsha Low

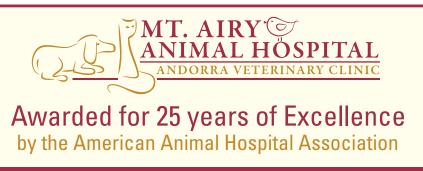
Environmental Impacts of Toilet Paper Use

Worldwide, the production of toilet paper wipes out 27,000 trees a day. Some of the pulp used to make virginfiber toilet paper comes from old second-growth forests that serve as important absorbers of carbon dioxide, and some even comes from the last virgin North American forests, which are an irreplaceable habitat for a variety of endangered species.

Every day, we Americans use about 57 sheets of toilet paper, which adds up to 20,805 sheets, or 42 rolls, per year.

That's a lot of TP!

You could try to use less, and buy only recycled toilet paper whenever possible. Toilet tissue with 100 percent recycled-paper content makes up less than 2 percent of the U.S. market. According to the U.S. Environmental Protection Agency, if every American replaced just one roll of virgin-fiber toilet paper with a recycled one, we could save 470,000 trees.



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Let's Get Cooperative & Start a **Weavers Way Bottle-Brick Bank**

by Betsy Teutsch, for the Shuttle

EDUCE, REUSE AND RECYCLE" IS The environmental mantra. Upcycling, create something of greater value out of waste, is also a central conservation practice. Fabricating bottle bricks is a fun and productive way to upcycle.

As my husband, David, can attest, since preparing for my November 2014 Shuttle bottle-brick column, I dedicated a corner of my kitchen to brick bottling. Our two-person household produces enough waste to fill a few 20-ounce or one-liter bottles a week. Wrappers, package liners, dead batteries, mesh produce bags, plastic wine corks, yogurt tops, dry pens, bread tags, thermal paper receipts —all are reborn as bottle bricks, dubbed "portable landfill units." Except for the bottles themselves, this was all trash that could not be recycled.

But what to use them for locally?

One challenge in innovation is managing supply and demand. Without demand for our bottle bricks, people lack motivation to create them. Without a reliable supply, households or organizations are deterred from tackling constructions projects that utilize them.

Viewing a photo of a bottle-brick retaining wall at a school in the Philippines, it hit me: That's a perfect use for Mt. Airy's bottle bricks. Many, many local properties could use retaining structures to prevent eroding soils from washing onto sidewalks and streets

Hence my proposal: A Weavers Way Bottle Brick Bank.

Here is how it could work — subject to input, of course.

1. We need a bottle-brick storage site. Who out there — individual, business or organization — can offer space in a garage or other venue, indoors or outside, for bottle bricks? They are waterproof and can handle weather, but they need to be stacked or crated.

Once a storage site is established, we need a system of drop-off locations where people take responsibility for the donated bricks, transporting them to the central location along with their own.

- 2. We need people to master bottlebrick retaining-wall construction. Do you have engineering, design, masonry, construction or landscape architecture skills to share with the Mt. Airy Bottle Brick team?
- 3. We need a venue for a pilot project. Would you like a low retaining wall on your property? Speak up! Our guinea-pig tester can be a private citizen. just so the demonstration retaining wall is visible to the public.
- 4. We need laborers, to build the walls. This would be a wonderful employment project for young people. Ideas?





When our system is established, we

can encourage households and schools to

create bottle bricks, decreasing our local

waste stream, and deliver them to our bot-

tle-brick bank. Those embarking on proj-

ects can figure out how many they will

need and pick them up for free. We can

also encourage schools, houses of wor-

lot of trash that can't be recycled, left; a "bank" would require someplace where the bricks could be stored.

ship, nature centers and the like to launch their own projects, educating their communities on bottle-brick making.

Let's make Mt. Airy a center of bottle brick buzz!

If you want to join in creating this innovative project, please email me: BPTeutsch@comcast.net.

> Betsy Teutsch is the author of "100 Under \$100: One Hundred Tools for Empowering Global Women." Bottle bricks are tool No. 74.

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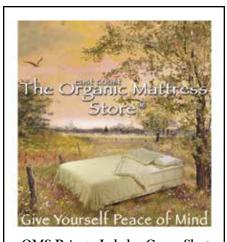
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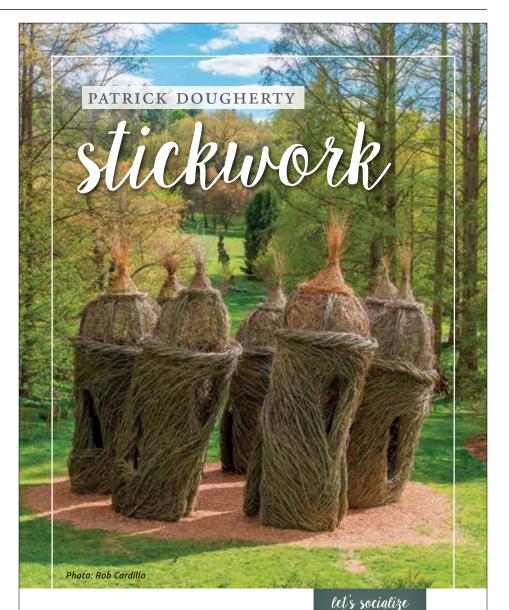




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The Passionate Gardener 🗕

The Chores of August

by Ron Kushner, for the Shuttle

PLANT LETTUCE, RADISHES AND OTHer greens for a fall harvest.

Plant a buckwheat cover crop in empty spaces and "Nemagone" marigold seeds where next year's tomatoes will be planted.

The fall red raspberry harvest should be starting. Keep a watchful eye so you can beat the birds.

Harvest tomatoes, squash, peppers, onions and cucumbers. Make pickles!

Little melons are starting to show and some could be harvested if ripe. Most ripe melons will separate from the vine easily with a gentle "push" against the stem.

Caryopteris (a/k/a bluebeard or blue mist) will be showing its first blue blossoms.

Make sure the garlic is all harvested.

Harvest sweet corn and fertilize if tassels are showing.

Plant garden borders and rock gardens with Daphne stonecrop (*Sedum sieboldii*, *Sedum spurium* "John Creech" or other varieties available in garden centers).

Plant carrots and winter squash for fall

Stake dahlias and deadhead perennials as needed.

Trim back Joe-Pye weed (*Eutrochium* species) for more fall blooms.

Harvest beets and plant more for a late fall harvest.

Harvest beans and eggplant.

Harvest kohlrabi.

Weed around blueberries and corn if not heavily mulched.

Make gazpacho!

Check everbearing strawberries daily and harvest before the birds do it for you. Make sure they are absolutely ripe, as they will not ripen further once they are picked.

Plant grass seed by the 15th. This is the best time of the year to seed or overseed.

Leave some artichokes on the plant for their stunning bright blue flowers (an unusual color in your garden).

