MEMBER APPRECIATION WEEKEND

FRIDAY TO SUNDAY, JUNE 3 TO JUNE 5









The Shuttle

June 2016 Vol. 44 No. 6 Community-Owned, Open to Everyone

Month's **Number:** 6,000 Strong!

by Kirsten Bernal, Weavers Way **Membership Manager**

THIS MONTH, THE INTERNIBLES...
partment is focused on milestones,
Again! Coand we're talking numbers. Again! Coincidentally, I write this on the sixth anniversary of the opening of our Chestnut Hill store. During the first month there, we added more than 500 new member households. That was unheard of. By the end of 2010, nearly 1,400 new member households had joined the Co-op. This was an incredible result, one that we could not have imagined. More than anything, the rapid increase in member households was confirmation that Chestnut Hill was the right move for us and that our members are integral to the success of the Co-op.

By the end of 2011, the Co-op boasted 4,725 active member households. This felt like a major accomplishment. Being that close to 5,000 households was an exciting prospect. But 2012 saw new member households level off and it wasn't until October that we hit the 5,000 milestone — 5,012 to be exact. The following year brought an increase of only 152 active member households, to end the year at 5,257. In 2014, we started out strong, at 5,332 member households, only to end the year with fewer active members than when we started, 5,289.

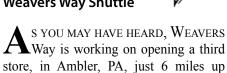
Then, sometime in mid-2015, those numbers took on a life of their own. We have been gaining momentum ever since. From May of last year until today, we have more than 550 additional active member households. That's more in one year than in the last three years combined. It seems that the word on the street

(Continued on Page 26)



Editor's Note

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



While no dotted lines have been signed on, or even initialed, this process is pretty far along, as General Manager Jon Roesser has explained in a presentation he's made several times recently — to staff, at a member forum April 27

Bethlehem Pike from Chestnut Hill.

and, most recently, at the spring General Membership Meeting on May 15.

Having heard Jon's spiel several times, I can assure those of you who haven't - and I know there are a lot of you, because I know how many people were at those meetings and I know how many people belong to the Co-op — that Jon gives a good presentation. So in the coming months, if you hear he's firing up the old PowerPoint, you ought to attend.

But just to get you up to speed, here's my, ah, reconstructed summary of what (Continued on Page 22)

Here's Why We're All In When It **Comes to Growth**

by Chris Hill, President, Weavers **Way Board of Directors**

Why does the Weavers Way Board of Directors believe so firmly in the value of growing more coops in our region?

Why is growth good?

There are lots of sound business reasons for the value of growth, economies of scale and competitive positioning among them. But the main reason most of us on the Board believe in growing more co-ops is because co-ops are good for communities and good for people. Who wouldn't want such a store in their community?

- A store rooted in and responsive to the community.
- A store that follows a set of ethical values in what it purchases and where it sources its food.
- A store that is owned and controlled by its members.
- A store that pays a living wage to its employees.
- A store that is, in many ways, the heart (Continued on Page 23)



Announced at the May 15 **General Membership Meeting:** The winners of the 2016 Weavers Way Board of Directors election. Voters also approved a change to the bylaws.

For voting details, visit the **Online Member Center at** members.weaversway.coop







From left: Chris Hill and Laura Morris Siena were reelected; Joan Patton is new to the Board. All terms are three years.

WE'RE OPEN FROM 9 TO 3

CHANGE SERVICE REQUESTED www.weaversway.coop HAPPY INDEPENDENCE DAY 559 Carpenter Lane, Philadelphia, PA 19119

Weavers Way Cooperative Association



What's in Store at Weavers Way

Local Vendor Spotlight

by Kris Varga, Weavers Way **Chestnut Hill Grocery Staff**

CERTAIN KIND OF CHARM AND sweet, simple nostalgia resides at Merrymead Farm — the kind that is generated by friendly employees who earnestly believe in the work they do and in the support for their community. Sounds a bit like Weavers Way, which may be why the Co-op has been selling Merrymead milk since 2005. Always wonderful to see two wholesome businesses in harmony!

Merrymead Farm, near Lansdale, has been in the same family for more than 100 years. These days, Merrymead, along Valley Forge Road in Worcester Township, includes a small retail store that sells the farm's milk and ice cream, along with baked goods, local eggs, meat and honey. Outside, there's a farmstand with seasonal produce from Lancaster County — to "save people the trip" — plants and gardening supplies. In the fall, of course, pumpkins and mums line the parking lot.

I recently talked with Kelsey Givler, 29-year-old farmhand and fifth-generation Merrymead family member. She elaborated: "Merrymead is owned and operated by the Rothenberger family.

Merrymead's a Dairy Even a Vegan Can Love



Merrymead milks about 100 cows on its family farm near Lansdale, including these girls.

My mom, Donna Quigley, grew up on the farm, along with her dad, Maynard Rothenberger, his dad, Oscar Rothenberger, and his uncle, Amandus Rothenberger." The Rothenbergers used to sell their milk to a bulk processor, but in 1971, they established their own on-site processing operation and retail store.

"The farm only uses its own milk. . . every ounce comes from our cows, which we know are being fed a wholesome diet and treated with the utmost attention," Kelsey said. "We milk 100 cows daily, which give us ample supply for our store and wholesale accounts."

Kelesy says people can "taste the difference" between their milk and generic bulk-processed brands. Is it the love? That and butterfat. "Our half-and-half and heavy cream are made with higher percentages of cream," she noted.

So what is a vegan like me doing at a dairy farm? As Kelsey and I conversed, we found our values converge in many ways. The farm's Holstein herd has the freedom to roam and graze at their leisure in good weather; Merrymead grows their own corn, alfalfa and white wheat for feed. Their chickens, pigs, goats and other animals in the barnyard serve no business purpose, but remain essential to the farm's family.

We also agreed that we're part of a generation that is accustomed to convenience and instant gratification, something that might turn people away from quality and over to the side of mass consumption.

Despite competition from Big Milk, Merrymead remains in business, distributing to local restaurants and coffee shops as well as food markets. They host visits from school groups and camps, allowing young people to see the animals and learn how milk gets from the cow to the glass. In the fall, Harvest Day Weekends feature hayrides, games and a corn maze. And any time of the year, visitors can see the animals and watch the afternoon milking, from 3:30 to about 6 p.m.

Being a Lansdale/Hatfield native myself, but having not been to Merrymead since my elementary-school days, I found my recent visit was educational and rewarding. I recommend it.

"And get an ice cream cone!" says this vegan.

kpjvarga@gmail.com

Check It Out!

by Karen Plourde, Weavers Way **Communications Staff**

Goings on in Grocery

Brussel Bytes are a mellower munch. And a Jersey chocolatier kicks truffles up a notch.



