



The Shuttle

GM'S
CORNER

by Jon Roesser,
Weavers Way
General Manager

ANNOUNCING CO-OP BASICS

We're cutting prices on more than 100 products to assure you of good deals on things you buy every day. Check out some of them:



WHERE DID SUMMER GO? Certainly this has been a busy season here at the Co-op, in no small part due to our preparations for our latest initiative, the Co-op Basics program. If you've been in the stores the last few days, you've probably already noticed all the purple signs that have popped up in every department.

In industry lingo, Co-op Basics is an "EDLP" — Everyday Low Price — program. EDLP programs are nothing new to any of us, but Co-op Basics is the most comprehensive of its kind the Co-op has ever launched.

Like all grocers, small or large, natural or conventional, cooperative, nonprofit or for-profit, Weavers Way grapples with getting our offerings

(Continued on Page 27)

	Our Old Price	Co-op Basics Everyday Low Price	Everyday Low Price with 5% Working Member discount	Everyday Low Price with 10% Senior/ Food For All discount	Everyday Low Price with 15% combined Senior/ Food for All/ Working Member discount
Koch's ground turkey	\$5.75/lb	\$4.99/lb	\$4.74/lb.	\$4.49/lb.	\$4.24/lb.
Westfield Nature's Yolk eggs (dozen)	\$3.15	\$2.79	\$2.65	\$2.51	\$2.37
Natural by Nature Organic Milk (gallon)	\$4.95	\$4.45	\$4.23	\$4.00	\$3.78
Baby Carrots (1-lb. bag)	\$1.75	\$1.25	\$1.19	\$1.13	\$1.06
Spinach (8-oz. bag)	\$2.99	\$2.49	\$2.37	\$2.24	\$2.12
Field Day Organic Extra Virgin Olive Oil (1 liter)	\$14.29	\$12.99	\$12.35	\$11.69	\$11.04
Field Day Wheat Squares (7-oz. box)	\$2.95	\$2.69	2.56	2.42	2.29
Field Day Organic Black Beans (15-oz. can)	\$1.69	\$1.49	\$1.42	\$1.34	\$1.27

BOARD
CORNER

Jon Roesser Is Weavers Way's New General Manager

by Chris Hill, President,
Weavers Way Board of Directors

AS MANY OF YOU MAY ALREADY HAVE HEARD, THE Weavers Way Board of Directors has hired Jon Roesser as the Co-op's General Manager. We chose Jon, who was working as Interim General Manager, and had been the Co-op's human resources director, after a national search assisted by Carolee Colter, a consultant with Cooperative Development Services. The Board concluded that Jon was most definitely the best person to step into Glenn Bergman's shoes, and he took over at the end of July.

The Board is excited about having Jon as our new GM. Why? We all feel he has exactly the right temperament and skills to guide us successfully through this interesting and challenging period of growth and competition we're facing ... and the staff agrees. We invited them to participate in three group interviews with Jon, and rate him on a set of critical skills and qualities we were seeking in a GM. They, too, were impressed.

ing in a GM. They, too, were impressed.

Jon has been at Weavers Way for nearly seven years. In that time, besides doing a terrific job in Human Resources, he has acquired a wealth of experience in the ways of the Co-op — experience that we know will be invaluable as we navigate the challenges ahead. (If you are interested in reading a little more of his resume, check out the press release, on the website at www.weaversway.coop/news-releases.)

Here are some of the qualities we admire, which we've seen in action:

- Jon shares with the Board an expansive vision for what the Co-op can and needs to be if it is to thrive and grow the cooperative and local economy in this region — tempered by an even-keeled pragmatism and good business sense.
- He's a great delegator. He works with staff members



Jon Roesser

to define clear goals, then holds them accountable for those goals.

- He's a fast learner who knows his limitations, and seeks assistance when he needs it.
- He has the trust and respect of the staff.
- He has already helped facilitate solutions to long-term problems.
- He's a clear and effective communicator, both in writing and in person.
- He knows how to hire and orient talented people. The Board has been impressed

by his two new hires this summer — new Marketing and Human Resources directors. (Read more about them on Page 26.)

And, oh yeah, he loves the Co-op.

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Weavers Way Cooperative Association
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www.weaversway.coop
CHANGE SERVICE REQUESTED

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Editor's Note

by Mary Sweeten, Editor,
Weavers Way Shuttle



THERE ARE SO MANY EX-citing things going on around the Co-op — Co-op Basics! A new general manager! Fresh Market just about to open! — but I want to write about something else this month: The Pope.

Even though I feel like I already said a lot of what I wanted to say about him in my April column. (What? You missed it? Tell me you're April Fooling.) Mainly about how, since he's an economic-justice guy, Francis is always kvelling about co-ops, because they provide an economic model that helps curb the amassing of money in a few hands.

He was at it again on his visit to South America this summer, which you might not have noticed because of the local non-stop Popeocalypse coverage. (Really? Who thinks 2 million people are going to make it to the Parkway on FOOT? But don't get me started.) European-style producer co-ops, of which he was mainly speaking, can be HUGE — Mondragon, the famous Spanish cooperative "business group," reported about \$13.5 billion in revenue last year and counts 74,000 employees — but then, I just read somewhere that Donald Trump collects \$40 million a year in rent alone . . . speaking of which, the founder and chairman of Fresh Market, Ray D. Berry, just bought an apartment from The Donald. The penthouse at 59th and Park went for \$21,383,250, according to the New York Times. But I digress. Or do I? Ray Berry has certainly made a lot of money selling groceries. And soon he'll be selling them in Chestnut Hill. Just saying.

I wanted to set something straight from last month. Jean Friedman-Rudovsky emailed:

"It was great to see my dad David Rudovsky profiled as the August 2015 member of the month. However, your piece says he joined in 1983 with his two sons. This is not correct, as I am his daughter, born in 1980. . . . There is no need to print a correction; it's not a big deal."

But the Shuttle regrets the error anyway. It's partly that whole Weavers Way thing of trying to get it right about our members. Plus, biography is really hard. Thanks, Jean, for the heads-up.

msweeten@weaversway.coop

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

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



The Shuttle is printed on 100% recycled paper.

What's in Store at Weavers Way

New on the Shelves

by Karen Plourde, Weavers Way
Chestnut Hill Grocery Staff

Bulk & Beyond

Raw bulk agave is a sweet alternative. Cask 25 balsamic returns.

If you've been considering a switch to



agave from sugar, the Incredible Bulk in Mt. Airy has made it easy to give it a try. Wholesome Sweeteners raw agave syrup is now available in bulk. Agave's glycemic index is less than half that of granulated sugar.

In other Incredible Bulk news, Cask 25 balsamic vinegar has returned to Fusti Row. Cask 25, from Modena, Italy, is aged for several years using a series of high quality barrels of different sizes. Fill up a container, try it with your favorite oil and compare.

Goings-On in Grocery

Sukhi's sauces simplify Indian cooking. Talluto's fresh pastas land in the Hill.

Yearning for some vindaloo but pressed for time? Sukhi's, a San Francisco area-based Indian foods company, now has its pastes, sauces and chutney in Mt. Airy to help make homemade Indian food a real option. Pick up a few packets, your meat of choice or potatoes and vegetables and get ready for a great weeknight dinner.



For those clamoring for fresh pasta, the wait is over in Chestnut Hill. Talluto's of the Italian Market and Folcroft, Delaware County, has three varieties in the first refrigerator case, ready for your favorite sauce — which might be their own spinach cream.

All Wellness & Good

Stock up for school with Onyx & Green. Deep Steep is new and on sale.

More earth-friendly school and office supplies can only be a good thing, right? Onyx & Green essentials are made of bamboo, cornstarch-based plastic and recycled materials. Stop into Across the Way or Next Door to see the whole collection.



Deep Steep bath and hair products arrived at Next Door in the middle of the summer, and we're taking 20 percent off in September so you'll give them a try. They're non-GMO, vegan and gluten- and cruelty-free.

Picks in Produce

Apples are back. So are local winter veggies.

The end of summer is sad, for sure. But now the apples have returned — the local array that gets better the deeper we go into fall. Get ready for crunch.



On the veggie front, tomatoes are making room for local cauliflower, broccoli and spinach. Oh, the possibilities—stir-fry, soups, gratins . . .

Meat & Fish Market

New littlenecks from down the shore, specials on cod and beef.

A trio of clammers from Egg Harbor, NJ, went co-op a couple years ago, and now their Eventide Littlenecks are available in the meat and fish cases of both stores. Heritage Shellfish Cooperative harvests their cultivated clams by hand with a rake in waist- or chest-deep water year-round. A three-pound package is \$19.99.

And more good news, fish fans: Samuels & Son cod fillets are \$8.99 a pound all month.



But meat eaters needn't despair: Aspen Ridge chuck roast and steaks are on sale for \$6.99 a pound in September, and 5-pound bags of Bell & Evans chicken pieces are still available in Chestnut Hill: whole legs, \$12.49; wings, \$17.99; thighs, \$11.99.



Bellwether Basket Ricotta
Cow's milk from California
\$1 off /ea



Ricotta Salata
Sheep's milk from Italy
\$1 off /lb



Locatelli
Sheep's milk from Italy
\$1.50 off /lb

Cheese of the Month

September

What's in Store at Weavers Way

MT. AIRY TAPS INTO KOMBUCHA

Kombucha, that ancient Chinese fermented tea that flies out of the drink cases, is now on tap! Yes, there is now a Kombucha Kegerator upstairs at the Mt. Airy store.

Available in two flavors, our draft kombucha is the creation of Food and Ferments, a husband-and-wife company that started in Philly and relocated to Ithaca, NY, about a year ago. (Carly Dougherty, the wife half of the operation, is also behind the Stinky Girl handcrafted, all-natural deodorant and body care products we carry Next Door and Across the Way.)

Depending on where you look and whom you ask, kombucha is either the key to health and wellness

or a fizzy flavored drink with no proven health benefits. It's fermented by a Symbiotic Colony Of Bacteria and Yeast, a/k/a a SCOBY or "mother."

Proponents of raw food swear by the stuff. It is low in calories and sugar, and contains a chunk of B vitamins. And "it's been taste-tested by staff," says Mt. Airy store manager Rick Spalek.

Flavors at the tap will change every few weeks. For the freshest pour, we have three sizes of bottles to choose from — 12-ounce, 16-ounce and growlers. Or BYOB! We'll also have prefilled bottles stocked in the downstairs beverage case.

— Karen Plourde



THINKING COFFEE

Karma!

by Neal Fordham, Weavers Way Mt. Airy Coffee Buyer

LET ME CATCH THE EYE OF YOU NON-COFFEE drinkers — you healthy teetotalers who look down upon the java addicts!

Please try and picture karma in your mind. I see it as a gigantic wheel that very slowly turns one way or the other depending on whether good or evil is occurring. Local roaster Matt Adams of Backyard Beans turns the wheel with every bag of coffee he creates, because he always sources beans from responsible farms. The wheel turns — let us say clockwise is positive, so Backyard Beans? Clockwise.

Now we turn to Equal Exchange. They are working to change the direction of the wheel that has been spinning counter-clockwise in central Africa for too long.

From the Equal Exchange website :

The Congo Coffee Project was created by Equal Exchange in partnership with the Panzi Foundation to support the medical programs of Panzi Hospital in the D.R. Congo. The Panzi Hospital provides lifesaving treatment, counseling and aftercare programs to more than 2,000 survivors of sexual violence each year.

Here are some taste notes from EE, as I have yet to sample the coffee:

An inspirational blend of East African Coffees that is smooth and balanced, with rich chocolate, sweet vanilla, brown spices and a hint of fresh berry.

We're getting the Congo Coffee from Equal Exchange, and for each bag I order, \$1 goes to the Panzi Foundation. I'll buy a bag myself each week or so to take home to brew. Just buying this coffee is a way to help the world be a little better. Hear the wheel begin to click in the proper direction again, please!