Plant kale seeds for fall harvest. The colder it gets, the sweeter the leaves will be

Start to trim down *Silphium* ("cup plant") stalks as the flowers disappear. But make sure you leave the seeds for the birds, especially goldfinches.

Buy corn gluten meal for September application. It will not only fertilize but also will keep fall weed seeds from germinating. But do NOT apply if you plan to plant grass seed; it will prevent germination. Wait until April.

If container cherry tomato vines are looking bedraggled, cut them down and plant lettuce or other greens for fresh salads in the fall.

If you are composting stalks and vines from spent vegetables, make sure you chop or shred them first so they decompose faster.

Plan your crop rotation now for next year's season.





To keep Joe-Pye weed, top, in flower, some deadheading may be in order, and Silphium, which you might know as cup plant, left, may also need some attention. Caryopteris, or blue mist, below, is just starting to flower. Who says nothing is blooming in August?



As you harvest, if you are not going to plant a cover crop, add plenty of compost for protection over the winter. This will insulate the soil and keep soil organisms working for a longer period of time. Chopped and shredded leaves also provide excellent cover and will break down

over the winter so spring planting can begin with less labor.

Shop for shrubs, trees and perennials now. Fall is the best planting time and as the season ends, many plants will go on sale.

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All That Trash Doesn't Make A Splash at **Devil's Pool**

by Erin Mooney, for the Shuttle

N A RECENT SATURDAY AFTERNOON, Devil's Pool was a happening place. Families gathered on the rocks, taking dips in the creek water, watching the more adventurous jump from overhanging rocks into the deep water. A man tended to his charcoal grill and smoke filled the humid air. Two girls in bikinis floated along in an inner tube. A wet toddler giggled with delight as someone helped her wade through the water. Next to the creek, two young men walked up the trail carrying a case of Bud Lite. Another man slid down a submerged tree, dangling himself over the water. Next to them, a mother and son took selfies on the rocks.

Two nights earlier, a huge rainstorm had descended, and the waters of Wissahickon Creek were still coffee-colored and much higher than usual. It was impossible to see the bottom, which made wading dangerous. The likely source of all that creek water was storm runoff from streets, parking lots and yards, some of it polluted, starting miles above where the Wissahickon enters the city.

None of that deterred the people who came to cool off that day.







FOW workers take a break from their labors of hauling out Devil's Pool trash — which might include, on any given weekend, a beer keg (right).

And after a busy summer weekend, Devil's Pool looks like the aftermath of street festival. Food wrappers, soft-drink bottles, beer cans, soggy shoes, blunt wrappers, dirty diapers, even broken strollers and abandoned bike parts, are all strewn about.

Keeping Devil's Pool clean and safe

is a high priority for Friends of the Wissahickon during the summer. This year, we have three extraordinary seasonal employees who do trail maintenance throughout the park and work to educate and do outreach with people having fun in Devil's Pool. Although these FOW employees cannot enforce the rules, they can



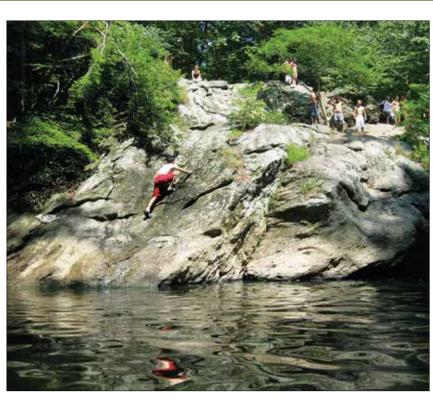
and do offer gentle reminders about picking up after themselves. They also talk with people about the dangers of swimming and jumping in Devil's Pool.

But much of their work there is cleaning up trash—it's not uncommon for the crew to remove several dozen bags full from the area each weekend — and it's not enough. We struggle to keep up with the daily amount of trash at the site and rely on our amazing volunteers to help us maintain the site during the summer.

If you have the time, we would welcome the help. Join us for a good old-fashioned Devil's Pool cleanup. Our next one is Saturday, Aug. 22. Meet at the trailhead at Valley Green Bridge at 9 a.m. We'll be collecting garbage, removing graffiti, and enjoying the pleasant atmosphere of Devil's Pool until 1 p.m. We provide gloves and trash bags! And, of course, Weavers Way working members earn work credits by volunteering with FOW.

Our summer crew has been working hard to keep Devil's Pool beautiful, but they can't do it alone.

Erin Mooney (erinrosemooney@ gmail.com) is a publicist for Friends of the Wissahickon. Visit the website at www.fow.org for information about volunteering and other FOW programs.



Maybe the local daredevils are the pool's namesake.

Devil's Pool Has Drawn Them for Centuries

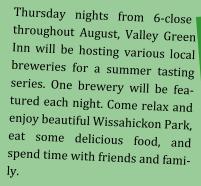
EVIL'S POOL SITS AT THE CONFLUENCE OF WISSAHICKON AND CRESHEIM CREEKS and has been a popular gathering place since Revolutionary times. The pool, 20 feet wide and at least 12 feet deep, was formed by Cresheim Creek as it passed over a series of waterfalls.

Many tales are told of the origin of the name Devil's Pool or Devil's Hole. Native American stories told of drownings in the pool's deep water.

In the late 1800s, rustic wooden walkways, a bridge and a gazebo were installed around the Cresheim Creek falls. A splendid view of Devil's Pool was possible from these structures. Flood waters from hurricane Agnes swept them away in 1972. Friends of the Wissahickon oversaw the construction of a 50-foot fiberglass bridge over Cresheim Creek in 1991. The high-strength components of this bridge were designed to withstand floods; however, it also was swept away by a flood in 1999. Only one bridge remains over Cresheim Creek: a single stone arch that encloses the pipe carrying wastewater from all of Chestnut Hill.

— Dena Sher, former FOW board member

Summer Series



The event will be taking place on the front lawn so B.Y.O.B. or C. — Bring Your Own Blanket or Chairs

Cornhole and Ladder Golf will be available to play, and Sly Fox will be bringing Kan Jam for guests to enjoy as well.

Event Dates

- ♦ Flying Fish 8/13
- ♦ Sly Fox 8/20
- Yards 8/27

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Any questions call (215) 247-1730 and ask for Maggie

or Maggie@valleygreeninn.com



LandLab Residency: Restoring the Land Through Environmental Art

by Christina Catanese, for the Shuttle

PUTTING THE WORDS "ART" AND "ENVIRONMENT" together may conjure images of flower photography, landscape painting or Audubon's famous illustrations. But in the Schuylkill Center's environmental art

program — the only such program in Philadelphia and the most ambitious at a nature center nationwide — we widen our lens to work with the most cutting-edge indoor and outdoor contemporary visual artists who are engaging with the complex environmental issues and ecological topics of our time.