If you haven't warmed to kale chips, head upstairs in Mt. Airy and give Wonderfully **Raw Brussel** Bytes a

try. They're organic, live, vegan, gluten-

free and non-GMO. Even better, they're missing that bitter aftertaste I've detected in every kale chip I've tried. Mt. Airy has the chili pumpkin seed crunch flavor, which carries only a hint of heat.

Now that you've had your greens, you deserve dessert. HB+M Chocolate of Morris County, NJ, makes truffles stuffed with blondies, brownies and doughnuts.

Yes. June can be dicey for chocolate purchases, but these might be worth bringing a cooler to the store.

The Hill

has them

in three

varieties.

HB+M Chocolate Truffles



All Wellness and Good

A sale on Plant Fusion for your summer smoothies. And there's

a new natural deodorant in town.

There's nothing like a frosty smoothie on a hot day to cool you down and get you energized, and Plant Fusion protein powders

up the ante. They're plant-based, raw, gluten-free, soy-free and dairy-free. And all this month, Next Door and Across the Way have the one-pound size in all four flavors on sale for 20 percent off. So fire up that blender!

ntFusion





Hot days also mean perspiration, and the, well, stink that follows. Enter Primal Pit Paste, an all-natural deodorant that contains no aluminum, parabens, pthalates, synthetic fragrances or GMOs. Next Door and Across the Way have the paste, stick and pump spray in an array

of scents, as well as unscented. They're made fresh weekly from essential, organic oils, organic butters and other natural ingredients. If you've been relying on drugstore fare, now may be the time to make a switch.

Finds for the Furry and **Feathered**

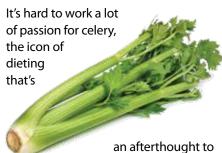
Finally, a dog chew without rawhide.

Parents of pooches know that rawhide can keep them busy and away from your shoes. But the chemicals used to remove the hair from animal hides are often toxic, and your dog is exposed to traces of them when he licks and chews his toy. So it's a comfort to find Earth Animal

No Hide Chicken Chews Across the Way. They're made from American farm-raised chicken, and have no added hormones, steroids or chemicals. And they're longlasting. Bring a pack home and let puppy have at it. And relax.

Picks in Produce

Celery, ignored and maligned, adds crunch to summer.



an order of chicken wings. It doesn't help that it's always near the top of the Dirty Dozen list of produce with the highest traces of pesticides. But would you want to leave it out of your tuna or chicken salad? And it's lovely as the standard-bearer for a Bloody Mary. The Co-op has it on sale for \$1.29 a bunch for the first half of June. So wash it well and throw it some respect.

kplourde@weaversway.coop





What's in Store at Weavers Way



Get Cracking on Shellfish

by Dale Kinley, Mt. Airy Meat and Seafood Manager

UMMER IS A GREAT TIME FOR SHELLFISH! OUR SUPPLIER, SAMUEL & SONS SEAFOOD, PROvides us with an extensive choice of USA-produced shellfish, and we make it available to Weavers Way members on a pre-order basis. Call Ron in Chestnut Hill at 215-843-2350, ext. 205, or Dale in Mt. Airy at 215-843-2350, ext. 104, for to check for current prices and the oyster selection, and to place an order.

And have a great summer!

OUR SUMMER SURF LINE -

CLAMS

Top neck Little neck Cherrystone **Steamers Ipswich**

Oysters in the Shell

Large selection from New Jersey and the East and West coasts.

SCALLOPS

Live sea scallop in shell Live Taylor Bay scallop in shell

SHRIMP

Mussels

2 ½ lb. bags from New England

Fresh Crabmeat

Jumbo lump Lump Claw

LIVE BLUE CRABS

Dozen Bushel (36 #1 crabs)

SOFTSHELL CRABS

LIVE LOBSTERS (1-2 pound)



Defending the 'Cheeze'

Vegans Deserve Umami Too

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

FOR VEGANS WHO WERE ONCE CHEESE LOVERS AND WHO WISH THEY HAD A GOOD SUBSTI-tute for some of the flavors and textures they once enjoyed, are unwilling to settle for a salty, rubbery facsimile, and resigned to just do without, well, times are changing. A number of chefs and food scientists have made it their mission to come up with ways to make products that do for vegans what cheese does.

What does cheese do?

Cheese packs a umami punch. Our flavor receptors crave this savory component on the flavor spectrum; it makes us salivate. Umami is present in soy sauce, fish sauce, meat broth, aged or fermented foods (like cheese and cured meats), mushrooms, ripe tomatoes, celery and yup, breast milk. All have high levels of the amino acid L-Glutamate, which is responsible for this type of flavor. Cheese also gives us a variety of textures and a wonderful counter-texture to bread, pasta, crackers and vegetables. We like to create a balance with our food and sometimes cheese, or "cheese," does just that.

So those who can't understand why a vegan would want to eat "fake" cheese or meat can begin to see that it's about having choices of flavors and textures that please the palate.

Some of the new vegan cheeses on the market are being made with fermented nuts such as cashews and hazelnuts. The two brands we're trying are **Heidi Ho** and Miyoko's Kitchen. Their offerings include cheeses that are similar to a soft goat cheese with ash, aged sharp cheddar and fresh mozzarella. Try them on a cheese board, because they are made to look beautiful and have a depth of flavor that will surprise your guests, even non-vegan ones.

Diana, Chao and Follow Your Heart are doing a great job with more familiar coconut and soy, producing cheeses that melt very well in recipes and have good flavor. I highly recommend the Follow Your Heart Smoked Gouda slices.

My name is Shawn O'Connell. I am a cheesemonger, and I approve this message. soconnell@weaversway.coop





Because School's Out!

Too soon for some, forever for others. Here with, some essentials for the long, lazy months ahead.



Your fave frozen fruit bars

 MomPops of Kennett Square (CH only) or Natural Choice. In a rainbow of flavors. Keep those trips to the ice cream or water ice stand in check.



So much sunscreen —Kiss My Face, Goddess Garden (organic), Badger (certified natural), Nature's Gate (vegan). Apply liberally.



Claudio's fresh mozzarella — 9th Street's finest. Grab some of our tomatoes and basil for your caprese

until your own crop comes in.



Blue Planet sunglasses — From Santa Barbara, CA. Sunglasses and readers made from bamboo and wood. To date, they've donated over 150,000 pairs to charitable organizations.



Fox Ledge bottled water — One of the best bargains at the Co-op. In three sizes. Bottled on site, at the source, in Honesdale, Wayne County.



Weavers Way Community Programs

Hope Kitchen at Home

by Jackie Schrauger, WWCP Program Director

TX/EAVERS WAY COMMUNITY PROGRAMS' HOPE KITCHen is a six-week cooking class for parents at Stenton Family Manor in Germantown, the second largest emergency housing facility for families experiencing homelessness in Philadelphia. Just over a year old, Hope Kitchen focuses on nutritious, delicious whole foods on a realistic budget for low-income families, and was created to engage the parents of the children in WWCP's Garden Club.