Read more about this project at equalexchange.coop/congo-coffee-project.

New in coffee:

Backyard Beans: Nicaragua Segovia, Decaf Ethiopian (bulk)

La Colombe Workshop: Haiti Savan Zombi
nfordham@weaversway.coop



5 THINGS

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...To Stretch Out Summer

As Don Henley once said, summer's almost out of reach. So add these to your list before it fades away.

1 Woodstock Lump Hardwood Charcoal — We'll have it on hand until it gets too cold to strike a match. Stock up so you can go deep into football season.

2 S'mores Essentials — Erewhon/Annie's/Back to Nature graham crackers, Dandies vegan marshmallows and your favorite fair trade chocolate. The perfect bridge from summer to fall.

3 Zia Candles — Made in Chestnut Hill. They'll give a warm glow and natural fragrance to evenings on the porch. Available in a variety of scents Next Door and Across the Way.

4 Norpro umbrella picks — They'll even make your seltzer look festive. Find 'em on the second floor in Mt. Airy.

5 Marich chocolate-covered caramel corn — New in bulk in the Hill. Munch wisely while you watch the Phils eke out a few more wins.

Company's coming

Check in the stores and online at www.weaversway.coop/catering for our menu of **Rosh Hashanah** specialties and other good stuff to put on your holiday table.



Weavers Way Community Programs

For Pre-Teens, a Better Way to Participate

by Jackie Schrauger, WWCP Program Director

THANKS TO THE HARD WORK AND CREATIVITY OF our energetic seasonal farm apprentice Liam Miller, Weavers Way Community Programs has been able to roll out a new program this summer for the pre-teens at Stenton Family Manor.

Stenton Family Manor is Philadelphia’s second-largest emergency homeless facility, and the only one that allows men to stay with their families. WWCP has been working at Stenton since 2009, when we began maintaining a garden, teaching the children ages 5 and up about gardening and healthy eating, and donating fresh produce to the kitchen. Our programming has since expanded to three days a week, with Garden Club for the little ones and Hope Kitchen, a healthy cooking class for the adults. However, we noticed that some of the older children were being left out: they were too old to get excited about the same Garden Club activities as the little kids (and frankly were often annoyed by them!), and wanted to feel more like grown-ups without being relegated to babysitting duty.

We began thinking about ways to give those pre-teenagers some meaningful, age-appropriate garden experiences. From those brainstorming chats at our staff meetings, we developed a pilot program for the pre-teens: having them work on projects that involve handling tools and cooperating to get things done together, starting with just one day a week.

We could not have predicted the level of enthusiasm that the big kids had for the programming we’ve provided this summer!

Liam worked with the group (usually 5 to 8 of them) each week on a different project, including small construction projects and garden maintenance like weed-whacking. One week, they assembled picnic tables and



Jackie Schrauger photos

The older pre-teens found Garden Club projects like putting together a picnic table were more their speed.

chairs, and were so dedicated to getting the task done that they didn’t want to go inside for lunch until they could see their finished product. The sense of pride in their work was palpable.

We hope to be able to continue providing opportunities for these youth as we move forward into our school-year programming schedule at Stenton, and are excited to see how we can best serve them.

jschrauger@weaversway.coop

She Learned She Wants To Come Back

by Alison Love, WWCP Haverford College Summer Intern

THIS SUMMER I HAD THE OPPORTUNITY TO WORK AT Weavers Way Community Programs. I mostly worked at the Awbury Arboretum farm, the Stenton Family Manor Hope Garden and the Martin Luther King High School garden. At first, I assisted with the student group tours at Awbury; by the end of the summer was able to lead lessons myself. I also helped with Garden Club at Stenton by writing lesson plans and working with the kids.



Alison

While spending time with the students, I learned along with them as they acquired a new appreciation for plants and local and fresh food. Farm work, like weeding, hoeing, trellising, preparing beds and harvesting, was also a substantial and rewarding part of the internship. Working in a small organization, I appreciated getting to know everyone, learning from the staff and feeling valued for my work. Being able to work alongside such dedicated and knowledgeable people while seeding kale, pruning tomatoes or making gazpacho was one of my favorite parts of the experience because of the strong sense community shared by the staff as well as Co-op farmers.

Since grant-writing is essential for nonprofits, there is a space for us to share stories from the farm and talk to donors, which helped remind me of the importance and broader context of our day-to-day work.

I learned so much from working at WWCP and will miss the staff, students, hard work and fresh produce when I head back to college this fall. But I am eager to extend my experiences with farming and education in the future and hopefully continue to work with WWCP!

TICKETS ON SALE NOW



Farm to Table



4th Annual

THURSDAY, OCTOBER 1

The definition of fresh and local, Farm to Table features food harvested directly from Weavers Way’s own fields and other farms in the region. Enjoy a magical evening on the Weavers Way Farm being wine and dined by Co-op chefs Bonnie Shuman, Andrew Gerulsky and Alisa Consorto. Proceeds support Weavers Way Community Programs’ farm and nutrition education programs.

Seating for this signature fundraiser is very limited.
For more information or to purchase tickets:

WWW.WEAVERSWAY.COOP/FARMTOTABLE

THANKS TO OUR SPONSORS:





WEAVERS WAY'S TENTH ANNUAL URBAN FARM BIKE RIDE

presented by Lindy Communities

Saturday, Sept. 19 • 8 a.m. - 4 p.m.

Pedal your way through Philadelphia's vibrant neighborhoods and visit many of the city's unique urban farms along the way.

For details and tickets: www.weaversway.coop/bikeride





THANKS TO OUR SPONSORS:



Why I Ride... and Why You Should Too!

by Anna Danusiar, WWCP Eastern University Summer Intern

WHAT DREW ME IN AT FIRST WERE the people — young and hipster, older and old-fashioned; young and old-fashioned, older and hipster. These people and their bicycles had come together intrigued by the same things: cycling together and hearing from a new kind of farmer.

Anna

This was two years ago. Today, I've been so inspired by what I've seen that I interned with Weavers Way Community Programs this summer and am taking part in the Urban Farm Bike Ride for a third year. Now in its 10th year, the ride, organized by WWCP, raises money to support the nonprofit's farm and nutrition education programs.

Other reasons I ride include, of

course, the local fresh fruit pick-me-ups, fair-trade trail mix and power-lending Clif bars along the way. Plus, there's also much to be learned for our own gardens at home. Sometimes, we even get to meet children from the neighborhood — our presence seems to make them even more curious, and a spin on our bicycles brings smiles.

As riders, we share food together while we hear from inspiring urban farmers and community gardeners who are growing food in many places throughout the city. Some of those places are bleak concrete deserts and these farms are an urban oasis of hope and food. The farms provide those in their neighborhoods the chance to learn how to grow what they eat and how to share it in a new way. Our participation in this ride funds programs that empower individuals to grow their own

food and inspire them to make healthy food choices.

I make this ride work as a part-time low-wage employee and full-time university student because I see what good — what light — these green spaces are, growing in the heart and limbs of Philadelphia.

The invitation is open—come join us at the forefront of changing lives and having fun. The 10th Annual Urban Farm Bike Ride is Saturday, Sept. 19, starting (8 a.m.) and ending (4 p.m.) at Philadelphia Brewing Company in Kensington. Your ticket gets you snacks along the way, a T-shirt, and pizza, salad and beer at the end. Bring along some cash—some of the stops have farmstands! For tickets, visit www.weaversway.coop/bikeride.

See you then!

Giving Twosdays!

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

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5th ANNUAL

GARDEN TOUR

SATURDAY SEPT 12

HIGHLIGHTING GARDENS WEST OF BROAD STREET BETWEEN SOUTH & SNYDER



presents

SouthPhillyFoodCoop.org

1-4PM

Tickets \$20 Advance
\$25 Day of Tour

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UPCOMING EVENTS

september



let's socialize

#MORRISARBORETUM

Garden Railway
Open daily through September 7, then weekends only through October 12.

Garden Discovery Series:
Leaf Wreath Fun
Saturday, September 5, 11am-3pm

Small Trees for Small Spaces Tour
Saturday, September 12 & 26, 11am-12pm

Grandparents Day
Sunday, September 13, 10am-5pm

Culture Connection:
Exploring Korean Heritage
Saturday, September 19, 11am-3pm

Grist Mill Demonstration Day
Sunday, September 20, 1-4pm

FOR MORE DETAILS VISIT:
www.morrisarboretum.org

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From the Internet To the Airwaves: Germantown Getting Its Own Radio Station

by Ted Barbato, for the Shuttle

SOMETIMES DREAMS BECOME REALITY. AND SOMETIMES reality exceeds the dream.

A case in point is Jim Bear of Germantown, who dreamed up “G-Town Radio,” the community-run, internet-only radio station eight years ago. Now his project is about to take a huge leap forward by embracing an old technology: over-the-air radio.

The Federal Communications Commission has granted Bear’s station a permit to build a low-power FM radio station, and G-Town Radio is conducting a fund-raising campaign to get on the air by the summer of 2016.

“This is a once-in-a-lifetime opportunity,” Bear said. “Having this sort of platform out there for people to share information and debate topics and come together is irreplaceable.”

For Bear, bringing a radio station to Germantown is the culmination of a journey that began when he was a child. He grew up in the Montgomery County community of Roslyn, but his grandparents lived in Germantown and he would visit them.

“We would make regular trips up here,” Bear said, “and this was like a strange, mysterious and even a little bit scary place for some kid from the suburbs.”

Bear’s love of Germantown fully blossomed in 1997, when he and his then-girlfriend, now wife, Maura Heidig discovered the neighborhood as they searched for an affordable apartment. When they were ready to own a

home, they remained.

“It was when we bought a house, which was a block away from our first apartment, that we really started to get engaged with Germantown itself. That’s when we started to think about being in the community and doing stuff in the community. I wanted to start applying some of those values and ideas and sense of community to where I was living.”

Around this time, Bear had become involved in a project to start an internet radio station in West Philadelphia. The concept was simple: Stream eclectic programming geared for and created by the community. In 2006, he broke his jaw in a bicycle accident, and the recuperation gave him plenty of time to think, and to dream.

“I started to recognize,” Bear recalled, “that if people in West Philadelphia could do something like this, there’s no reason that the people of Germantown would not want to get involved in something like this as well. And that’s when I started to really get to know people in the community, and started to make contact with people.”

The result was G-Town Radio, which debuted in 2007. “When it first started, G-Town Radio was literally a computer that sat under the desk in our office,” Bear said. “It was strictly a music format run out of the computer for the first eight, nine months.”

But the idea took hold. “The more I let people know about this, the more interesting things I found about the community, and the more people came forward to get involved with it.”

Today, G-Town Radio is run out of a studio in Maplewood Mall in “center city Germantown,” just off Cheltenham Avenue. Programming is diverse, including jazz, hip-hop and gospel music, as well as informational programming about such topics as alternative medicine, helping prisoners with reading and life skills, social justice and financial literacy.

“We had a poetry show, where people could call in and read their poems as part of the show,” Bear said. “We had a wide-open-door policy. So anything that people brought to

(Continued on Next Page)



SHOP ♡ SELL ♡ DONATE!

FLEA MARKET

AND WHITE ELEPHANT SALE

AT AWBURY ARBORETUM

Sat. Sept 19th, 9am - 1pm

**VENDORS: CALL 215-849-2855 EXT 21 TO REGISTER
BRING YOUR OWN TABLE - \$15, RENT A TABLE - \$20**

♡ 1 AWBURY RD, PHILA, PA 19138 ♡

DONATIONS DESIRED:

♡ Furniture	Items will be accepted through Sept 18th M - F, 10am and 4pm at the Francis Cope House, One Awbury Road, Philadelphia, PA 19138
♡ Vintage items	
♡ Jewelry	
♡ Art	
♡ Housewares	
♡ Instruments	

Flea Market funding supports the care of Awbury’s historic landscape, which has remained FREE and open to the public for nearly 100 years, and the continuation and development of its community programming, which serves thousands of individuals each year!