At the Schuylkill Center, managing our forests involves daunting obstacles: invasive species, deer that overgraze the forest, erosion from increasingly large storms and the myriad impacts of climate change. But these challenges present opportunities to develop creative approaches that generate novel outcomes. LandLab,

a new artist residency at the Schuylkill Center, represents a new frontier in environmental art and land stewardship, asking artists to explore creative ways to respond to these pressing problems and involve other people in the solutions.

For LandLab artists, the Center's fields and forests serve as both studio and laboratory to grapple with how art can address ecological issues.

The residencies unfolded over a full year, starting in April 2014, allowing artists to see the site over all seasons, try out ideas, collaborate with scientists and our staff and see how natural processes respond to their work.

Though the residencies technically ended in the spring, it will be months, even

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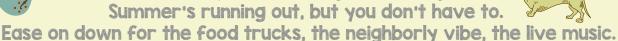






Chilin' and Truckin'

Thursdays at the Co-op from 5-7 p.m.







(Continued from Preceding Page)

years, before we fully know the impact of these installations. Already they have begun to transform their environments, and in turn be transformed by them.

We the Weeds, a project of artist Kaitlin Pomerantz and botanist Zya Levy, harvested and wove with invasive vines, and installed them in a vine-infested meadow at the Schuylkill Center. Already the living vines have begun to consume their tapestried counterparts, just as the artists imagined.

Sculptor Jake Beckman constructed a wooden sculpture containing the seeds of its own undoing – inoculated with mushroom spores, it will give rise to fungal blooms and slowly be reabsorbed back into the environment, enriching soil health.

So far, white turkey tails, iridescent mycorrhizal filaments, and fuzzy green mold have begun to grow.

B. H. Mills, Maggie Mills and Marguerita Hagan constructed a native pollinator garden to provide food and habitat for native pollinators. In its second growing season, the garden is incredibly lush — this summer, the hyssop and bee balm stretch taller than me — and has proved popular with insects of many kinds, as well as hummingbirds.

And Leslie Birch's #StormSnakes, a playful take on water bars, have been doing their job stopping and slowing runoff in areas of our property that experience erosion, while the stream monitor she helped install collects data about the impact of stormwater on our first order streams.

These truly living installations will remain on site for



compartments, above and left, inoculated with mushroom spores; below, the native pollinator garden in its infancy.

the long term, allowing us to monitor and observe how time and nature act on them. I invite you to explore these art works that are also systems, and keep coming back -I guarantee things will be different every time you visit. And please share your photos and observations with us to help document the constant change.

> Christina Catanese directs the Schuylkill Center's environmental art program. Reach her at christina@schuylkillcenter.org.

Visit the center's website at www.schuylkillcenter.org.





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Going fast: Henry Got Crops honey (and local plums!) at the farmstand at Saul.

Our Own Local Honey? Sweet!

by Stephanie Kane, Weavers Way **Local Purchasing Coordinator**

NEXT TO THE FABULOUS PRODUCE we get from our own Weavers Way Farms, there are few products to be more excited about than our very own honey. It's straight from the hives at Henry Got Crops, which Weavers Way runs in partnership with Saul High School in Roxborough. If you shopped the HGC farmstand last year, you may have caught the first batch. This year, the hives have been expanded enough for us to offer it at the stores as well. But its still a limited edition, with only about 200 total jars available.

Part of what makes it exciting to offer such a pure and simple product is that it's actually unique, since a lot of commercial honey has been shown to have dubious origins. Honey can easily be adulterated with corn syrup. In a situation very similar to current issues with olive oil, honey can be labeled "Product of . . ." wherever it was packaged, even if comes from elsewhere. Plus, there is no standard process for analyzing the botanical origin (e.g., "sunflower," "blueberry") or geographical provenance of honey after it's been processed.

While we do take careful steps to control where the honey we sell at the Co-op comes from, our Henry Got Crops product is the only one we've actually seen harvested!

You may have heard of honey's alleged anti-allergy effects. No studies have been able to back this up, but the idea behind it is that it's a form of immunotherapy, in which the body gradually adjusts to the small doses of pollen in the grasses and flowers that give you so much trouble. For this to work, the honey should be as local as possible, and raw, since many large manufacturers heat the honey and filter out the pollen. So if this is your goal, Henry Got Crops honey is

Honey has a long and fascinating

- Honeybee fossils have been dated back 150 million years
- A strong beehive can produce two to three times more honey than the 20-30 pounds it needs to survive the winter.
- Honey naturally contains hydrogen peroxide, known for its antibacterial properties, which accounts for why it has long been used to treat wounds.
- Low in moisture and extremely acidic, it keeps almost indefinitely. Pots of honey have been excavated from ancient Egyptian tombs.
- Honey makes a great skin cleanser it attracts dirt from the pores, and has antimicrobial properties.
- According to the National Honey Board, honey contains "small amounts of a wide array of vitamins and minerals, including niacin, riboflavin, pantothenic acid, calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc."

Henry Got Crops honey is available in our Chestnut Hill and Mt. Airy stores, and at the Saul farmstand on Tuesdays and Fridays. Get it while it lasts!

skane@weaversway.coop

Be a savvy shopper and make sure you really are buying fresh and local when you shop a farmers market.

It's summertime, and farmers markets are everywhere. We encourage our shoppers to buy directly from farmers whenever possible.

But farmstands may sell products from several farmers, and some carry the same commodity items you can find at the supermarket.

So remember to ask these questions at the farmers market:

- Did you grow this?
- What growing methods did you use?





TUESDAY, AUGUST 18

6-8 PM

HOMETOWN HERBS HOW-TO: Tinctures and Glycerites

Herbal experts April Pedrick and Amy Hsu will bring out your inner 5th-grade science student. They'll show how to preserve plants with alcohol and glycerin for medicinal uses both internal and external. Henry Got Crops Farm. \$5 materials charge

SATURDAY, AUG. 29 9 AM-4 PM

Intro to Aquaponics

This is a repeat of the July 11 workshop. Aquaponics is about growing vegetables and fish in an integrated system you can maintain in your backyard. This all-day, \$120 workshop from sustainable engineering company Integrated Symbiotics is at the Chestnut Hill store. For info and to register: www.integratedsymbiotics.com/ events or 267-446-5776.

WEDNESDAY, SEPTEMBER 2

7-9 PM

FOOD IN JARS: Low-Sugar Spiced Plum Jam

Love jam but not all the sugar? Cookbook author and Food in Jars blogger Marisa McClellan will show you how to make delicious low-sugar jam using Pomona's Pectin. All students go home with the recipe and canning details, and a jar of the jam they made. Chestnut Hill Friends Meetinghouse. \$30

TUESDAY, SEPTEMBER 22 6-8 PM

HOMETOWN HERBS HOW-TO: Oils and Salves

As cooler weather arrives, you'll be happy to know how to create skin-nourishing oils and salves — also great for cuts and scrapes! Herbal experts April Pedrick and Amy Hsu show how to extract plant properties into oils that can be used for a variety of salves. Henry Got Crops Farm. \$5 materials charge

FARM VOLUNTEER DAYS

GET YOUR HANDS DIRTY!

at the Henry Got Crops CSA farm at Saul High School in Roxborough or our Mort Brooks Memorial Farm at Awbury Arboretum in Germantown.