Graduates of Hope Kitchen earn a "Fresh Start" kit, which includes a variety of kitchen necessities, helping equip people with the tools they need to cook healthy meals when they transition into their own homes. We've recently started going one step further, conducting home visits when families leave Stenton to help support healthy habits during this next chapter of their lives. During each home visit, WWCP Nutrition Education Associate Mercelyne Latortue helps parents find the best places to shop for groceries, assists with meal planning and helps stock pantries with key staples. WWCP is thrilled to support our Hope Kitchen families in maintaining healthy cooking in their new homes!

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Mercelyne Latortue mlatortue@weaversway.coop

Farm Manager aturner@weaversway.coop

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 families.



Why We Give Inspire Energy

Look for "Why I Give" each month in the Shuttle to get an inside look at what inspires people to donate their time, money and skills to WWCP. Feeling inspired? Contact Jackie Schrauger at jschrauger@weaversway.coop.

We were excited to welcome Inspire Energy to Hope Garden, our half-acre behind Stenton Family Manor, on Earth Day. They got right to work helping clear beds for the growing season and assisting with rebuilding our cob oven. It was a fun and productive day, and we're so grateful Inspire chose to spend it with us!

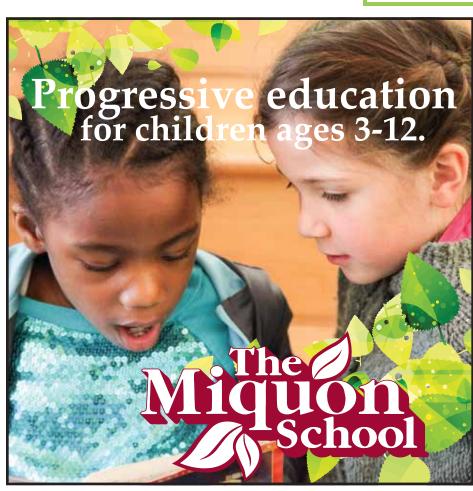
When deciding how to celebrate Earth Day this year, working with Weavers Way Community Programs was an obvious choice for Inspire! We love how WWCP has such a direct and profound impact on the community we both serve. As a young startup in Philadelphia, we hope to be great neighbors to all the organizations doing such important work in our backyards.

Jess Carden, Sales Operations & Event Coordinator













Weavers Way Community Programs

Student Spotlight: Jade Santiago

Jade Santiago is a senior at Saul High School who is working hard to inform people about the negative impacts of the palm oil industry on the planet. We are proud to support Jade's efforts!

by Jade Santiago, for the Shuttle

PALM OIL IS A BIG PART OF PEOPLE'S daily lives. It's an ingredient in detergents, cosmetics such as lipstick, soap and even packaged breads and cereals. At Saul High School, palm oil is in our cleaning products — things like soaps, hand sanitizers and janitorial supplies — as well as in the snacks we sell in the vending machine and school store, including chips, candy and snack bars. According to research done by the Philadelphia Zoo, there are over 20 different names for palm oil, including cetyl almitate and sodium kernelate.

As you can see, palm oil is everywhere. This is a big problem because it comes at a huge — and negative — cost to the planet.

Palm oil is grown in Africa, Asia and North and South America. The majority of palm-oil plantations are in Malaysia and Indonesia. These countries are home to some of the most biodiverse tropical rainforests in the world. These forests are being destroyed to make room for palm-oil plantations, at a rate estimated as the equivalent of 300 football fields per hour! Burning forests is a common clearing method, and the fires release harmful carbon emissions into the atmosphere, which contribute to air pollution and climate change. These forests are also home to many rare species, including Sumatran and Bornean orangutans, tigers and pygmy elephants. These animals are losing their homes and being driven toward extinction.

I first learned about the harmful effects of palm oil through my job at the Zoo. I work in the public education program, so I had to learn a lot in order to work with visitors. Before joining the Zoo, I never realized the negative effects of palm oil and how widespread it is. It was horrific to learn that species like orangutans could be extinct within the next 5 to 10 years, and Sumatran tigers in less than three years, because of our palm oil use. I believe the world has a natural balance, and that without these animals, this balance will be affected, which in turn affects us all.

In response to this crisis, at Saul, my partner, Justin Sipe, and I have launched a



Tara Campbell photo

Want to Know More?

Jade Santiago, pictured with her project partner Justin Sipe, is working to help Saul get rid of palm oil products. For more information or to get involved, contact WWCP's Youth Education Coordinator Tara Campbell at tcampbell@ weaversway.coop. Or just visit the websites of the Union of Concerned Scientists (www.ucsusa.org), which publishes a Palm Oil Scorecard, and the Roundtable on Sustainable Palm Oil (www.rspo.org).

goal is to raise awareness about the negative impacts of using palm oil and also to raise money to change Saul's cleaning and food products to sustainable alternatives that don't have palm oil in them. Our hope is that if Saul can make this shift, other schools will see it's possible and be inspired to do the same.

As students majoring in Environmental Science at an agricultural school, we believe it's important for people to understand the impact the products they use have on the environment, both now and for future generations. Palm oil is doing so much damage, but we're committed to spreading the word in the hope of helping to build a global movement for sustainability.









LaSalle College High School * Springfield Township High School Philadelphia High School for Girls * Little Flower High School John W. Hallahan Catholic Girls' High School William Penn Charter School * String Theory School

Reflections on the Food Co-op Movement

HEN I JOINED THE FOOD CO-OP movement in 1980, my West Philadelphia co-op offered affordable food access to students like myself and others who didn't have a car to get to the grocery store. The co-op was open only two nights a week, the limited selection of products did not include meat, poultry or fish, members worked two hours per month and the general manager walked to work barefoot.

Today, my neighborhood food coop is open seven days a week, carries a breathtaking number of products to rival Whole Foods, shift work is optional and is managed by a professional staff that covers human resources, finance, IT and community relations. It is also one of the costliest food markets in the city.

I recently did a market basket comparison at five other grocery stores, and the prices were as follows: Aldi, \$135; Trader Joe's, \$168; Giant, \$180; Shop-Rite, \$184; and Acme, \$203. Weavers Way came in at \$223 for working members, \$235 for non-working members. That is conceivably a \$100 differential in weekly grocery shopping for a family of four, or \$5,200 per year.

(I chose non-organic products when available, but my basket was made up primarily of whole foods such as dried and canned legumes; grains such as rolled oats, rather than manufactured breakfast cereals; nuts; fresh and frozen produce; minimally processed dairy products such as plain yogurt rather than flavored;

fresh fish and a few inexpensive meats; standard baking ingredients; oil, vinegar, honey; and a handful of grocery items that the home cook might need, such as mayonnaise and mustard.)