2015 MT AIRY

VILLAGE FAIR

Sunday

Sept 20

11am-4pm

Food & Crafts

Music & Dancing

Petting Zoo

Pie-Eating CONTEST!

S-l-o-w Ice Cream Eating CONTEST!!

Pet Pagent: "Farmer-in-the-delphia"

INTERACTIVE FUN!!!

Carpenter Lane & Greene Street

mtairyvillage.com

“This is the swell that’s hopefully going to build into a wave . . . people will actually have some momentum behind these community initiatives, to do the things they’re doing now better.”

—Jim Bear



G-Town Radio

(Continued from Preceding Page)

us, we tried to help them turn it into a show.”

That open-door spirit will continue as G-Town Radio prepares to expand with its hot-off-the-press FCC construction permit for a low-power broadcast station.

“The FCC a few years ago relaxed the rules. That allows more places to have low-power FM stations. They were never permitted in large media markets before,” Bear explained.

Bear says the new station, WGGT-LP, will broadcast on 92.9 FM. It will have a 100-watt signal covering a 3-5 mile radius, more than enough to reach Germantown residents. Bear believes it will reach many who don’t know about the internet version of G-Town Radio.

“Internet radio is not new, but in a community like Germantown, where we don’t have really great internet penetration, it’s a very foreign concept to people still. Radio, on the other hand, is ubiquitous. Radio is a medium that people get, people understand. They don’t have to be taught to

listen to the radio.”

But as with any new venture, funding is a hurdle. G-Town Radio has received a \$5,000 grant from an Illinois philanthropy, the Juday Fund, and Bear hopes to match that with a local campaign now taking place on the crowd-funding website Indiegogo. To reach the campaign, dubbed “Drive for the Sky,” visit www.indiegogo.com and search for “G-Town Radio.” The money will go toward a transmitter, antenna and other equipment.

Bear says the transformation of G-Town Radio into an actual radio station comes at a “critical point” for the community.

“This is the swell that’s hopefully going to build into a wave,” he said. “Things that are very hard for us right now will get easier, and people will

actually have some momentum behind these organizations and community initiatives, to do the things they’re doing now better, and to do things that weren’t possible before.

“And I think that’s a very important reason to have a community radio station.”

Email Jim Bear, G-Town radio founder and station manager, at Jim@gtownradio.com

Want to Get Involved?

G-town Radio streams 24 hours a day at gtownradio.com. To learn more about the campaign to fund the infrastructure to transform it into a low-power FM station, visit the Drive for the Sky Campaign: Visit indiegogo.com and search “G-Town Radio” (igg.me/at/gtownradio/x/1755781).

Mt. Airy Art Garage Launches Campaign to Find New Home

by Linda Slodki, for the Shuttle

WE AT MAAG HAVE SOMETHING IMPORTANT TO SHARE WITH our members, fellow artists, our Weavers Way friends and the Northwest community. The Mt. Airy Art Garage’s lease at 11 W. Mt. Airy Ave. will expire next August and, unexpectedly, we have not been granted the option to renew it.

This means that, as we look toward next year, MAAG will need to find a new home. It’s a big challenge, one we have every intention of meeting, with your support.

In 2015, we undertook more socially engaged art projects and creative thinking than ever before — “My Son Matters!” the “Gender Weave Project” with Moore College, “Make Art Grow Food” and a host of events, concerts, classes and gallery exhibitions. Next year will see a citywide quilt and fiber show. There will be more music, more murals and rain barrels and more community projects. And that’s just for starters.

So we are launching a campaign to help us find a new home and pay our staff. You helped us get started six years ago. With your help and commitment, together we can do this.

By the time you read this article, we will have hosted our first community meeting to launch this campaign. We have created search, fundraising and event committees, have expanded our marketing team and are growing our board. Here’s what you can do right now to help:

- Plan on attending ArtBash, Saturday, Sept. 19, starting at 6 p.m., featuring artist and educator James Dupree and music by Dena Underwood. Proceeds benefit MAAG.
- Become a member or renew your membership. Donate. Become a volunteer. Are you a fundraiser? A marketing maven, video artist, word noodler, connector? Strategic planner, real-estate professional, accountant or architect? Got corporate skills? We need you all now.

For more information, visit mtairyartgarage.org or call 215-242-5074.

Linda Slodki is MAAG’s president and cofounder.

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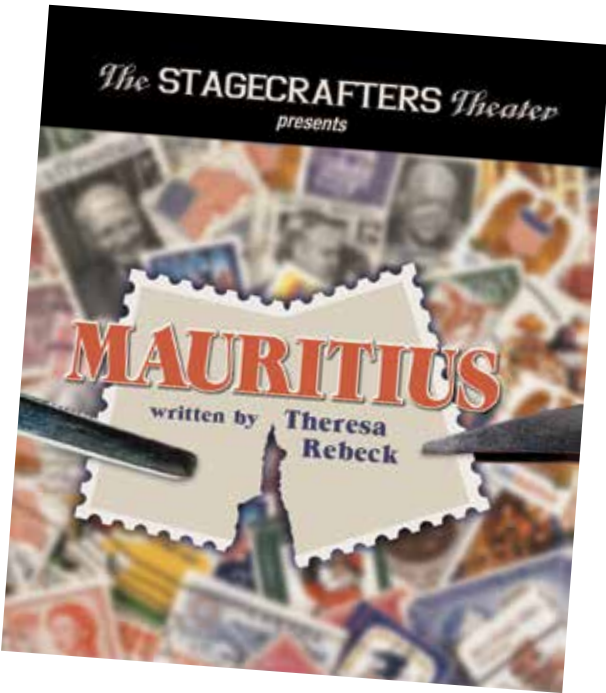
Stagecrafters Stamps Season With a Caper

THE STAGECRAFTERS THEATER IN Chestnut Hill begins its season in celebration of American playwrights with Theresa Rebeck’s “Mauritius.”

In this sharp and keen-witted dark comedy-thriller, half-sisters Jackie and Mary try to figure out what to do with a spectacularly valuable stamp collection left by their mother. As the two contend over its disposition, their dispute gets them involved with stamp sharpies, con artists and a shady collector.

Playwright, television writer and novelist Rebeck (b. 1958) has written close to two dozen full-length plays. Several of her titles may be recognized from their presentations in the Philadelphia area: “Bad Dates” (2003), “The Understudy” (2007), and “Seminar” (2011). “Mauritius,” written in 2006, premiered in New York at the Manhattan Theatre Club in 2007, and in recent years has been among the most-produced plays in regional theater.

Performances are Thursday, Friday and Saturday, Sept. 24-26, Oct. 1-3 and Oct. 8-10 at 8 p.m., with 2 p.m. Sunday matinees Sept. 27 and Oct. 11. A “Meet the Cast and Director”



Q&A session will be held after the Friday, Oct. 2, performance.

Tickets are \$17 online (no service charge), \$20 at the door. Thursday performances are 2-for-\$25 online, 2-for-\$30 a the door. Discounts are available for students with ID and groups. The box office opens 45 minutes before each performance. For information call 215-247-8881; for reservations-direct call 215-247-9913.

The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. Visit the website for details: www.thestagecrafters.org.

‘Twelfth Night’ Is First Night For East Falls’ Old Academy

EAST FALLS’ HISTORIC OLD Academy Players opens its 93rd season Sept. 11 with Shakespeare’s “Twelfth Night.”

“If music be the food of love, play on!” Thus begins Shakespeare’s comical romp of misunderstandings, mistaken identities and misplaced affections swirling around the shipwrecked twins Sebastian and Viola.

Performances are Fridays and Saturdays running Sept. 11-12, 18-19 and Oct. 2-3 at 8 p.m. and Sundays Sept. 13 and Oct. 4 at 2 p.m. (no shows Sept. 25-27 due to papal visit).

Other shows slated for the Old Academy Players’ 2015-2016 season are:

- Obie Award winner and Pulitzer finalist “4000 Miles,” by Amy Herzog, a funny, moving and endearing story of generations colliding, Nov. 6-22.
- Tony Award winner “Vanya and Sonia and Masha and Spike,” by Christopher Durang. Running Jan. 8-24, it is set in Pennsylvania’s

own Bucks County and mixes a feuding family, a costume ball and a hint of voodoo.

- Tony nominee “The Seafarer,” by Conor McPherson, is a chilling black comedy about the sea, Ireland and a mysterious stranger. OAPs 500th production, it runs March 4-20.
- The award-winning all-audiences “You’re a Good Man, Charlie Brown,” with music and lyrics by Clark Gesner, runs April 22-May 8.
- The season closes with Edward Albee’s funny and harrowing 1963 Tony Award winner, “Who’s Afraid of Virginia Woolf?” running June 10-26.

Located at 3544 Indian Queen Lane in East Falls, Old Academy Players has provided continuous community theater since 1923, and featured the acting debuts of Grace Kelly and Robert Proske. All tickets are \$15. Parking for all performances is free. For information and reservations, call 215-843-1109 or visit www.oldacademyplayers.org.

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L•E•T•T•E•R

Time for a Co-op Loan Fund?

ISN'T IT TIME WE HAD A WEAVERS WAY COMMUNITY LOAN FUND? Because we have yet to create one, I have been sending funds out of town, to the Community Fund of New England and the North Country Development Fund, because they believe, as do I, that the lives of individuals, families and communities are made richer via democratically controlled enterprises — that co-ops contribute to creating a more egalitarian world.

How do they do that? By providing funding loans to worker co-ops, food co-ops, housing partnerships, a publisher collective, diaper and linen collectives, etc.

And gratitude pours in to their offices. “We are ready to pay off that original loan,” HAP Housing; “Your financing helped us get started,” Upholsterers Collective.

So, fellow members, isn't it time that we accelerated our stated intention of fostering the cooperative movement in Philadelphia by starting our own Weavers Way Community Loan Fund. How? Here's a rough outline.

- Members would start the fund with a minimum contribution of \$250.
- Once we get a total of \$25,000, we would publicize our fund to the community, explaining our criteria for granting loans.
- Then we evaluate the applications that come in and start the loans from our fund circulating in the community to foster the cooperative movement in Philadelphia, and take our rightful place among other such funds around the country.

I am willing to start with \$1,000 as soon as we get a serious committee going and are legally ready to go.

This is doable if the will is there. Is it?

Lawrence H. Geller

Thinking About ‘Being Mortal’ Stirs Up Activity

by Larry Schofer, Weavers Way Education Committee

IT IS NOT OFTEN THAT A NONFICTION book by a physician becomes a call to action in communities all across the United States, but this is what seems to be happening with “Being Mortal,” by Atul Gawande (Holt, 2014).

For Weavers Way, what started out as a book discussion developed into a series of community meetings, leading to a public forum scheduled for Nov. 8 (more about that below).

The most recent meeting, Aug. 13 at Stapeley, the retirement community in Germantown, drew about 40 participants. It was cosponsored by Northwest Village Network (www.northwestvillagenetwork.org), the Mt. Airy-based organization that advocates for aging in community, and My Way, a nonprofit that provides household services to seniors (www.mywayonline.org).



Education Committee

We're looking for a few good member workshops.

Share your expertise and interests with other Co-op members, and get work credit too. What can you offer to others? Topics are unlimited.

Contact the Weavers Way Education Committee at edcomm@weavers.coop.

Planned for this fall: gardening workshop series.

In his book, Gawande, a Boston-based surgeon and public health researcher, talks about caring for people in the latter stages of their lives, perhaps the last months of their lives. In his view,

(Continued on Page 21)

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. The Shuttle may decline to publish any letter for any reason. The deadline is the 10th of the month prior to publication (e.g., March 10 for April). Send to editor@weaversway.coop.