One Saturday a month, 9 a.m.-1 p.m, SATURDAY, AUG. 1: Mort Brooks SATURDAY, SEPT. 5: Henry Got Crops SATURDAY, OCT. 3: Mort Brooks



To register for paid workshops: www.weaversway.coop/homesteading or s.coop/1wk2m

For more info: skane@weaversway.coop

Henry Got Crops Farm, 7095 Henry Ave.

Mort Brooks Memorial Farm, 1011 E. Washington Lane

Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane







Weavers Way Farm field assistant Andrew Woodruff mostly works at the Awbury farm, but we took his picture at Henry Got Crops at Saul High School.

He Planted Himself Outdoors

S A YOUNGSTER GROWING UP IN BUCKS COUNTY, MY FAVORITE ACTIVI-A ties included climbing trees and examining plants wherever I went. I'm happy to say that some things never change! Now I am proud to make a living caring for the plants at Weaver's Way Farm.

Working as a field assistant, primarily at the Mort Brooks Memorial Farm at Awbury Arboretum, I feel privileged to be involved in the cooperative food system. And it's exciting on Fridays when I have the opportunity to witness our Community Supported Agriculture participants pick up their shares at Saul High School. It is incredible to see how a relatively small number of families can support our thriving farm operation. To see the plants we grow from seeds go directly to the tables of appreciative families has been inspirational.

In 2009, I moved to the great culinary city of New Orleans to attend Loyola University. There I studied Music Business and did production work for concerts and festivals. Returning home in the summers, I worked for Blue Moon Acres, an organic farm in Pennington, NJ. What started as a summer job led me to adopt agriculture as my vocation. Although I found the culture of music, food and drink in New Orleans to be pleasing, at times it could be stifling. I longed for the feeling I got working outside in the field as the world wakes up.

Over time, my interest in the science and practice of sustainable agriculture grew. I began to understand how America's food system has put an increasing value on convenience and economy, allowing nutritional quality and environmental impact to take a back seat. As a result, I have come to consider the local and organic food movement as a world view, rather than simply a consumer trend. Developing sustainable farming systems and connecting growers with mindful customers supports a larger economy that can be a powerful force for change in the world.

I believe access to wholesome, affordable food should be a universal human right. Too many people, many Americans among them, do not have access to substantive food. I hope that co-ops like Weavers Way can be trendsetters in combatting this problem. At Weavers Way Farm, we have a responsibility to treat the soil like a partner in sustaining life, rather than as an expendable line item. And I appreciate co-op stores because they operate both ethically and sustainably and have been doing so quietly for decades.

Last summer. I was able to farm on the mid-coast of Maine, growing vegetables and flowers and caring for perennials. It was then that I decided I wanted to farm full-time. I returned to the Philadelphia area last year and was very fortunate to join Nina and the Weavers Way team this spring. I know I still have much to learn, and I am picking up new things every day on the farm. I am most excited to taste all our different tomato varieties, and to farm into the fall, which will be a new experience for me.

> —Andrew Woodruff Field Assistant, Mort Brooks Farm



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Weavers Way Mt. Airy 559 Carpenter Lane

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8424 Germantown Ave.

Farm produce is delivered to the stores Monday, Wednesday and Friday mornings.

Henry Got Crops Farmstand 7095 Henry Ave. (across from Saul High School)

Tuesdays 2-7 p.m. and Fridays 2-6 p.m., through October.

Weavers Way Farmstand at Headhouse Farmers' Market 2nd and Lombard streets Sundays 10 a.m.-2 p.m.

Weavers Way Community Programs Farmstand in front of Weavers Way Chestnut Hill Tuesdays 3-6 p.m.



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Suggestions

by Norman Weiss, Weavers Way **Purchasing Manager**

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

Two things going on in the food world these days that could have interesting effects on our lives that you may not have heard about: 1) The U.S. House voted to repeal part of the federal Country of Origin Labeling (COOL) law, which went into full effect in 2009. COOL requires retailers to ensure that specified commodities have labels informing consumers of where the food originated. The commodities affected include muscle cuts of beef, veal, lamb, goat and chicken; wild and farmraised fish and shellfish; fresh and frozen fruits and vegetables; peanuts, pecans and macadamia nuts; and ginseng. The House action, if ratified by the Senate, would mean most beef, pork and chicken would be exempted from COOL. The House passed the bill due to threats of retaliatory tariffs from Mexico and Canada on some foods like meats, cherries and chocolate, and non-foods like wooden furniture, mattresses and jewelry. Seems pretty complicated and this is just the tip of the iceberg. Depending on how the Trans-Pacific Partnership gets implemented, there could be other changes in how food is labeled. For example, labeling a food's GMO status could be prohibited. This is all in the name of encouraging global trade. Apparently it's also a bit of a defensive measure in attempting to prevent China from taking too big a share of global trade.

Another interesting part of TPP is that it contains language making patents available for plants and animals. Patenting animals and plants is a fun topic to discuss. Patents are based on intellectual property rights, similar to copyright. It also alludes to ownership, something I wrote about in the June Shuttle. I think the concept is, if you create something original, you have an exclusive right to that thing, which can be used by others only if they have your permission. If the



thing you created turns out to have value in the marketplace, no one can profit from it without your consent, which you presumably would grant if you get a cut of the money. I wonder about this concept; I wonder if anything is really original. The words I'm typing are original in the order I'm putting them in, but I did not invent the language, the words, the letters, the keyboard, the paper, the ink or the concept of patents. (Wait, can I apply for a patent on the idea of patents?) What if Purina breeds a few breeds of dogs suitable for different situations — small dog that loves walking on sidewalks (for apartment living), medium-size dog that won't pee on nice lawns (for suburban homes), a dog that can drive a car for the sight-impaired. The dogs are bred to eat and thrive only on a certain Purina dog food, unique to that breed, so sales would be almost guaranteed. Would they make these dogs sterile to avoid patent infringement? Reproduction only by licensed cloning labs? Brave new world . . .

Speaking of patents, a sales rep recently offered our grocery buyers a deal on Penta Water, which has these marketing and health claims: "Patented 13-step, 11-hour filtration process. Spins water under high speed and pressure (cavitation). Produces smaller, more readily absorbed water clusters, providing advanced hydration." Penta Water is one of about 40,000 items being sold by the largest natural-food wholesaler in the United States. Makes me wonder what "natural" means. Is cavitated water in plastic bottles natural? It's not like you can find it growing in the woods.

It also makes me wonder what "advanced hydration" is and why it's desirable. Most people seem to be getting

(Continued on Next Page)

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Our society invested heavily in creating systems to provide clean, drinkable water, and instead of choosing to maintain that system, we've let it deteriorate, spending our money on packaged water products, expending our finite resources on advertising, packaging, transportation and recycling and/or landfilling.