The Food Justice Committee has worked hard to address this: Seniors and people on assistance programs like TANF or SNAP can get a 10 percent discount, bringing the bill down to \$211, or even a 15 percent discount if they are also working members, bringing the bill down to \$199. And a senior who is also on assistance and a working member can get a 25 percent discount, bringing the bill down to \$176. However, when only 28 percent of Weavers Way Co-op households are working members, I am increasingly uncomfortable with the thought that some members of the community may have to work to make their groceries affordable, rather than work to participate in the coop principle of shared ownership.

According to the U.S. Census, in 2014, the 19119 zip code where Weavers Way is headquartered is composed of households living in a variety of financial circumstances:

- 4.6% of our neighbors have household incomes of less than \$5,000.
- 5.1% have household incomes of \$5,000 to \$9,999.
- 5.4% have household incomes of \$10,000 to \$14,999.
- 5.8% have household incomes of \$15,000 to \$19,999.

- 5.2% have household incomes of \$20,000 to \$24,999.
- 7% have household incomes of \$25,000 to \$34,999.
- 11.5% have household incomes of \$35,000 to \$49,999.
- 17.6% have household incomes of \$50,000 to \$74,999.
- 11.1% have household incomes of \$75,000 to \$99,999.
- 15 % have household incomes of \$100,000 to \$149,999.
- And 11.8% have household incomes of \$150,000 and above.

Furthermore, these differences in household income cannot begin to reveal the differences in financial security among households. For instance, some neighbors are paying out of pocket for health insurance, medications or both, while others enjoy generous health plans provided through employers. Some neighbors know their only source of income when they can no longer work is what they have managed to save, while others are looking forward to employerprovided defined benefit pensions. In this context, I am increasingly uncomfortable with the assumption that all households are in a similar position to bear the "true costs" of food production.

The Co-op's decision to prioritize shelf space to organic foods means that legumes — which are typically promoted as a healthier, more economical and environmentally conscious alternative to meat — cost \$1.59 a pound., while chicken thighs are 99 cents a pound at Giant.

And a pound of frozen produce (often a more economical and nutritious way to purchase produce) that would cost \$1.50 at Giant costs \$2.65 at the Co-op.

The Co-op's commitment to local sourcing means that locally-sourced pierogies from across the river in New Jersey costing \$5.02 a pound have displaced Mrs. T's, which cost \$2.99 a pound, and are produced in Shenandoah, PA, in a plant that employs nearly 230 people.

The Co-op's commitment to fair trade means that the only kind of sugar available to the home baker costs \$2.49 a pound vs. 50 cents a pound at the supermarket, even though numerous treats can be found in the Co-op, including dozens of locally-sourced baked goods, that are likely made with commodity sugar.

My research into other food co-ops reveals that Weavers Way is not unique, but it is a front-runner among co-ops and has even been asked by the national association of co-operative grocers to be a leader in growing the food cooperative movement. That means that the Weavers Way membership has a special responsibility to rethink what it means to be "community-owned food markets open to everyone." Otherwise, we risk turning healthy eating and food co-ops into something in which only the affluent can participate.

Janis Risch Janis.Risch@gmail.com







Nicole Hehn VMD Scott Gellman VMD

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

Weavers Way Co-op = Investment Co-op

RECENTLY, I LEARNED THAT WEAV-ers Way Co-op turned out to be a great place to invest my money. Who knew? Seven years ago, I found myself in the position of recommending to 3,000 families and our Board that we should expand to Chestnut Hill. In order to do that, we needed to raise a certain amount of funding from the membership (our owners) to show other lenders that they stood behind the concept.

What we really needed were more assets that the banks could leverage their loans on and we needed "unsecured cash" to show that owners were behind the plan. So we developed a member loan campaign with the help of our lawyer, our Board members, Finance and Membership departments and other members. In fact, one member, Hilary McAndrews, signed on to help with raising the funds.

We allowed members to decide how much they wanted to put in above a minimum of \$2,500, how long they wanted the funds invested, up to 10 years, and how much interest they wanted back, between 0% and 4%. I decided I better get some skin in the game, so, seven years ago I loaned the Co-op \$10,000. I signed the legal papers that made it clear that this was an investment only for members

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 (approximately 500 words) and letters to the editor (200 words) on subjects of interest to the Weavers Way community. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January.

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.

Articles and letters express the views of the writers and not those of the Co-op or its Board, unless identified as such.

Advertisina

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.



living in the state of Pennsylvania and I knew there was no security behind this investment except for the good will of the Co-op that they had done their due diligence on the expansion.

Well, seven years goes by pretty fast and the other day Weavers Way Finance Manager Susan Beetle called to let me know that my investment was ready to be paid back. The other good news was that what I got back was more than what I put in, although now I have to pay taxes on

All day, all I could say was that this was a great investment! The project was a big success, I was involved in the project, it made money and I was getting paid for investing in my community! Perfect — who knew that the Co-op was a great place to invest my money?

Now, I need help from the Co-op marital relations department. Seven years ago, I neglected to tell my wife that I was going to do this. I guess I will give her a check from the interest and quietly put the \$10,000 back into our retirement program. Maybe she will read this "Confession of a Co-op Investor."

One last word: This worked out so well, let's do it again. You guys have any other offerings coming up?

Glenn Bergman

Weavers Way General Manager Jon Roesser has the month off from the Shuttle. His column will resume in July.

Alternative Healthcare for Women



Holistic Gynecology Natural Menopause Counseling Fertility/Pregnancy Consultations



Energy/Sound Healing Arts Therapeutic Touch Tibetan Bowls

Shamanic Drums and Journeying

Iris S. Wolfson, CNM, CRNP 133 W. Phil-Ellena Street Philadelphia, PA 19119 (215) 842-1657 iriswolfson.com

A Cooperative Newspaper? **Imagine That**

MAGINE A COOPERATIVELY OWNED Inewspaper entity based in Philadelphia. Could it be a worker-owned cooperative enterprise or would it be consumer owned? Will it be print or is there enough revenue-generating power to have an online presence that can be paid for from ad revenue? Would there be enough educated people in the region able to invest and grow this service?

A definition from the International Cooperative Alliance in 1995: A co-operative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

What needs are there in this region that can be met by this news media cooperative? Would it be enough to grow and support this project?

Are you interested in exploring this as part of a committee? Could we use the Weavers Way Shuttle as a jumping-off point or should this be approached anew, from scratch?

Start-up co-ops are time- and research-intensive with no guarantee of success and would require many hours of volunteer time before a "real" entity

would emerge.

What could it look like? From my experience advising our many local food co-op start-ups, we'd start with a small committee, meet and hash out early details and develop a well prepared and practiced presentation in a large or series of large community meetings with the goal of presenting and recruiting dozens of people to join committees to research and work on presenting possibilities to a central steering committee.