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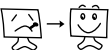
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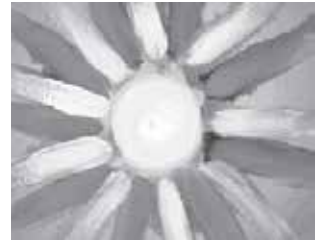
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What Is Rebirthing? An Explanation of an Exploration

by Mary Schofield, for the Shuttle

BY THE AGE OF 24, I WAS CHOKED with anxiety and plagued by self-doubt, depression and doom. My life felt stalled. Then I stumbled across Rebirthing. So rapid was my change, it left me giddy. My anxiety abated. Depression gave way to joy. Doom gave way to the empowering belief that, if I applied myself, I had the ability to handle any difficulty. Life was vivid and I, radiantly alive.

So, what exactly is Rebirthing? Rebirthing is a self-empowering healing technique that uses breathing to release suppressed material stored in the body, thereby promoting aliveness, health, joy and well-being.

“Suppressed material” is energy made wrong: a traumatic event, an unpleasant feeling, psychic pain that we don’t want to experience and shut out of our awareness. This unpleasant pattern of

energy, having nowhere else to go, settles in our bodies, creating pockets of stress and tension. It interrupts the flow of life-giving energy, leading to fatigue, lack of joy and ill health.

The Rebirthing breath is consciously connected: the inhale connected to the exhale, the exhale to the inhale, with no pauses in between. The inhale starts in the belly, then fills the lungs, expanding the chest. The exhale is relaxed, a simple letting-go, not pushed or forced. Most of us are shallow breathers; we pause between breaths and often hold our breath when anxious. This results in diminished vitality and life force. The full circular breath provides a detailed awareness of your mind, body and emotions. It activates the suppressed material held in your body.

You do not have to remember trauma to release it. With the Rebirthing breath, suppressed material shows up as a pattern of energy, most often a feeling in the body.

The main objective of Rebirthing is

integration. To integrate is to allow full awareness of what we were avoiding through suppression, and to stop making it wrong, to let it go. It allows us to be in present time.

For many of us, especially those of us born in hospitals, birth was the first traumatic event in our lives. Although we had no language to express it, we still formed thoughts about the world and life based on the events of our births. These thoughts and feelings become the unconscious patterns of energy upon which we later, unknowingly, base many of our decisions and behaviors. Many of those first experimenting with a conscious connected breath in the ’70s found that they re-experienced their births — hence the term “Rebirthing.”

Once you have worked with a qualified Rebirther and have mastered the art of the breath, you can Rebirth yourself. It is an easy-access tool that you can use to produce the results you want in your



Health & Wellness Committee

life. Rebirthing is a gentle way to achieve clarity of purpose, greater joy, expanded awareness and relaxation. And it is only a breath away.

For more information about Rebirthing Breathwork, visit www.philadelphia-rebirthing.com.

Health & Wellness Committee member Mary Schofield has been a massage therapist for over 20 years. Views expressed here 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 Air Pollution-Dementia Link: Why a Clean Mind Matters

by Sandra Folzer, Weavers Way Environment Committee

ONE OF MY HIGH SCHOOL CLASS-mates died recently. He had played offensive line for the Chicago Bears, he had sustained concussions, and for the last decade of his life, he suffered from dementia. Mike Pyle, whom I knew from Latin class, was no dummy. I remember him as smart, handsome, and a gentleman. He is one of the many former players who sued the NFL, asserting it had disregarded cognitive dangers from football collisions.

I wonder if one day there will be plaintiffs suing the fossil-fuel industry and pesticide manufacturers, since air pollution appears to be another risk factor for dementia. In May, Mother Jones magazine published a review of the growing evidence that air pollution is bad for our brains. (Read the full story at www.motherjones.com/environment/2015/05/air-pollution-dementia-alzheimers-brain.)

A 2012 study in the Annals of Internal medicine, based on the famous long-term Nurses Health Study, showed that women who lived in areas with the worst air quality scored lower on tests of memory and thinking — the equivalent of a two-year decline in brain function.

Children suffered similarly. A study of more than 200 children in the Boston area found those with the most exposure to black carbon scored worse on memory and IQ tests. In Michigan, students in public schools in areas with the highest industrial pollution had the lowest attendance records, and more students did not meet the state’s testing standards,

even after controlling for socioeconomic differences.

People who live near traffic or in crowded urban areas are more likely to be people of color. One study found they are exposed to 38 percent higher levels of air pollution than whites. Another study from Yale found non-Hispanic blacks, the least educated, the unemployed and those in poverty were exposed the most to pollution.

Air pollution is made up of different chemicals suspended in air. Particles are defined as coarse to fine to ultrafine, with diameters 1/50th or less than a strand of hair. To me, it’s like in a previous century, when people didn’t understand the threat of viruses or bacteria because they couldn’t see them.

Our sense of smell was probably developed to protect us, with our nasal nerves linked directly to the brain to let us respond instantly to dangers like putrid food or fire.

When we inhale, coarse particles are usually caught by the millions of specialized cells in the nose and upper lungs where they may be emitted by coughing or sneezing. Fine and ultrafine particles, however, are small enough to bypass this first line of defense and go right into the brain along the olfactory neurons.

There, the problem isn’t necessarily the particles themselves. It’s the inflammation they trigger in the brain’s microglia cells, which support our immune system. Researchers believe that chronic inflammation—the long-term overactivation of the body’s immune response—is harmful, even at very low levels. It has



been implicated in a host of ills, including Alzheimer’s.

What can you do? I ask myself this question since dementia is so common. As a runner, I choose to run in the park whenever possible to avoid running beside traffic. Cyclists might choose to ride on Sundays or other times when there is less auto exhaust.

One situation I had not considered previously is to avoid idling cars. (The Mother Jones article notes that trucks, school buses, and fire engines use an estimated 6 billion gallons of fuel by idling their engines, causing about 5000 tons of particle pollution.) Philadelphia has an anti-idling regulation, enforced by the Parking Authority, which forbids motor vehicles to idle for more than 3 minutes. The Clean Air Council has a reporting system at IdleFreePhilly.org

A physician friend of mine distributes a fact sheet to educate about the dangers of idling. You can read about the subject, and download the fact sheet, at the Environmental Defense Fund’s website: www.edf.org/climate/reports/idling.

I cringe when I see people sitting in their cars in the summer with the engine running so they can use the air conditioner. I plan to carry a copy of the anti-idling pamphlet in my car, so I may distribute it when needed. I figure any little bit helps.

envcomm@weaversway.coop

ECO TIP

Microwave Popcorn? Not So Fast

by Marsha Low, for the Environment Committee

If you’re planning a home movie night anytime soon, you might want to skip the microwave popcorn. Most comes in bags lined with chemicals like perfluoroalkyls, perfluorooctanoic acid (PFOA) and perfluorooctane sulfonate (PFOS), which make the bags fire-resistant and prevent grease from soaking through. These chemicals, which fuse into the popcorn you eat, are termed “likely carcinogens” by the U.S. Environmental Protection Agency, and are implicated in a host of health problems, including thyroid problems, high cholesterol and bladder cancer.

And that yummy butter smell? That’s diacetyl butter flavoring. Diacetyl has been linked to lung problems, specifically “popcorn lung,” an irreversible disease characterized by fixed-airway obstruction that some workers in microwave popcorn factories (and even some heavy consumers of microwave popcorn) have developed. Diacetyl has also been shown to cause brain issues. The chemical can cause brain proteins to misfold into the Alzheimer’s-linked form known as beta-amyloid.

So the next time you have a movie night, why not make your own popcorn on the stove? Your lungs, brain and family will thank you.

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Let's Get Together & Change Everything



by Sheila Weinberg, for the Shuttle

WHEN I MOVED BACK TO PHILADELPHIA AND REJOINED THE CO-OP AFTER an absence of 23 years, one of my longtime friends invited me and my husband, Maynard, to join an environmental study and action group called “Be the Change.” In the last three years, we have read and discussed many articles and books, attended demonstrations and strategy meetings and lovingly supported each other to struggle with how we can respond to what author and activist Naomi Klein calls “the war our economic model is waging on the earth.”

Klein, author of global bestsellers “The Shock Doctrine” and “No Logo,” has a new book, “This Changes Everything: Capitalism vs. the Climate” (Simon & Schuster, just out in paperback). It is the clearest and most powerful of the many books we have read, and covers a wide range of content from totally inspiring to heartbreaking and grief-inducing.

As individuals, it is tempting to look away from the full scale of the crisis. When we sit together, we can support each other to look, to feel, to think clearly. We can contemplate global issues and support local response and initiative.

This is our motivation for a four-part study group to be held on Thursdays in October — Oct. 8, 15, 22 and 29, at 7:30-9 p.m. Cosponsored by Weavers Way, Big Blue Marble bookstore and Interfaith Power and Light, it will be held at the bookstore, 551 Carpenter Lane. The group is open to all and there is no cost.

Klein says, “If there ever has been a moment to advance a plan to heal the planet that also heals our broken economies and shattered communities, this is it.”

This is the moment of the United Nations Climate Change Conference in Paris Nov. 30-Dec. 11. This is also the moment of Pope Francis’ encyclical on climate change. In a recent New Yorker, Klein wrote about her surprise invitation to visit the Vatican to discuss the encyclical. We have been amazed to note the resonance between the book and the encyclical, including the emphasis on interdependence as the urgent planetary curriculum. Both Klein and Pope Francis emphasize the interrelationship between the impoverishment of the earth’s natural resources and the poverty of many sectors of our world; the increasingly devastating gaps between rich and poor; and the spiritual isolation and dissatisfaction of our age.

Klein’s last chapter is subtitled “Just Enough Time for the Impossible” and includes a 1967 quote by Martin Luther King Jr.: “We as a nation must undergo a radical revolution of values. We must rapidly begin the shift from a ‘thing-oriented society’ to a ‘person-oriented society.’” Klein then asks us, “What if part of the reason so many of us have failed to act is not because we are too selfish . . . but because we are utterly overwhelmed by how much we do care? And what if we stay silent not out of acquiescence but in part because we lack the collective spaces in which to confront the raw terror of ecocide?”

To register for the group, email Maynardseider@gmail.com.

As Summer Ends, Bird Migration Starts

by Erin Mooney, for the Shuttle

AS SEPTEMBER BEGINS, WE’RE REMINDED of summer’s end. The air becomes crisp, humidity wanes and autumn slowly moves in. The change of pace is palpable as kids get back to school and vacations are memories.

Birds also make a shift as the summer ends, and many of them pass through the Wissahickon Valley in their fall migrations. On Sept. 24, Friends of the Wissahickon is hosting a “Valley Talk” lecture at Valley Green Inn with one of the country’s leading naturalists. Author Scott Weidensaul will discuss all aspects of migration, as well as simple, effective ways we can help to preserve migratory birds — from what we plant in our backyards to what we pour into our morning mug of coffee.

Weidensaul, a contributing editor for Audubon, is the author of more than two dozen books on natural history, including the Pulitzer Prize finalist “Living on the Wind,” about bird migration. His newest, “The Peterson Reference Guide to Owls of North America and the Caribbean,” will be published in October. He lives in the mountains of eastern Pennsylvania, where he studies the migration of hawks, owls and hummingbirds.

Valley Talk: Naturalist Scott Weidensaul

Thursday, Sept. 24, 6 p.m.
Valley Green Inn



The event, which starts at 6 p.m. with a complimentary wine and cheese reception, is sponsored by Valley Green Bank and is free and open to the public. Stay tuned — we will announce another Valley Talk this fall and again in the spring.