(Continued from Preceding Page)

along fine with what must be, what, "undeveloped" water?

Judging by what Weavers Way shoppers are buying, we must be pretty hydrated. In fact, last week I happened to look at a couple of grocery pallets being delivered. Almost all the cases on the pallets were, by weight, mostly water bottled fruit juices, coconut water, soy-almond-rice-hemp milk, kombucha, soda and, of course, plain water.

It's interesting to think that in the past our society invested heavily in creating systems to bring clean, drinkable water to almost every building we built, and public health was greatly improved as a result and somehow, instead of choosing to maintain and improve that system, we've let it deteriorate while spending our money on packaged water products, expending our finite resources on advertising, packaging, transportation and recycling and/or landfilling the resulting trash, when what we need for hydration is already typically no farther than a few yards away.

Maybe it's tap water that is actually advanced hydration.

suggestions and responses:

- s: "I see from Troutman's website that they sell organic, natural and 'regular' beef. It would be nice to have bones for broth that are organic or at least natural."
- r: (Dale MA) We have been carrying Troutman bones through the winter. We get the natural ones and they are displayed in the meat section of the freezer. We also carry their beef liver.
- **s:** "Kind of doing a disservice to the Ash-

bell's guy who came out to sample his smoked turkey the other day. It's good stuff — why is it shoved in a pile at the bottom of the cheese case? Shouldn't it be with charcuterie?"

- r: (Margie MA) We had Ashbell products with the charcuterie for many weeks and it didn't sell. We moved it to the cheese case for more visibility, but that didn't work either. Unfortunately, it is being discontinued for now. I agree it is a great product. I buy it myself. I think it was too expensive for many people.
- s: "I love watermelon and would buy it here if it were cut in halves or quarters. I think others would do the same. You could just cut up a few and leave the rest whole."
- r: (Jean MA) You read my mind! We are now in the process of figuring out where, when and how to cut watermelon and cantaloupe. We have very limited preparation space, so it's not easy to establish a new process. Ask the next time you are in.
- s: "So, I wrote a request for the Lavender Kombucha from the Organic Raw Enlightened brand and never heard back. I was told we had it once. I tasted it at Whole Foods and really liked it. Was hoping we could try it again."
- r: Kathryn (MA) Lavender was one of my favorites too! We carried it for about six months, but it was the slowest-selling of the kombucha flavors. We had to throw half-cases away several times because they expired before we could sell them. So we won't be bringing it back again. So sorry to disappoint, but you can pre-order a case of 12 for \$34.02.
- **s:** "Could we carry organic cherries that are sold by the pound? If not, how about

(Continued on Next Page)

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GLENSIDE

Worker Co-op Cafe **Seeks Support From Community**

by the Worker-Owners of W/N W/N

X/N W/N ("WIN WIN") IS A COOPERAtively owned and operated cafe, bar and kitchen that opened last December at 931 Spring Garden St.

We are a group of young restaurant industry veterans who decided to strike out on our own, coalescing around the notion that responsible use of resources, a commitment to community engagement and just economic relationships are necessary to a well-functioning, sustainable business.

We hope to show our industry peers and the city at large that cooperative economies are a viable alternative to exploitative, hierarchical and unsustainable models of restaurant ownership and management.

We are the collective project of a group of young Philadelphians, native and not. We come from different families, towns, educational backgrounds and walks of life, through which we've developed unique skill sets and areas of expertise.

We are longtime friends and former co-workers who have united under shared experiences — and shared critiques — gained while working long hours in the restaurant industry. Our founding group galvanized around Tony Montagnaro, a native of New Jersey, who, having grown up in his family's chain of pizza shops, has about as much restaurant experience as the rest of us combined. A natural organizer, Tony amassed a group of talented partners, each of us filling a specific capacity in the business.

We are building a diverse staff of energetic, progressiveminded industry professionals ready to show our city new possibilities in the world of food and beverage.

Three separate but interrelated programs make up the base of our operations:

- A "small-batch" kitchen cooking up seasonal, healthful plates with produce sourced from local farms.
- All-day specialty coffee service, featuring exciting coffees from Philadelphia's finest upstart roasteries.
- A thoughtful and approachable bar, serving local beers and seasonal cocktails at affordable prices.







Monday, 7 a.m.-3 p.m. Tuesday-Thursday, 7 a.m.-midnight Friday, 7 a.m.-2 a.m. Saturday, 9 a.m.-2 a.m. Sunday, 9 a.m.-midnight.

Drawing on our group's wealth of experience and strong connections to community and business partners, we have been able to open and survive so far on a remarkably affordable budget. But to secure our project's lasting impact and success, we need further support.

It's time for us to fundraise.

So we are reaching out to the memberships of Philadelphia's longest running cooperatives. We hope this round of funding will help ensure that we remain solvent through next winter, our expected slow season. It will also give us the opportunity over the next few months to make improvements around the shop that include a strong staff, more accessible dishes and some air-conditioning!

Help us sow the seeds of solidarity economy! If you are interested in supporting our project, please contact Win Win Finance Working Group member Will Darwall, will.darwall@ gmail.com, to start the conversation.

And stop by and see us! We're open every day: You can also visit our website, www.winwincoffeebar.com. We don't have a landline, but feel free to email us at winwincoffeebar@gmail.com.

Suggestions

(Continued from Preceding Page)

some smaller pint containers for us who have low or fixed incomes. Also, single people can't eat a large container in a timely manner. This is the first year with these large containers that cost \$8-\$9 each. I don't think I'm the only one who can't afford this."

- r: (Jean MA) Good suggestion, organic cherries are now available by the pound.
- s: "The Vermont Bread Multigrain used to be cut thinner, and is now too thick. Please contact someone on changing it, or why it was changed."
- r: (Matt MA) Sorry the thickness unexpectedly changed. I will see what I can find out. It would be helpful for you and other consumers to call the Vermont Bread consumer hot line at 800-721-4047.
- s: "Bragg's Cider Vinegar and some kind of wine vinegar — you've been out for a while? Can we get some soon, please?"
- r: (Kathryn MA) Bragg's has been unavailable from Bragg's themselves! Apparently it's due to a shortage of apples that meet their spec. We order it three times every week and will continue this practice. Sorry for the annoyance. Regarding wine vinegar — we stock Bellino white wine vinegar, Colavita red wine vinegar and Spectrum red and white. I welcome suggestions for other brands or flavors.
- **s:** "A while ago, I asked whether you could carry peanut-free almond butter. You responded that you carry Artisana, which I finally saw on the shelf. It's \$20 a jar. So thank you, but can you keep trying? Blue Diamond? Barney Butter? This is out of my league and a necessity in our house."
- r: (Kathryn) Thanks for bringing this to my attention again. The Artisana is going to be discontinued soon anyway, so I'll replace it with something peanut-free and hopefully less expensive. Thanks, also, for the brand suggestion.