Once work is started, those committees, membership, legal, finance, governance would meet to bring work product together for review and guidance for and from a steering committee to lay groundwork for an incorporation, fundraising and eventual sales of shares that would be applied to the capital needed to begin operations on reporting on the news this community wants.

Could this be successful? Do we have the needs and is there an audience willing to join just such an outfit? How do we pay the employees and cover operational expenses? Is there grant money that we can use to seed this? What would a finished product look like and could it be replicated week after week and day after day?

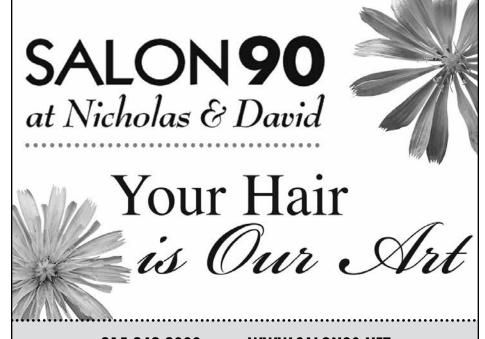
Come and join me in this!

David Woo Wooo3d@gmail.com

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published.

Letters may be edited. and the Shuttle may decline to publish any letter for any reason. The deadline is the 10th of the month prior to publication. Send to editor@weaversway.coop.



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May Forum Addresses 'Fear of Forgetting'

by Larry Schofer, Weavers Way Education Committee

FORGET WORDS. I FORGET APPOINTments. I forget people's names, too. Am I coming down with Alzheimer's?

Questions like this probably came to many of the 130 people who attended forum last month at the Unitarian Society of Germantown. "Fear of Forgetting," sponsored by Weavers Way, Northwest Village Network, Ralston My Way and the Unitarian Society, was the second in a series devoted to health issues of the elderly. A forum in November 2015 dealt with quality-of-life issues and end-of-life choices as discussed in Atul Gawande's book "Being Mortal."

Issues relating to dementia among the elderly are the main concerns of the Penn Memory Center, whose co-director, Dr. Jason Karlawish, was the first presenter at the May 1 forum.

Since the first description by German psychiatrist Alois Alzheimer in 1907 of "an unusual disease of the cerebral cortex," the disease has made its way into daily conversation and has come to be especially dreaded as a sort of death of personhood. It has proven to be quite unresponsive to drug treatment. However, Karlawisch predicted that by 2025 we will have ways to better define the underlying causes of Alzheimer's disease and thereby come closer to effective treatment.

The current treatment model focuses on early intervention, before the disease's more obvious manifestations. One approach is a study in which Penn is par-



Education Committee

ticipating: accumulating brain scans of "normal" people, looking especially for high levels of amyloid plaques in the brain. Amyloid plaques are sticky buildups that accumulate outside nerve cells, or neurons. Amyloid is a protein that is normally found throughout the body. But in Alzheimer's disease, the protein divides improperly, creating beta amyloid, which is toxic to neurons in the brain. Much as was done for heart disease in the famous Framingham study, researchers watch these volunteers over time to detect plaque accumulations. (Volunteers are welcome to participate in this "A4 Study"; visit www.a4study.org for information.)

Since the 1970s, evidence has been accumulating that the risk of developing dementia is declining, although with an increasing population we still have many cases. Why it is declining is not known. One possibility has been the increasing effectiveness of treatments for cardiovascular disease. It should be noted, however, that the risk level has not diminished for those with less than a high school education and for those in poverty.

The other two forum participants, Felicia Greenfield, clinical director of care programs at the Penn Memory Center, and Frederica Waugh, of the Delaware Valley Alzheimer's Association, emphasized care for both patients and caregivers. The Penn Memory Center has a monthly support group for caregivers, while the Alzheimer's Association deals with both caregivers and people suffering from Alzheimer's. Since patients may live with dementia for several years, the stress on loved ones and caregivers can be profound.

So, does forgetting words, names and appointments mean that you coming down with Alzheimer's? Not necessarily. These effects often are part of the normal aging process. Doctors call it "mild cognitive impairment" or MCI. However, MCI is currently used very loosely, and probably much too frequently, Karlawish said. It's cognitive aging — a common experience for people 60 and over.

But when symptoms seem to go beyond "mild," a diagnosis by a qualified medical team is the next step. Qualification in this case could involve physicians who are geriatricians, neurologists or psychiatrists, but in addition they should be well versed in Alzheimer's issues and treatment. Currently there is a shortage of up-to-date Alzheimer's tools and expertise.

Is there an ounce of prevention that might work? There are many factors that are said to help, and the decline of dementia in developed nations is probably attributable to improvements in cardiovascular health, to exercise, to social and

RESOURCES FOR ISSUES ON AGING

Here are some helpful websites:

Alzheimer's Association: www.alz.org/delval

Center for Advocacy for the Rights & Interests of the Elderly: www.carie.org

and www.caregivergps.org.

Introduction to end-of-life planning: www.compassionandchoices.org

occupational engagement, to improvements in diet and to factors unknown.

In sum, there is a lot of hope for improvement in diagnosis, but less so for cures. Research may well show that the term Alzheimer's actually embraces a number of disparate causes. Organizations like the Penn Memory Center and the Alzheimer's Association seek to provide increasing support for the families and caregivers.

The sponsoring organizations — Weavers Way, Northwest Village Network, Ralston My Way and the Unitarian Society — plan to continue this forum series in the fall, with an exploration of the costs of caring for the elderly.

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ANOTHER GREAT REASON TO JOIN.

Fun in the Sun — Together!

By Claudia Apfelbaum, for the Shuttle

T'S THAT WONDERFUL TIME OF YEAR AGAIN —

This is the time of year when we can, hopefully, catch our breath and live life a little more the way we want. The sun pulls us out into its warmth. We might simply swing on a hammock in our backyard. We might take a walk or bike ride, or go to the beach or go sailing. And we might also think about playing with our children and supporting them to have the pleasures of childhood we might have had. As they do not have homework, the summer gives them, and us, the opportunity to enjoy fun in the sun that is not possible other times of the year.

I want to remind you what children need and want and what summer ideally would be about. Children want and need to play; they want long, uninterrupted hours of play, sometimes alone and sometimes with others, to play often made-up games that go on and on, as in "The Bridge To Terabithia," where the two children had their secret place and a secret world with characters, roles and relationships.

Children also want playful engagement with their parents and if we are slightly less stressed out during the summer, this is an ideal time to join them. Children's natural environment is the world of play. Joining them there makes them happy!

Playing with our children can be challenging. It is comparable to entering a different world. It requires putting on a different headset and turning off our thoughts about work, problems with other relationships and when we're going to fit in the shopping. Really playing with our children is often a mental and physical stretch because it involves focusing on what

they are saying, joining them in their play and following their lead. It can mean leaving our cell phones off. It means shelving our worries and choosing to really be with them.