September Work Days with FOW

Trail Sign Removal Extravaganza! Saturday, Sept. 12, 8 a.m.-2 p.m. Meet at Valley Green Road Upper Lot. New trail signs are being installed and the old ones need to come out! We’re going to need as much help as we can get in order to tackle this project. We’re also going to need to carpool for this one, so let us know if that’s something you can help with.

Walnut Lane Cleanup Day. Saturday, Sept 19, 9 a.m.-1 p.m. Meet at Roxborough Avenue and Magdalena Street. We need your

help to clean up around the Walnut Lane Bridge. We don’t want the Pope to see the mess!

Please contact John Holback at holback@fow.org to register.

Erin Mooney (erinrosemooney@gmail.com) is the FOW publicist.

Oktoberfest at Grumblethorpe

Saturday, Oct 3, 4-8 p.m.
5267 Germantown Ave.

After the Revolutionary Germantown Festival, journey down the Avenue to John Wister’s Big House for a relaxed evening in our 18th-century garden. G-Town Radio will be broadcasting, and there will be live music and children’s activities.

Admission is free, and you can purchase beer and great food, Old Germantown Style — local sausages, potato salad, cole slaw and cider (\$15 per platter, \$7 for kids). House tours are \$5.

For more info, call 215-843-4820, email grumblethorpe@philalandmarks.org, or check the events calendar at www.philalandmarks.org.



Revolutionary Germantown Festival

SATURDAY OCTOBER 3, 2015 ★ 10 AM ~ 4 PM

Cliveden Grounds 6401 Germantown Ave.

★ Battle Reenactments 12 PM & 3 PM ★
★ Children’s Activities, Beer Garden, Food ★

For a full schedule visit www.revolutionarygermantown.org



Sponsorships, Behind the Scenes tours, advertising, and vending opportunities are available.

Visit: www.cliveden.org/rgf-2015

Sinking to Staying: LOAM Proposes Green Community for Logan Tract

by Paul Glover, for the Shuttle

PHILADELPHIA’S NOTORIOUS “LOGAN Triangle” is a 35-acre vacant space where 997 homes were torn down 20 years ago. Built on coal ash 40 feet deep, the homes sank, tilted and cracked. Today, the Logan neighbors — those displaced and those remaining — still mourn.

This tragedy has become an opportunity to create America’s largest green city neighborhood, turning neglect into pride.

The Logan Orchard and Market (LOAM) proposes to create a major green city model, meeting basic needs of Logan neighbors for fresh food, affordable housing, health care, work and fun. LOAM would fill the space with lightweight structures suited for the land, featuring 100 greenhouses and 300 solar cabins, a/k/a elder cottages or “tiny houses.”

Other key components would include orchards, parks, playgrounds, market pavilions for local food and crafts and the Patch Adams free clinic. LOAM would likewise become a regional nurs-

ery for edible perennials.

Because the unemployment rate among men in the Logan neighborhood is 50 percent, LOAM would offer priority job training in horticulture, landscaping, orchardry, floriculture, solar construction and other related trades. Priority housing would become available to Logan veterans, returning citizens, young families, professionals, seniors, teachers and artists who would help manage the land.

LOAM would thus provide fresh food, genuinely low-cost housing, recreation, jobs and health care. LOAM’s community benefit agreement would put Logan first, while creating a regional resource and national example.

Grassroots “equitable development” enables lowest-income neighborhoods to become as beautiful as Rittenhouse Square. We could begin today, building like a coral reef of prosperity.

Land ownership, as usual, is Philadelphia’s stumbling block — control of vacant land by speculators and government agencies that favor assembling



Photo from Paul Glover

Community advocates met over the summer to push for change in the Logan Triangle.

large parcels on behalf of developers for non-competitive bidding.

LOAM advocates met on June 11 with the Philadelphia Redevelopment Authority, which seized the Logan acres by eminent domain in 2012. LOAM asked the authority for permission to use one of the 1,000 lots for a pocket park, to bring neighbors together to discuss their preferences. PRA said no, stating that they are negotiating with a private developer.

While grassroots innovation pushes for dynamic change, Philadelphia’s old guard is guarding old ways. Many powerful officials are as slow as sumo wrestlers on a basketball court. For example, the Redevelopment Authority tried to knock down artist James Dupree’s West Philadelphia studio to build a shopping center. The Housing Authority recently destroyed Peace Park to gentrify the Sharswood neighborhood, adjacent to Brewerytown.

(Continued on Next Page)

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	HEAVENLY ORGANICS Organic Wild Forest Raw Honey 12 oz \$5.99 REG \$7.69		MISO MASTER Mellow White Miso 16 oz \$8.69 REG \$9.49		WORLD CENTRIC Compostable Flatware 24 ct \$2.39 REG \$2.65
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Logan

(Continued from Preceding Page)

According to Charlene Samuels, co-president of Logan EPIC Stakeholders, “The Logan neighborhood can’t wait another 20 years for a developer to build ‘mixed housing’ on the land. If it were easy they’d have built it years ago. . . . The LOAM proposal can start right away. It provides us fresh food, low cost senior housing, health care, and a great way to connect our children to nature.”

Katrice Cheaton, a community advocate from the area, declared, “LOAM has the potential to empower Logan residents with the tools and resources they need to improve their quality of life as well as help the environment. It’s a win-win model.”

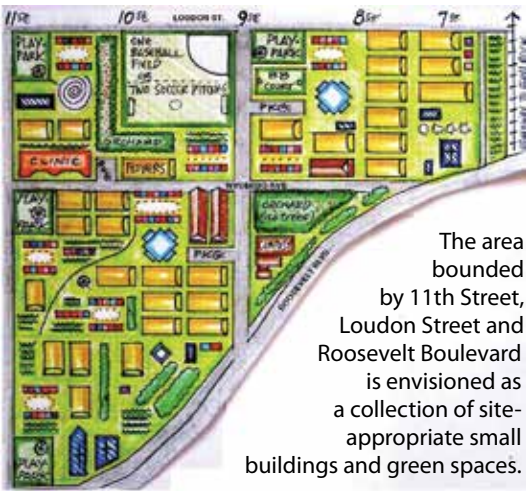
Across Loudon Street from the Triangle lives Ralph Brogdon, who says, “There are thousands of young men roaming around here with nothing to do. This will start to repair the neighborhood.” His son, Ralph Jr., is a government worker and permaculture/agriculturalist. “Learning green skills, not only in agriculture/aquaculture/high tunnels, but in technical aspects such as solar and wind generation, will add much-needed job skills for

the neighborhood and the Philadelphia area,” Brogdon said.

LOAM intends to begin by installing a pocket park, and expand from there. As we proceed we’ll attract grants, volunteers, in-kind donations, and even print our own credits. We will address large issues like regional food security, unemployment, energy efficiency, homelessness, crime and global warming.

Mary Seton Corboy, founder of Greensgrow Farm on a former brownfield on E. Cumberland Street, looks forward to collaborating to revive this land. “We hope this project, like Greensgrow’s work in Kensington, can help revive a blight on our whole city. The scope is large but the problem is large. Logan neighbors are bringing growing ideas where there have only been sinking homes,” she said.

Rachael Griffith, landscape architect with the Land Health Institute, is an advisor to the design team. “Implementing a project such as LOAM could be just what this community and the city has been waiting for,” Griffith said. “It will reactivate an area that has been blighted for decades in a unique and productive way that will provide greatly needed jobs and community services and attract agro-tourism, without triggering gentrification.



“The city doesn’t need another discount superstore — it needs to support iconic, innovative land uses that will build social infrastructure, benefit the local economy, and rehabilitate our environment. It would be hard to find a use for this tract of land that would satisfy these criteria better than the LOAM initiative.”

At this stage, LOAM seeks

- Professional site and detail designs.
- Teams focused on housing, budget and fundraising; jobs and training; food production; recreation grounds; publicity.
- Commitments of volunteer labor.

- Tax-deductible donations.
- Endorsement letters and emails to Councilwoman Cynthia Bass and the Redevelopment Authority.
- Most importantly, the participation and approval of Logan neighbors.

To get involved or for more information, email metroeco@gmail.com, call 215-805-8330 or tweet #groups/logan.loom.

Paul Glover is founder of the Philadelphia Orchard Project; Ithaca HOURS community currency; and a dozen other organizations. He taught urban studies at Temple University. Visit his website at paulglover.org.

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Good Deals Every Day.

Introducing Co-op Basics, with everyday low prices on the things you buy most frequently. We’ve cut prices on more than 100 items across the Co-op to provide better access to our high-quality organic and natural grocery, dairy, freezer, deli and paper products.

And this is just the beginning! As Co-op Basics takes off, we’ll be making more room on the shelves for more value-priced items.

One of the ways we’re doing this is by extending our partnership with Field Day. Field Day sources the best ingredients to create products you and your family will love. And 91% are certified organic and 94% are Non-GMO

Project Verified. Taste and compare for yourself.



Co-op Deals

Great Monthly Savings.

Each month, The Co-op Advantage helps participating co-ops offer their members tremendous savings on dozens of products. Most food co-ops were formed by people who realized that by pooling their resources, they could save money and have greater control over their purchases. A few years ago, the co-ops of the National Cooperative Grocers Association formed the Co-op Advantage Program, or CAP, now called “Co-op Deals.” When co-ops combine

their buying power to get volume discounts, their members save money!





Summer at Saul

The Henry Got Crops CSA farm at Saul High School hosted students from a number of local high schools for 6-week paid internships funded through the Philadelphia Youth Network. Run by Weavers Way Community Programs, the program focuses on nutrition education, developing job skills, and farming, of course! Each student was responsible for their own section in the raised beds closest to the road at Henry Got Crops.

The students participated in field trips, including the Youth Growers Market held at Eakins Oval in July. Youth growers from around the city gathered to share skills, meet one another and sell their produce at the annual youth-only market. And the students have been busy helping in the field, making sure the vegetables that go into CSA members' shares are planted on schedule.

Thanks and have a good year in school!

Tara Campbell photo



They Also Serve Who Haul And Lift and Burn Diesel

by Burl Blackwood,
Pseudonymically for the Shuttle

IT TAKES A LOT OF THINGS TO MAKE A farm — land, seed, water and sun, to name a few. The farmers are the coordinators, the manipulators, the engineers. Their tools represent the evolution of the some of the oldest tools known to mankind. Hoes, shovels, rakes and knives are all essential on the farm, and the plow is a relatively new tool. Tractors are the newest. The tractor has certainly changed the way we farm worldwide, and this is true at Weavers Way.

This reporter jumped at the chance to spend a few hours away from the old Smith-Corona, in the field with our own Mr. Kobata.

The farm was a busy place when I arrived, with farmers who looked like farmers, cooperators who looked like city people, and students, who were easy to identify — they washed their hands a lot.

In the midst of all this activity was a small orange tractor. There was an odd-looking implement attached to the hitch and the power takeoff was rotating this implement at a steady rate. This power spader, I later found out, could prep a 120-foot-long, 4-foot-wide bed in only 6 minutes. It would take a farmer with a shovel six hours, a student with a shovel who knows how long.

I waved to the farmer operating the tractor and she slowed the engine and raised the power spader from the brown earth. I told her I was there to interview the tractor for the Shuttle. As she climbed down and ran off to do other farm chores, she said, “Make it quick. There’s a storm a coming.”

I had done my homework; I knew about this tractor, I had my questions ready. Introductions, idle chit chat, nice day, storm a-coming, now to the grit, what the readers want to know, the dirt, and there was a lot. The tractor was covered from loader to spader with it. I jumped right in.

You’ve been here at the farm for three years? The loader nodded up and down.

I was told your hour meter is approaching 1,000 hours. The loader nodded up and down.

Is it true you have a diesel engine with nearly 40 horsepower? The loader nodded up and down.

I read that your loader can lift over 1,200 pounds — is that true? The loader nodded up and down.