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Around here, mosquito season lasts from April to October — not counting global warming. Don't them spoil your endless summer! Grab some Bti dunks from Weavers Way for nontoxic control. Sold at all locations!





What's in Store



We're Putting the 'New' **In Our Catering Menus**

by Bonnie Shuman, Weavers **Way Executive Chef**

TTENTION, DEDICATED WEAV-Aers Way shoppers and members:

Since we opened the Chestnut Hill store five years ago, we've pretty much had the same catering menu, and we think it's time to shake it up a little bit. So we wanted to give you ample notice that we are in the process of refreshing our menus. Of course, we will keep some of the most popular items, but we plan to introduce some new items. We will also be tweaking our prices, lowering them on some items and making some minor increases where we've seen the price of raw materials going up.

We are also working on reformatting the menus to make them easier for you. We hope to provide suggested quantities and make our minimum orders easier to understand. (Is it by weight? By each?)

We also want to encourage you to consult with our chefs on our custom packages, in which we can design an entire menu for you at a per-person

We hope to roll out the new menus by September or October.

If you haven't used our catering services, we hope you will consider us for your next special occasion — or when you just want to sit back and let us do the work so you can enjoy your own dinner!

We don't provide staffing, but do have an outside contractor we work with if you need us to set you up with servers.

I always say that our catering services are the best-kept secret at Weavers Way. I am hoping to change that, one party at a time — and as evidenced by the amount of catering we are currently doing, we are getting there!

Please feel free to email any suggestions of items you would like to see on our menu, or to share any of your concerns.

bonnie@weaversway.coop









AUGUST

CALENDAR of EVENTS

ALL MONTH LONG

OUR FARMSTANDS



HENRY GOT CROPS, 7095 Henry Ave., at Saul High **School**, 11 a.m.-7 p.m. Tuesdays/ 11 a.m.-6 p.m. Fridays WEAVERS WAY FARMS AT HEADHOUSE, 2nd &

Lombard streets, 10 a.m.-2 p.m. Sundays

WEAVERS WAY COMMUNITY PROGRAMS, outside the

Chestnut Hill store, 3-6 p.m. Tuesdays

WEAVERS WAY CHESS CLUB, Read & Eat, 7141 Germantown Ave., 7 p.m. Mondays

Saturday, Aug. 1

Volunteer Saturday at the Farm

Join our farmers for a day of weeding, planting and getting your hands dirty. Mort Brooks Memorial Farm at Awbury Arboretum, 1011 E. Washington Lane. Info: skane@weaversway.coop.

Behind the Fence Festival at Wyck

Vist the historic Germantown treasure that is Wyck House during the annual Behind the Fence: Homegrown festival. Tour the gardens, watch demos, enjoy live music and childrens activities, learn about the Philadelphia Orchard

Project and Roughwood Seed Collection and visit the vendors, including Weavers Way.

Tuesday, Aug. 11

8-9:30 p.m.

Movie Night at the Farm: 'Stuart

The show starts at sunset. Bring a picnic and a blanket; come early to shop the Henry Got Crops farmstand at Saul High School until 7 p.m., and spend some time exploring the fields. 7095 Henry Ave. Info: skane@weaversway.coop.

Wednesday, Aug. 12

11:30 a.m.-6:30 p.m.

Weavers Way Blood Drive

Bloodmobiles from the nonprofit Miller-Keystone Blood Center will be at both stores. For more info or to sign up, contact the Weavers Way HR Department at hr@weaversway.coop or visit Miller-Keystone at GIVEaPINT.org (online registration sponsor code: 6987).

Wednesday, Aug. 12

6:30-8:30 p.m.

Welcome Meeting for New Members

Learn about your Co-op membership, and earn 2 hours work credit! This month in the Community Room at 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: member@weaversway.coop or 215-843-2350, ext. 119.

Thursday, Aug. 13 Chillin' & Truckin' in Mt. Airy

Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill. Mt. Airy only: Sorbello Girls farmstand from Mullican Hill, NJ!

Homesteading Workshop: Hometown Herbs How-to — Tinctures & Glycerites Herbal experts April Pedrick and Amy Hsu will bring out your inner fifth-grade science student with this workshop! They'll show you how to preserve the qualities in plants for uses internally and externally. Henry Got Crops farm, 7095 Henry Ave. \$5 materials fee. For info and to register: www.weaversway.coop/homesteading.

Wednesday, Aug. 19

Weavers Way Member Forum on Pricing & Food Access

If you are concerned about what kinds of products the co-op makes available, how much they cost, how well they serve our community of members, what the bigger picture is and how co-ops can respond to the problems of mainstream food systems, bring your voice to this discussion with Board and management staff. In the community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@weaversway.coop or 215-843-2350, ext. 118.

Chillin' & Truckin' in Chestnut Hill
Take a broad and the street of the Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill.

Wednesday, Aug. 26

Weavers Way Member Forum on Expansion

Join Co-op Board and staff to talk about the idea of a bigger Weavers Way. Should we open a third store? In what other ways would you like to see us expand — or not? Contact outreach@ weaversway.coop or call 215-843-2350, ext. 118, to RSVP and for the location of this house meeting.

5-7 p.m.

Chillin'-n-Truckin' in Mt. Airy

Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill. Mt. Airy only: Sorbello GIrls farmstand from Mullica Hill, NJ!

Saturday, Aug. 29

Homesteading Workshop: Intro to Aquaponics

Learn about aquaponics, growing vegetables and fish in an integrated system you can maintain in your own backyard. Integrated Symbiotics, a sustainable engineering company, will be at Weavers Way Chestnut Hill to teach you how. \$120; class limited to 14 participants. For info and to register: www.integratedsymbiotics.com/events or 267-446-5776.

Check the ONLINE EVENTS CALENDAR for the LATEST UPDATES WWW.WEAVERSWAY.COOP

To suggest an event, or for more information, contact Outreach Coordinator Bettina de Caumette: outreach@weaversway.coop or 215-843-2350, ext. 118.

Cooperator of the Month



David Rudovsky

Joined Weavers Way: 1983, with his then-wife and two sons

Lives In: Mt. Airy

Current job: Civil rights attorney; founding partner of Kairys, Rudovsky, Messing and Feinberg. Senior fellow at Penn; teaches at the law school there. (Note: he's argued before the U.S. Supreme Court twice.)

Co-op flashback: "In one aisle, it had 85 percent of what you needed. I mean, no choice, but it was all there — vegetables, fruits, some meat. As my kids complained, nothing was sugar."

Co-op job history: In the past, he did the "tofu run," which was convenient from his office in Center City. For the last seven years, he's worked the floor in Mt. Airy.

Favorite Co-op product: Farmer cheese. "I grew up in New York . . . it connects me to my childhood."