Here is an example of this kind of fun: When my daughter was about 3, we took a walk at Tyler Arboretum in Media. Without any premeditation, she and I began to throw elongated leaves into the creek there. They floated downstream. Some went more quickly than others. The leaves were like little boats. We got excited about that. We threw leaves into the creek for a long time. She had fun. I had fun. It was relaxing, simple and unexpected. That activity is part of the weave and weft of our relationship. It helped build our connection. I invite you to do something like this with

weavers way coop Health & Wellness

your own children. Let me know how it goes!

Not only do our children need fun in the sun, we do too. We need down time and time to replenish ourselves. Taking a walk or run in the woods, sitting on a log or bench, inhaling deeply and breathing the warm air are all things we can do to make our lives feel more relaxed and more enjoyable. For us, the trick is to listen to that inner call

and do what pulls us. No excuses!

Wishing you a wonderful summer!

Claudia Apfelbaum, MSS, LCSW, is a local psychotherapist and a member of the Health & Wellness Committee. She enjoys working with individuals, couples and families, helping them to become clearer about who they are and what they want for their lives. Contact her at claudialistens@gmail.com or visit her website, www.ClaudiaListens.me.

Views expressed in this article are those of the author, not necessarily the Health & Wellness Committee, and are not a substitute for talking with a therapist about concerns you might be having.



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Old Academy photo

'Who's Afraid' at Old Academy

OLD ACADEMY PLAYERS CLOSES OUT ITS 93RD SEASON IN JUNE WITH EDWARD Albee's award-winning "Who's Afraid of Virginia Woolf?"

At the time of its premier in 1962, the play was shocking, not so much because of profane language (there is actually very little of that), but because of Albee's take-no-prisoners approach to the breakdown of a marriage. It was so shocking, in fact, that when it was awarded the Pulitzer in 1963, the Pulitzer board overruled the drama jurors and declined to give any drama award that year.

The dialogue in the first act of the play has been hailed by critics as some of the greatest in all of the American theatre. And while it takes on heavy themes, the play is laced with a tremendous amount of wonderful humor.

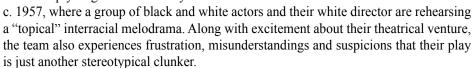
This play is for mature audiences only. Dates are June 10, 11, 17, 18, 19, 24, 25 and 26; Friday and Saturday performances are at 7:30 p.m., with Sunday matinees at 2 p.m. Tickets are \$15, with discounts for groups. For info and reservations, call 215-843-1109 or visit www.oldacademyplayers.org.

Old Academy Players, a member of the Greater Philadelphia Cultural Alliance, is a nonprofit community theater located at 3544 Indian Queen Lane.

'Trouble in Mind' at Stagecrafters

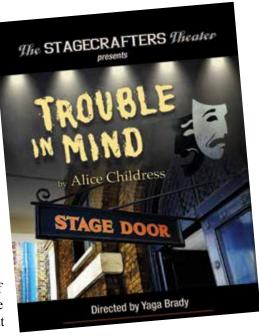
THE STAGECRAFTERS THEATER concludes its 2015-2016 season of noteworthy American plays with the high-tension comedy-drama "Trouble in Mind," by Alice Childress, opening on Friday, June 10.

"Trouble in Mind" is an insightful, funny and often heartrending slice of theatrical life along the fault lines of the black/white divide. The action plays out on the empty stage of a Broadway theater



Childress (1916–1994) performed throughout the 1940s with the American Negro Theatre in Harlem. From the '50s on, she penned a great many plays and other literary works. "Trouble in Mind," which premiered at the Greenwich Mews Theatre in 1955, won the Obie Award for Best Off-Broadway Play.

Performance dates are June 10, 11, 12, 16, 17, 18, 19, 23, 24, 25 and 26, at 8 p.m. on Thursdays, Fridays and Saturdays and 2 p.m. on Sundays. A "Meet the Cast and Director" Q & A session will be held immediately following the performance on Friday, June 17. Tickets are priced at \$17 online, with discounts available for students, groups and Thursday nights. Call 215-247-8881 or visit www.thestagecrafters.org for info.The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.



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The Pursuit is a reflection on the fight for LGBT rights, more than 50 years since protesters gathered in front of Independence Hall and called for an end to discrimination against homosexuals. Contrasting stories from LGBT experiences past and present, a complex and vibrant picture emerges that demonstrates both how far the community has come and how far there is left to go.

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Artists Pool Time, Talents and Resources In Germantown

by Myles Dinnen, Weavers Way Mt. Airy Produce Staff

N A SUNNY SATURDAY IN APRIL, I attended my first Germantown Artists Roundtable event, the third annual "Hanging Out with Poetry" open mic. Until then, I had only been hearing comments about the Roundtable peripherally, having just moved to Germantown last year, and I felt eager to finally satiate my curiosity about the group and about the Germantown arts scene generally.

Pages of favorite poems fluttered on a clothesline in front of rows of folding chairs pulled from the basement of iMPeRFeCT Gallery just around the corner from the event at Greene Street and Maplewood Mall. Andrea Powell, a founding member of the Germantown Artists Roundtable and a resident of Germantown for over 30 years, greeted me warmly and invited me to choose a poem from the laundry line to read aloud. Germantown resident and Philadelphia Poet Laureate Yolanda Wisher hosted the open mic. and for an hour and a half, local poets and neighbors shared their favorite poems, laughed, sang and enjoyed the afternoon.

Later, when I spoke with Powell again, she said first learning about the arts scene in Germantown was eye-opening.

"I didn't realize how many artists lived in Germantown," Powell said. The Roundtable's estimate is at least a thousand. Powell, who is a makeup artist and independent beauty consultant, serves to connect Germantown artists to the Roundtable when she tables at events throughout the city.

I also spoke with Paula Paul, one of the leading organizers of the Roundtable since its inception. "We wanted to make the seemingly invisible arts scene visible and began to discuss how we could do this given we didn't have an art center







Myles Dinnen photos

Andrea Powell hosts the laundry line in the "Hanging Out with Poetry" event, top photo, while Germantown Artist Roundtable organizer Paula Paul, left, participates. Above, the Roundtable's info board at the Chelten train station.

Everyone wanted to highlight Germantown's strengths: its diversity, history, sustainability and the arts. Additionally, members wanted the Roundtable to be an inclusive organization open to all. "We agreed that if someone declared themself an artist, they were. We were not in the business of deciding who was an artist," said Paul.