Your work schedule seems tough. Do you work every day? The loader nodded up and down.



The Henry Got Crops tractor takes a rare break (left) from chores that include holding up the screen on Movie Night and helping with the green roof in the sheep pen.



Even in the winter, when it’s 7 degrees? The loader nodded up and down, a bit slower, probably for effect.

Do you like your co-workers? The loader nodded up and down, quickly this time.

You depend on them like they depend on you? The loader smiled.

The farmer was headed back. There was work to be done. A storm was a coming, the tomato stakes needed hauling and there was compost to spread.

The tractor was soft-spoken and difficult to interview. But I sensed a spirit of loyalty and pride about being a member of the farm team, making things better.



Weavers Way Mt. Airy 559 Carpenter Lane
Weavers Way Chestnut Hill 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.



WEAVERS WAY FARMS AND SAUL HIGH SCHOOL PRESENT

HARVEST ON HENRY

5th Annual Farm Festival

SATURDAY, OCTOBER 17 • NOON TO 4 PM

Henry Got Crops CSA Farm - 7095 Henry Ave.
(At Saul High School)

Get Involved in Harvest on Henry

by Stephanie Kane, Weavers Way Local Product Coordinator

THIS YEAR IS THE FIFTH ANNUAL Harvest on Henry Farm Festival, and now is a more exciting time than ever to be involved in our farms! If you've thought about looking for a way for your business or organization to support Weavers Way's involvement in the local community and in small-scale sustainable agriculture, there are a number of ways you can contribute.

If you've driven up Henry Avenue, you've likely experienced the hidden gem of Saul — 130 acres of farmland at a Philadelphia public high school. Saul is the site of the 2 1/2-acre Henry Got Crops CSA farm. The farm which not only provides great fresh produce to more than 100 community supported agriculture subscribers and countless more folks who shop the Saul farmstand and the Co-ops, but has also evolved into a close partnership of Weavers Way, Weavers Way Community Programs and Saul High School. Saul provides its students with a unique agricultural education in a major metropolitan city, and we are proud to be part of it — not to mention that it is often a lot of fun.

Which brings us to Harvest on Henry! It's a day of fun on the farm, to celebrate the end of the season but also to raise money for our farm operations. It's everything you'd expect from a fall farm festival — hayrides, a petting zoo, games, pumpkins, apples, cider and, of course, a pie contest.

Have a slice of homemade pie with student-made ice cream while you enjoy the live music. Test your skills in pumpkin bowling or make a vegetable car. Stroll the farm. And place your bets on Cow Plop Bingo —you could walk away with your wallet heavier than when you arrived!

Harvest on Henry is run with the support of volunteers from the Co-op, our CSA shareholders and Saul teachers, staff and, of course, our terrific Saul students.

The vendor and exhibitor area is a great way for local businesses, nonprofits, crafters or artisans to reach the estimated 1,000 attendees the day of the festival. Booth rentals are only \$25 if you register by Sept 15, and the fee is waived for non-profit organizations. If you specialize in a craft that lends itself to demonstration, come share your talents! Vendors may sell services and crafts and other goods, but not food.



Ellie Seif photo

Pumpkin painting is just one of the all-ages activities at Harvest on Henry

Interested in giving a little more? Harvest on Henry sponsors' names will be featured prominently throughout the festival. **Supporting Sponsors** get their company's name on the festival T-shirt, worn by the Saul students volunteering that day and available for sale. **Festival Sponsors** also get their logo displayed on the Weavers Way and the Philadelphia School District websites for 6-8 weeks during our promotion of the festival. Our **Major Sponsor** and **Urban Farm Sponsor** levels come with even more opportunities to get your name out there as a supporter of our farming work, including a free ad in next month's Shuttle. Urban Farm sponsors can have a company banner displayed on the fence of our farm along Henry Avenue.

Of course, all sponsor levels are welcome to have a table at Harvest on Henry. (Since Henry Got Crops is a for-profit farm, donations are not tax deductible, but your contribution will provide much needed support to our farm operations.)

For more information on how to contribute, contact Weavers Way Outreach Coordinator Bettina de Caumette at outreach@weaversway.coop.

skane@weaversway.coop

THE HOMESTEADING WORKSHOP SERIES 2015

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, 20 E. Mermaid Lane. \$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, 7095 Henry Ave. (at Saul High School) \$5 materials charge

More info and to register: www.weaversway.coop/homesteading.

FARM VOLUNTEER DAYS

One Saturday a month, 9 a.m.-1 p.m. at the Henry Got Crops CSA farm at Saul High School in Roxborough or the Weavers Way Mort Brooks Memorial Farm at Awbury Arboretum in Germantown.

SATURDAY, SEPTEMBER 5:
Henry Got Crops

SATURDAY, OCTOBER 3:
Mort Brooks

FREE Movie Nights AT THE FARM

Friday, September 11 7:15-9:15 p.m.
"The Wizard of Oz"
Friday, October 9 6:30-8:30 p.m.
"Curious George Halloween Boo Fest"
 Henry Got Crops Farm, 7095 Henry Ave. (at Saul High School)

gown in PHILADELPHIA

Henry Got Crops Farm
7095 Henry Ave.

Mort Brooks Memorial Farm
1011 E. Washington Lane

The Passionate Gardener

September Lawn Care

by Ron Kushner, for the Shuttle

AFTER THE HOT, DRY SUMMER, MANY lawns are in need of repair. Fall is the perfect time to plant a new lawn, renovate an existing lawn or ensure the health of your lawn for next season. September’s cooler air, still-warm soil temperatures and (usually) more consistent rainfall are ideal for lawn establishment or renovation. By next spring, your lawn will be lush and healthy.

If you are not reseeding and you want to treat your lawn organically, now is the time to spread corn gluten meal on the lawn for both fertilization and weed control. This is also a good time to spread a product like Espoma’s organic lawn “winterizer.”

Seeding

Grass seed germinates quickly in early fall. First, make sure you use a high-quality grass seed. Seed type will depend on the amount of sun or shade and foot traffic the area receives.

When reseeding bare patches, first remove all dead and unhealthy grass within and around each spot. Top-dress the area with a 2-inch layer of compost or humus plus a dusting of starter fertilizer. Gently tamp down the soil so it is level with the surrounding earth. Lime if necessary. Sprinkle grass seed sparingly over the spot and rake the seed under about 1/8th of an inch. Tamp the soil again, then water. Cover the spot with salt hay or chopped and shredded straw to retain moisture and keep birds from getting to the seed.

Where an old landscape design has been radically changed, an entirely new lawn may need to be established. Add organic material and fertilizer as stated above and mix or till into the top 6 inches of soil. Lime if necessary and rake the earth level and smooth. Seed can be sown by hand but a calibrated lawn spreader is much more efficient. Lightly rake the seed into the surface and again, cover lightly.

The first watering should be thorough; keep the area moist thereafter by watering lightly and gently while the seed



is germinating.

Seed should sprout within two to three weeks. After this germination period, lawns should be watered infrequently but deeply (about 1 inch per week). Avoid daily watering as this will encourage shallow root development. When grass is 3-4 inches tall, it is ready for the first mowing.

Fertilizing

Established lawns should be fertilized twice during the fall. The first application should be in late September when the weather has started to cool. The second feeding should be around Thanksgiving. A fertilizer containing phosphorus and potassium is recommended. Phosphorus promotes root growth and potassium helps with cold tolerance and disease resistance.

pH

No fertilizer is effective if the acidity

When renewing your lawn, don't forget about this

of the soil is too high or too low. Improper pH reduces the availability of nutrients to be taken up by the roots. Your lawn soil should have a pH of 6.8 to 7.0 for best results. Test your soil and use lime to raise the pH or sulfur to lower it as needed.

Mowing

Mowing is a critical part of lawn care that is often overlooked. The biggest mistake is cutting the grass too short. Mower blade height on our cool-season grasses should be about 3 inches. Mow frequently, never removing more than a third of the grass blade. If you wait too long between mowings, the grass becomes stressed and will thin out, making room for weeds. Leave the clippings on the lawn. They will return valuable nutrients to the soil. Make sure your mower blades are sharp. A dull blade shreds the plants instead of cutting them, leaving them more susceptible to disease.

For questions or comments: ron@primexgardencenter.com or www.ronsorganicgarden.com.



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Schuylkill Center photo

The Schuylkill Center at 50

The Health Benefits of That Walk in the Woods

by Anna Lehr Mueser, for the Shuttle

IN EARLY FALL, THE AIR SMELLS DRY LIKE THE FIRST YELLOW leaves and damp like the cool soil on the forest floor where mushrooms are returning. The relief from summer heat draws you outside. You immerse yourself in the woods and you feel better.

In recent years, researchers have been examining why we feel so good when we get outside. The results are remarkable. Being in nature isn't just a peaceful and relaxing experience, a chance for some exercise or personal meditation; being in nature offers measurable health benefits. And it's not simply the physical exercise. A walk anywhere can invigorate, but that walk surrounded by nature comes with lots of other good stuff.

Studies have shown a significant reduction in cortisol, the human stress hormone, for people who take a break outside. In Japan, pioneering researchers are experimenting with "forest bathing," where people simply spend time surrounded entirely by trees. This relaxed time in nature appears to provide more than relief from anxiety and elevation of mood — studies in 2006 and 2009 demonstrated a significant increase in cancer-fighting cells in people who spent just 30 minutes in the woods.

Wellness Day

Saturday, Oct. 3
8 a.m.-1 p.m.
Info & to register:
www.schuylkillcenter.org/blog/event/wellness-day

At the Schuylkill Center, we take this research seriously. It's the grounding for our Nature Preschool, now in its third year, and other nature-immersion programs for kids. It also provides the impetus for our health and wellness programming for adults.

This fall, we're trying a new way to connect adults with nature: Wellness Day, Oct. 3. The event takes a holistic approach, with a mix of activities to give people the time they need in nature. Katy Hawkins will start the day off with yoga; psychotherapist Isaac Garfield will offer seated and active meditation practices. April Pedrick, Weavers Way wellness buyer, and Stephanie Kane, the Co-op's local products coordinator, will lead a class in making herbal remedies.

We believe that connecting health and wellness with nature is one of the most important next steps for individual and public health. As Gail Farmer, the Schuylkill Center's Director of Education, puts it, "The connections between people and nature come from a deep place within us. We need nature in a fundamental way."

Anna Lehr Mueser is the Schuylkill Center's Public Relations Manager. Reach her at anna@schuylkillcenter.org. Visit the center's website at www.schuylkillcenter.org.



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Suggestions

Weavers Way Purchasing Manager Norman Weiss has the month off.



He went to Cleveland and all we got was this crummy picture of him and his crew (Norman is second from right) scoping out their spot in the Rock and Roll Hall of Fame.





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‘Being Mortal’

(Continued from Page 9)

the overwhelming majority of our physicians are not trained to deal with such people. He talks about two kinds of doctors — one who gives orders to patients and expects to be obeyed, and the other who presents lists of possibilities, allowing patients to choose, but not necessarily with adequate information, and with the considerations stemming only from a medical model, not from a quality-of-life perspective.

In fact, much of the care for the elderly focuses on “security and safety” at the expense of the individual’s control over his or her life. The examples that came up at the community meeting included institutions and even families who do not want to allow their elderly members even to stand up because they might fall. Reinforcing the situation are state regulations governing institutions dedicated to caring for the elderly, including continuing care, assisted living and nursing facilities, and even many family situations.

Northwest Village and Weavers Way member Gayle Koster cited an important statement from Gawande: “I want to be the author of my own life.” Too often, this quality is overlooked by our elder-care institutions. And when confronting end-of-life situations, this need is often beyond the depth of medical practitioners, families and even the individuals themselves.