Why they're members: "I really see the Co-op as kind of an anchor for this community . . . and more particularly, in the last 10-15 years, it's promoting the food, the local, growing the farm, working with the kids at Henry School ... all that makes it just more part of the community, and part of a larger community."

Why they're working members: "I actually enjoy the work. It just gives me a little bit of an insight into how the operation works, which is nice . . . I always thought for a co-op, a collective, everybody ought to do something."

We're History: Co-op Archives Go to Temple

by Jane Oswald Easley, for the Shuttle

Tt's official. Forty-plus years of Weavers Way memorabilia, papers, and records have become part of Philadelphia's heritage rather than ending up in the recycling bin of history.

In May, the Co-op agreed to donate our archives to Temple University's Special Collections Research Center. The Weavers Way Collection will reside in the SCRC's Urban Archives, where it will be physically preserved, periodically updated, and shared with any researchers who request access to it.

Having been charged with preparing the materials for donation, I have been examining, identifying and sorting the stuff of our past, and have attempted to build a sensible, logical and potentially useful archive structure. This process has opened my eyes to some of the fascinating back-stories of our Co-op.

Things you may not know about your Co-op:

- In 1973, the first store, opened in what had been Sid's Deli, at 555 Carpenter Lane. This store was so small that only a few people could fit in it at once. It even had a waiting room next door in 557.
- The Shuttle has been published, somewhat regularly, since the early days. There was also the occasional single-page news sheet called "The Flexible Flyer," published mostly in the summers or at other times when there was a long Shuttle hiatus.
- According the April/May 1976 Shuttle, during the first three months of 1976, 21 new co-ops (of all types, not just food) were established in the Philadelphia area, with 20 more planned for the second quarter. Unlike most of these early cooperative endeavors, Weavers Way survived, thrived and become a center of our community.
- Ben Feldman (1907-1998), a community activist and one of our early members, was a huge proponent of cooperative organizations. In 1976, he founded the Delaware Valley Coalition for Consumer Education and Cooperation, which initially held its meetings at Weavers Way.
- Another of our illustrious members, microbiologist Albert Schatz (1920-2005) was a co-discoverer of the antibiotic streptomycin. (His wife, Vivian Schatz, has been a dedicated Board member and Shuttle contributor and can still be seen shopping the Mt. Airy store regularly.)

Margery Sly, Director of the Special Collections





Above, the 2nd floor at 610 Carpenter Lane before (and the fact that everything is in labeled boxes is already the upgrade); at left, after the transfer.

Research Center at Temple, has said that our collection will complement others held by Temple's SCRC, among them, the Albert Schatz papers, the Ben Feldman papers, records of both East and West Mt. Airy Neighbors, materials from other northwest Philadelphia organizations and the archives of Philadelphia news organizations, including the complete Bulletin library. This will be valuable for researchers interested in how cities change, the growth of cooperatives and Philadelphia history in general.

With this donation, we preserve the legacy of Weavers Way, the work of our founding members and the story of how we emerged as a cornerstone of the Northwest Philadelphia community.

To find out more about Temple's SCRC, visit library.temple.edu/scrc. At the website, you can explore individual collections through the online finding aids.

janeoeasley@gmail.com



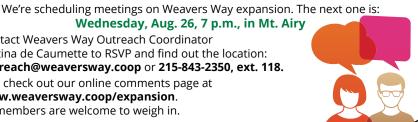
Expansion

Join the Conversation

Wednesday, Aug. 26, 7 p.m., in Mt. Airy Contact Weavers Way Outreach Coordinator

Bettina de Caumette to RSVP and find out the location: outreach@weaversway.coop or 215-843-2350, ext. 118. And check out our online comments page at

www.weaversway.coop/expansion. All members are welcome to weigh in.



Summer Blood Drive

Wednesday, Aug. 12, 11:30 a.m to 6:30 p.m.

Bloodmobiles will be parked outside both Weavers Way stores. Chestnut Hill 8424 Germantown Ave. Mt. Airy 559 Carpenter Lane

Contact the Weavers Way HR Department, hr@weaversway.coop or 215-843-2350, ext. 132, for an appointment, or visit GIVEaPint.org (Online Registration Code: 6987).



We built a Help Desk!



How the office on the second floor of Mt. Airy used to look a place for storage, but not much else.



Facilities Manager Steve Hebden at work. (Because who doesn't love a reciprocating saw?)



Ask him anything: Bulk Manager Luis Cruz at your service!

English Major Secures a Career with Cooking Skills Learned in Childhood

by Karen Plourde, Weavers Way Chestnut Hill **Grocery Staff**

THE CALL OF THE KITCHEN HAS SOUNDED LOUD and strong for Nic Hutnick all her life. The sandwich maker at Weavers Way Chestnut Hill has had a slew of jobs, some of which had nothing to do with cooking. But in times of transition, she'd often return to the hum of food prep.

Nic, 44, learned as a child to cook staples like spaghetti and meatballs and potato pancakes from her paternal grandmother, Audrey. "She cooked for a big family, and she continued, even when she didn't have them around, to cook and freeze everything," she said. "So I was standing at her side, helping her make meatball after meatball after meatball."

After graduating from Jenkintown High School, Nic enrolled at Mary Washington College (now the University of Mary Washington), in Fredericksburg, Va. She majored in English and minored in historic preservation, with the intention of becoming a teacher. But she realized she didn't have the passion to teach — she wanted to make a career out of historic preservation, but her family discouraged that, thinking she'd have a tough time getting a museum job.

Nic returned to the area after college and got a job at Christi Insurance in Glenside. She did "every Godawful computer possibility under the sun" for them and later, for another brokerage. The money was good, but she hated working in an office.

At that point, Nic made a big turn and got hired at Top of the Hill Market in Chestnut Hill as an assistant manager. She put her childhood cooking skills to use there, making sandwiches and helping fill catering orders. To supplement her income, she did stints at other Germantown Avenue operations, including Color Me Mine and Kitchen Kapers, and left Top of the Hill in 2000 to become an assistant manager at Borders.

A few years later, she was hired as the personal assistant to the director of nursing at Phoebe Wyncote. But in 2008, she got pulled back into cooking again, this time for Joshua's Cafe and Catering in Jenkintown.

"Kitchens allow for a lot of movement," she observed. "They allow for a lot of creative freedom. They allow for a quirky personality. You can't always have a quirky personality in an office job."

In 2010, the owner of Joshua's decided to close the cafe, which meant Nic and her co-workers had fewer hours with just the catering business. She knew Bonnie Shuman, Weavers Way executive chef, from their time together at Top of the Hill, interviewed and was hired in November of that year.

A big chunk of Nic's day involves working oneon-one with shoppers at the sandwich station. And while some of her co-workers would rather spend an entire shift chopping onions, she enjoys it.

"I'm probably one of the oddest people on that count," she said. "I am fairly shy [but] my work personality is very different . . . some people just really make me laugh, and it makes my day."