At monthly Roundtable meetings over the last four years, artists have shared their work and resources. The Roundtable has become Germantown's go-to organization when someone seeks a local artist for an event, performance or exhibit. It maintains an updated arts and culture calendar online so residents can connect to local cultural and artistic events. Recently, the Roundtable installed an artand-resource board outside the Chelten Avenue train station that promotes all of the artistic/cultural events and organizations within a 10-minute walk, in partner-



Community For Art's Sake

The June Roundtable gathering features artist Andrew Simonet discussing "Building a Sustainable Life As an Artist." Drawing on 10 years of work with artists locally and nationally, Simonet will outline approaches for slaying the two demons of the artist's life: time and money.

Visit the Germantown Artists Roundtable website at www.germantown artistsroundtable.org or email Paula Paul at pauladance@ **aol.com** for more info.

ship with Germantown United Community Development Corp. and SEPTA. The Roundtable has no building or

paid staff. "Our artists are very generous and participate at events voluntarily, but we know they need an income," said Paula Paul. Powell, who had a big hand in writing the Roundtable's bylaws, echoed this, saying, "The artists that are connected [with the Roundtable] have great talent and passion, and they need to be supported." The Roundtable connects patrons directly to artists whenever possible.

The Roundtable is currently seeking volunteers to join its Events Committee and Communications Team. So, whether you'd like to become an organizer or you'd simply like to explore the Germantown arts scene or find something to do on a Saturday, check out the Germantown Artists Roundtable!

dinnen.m@gmail.com

about in Germantown and felt that raising the profile of our large artistic community would bring great positive energy both to our artists and our neighborhood and that we in Germantown deserved that." The Germantown Artists Roundtable

or a strip of galleries," Paul said. "I had a

deep appreciation for all the talent I knew

is a volunteer-led network of visual, literary and performing artists who live and/ or work in Germantown. Members of the Roundtable also include art educators, art lovers and organizations and businesses connected to the arts. The Roundtable began four years ago when local artists and community organizations came together to explore what an art district might look like in Germantown. About 65 people attended that initial meeting, held at the First Presbyterian Church of Germantown and birthed from a Classic Towns initiative of the Germantown Community Connection organization.

'Bryophilia': For the Love of Moss

by Christina Catanese, for the Shuttle

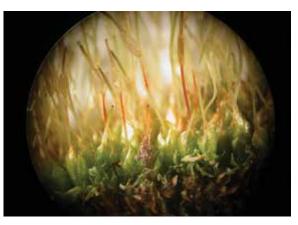
OSS IS THE FIRST FORM OF PLANT LIFE, YET OFTEN THE MOST OVERLOOKED. But I'd like to make the case that mosses deserve our attention, and that indeed, we can learn much from them. Forcing us to look closely, moss teaches us to celebrate attentiveness to place, smallness and deep ways of knowing and seeing.

Over 22,000 species of moss are known to exist in the world — a highly specialized species, they are found on every continent and are incredibly varied when viewed close up. From our human height, we often observe moss as a uniform green carpet over rocks and decaying logs — but that "moss" is in fact many different mosses, tapestried together in wildly varying colors, textures and forms. Bryologist Robin Wall Kimmerer, a professor of environmental biology at the SUNY College of Environmental Science and Forestry, describes mosses as "coral reefs of the forest." Often the first plants to colonize bare rock or earth, mosses actually create soil, allowing larger plants to take root and regenerate. Only centimeters tall, they can't compete with larger vascular plants, so mosses thrive in the small spaces where those plants can't grow.

Moss captivates artist Marion Wilson, a New York artist who will be collaborating with the Schuylkill Center this summer. In "Bryophilia," our gallery will display Wilson's stunning photographs of microscopically enlarged mosses. Join us for the opening on Saturday, June 11. We'll also be hosting MLAB, Wilson's mobile art and ecology project that using a renovated RV as a drawing and botany field lab focused on moss.

For me, whenever I'm looking for an infusion of wonder, I look to the mosses. So, join me, slow down and take a close look at the next mossy patch you see — whether it be in the forest or between the cracks in the sidewalk.





Marion Wilson, below right, brings her mobile art-and-botany studio and microscopic closeup photos of moss to the Schuylkill Center.





Christina Catanese directs the Schuylkill Center's Environmental Art program, tweets @SchuylkillArt and can be reached at christina@schulkillcenter.org. For more information on environmental art at the Schuylkill Center, visit www.schuylkillcenter.org.

What That Bear Was Doing in the Woods

Friends of the Wissahickon publicist Erin Mooney talked to Jerry Czech, a Pennsylvania Game Commission wildlife conservation officer, about last month's bear cub sighting in the Wissahickon. Her report was first posted on the Friends' blog at fow.org.

Q: A black bear was seen in the Wissahickon during the morning of Friday, May 13, when it crossed the Wissahickon Creek near Devil's Pool. The day before, on May 12, there was a bear sighting in Upper Dublin Township. Then, on May 15, there were reports of a black bear 12 miles from the Wissahickon in Tredyffrin Town-



ship, Chester County. And on May 18, there was a report of a black bear in New Castle, DE. Is it possible that this is the same bear in all of these locations?

A: If it wasn't the same bear, it would be a freak coincidence. The Upper Dublin bear probably headed to Springfield Township in Montgomery County, where there was a bear sighting before the sighting in the Wissahickon. After the Wissahickon, I would venture to guess the bear might have walked to Conshohocken and made its way south. The next day, there was a bear sighting in Chadds Ford, which is close to Tredyffrin.

Q: What do you know about bear behavior that may explain why the bear was on the move?

A: The bear was probably a young male born two years ago — a very big cub. Basically, his mom sent him out on his own and told him to find his own home. With so many wildlife trails and wildlife corridors in the area, the bear leaves home and starts walking, and all of a sudden, it's in the Wissahickon and has a whole park to explore. May is always a typical nuisance month for bears for

us. The bears wake up from hibernation in March and by May, they are out looking around.

Q: When was the last time there were reports of a bear in Philadelphia?

A: I've been here for 17 years and this is the second bear I've seen in Philadephia. In 2013, we had one come down through Abington, through Pennypack Park to below the Pennypack Environmental Center. It was in town for two or three days. We brought a trap to the place where it was hanging out and we set the trap with Dunkin' Donuts. They are excellent bait for the bear. I had to go into the Dunkin' Donuts and ask for a couple dozen stale donuts — I went back and brought in the bear trap to show them that I wasn't just trying to get free donuts! We trapped the bear and transported it to a location above Allentown. Usually we take bears around here to Schuylkill, Berks, Northampton or Lehigh counties.

Q: What should you do if you see a bear?

A: There are 20,000 bears in Pennsylvania. They encounter people every day. Just make yourself look bigger and make noise. The worst thing you can do is go up a tree — bears can climb a tree faster than a monkey. Usually what happens is a mother hears a human and makes a noise to tell her cubs to go up a tree. Walk the other way and never get between a mom and her cubs. Call 911 or the Game Commission at 610-926-3136.

FOW Work Day

Saturday, June 18, 9 a.m.-1 p.m.