The Aug. 13 discussion brought forth not only complaints about the way the elderly are treated, but also suggestions

about how things might change. People pointed to already familiar changes, such as moving to homes without stairs, or being allowed some choices in daily activities. For example, is it really necessary that elderly people always eat breakfast at the same time? Can one skip a meal or eat later? Such a simple thing is considered the right of all independently living people, but it is a right often removed from the elderly.

What seems to be most important – and here Gawande found a willing audience among those gathered at the meeting – is the emphasis on choice. Again and again, participants spoke of the need to allow people to make choices, even at some risk to the patient.

At the meeting, we could only skirt two great problems hovering over all these situations — how to raise enough money to pay for current or alternative arrangements, and dementia. From my point of view, we can talk about choice and quality of life, but dealing with dementia in the elderly is a frustrating task, not easily ameliorated as things stand now in the real world.

Bob Harris of Weavers Way and Peter Javicas of Northwest Village Network chaired the session. The volunteer organizers are now planning a larger healthcare forum, to be hosted by the Unitarian Society of Germantown, 6511 Lincoln Drive, on Sunday, Nov. 8. The chair of the planning group is Beth Lazer of the Unitarian Society.

I will have more information on the forum in the next Shuttle.

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Up-to-the-minute Co-op news...





SEPTEMBER

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

Tuesday, Sept. 1 7-9 p.m.

Weavers Way Monthly Board of Directors Meeting

The September meeting will be held at the Chestnut Hill Community Center, 2nd floor conference room, 8419 Germantown Ave., across from the Chestnut Hill store. (October's meeting is Tuesday, Oct. 6.) RSVP: boardadmin@weaversway.coop.

Wednesday, Sept. 2 7-9 p.m.

Food in Jars Canning Series: Low-Sugar Spiced Plum Jam

Love jam but don't love all that sugar? Author and Food in Jars blogger Marisa McClellan will show you how to use Pomona's Pectic to make delicious low-sugar jam. She'll also walk you through the steps of safe preserving and how to process the jars so they're shelf stable. \$30. Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. Info and to register: www.weaversway.coop/homesteading.

Monday, Sept. 7 All Day

Labor Day

Weavers Way stores are open 9 a.m.-3 p.m.!

Thursday, Sept. 10 Noon-3 p.m.

La Salle University Fair Trade Fair

Weavers Way regularly connects with area colleges to help promote awareness of the fair trade movement, environmental sustainability, health and nutrition and the local economy. At this pop-up marketplace on the campus in Logan (20th Street and Olney Avenue), we'll be joining some of the area's most interesting and exciting non-profits and vendors featuring the very best Fair Trade products our area offers. Be sure to stop by our table!

Thursday, Sept. 10 6:30-8 p.m.

Weavers Way Health & Wellness Committee Meeting

We're back on task after a summer break. The meeting is in the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). All are welcome!

Friday, Sept. 11 7:15-9:30 p.m.

Free Movie Nights at the Farm: 'The Wizard of Oz'

Grab the kids, a picnic meal and a blanket, and join us for an evening under the stars at the Henry Got Crops Farm at Saul High School. The screening will start at sunset, which should be around 7:15 p.m. Come early to shop the farmstand until 7 p.m., and spend some time exploring the fields. 7095 Henry Ave.

Wednesday, Sept. 16 6:30-8:30 p.m.

Welcome Meeting for New Members

Let us introduce you to all that we are. You'll learn about how to make the most of your Co-op Member-Ownership and earn two hours credit toward working member status. This month, meet us in Chestnut Hill, on the second floor of the Chestnut Hill Community Center at 8419 Germantown Ave., 19118. Please RSVP: member@weaversway.coop or call 215-843-2350 x 119.

Wednesday, Sept. 16 7:30-9 p.m.

Weavers Way Environment Committee Meeting

As usual, we'll be in the Community Room at 555 Carpenter Lane (adjacent to the Mt. Airy store). All are welcome!

Thursday, Sept. 17 6-10:30 p.m.

Mt. Airy USA Street Fare

Stroll Germantown Avenue for free family fun and live music, sip and savor eats and drinks from more than 50 of the region's best food trucks and local restaurants between Sedgwick and Mt. Airy. Don't miss the scene — last year, Street Fare attracted over 15,000 people. Info: gomtairy.com/events/seasonal-events/street-fare.

Saturday, Sept. 19 8 a.m.-4 p.m.

10th Annual Weavers Way Urban Farm Bike Ride

Check out the Philadelphia farming scene from the seat of your bicycle and see what "local" is in its purest form — right in our own backyards! Riders of all levels welcome. Proceeds benefit Weavers Way Community Programs, the non-profit arm of the co-op. The ride begins and ends at Philadelphia Brewing Company in Kensington. Info and to register: www.weaversway.coop/bikeride.

Sunday, Sept. 20 11 a.m.-4 p.m.

Mt. Airy Village Fair

See www.mtairyvillage.com/mt-airy-village-fair.html for the lowdown on how this year's fair is shaping up — you won't be disappointed! The Village has plenty of good ol' favorite games and contests lined up and exciting new stuff too! Mark your calendar and plan to bring the whole family, rain or shine, including the dog! Check back on the Mt. Airy Village website (www.mtairyvillage.com/mt-airy-village-fair) and Facebook pages often — updates are fast and furious!

Tuesday, Sept. 22 6-8 p.m.

Hometown Herbs How-To: Oils and Salves

Learn to steep the beneficial properties of herbs and flowers into oils, then turn them into salves for a variety of purposes. You'll be glad you have them around for the colder months for dry hands! \$5 materials fee. Henry Got Crops Farm at Saul High School, 7095 Henry Ave. More info and to register: www.weaversway.coop/homesteading.

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.



Go Mt. Airy photo

The scene started early last year, and just kept rolling into the night.

Mt. Airy Gets Set for Street Fare 2015

STREET FARE: SIP, SAVOR, STROLL brings tasty bites and beverages back to Mt. Airy on Thursday, Sept. 17, from 6 to 10:30 p.m. Stroll the Avenue for family fun, live music and handmade crafts, and enjoy gourmet eats and drinks from more than 50 of the region's best gourmet food trucks and local restaurants stationed along Germantown Avenue, between Sedgwick and W. Mt. Airy Avenue. Street Fare is organized by Mt. Airy USA and annually attracts over 15,000 people.

"Street Fare brings a night of entertainment to Mt. Airy while showcasing our vibrant community to thousands of hungry visitors," said Mt. Airy USA's new Executive Director Brad Copeland. "We're thrilled to be able to bring the event back to Germantown Avenue this year."

Street Fare pairs award-winning mobile food vendors with notable local restaurants. Mt. Airy restaurants and businesses will include Earth Bread + Brewery, Herb Scott Catering, Jyoti Indian Bistro, Trolley Car Diner and the new Mt. Airy bar Alma Mater. Food-truck participants include Philly Fry, The Cow and the Curd, Foolish Waffles, The Flying Deutschman, Dump N' Roll, Mac Mart Cart, Mompops, Dos Hermanos Tacos, The Pizza Wagon, Sweet Box Cupcakes, Surf and Turf Truck, The Tot Cart, Undrgrnd Donuts and Chef Don-te's Delicious Dishes.

Street Fare

Thursday, Sept. 17, 6-10:30 p.m.
Germantown Avenue in Mt. Airy

Mt. Airy USA's annual food, fun and music street festival.

While strolling along historic Germantown Avenue, shop from artisans with handmade crafts organized by Renaissance Craftables. Enjoy fun for the whole family inside our Family Area, featuring locally designed temporary tattoos from Mt. Airy's Kadillac Tattoo and other arts and crafts for the young ones. Entertainment will include live music on two stages from School of Rock, Re.Live, Bethlehem & Sad Patrick, Hennessey Bonfire and more.

"The night of Street Fare, German-town Avenue is filled with an incomparable energy," said Commercial Corridor Revitalization and Business Association Manager Jamie Shanker. "We know our neighbors and businesses are looking forward to being a part of the excitement again!"

For event updates and additional information about Street Fare, visit gomtairy.com, call 215-844-6021, follow @gomtairy #stfaremtairy on Twitter and like "Go Mt. Airy" on Facebook.

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CHEF'S CORNER

Kitchen Confidence: They Have It

by Bonnie Shuman,
Weavers Way Executive Chef

LAST MONTH, I SPOKE TO THE MOST RECENT GRADuating class at the Philabundance Community Kitchen culinary program. Philabundance is mostly known as an outfit that distributes food to organizations that help the needy. And around here, it's known as the place Glenn Bergman went! What many people may not know is that Philabundance also runs a culinary education program for adults in North Philadelphia.

I was really inspired by the work Philabundance is doing with their students. A lot of the people in this program have had a hard time and are trying to put their lives back on track.

I brought along my own "student," Jonathan Taylor, whom we hired several months ago. JT has his own story about getting his life back on track and I thought it would inspire the students. I was greatly impressed and proud of JT's poise and honesty as he spoke, and I think he stood as a living example of someone who is determined to learn and change his life for the better.

I asked Jennifer Williams, Employment and Retention Specialist at Philabundance, for more information about the culinary education program.

Can you describe the program's mission?

The Philabundance Community Kitchen is an adult culinary arts vocational training and meal production

program. Our mission is to promote the self-sufficiency of able-bodied, low-income adults through training and placement in a commercial kitchen. The food used during training is surplus collected from area businesses, and meals that are prepared by trainees are distributed to the emergency food and shelter system.

How has this program effected change for the graduates?

Our program is 15 weeks long, and I have witnessed firsthand graduates change their lives within those weeks. One student may be totally green in the food-service industry, attend our program, complete training and a two week internship with one of our solid partners, remain in contact with staff here, then next time you turn around that same student is now entering management level at his place of employment. Graduates who were once on government assistance are now living independently with full compensation packages. Some graduates further their education after our training program. . . . I have watched graduates go into business for themselves and maintain their businesses, hire graduates or host them as interns.

I see unemployed students become marketable and employable. I watch students turn a passion into a career. I witness students discover their niche and go after it in the industry. Ex-offenders who have made mistakes attend our program and become gainfully employed.

Here's one success story: Greg Headen was actually a student in my first class in the summer of 2011.



Graduation selfie break: Bonnie, program director Jennifer Williams and JT.

Greg already possessed initiative, ambition and drive before attending PCK. However one mistake caused him to obtain a felony charge and serve time. As expected, seeking gainful employment even with a previous strong work history was challenging. So he attends PCK, graduates valedictorian and receives his Managerial Food Protection ServSafe certificate.

I placed Greg at the Hard Rock Café for his two-week internship. Within one week he impressed the GM so much that he was offered a position. By one year, I was referred to Greg as the go-to person for in-

(Continued on Next Page)



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Chef's Corner

(Continued from Preceding Page)

interviewing students for internship opportunities. Within four years, Greg was proposing new menu items, and became a sous chef and kitchen manager.

In addition to climbing the ladder at work, he decided to attend the Arts Institute for further culinary training. He has since stepped into his latest role as executive chef at the well-known Crow and the Pitcher.

So you follow the students after they leave.

I follow each student for a two-year period, discussing current employment, housing, benefits, interviewing tips, etc. If they need assistance with applications, cover letters, updating resumes, they can get help. There is no expiration date on our services.

What are the most prominent challenges you face with the program?

Recruiting like-minded employers and producing solid partnerships, and encouraging students to make behavioral changes if they are indeed interested in the next level.

What do you like/dislike most about the job?

What I love about what I do is the ability to play a role in someone's life who is seeking change and some encouragement to thrust forward to the next level. I love how our team works endlessly and selflessly for the betterment of others. That is such a rewarding feeling, especially when a student moves on to the next level in their career.



The most displeasing part of my job is when a graduate becomes noncompliant, meaning we have lost contact and are unable to serve that graduate. We really look forward to witnessing our students succeed.