Years ago, the Center City resident was a smoker, and was dared by a friend to run in the Philadelphia Marathon. She's since quit smoking, and has a number

Staff Celebrity Spotlight: Nic Hutnick



Karen Plourde photo

of 5Ks, 10Ks, half marathons and marathons under her sneakers. In addition, she's become an avid photographer, and is thinking about putting together a portfolio.

Nic's favorite Weavers Way sandwich to make is the Magic Carpet — hummus, kalamata olives, feta cheese, roasted red peppers, cucumbers and baby spinach on warm naan bread. But her favorite Co-op product is Weavers Way whitefish salad.

She still isn't sure what she wants to be when she grows up. But, as in the past, she's open to whatever happens. "I think we're always growing," she said. "There's always room for growth here, so . . . it's a place to grow with."

kplourde@weaversway.coop



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

Weavers Way Board

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

The Board doesn't meet in August. The September meeting will be at 7 p.m. Tuesday, Sept. 1. Check www.weaversway. coop for location.

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

2014-2015 Weavers Way Board

President: Chris Hill Vice President: Joshua Bloom. Treasurer: Emmalee MacDonald Secretary: Laura Morris Siena.

At large: Megan Seitz Clinton, Larry Daniels, Lisa Hogan, Stu Katz, Joyce Miller, Linda Shein, David Woo.

The Shuttle

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Mary Sweeten, 215-843-2350, ext. 135 editor@weaversway.coop

Art Director

Annette Aloe, 215-843-2350, ext. 130 annette@weaversway.coop

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OPEN EVERY DAY

www.weaversway.coop Mt. Airy main number: 215-843-2350

Mt. Airy

8 a.m.-8 p.m. 559 Carpenter Lane

Chestnut Hill

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

contact@weaversway.coop

Chestnut Hill main number: 215-866-9150

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

Across the Way Next Door

9 a.m.-8 p.m.

8426 Germantown Ave. 215-866-9150, ext. 221/222

HOW TO REACH US

General Manager (interim) Jon Roesser, ext. 131 jroesser@weaversway.coop

Controller

Nancy Pontone, ext. 116 npontone@weaversway.coop

Purchasing Manager Norman Weiss, ext. 133 normanb@weaversway.coop

Marketing Director Crystal Pang, ext. 121 cpang@weaversway.coop

HR Director (interim) Sherice Sargent, ext. 132 hr@weaversway.coop

Membership Manager Kirsten Bernal, ext. 119

member@weaversway.coop **Outreach Coordinator** Bettina de Caumette, ext. 118

outreach@weaversway.coop Mt. Airy Store Manager

Rick Spalek, ext. 101 rick@weaversway.coop

Chestnut Hill Store Manager Dean Stefano, ext. 212 dstefano@weaversway.coop

Executive Chef Bonnie Shuman, ext. 218 bonnie@weaversway.coop

Farm Manager Nina Berryman, ext. 325 nberryman@weaversway.coop

Next Door Manager Amira Shell, ext. 220

ashell@weaversway.coop Mt. Airy Wellness Manager

April Pedrick, ext. 114 apedrick@weaversway.coop

Pet Department Manager Anton Goldschneider, ext. 276 petstore@weaversway.coop

Grocery

(MA) Kathryn Worley, ext. 140 worley@weaversway.coop (CH) Riley Luce, ext. 217 rluce@weaversway.coop

Prepared Food

(MA) Dave Ballentine, ext. 102 dballentine@weaversway.coop

(MA) Margie Felton, ext. 109 margie@weaversway.coop (CH) Shawn O'Connell, ext. 209 soconnell@weaversway.coop

Meat, Poultry & Seafood

(MA) Dale Kinley, ext. 104 dale@weaversway.coop (CH) Ron Moore, ext. 205 rmoore@weaversway.coop

Produce

(MA) Jean MacKenzie, ext. 107 mackenzie@weaversway.coop (CH) Mike Herbst, ext. 211 mherbst@weaversway.coop

Floral Buyer

Ginger Arthur, ext. 317 floral@weaversway.coop

Weavers Way Welcome Meetings

We encourage new members to attend one orientation meeting. Learn all about our cooperative market, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities around the world. Meet staff and other memberowners and share in some refreshments and conversation. Bring your questions, your curiosity or your experience with other co-ops. Working members will receive two hours credit for attending. We look forward to meeting you!

Attend a Weavers Way Welcome Meeting, **Get 2 Hours Work Credit!**

Meetings start at 6:30 p.m., in Mt. Airy in the Community Room, 555 Carpenter Lane, or in Chestnut Hill upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

RSVP: outreach@weaversway.coop or 215-843-2350, ext. 118.

NEXT MEETING: Wednesday, Aug. 12 Mt. Airy



us!





in the Shuttle advertising @weaversway.coop

OPEN LABOR DAY

from 9 a.m. to 3 p.m.

In the Endless Summer Department, that's Monday, September 7, folks.



August Member Specials

Valid from August 5 - September I

For more member savings, visit www.weaversway.coop



ANNIE'S HOMEGROWN Rice Pasta & White Cheddar 6 oz

\$2.99 REG \$3.65



JOVIAL

Organic Einkorn All-Purpose Flour 32 oz

\$4.69 REG \$6.99



AURA CACIA
Lavender Calming
Foam Bath 2.5 oz

\$1.99 REG \$2.59



CELESTIAL SEASONINGS

Iced Raspberry Black

Tea Bags 40 ct

\$4.39 REG \$4.95



TOFURKY
Organic Vegan Maple

Bacon Tempeh Strips 7 oz \$2 20

\$3.39 REG \$3.75



NATURAL DENTIST

Healthy Gums Daily Oral Antigingivitis Peppermint Twist Rinse 16.9 oz

\$6.99 REG \$7.85



CROWN PRINCE
Brisling Sardines
in Water 3.75 oz

\$2.69



ANDALOU NATURALS

Citrus Verbena Body

Lotion 8 fl oz

\$6.99 REG \$7.99



SIMILASAN

Allergy Eyes .33 oz

\$9.99 REG \$10.89

If you've tuned in to **WHYY-FM** recently, chances are you heard some top-notch journalism or riveting storytelling. Let's share it with the rest of Northwest Philadelphia and get more interesting together.

HERE'S HOW TO GET MORE INTERESTING

START YOUR MORNING RIGHT.

Morning Edition is your perfect companion: gentle, but straightforward, explaining the vagaries of international diplomacy, reporting weather and even recommending the best film in town.

TAKE A BREATH OF FRESH AIR.

Fresh Air is hosted by the fearless and insightful Terry Gross right here in Philadelphia,

bringing you interviews with the biggest names in arts, politics and pop culture.

GO ORGANIC.

Host Mike McGrath of You Bet Your Garden slavs

Host Mike McGrath of *You Bet Your Garden* slays slugs, defeats deer, whacks weeds and saves plants every week on this fiercely organic gardening program.