Why should I hire a graduate of the Philabundance culinary program?

Our students complete 15 intensive weeks of non-paid training, attend ServSafe* and safe food handling

Weavers Way's Jonathan Taylor shares his own story with the PCK graduates

Bonnie Shuman photo

courses, in addition to classes in life skills, job readiness, computers and math. Our objective is to develop graduates who are familiar with and capable of meeting the constantly changing standards and expectations of the food industry.

PCK graduates come out with a high respect for cleanliness and a solid understanding of proper practices.

We train our students to always follow directions, but to take the initiative in the kitchen, and the importance of being a student of the craft. We are sticklers regarding time; we definitely require a high level of accountability of our students. We train them to know ownership is key in this business and in life in general. Bottom line: Our students graduate with a hunger to learn and a desire to be the best!

Read more about the Philabundance Community Kitchen at www.philabundance.org/programs-2/philabundance-community-kitchen/

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* ServSafe is a food and beverage safety training and certificate program focusing on foodborne illnesses, sanitation and prevention, administered by the National Restaurant Association.

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September 2 - 29

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Cooperator of the Month



Kathleen Carll

Joined Weavers Way: 2003

Lives in: East Mt. Airy

Current job: Associate director of the Judaic Studies program at Drexel University

Co-op job history: “I stuck with doing deli for years, because I understand it. Last year ... I found two [farm shifts] in a row in a morning in late September, and it was, like, the best.”

Less-than ideal Co-op shift: “One time I did cookie packing, and that’s just way too hard, because you want to eat the cookies the whole time.”

Favorite Co-op product: Prepared foods’ basil pesto (vegan or regular), Mary’s Gone Crackers, Martin’s chicken sausage. She also buys most of her pet food here.

Why she’s a member: “I like the products. I like a small store, I like a local business ... you do feel that sense of connectedness and investment ... you feel like you’re part of it.”

Why she’s a working member: “First of all, I want the discount. And second of all, it’s not hard to do the Co-op shifts. And third of all, I’ve generally had a great time.”

Here’s to the Numbers— Big Ones!

by Kirsten Bernal, Weavers Way Membership Manager

THE WORD THAT YOU MAY HEAR OFT REPEATED LATELY in the Membership Office is “strong.” Specifically, week after week, we are talking about the “very strong numbers” that continue to add up. At the end of July, membership reached an important milestone — the total number of active member households surpassed 5,500, the largest number Weavers Way has ever seen. If we assume two people per member household (lots of households have more), this translates to more than 11,000 members!

The even better news is that the strong numbers show no sign of slowing down. Even during the lazy days of summer, we have been welcoming, on average, 20 new member households a week. During July, 92 member households joined the Co-op. Those are tremendous numbers, and I believe it is safe to say it is not a fluke.

This is generating much enthusiasm among staff members. It is so satisfying for all of us to see so many support the Co-op and join our team. As the summer winds down and fall approaches, I am eager to watch as our numbers continue to grow. There is no doubt that we are stronger together. So, if you love the Co-op as I do, tell your friends and tell your neighbors that Weavers Way is the place to be!

Since we are talking numbers, there is one more that

I would love to mention. Each month, we host a New Member Welcome Meeting. Many of you remember when these sessions were mandatory; since we relaxed that requirement, making the meetings “strongly encouraged,” attendance declined. This is a trend we have long hoped to reverse. The Welcome Meeting is an important step in belonging to the Co-op. It is informative and entertaining. We talk about the history of the cooperative movement, cover essential and useful aspects of membership at Weavers Way and have the opportunity to meet and learn more about our newest members. Afterwards, I am always left with a deep sense of satisfaction and promise. Each meeting is a reminder of everything that is great about the Co-op: community, cooperation, keeping it local.

Despite that, we have been challenged with getting new members out to the meetings. However, August brought a pleasant surprise. Usually, we get 12-15 new people participating; I am thrilled to report that we had 33 members in attendance. It was standing room only! The crowd provided critical mass that made for a great meeting. So, if you are a new, or new-ish, member, and have not been to a Welcome Meeting, consider an RSVP today. September’s meeting will be on Wednesday the 16th at 6:30 p.m., at the Chestnut Hill Community Center, 8419 Germantown Ave. (across from the Chestnut Hill store). Hope to see you there.

Kirsten@weaversway.coop

Picture This

Many of you admired the painting of Weavers Way Mt. Airy store that used to hang in the Chestnut Hill store. Well, it’s hanging at Glenn’s house now. But before our old general manager got his going-away present, we collaborated with the artist, Lara Cantu-Hertzler, to produce prints of this iconic scene.



Lara is a member of the grocery staff at Weavers Way Chestnut Hill. To see more of her art, visit laracantuh.com

“Weavers Way”
12”x12” signed artist’s prints
\$24
To purchase, ask a cashier.

Also New to the Weavers Way Executive Suite ...

WEAVERS WAY’S NEW MARKETING Director is Crystal Pang. Crystal is a Northeast Philadelphia native and graduate of the University of Pennsylvania and Northeast High School. She spent the first part of her career at JPMorgan Chase, where she held multiple marketing and operations roles within the Card Services Division. During her time there, she developed expertise in branding, advertising, product management, and customer-centric marketing. She has always had a desire to leverage her passion for marketing to improve the Philadelphia community, and was drawn to Weavers Way because of its commitment to the triple-bottom-line philosophy and sustainable food.

She lives in South Philadelphia with Ed, her significant other. Outside of work, Crystal sings with Southbound A Cappella and the Philly Belle Tones. She also loves traveling to other countries, where her first priority is always



Crystal Pang: Marketer and singer.

local food. She is a strong believer that food is heavily intertwined with culture and wouldn’t want it any other way.

Crystal is thrilled to be a part of the Weavers Way team, and is excited to grow the customer base and further strengthen the Co-op’s community of committed members.

SHERICE SARGENT IS WEAVERS Way’s new Human Resources Director. She began her career in IT, then crossed into human resources by way of volunteering to mentor new staff at a previous job. Realizing the compatibility of the field with her personality, Sherice went to Temple University to pursue a degree and obtain a knowledge base. After working in a for-profit business, she shifted her career focus to nonprofit organizations and small business (including startups) to better support the staff and feel more engaged in operations.

A Philadelphia native who hails from a large family (she is the oldest of six siblings), she has two children and is pursuing a graduate degree at Thomas Edison State College. So she often is balancing busy days between work and family, but she always tries to make time for fun. She enjoys traveling, fitness activities (basketball, running and yoga are her favorites), cooking and food sampling. Her passions



Sherice Sargent: Passion for community.

are supporting community and business development and youth and education initiatives.

Sherice plans to team up with the Weavers Way staff to energize the environment, engage its customers and continue its success within the community and in education about healthy options.



Save The Date

Weavers Way Fall General Membership Meeting
Walk & Talk in the Woods
SATURDAY, OCT. 10, 4 P.M.
The Schuylkill Center, 8480 Hagy’s Mill Road

GM's Corner

(Continued from Page 1)

right for the majority of our customers. The small size of our stores makes this particularly challenging for us — for every new product that comes in, something has to come out.

But one thing that is fundamentally important to us is that we want to remain a full-service natural grocer, not morph into a specialty or gourmet store. Our customers should be able to do the bulk of their grocery shopping at the Co-op if they so choose.

The Co-op Basics program is designed specifically for the “grocery shopper,” the customers who buy their staples at Weavers Way.

Many of the products that are part of Co-op Basics are under the Field Day brand. Last month, we signed an agreement with our largest grocery wholesaler, UNFI, which will allow us to take advantage of significantly better deals on Field Day products, allowing us to pass the savings along, as they say, to YOU.

Field Day essentially represents our grocery “house brand,” similar to Whole Food’s 365 brand or Acme’s Wild Harvest. The Co-op has been carrying Field Day for some time, but with the Co-op Basics program, the number of Field Day-branded products in the stores has increased significantly.

The Co-op Basics program repre-

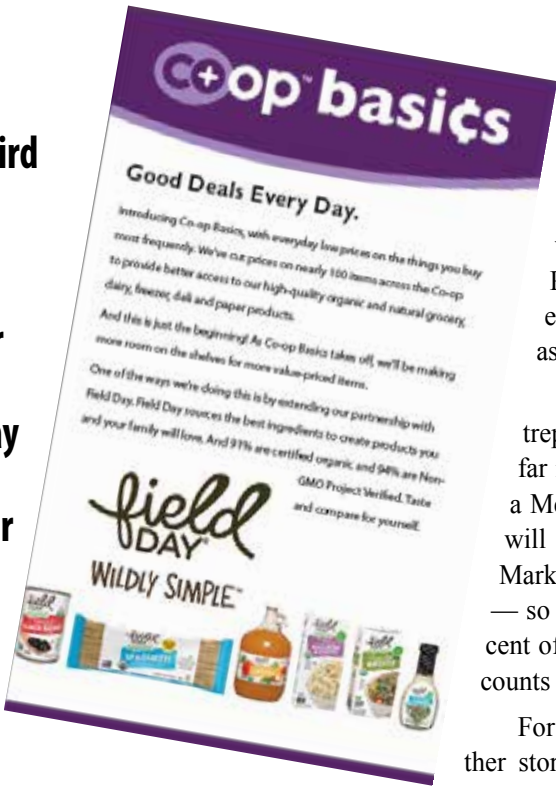
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The Co-op Basics program is the third component of our comprehensive pricing strategy, along with Senior Discount Tuesdays, for Weavers Way members 65 and over, and Food For All, for members on assistance.”

sents the third component of our comprehensive pricing strategy: In February we launched Food For All, a needs-based program that gives members who qualify 10 percent off their purchases every day; in May, we started our Senior Discount Tuesdays, giving members 65 and over 10 percent off their purchases one day a week.

Both Food For All and Senior Discount can be stacked with our 5 percent Working Member discount. You do the

math. Or consider this example:

Koch’s dark-meat ground turkey (all natural, all local feed, no antibiotics, from Schuylkill County) was previously selling for \$5.75 a pound. Under the Co-op Basics program, the price has dropped to \$4.99 a pound. For working members, the working member discount takes it to \$4.74 a pound. And for working members in the Food for All or Senior Discount programs, the price drops to \$4.24 a pound.



At our soon-to-open, for-profit competitor’s store in Horsham, dark-meat ground turkey (from who knows where, fed who knows what) sells for \$6.99 a pound. Period. (And don’t get me started on their all-grain-fed beef — as if that’s a good thing.)

An inside tip just for you intrepid readers who’ve gotten this far into my column: We will have a Member Appreciation Week that will coincide with the week Fresh Market opens its Chestnut Hill store — so that will be yet another 5 percent off, in addition to whatever discounts you already get.

For now, when you walk into either store, grab a copy of the Co-op Basics list to see what’s on it. (You can also find the list on the website at www.weaversway.coop/deals.)

I hope those purple shelf signs get your attention — and I hope you are pleased with the prices you see. Keep in mind that this is a brand-new program, so the product list will be tweaked over time. As you can imagine, picking the right products is a challenge. Where you think we picked wrong, I welcome your feedback.

See you around the Co-op.

jroesser@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’s September meeting is 7 p.m. Tuesday, Sept. 1 at the Chestnut Hill Community Center, 8419 Germantown Ave. The October meeting is set for Tuesday, Oct. 6, in Chestnut Hill. 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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OPEN EVERY DAY

www.weaversway.coop

Mt. Airy main number: 215-843-2350

contact@weaversway.coop

Chestnut Hill main number: 215-866-9150

Mt. Airy

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

Chestnut Hill

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

Across the Way

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

Next Door

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

HOW TO REACH US

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Next Door Manager
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(CH) Matt Budenstein, ext. 209
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(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 member-owners 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, Sept. 16
Chestnut Hill

weavers way coop



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For More information

goodmorninmusic.org 215-849-1762