Meet at the Orange Trail trailhead at the Valley Green Bridge. This will be our first official cleanup of 2016 at Devil's Pool, so there will be lots to do!

For info or to RSVP, contact FOW volunteer coordinator John Holback at holback@fow.org or 215-247-0417, ext.107.

ECO TIP

Reducing Waste at Home

by Marsha Low, **Weavers Way Environment Committee**



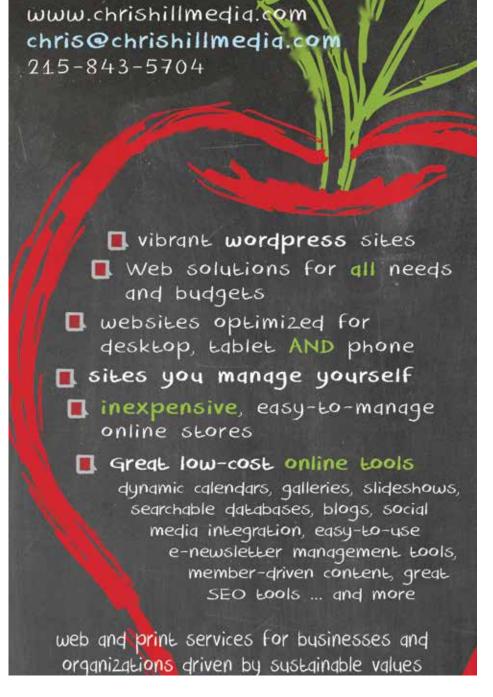
Hopefully, we've all been inspired by the May Zero-Waste General Membership Meeting. Maybe it's gotten you thinking about ways to reduce waste at home. Some may seem obvious, but we all need reminding from time to time!

Reduce the use of paper: Consider reaching for a good old-fashioned handkerchief instead of a Kleenex when you have the sniffles, using cloth napkins instead of paper ones and cutting back on paper towels by using cloth for drying your hands and/or dishes, and rags for spills on the floor.

Reduce the amount of things you discard: Whenever possible, compost your food scraps or set up a vermiculture bin. Bring containers or your own bags to use at the co-op bins instead of using the paper or plastic bags available at the co-op. For things that aren't possible to recycle at curbside, such as old toothbrushes and dental floss containers, consider dropping them off at Across the Way and Next Door. They'll be remade into new products by TerraCycle and will earn some money for WWCP. (For next month's eco tip we'll refocus on this and include a complete list of items that can be recycled by this program.) And for things you just can't recycle any other way, consider stuffing them into plastic bottles, thus making bottle bricks, which can be used to build things like raised beds. In fact, at Martin Luther King High School, a keyhole garden will be made using bottle bricks. For more information on making bottle bricks, go to www.bottlebrickphilly.blogspot.com. To donate completed bricks, contact Jackie Schrauger (jschrauger@weaversway.coop).

Chris Hill Medi





'Bottled Life,' the Movie, on June 9

THOSE OF US WHO TAKE SAFE, CLEAR of for granted should realize that hundreds of THOSE OF US WHO TAKE SAFE, CLEAN WATER millions of people throughout the world do not have it.

When I see friends walk away while running water to wash dishes, I shut it off, risking censure. I can't help myself. My friends may not realize just how precious water is.

Because of our concerns, the Weavers Way Environment Committee is sponsoring a screening of the 2012 film "Bottled Life" on June 9. Originally we had intended to show "Tigers," but that film is now unavailable. Both films focus on Nestlé, which is the largest bottled-water company in the world.

Nestlé is notorious for buying rights to water in small towns, allowing them to pump as much water as they like for very little money. Now many towns are fighting this giant company and its powerful lob-

byists and slick marketing. Just recently, on May 17, voters in Hood River County, OR, rejected Nestlé's plan to bottle public water from the Columbia River gorge.

Nestlé is also under fire for promoting baby formula to the detriment of infants in developing countries. The International Baby Food Action Network, which promotes breast feeding, opposes Nestlé.

Because the Environment Committee wishes to discourage shoppers from buying Nestlé products, such as San Pellegrino water, we offered a tasting table at the Spring GMM. We wanted shoppers to know that there are alternatives to Nestlé products. On the bulletin board at both stores, we placed a diagram showing the many Nestlé items so people could know the source of familiar products.

"Bottled Life" (www.bottledlifefilm.com) has won a number of awards, including the Silver Plaque for science/nature documentary at the Chicago International Film Festival Television Awards. We will be showing it in the Garage, 542 Carpenter Lane. Doors open at 6:30 p.m.; the film begins at 7, and refreshments will be served. Keith Brown, an associate professor of sociology at St. Joseph's University, will introduce the film and talk about consumer ethics.

— Sandra Folzer

Bottled Life

THURSDAY, JUNE 9

Doors open at 6:30,

film starts at 7.

Free; refreshments

The Garage

542 Carpenter Lane

(across from the Mt. Airy

store)

What's Inside That Plastic Bottle

by Sandra Folzer, Weavers Way **Environment Committee**

HEN YOU REACH FOR THAT PLASTIC BOT-tle of water, you are making a choice that affects you and others in ways you may not realize.

Without knowing, you could be drinking water from the San Bernardino National Forest where drought is devouring the aquifer. Thirty-six million gallons were taken last year using a permit that expired in 1988. This is water stolen from future generations.

Or, your water may come from Evart or Micosta County, MI, where Nestlé withdraws 300 million gallons of Great Lakes water each year. Meanwhile, residents of Flint have no access to this clean water.

Or, your water could come from other small towns where Nestlé convinces the local depressed communities that the company will help the economy if they surrender their water at a negligible cost.

If you're drinking one of Nestlé's 52 brands of water, including Perrier, Poland Spring, Deer Park and San Pellegrino, you're supporting a company that sells Nestlé formula as better than breast milk, contibuting to 800,000 additional deaths and gastrointestinal illnesses every year.

If you're drinking Fiji brand water, you are preventing local residents in Fiji from drinking their own clean water, unless they want to pay for it. You may also think you are drinking the purest water. But after Fiji ran an ad campaign claiming their water was cleaner than Cleveland's, the city ran tests and found Fiji water had levels of arsenic not present in Cleveland's water.

(Bottled water companies are not required to disclose as much information as municipal water systems since the FDA, which oversees bottled water, doesn't have the authority of the EPA, which oversees city water supplies.)

What's inside your water bottle is more than water. The production of plastic water bottles uses an estimated 17 million barrels of oil each year. The manufacturing process emits three tons of carbon dioxide for every ton of bottles manufactured. Then, there is the energy used in transporting, cooling and recycling bottles. The Pacific Institute estimates the amount of energy used is equivalent to filling the bottle one quarter with oil.

It makes sense to feel some pride when recycling, as though we are doing our civic duty. But recycling masks enormous waste, especially these days when recycled goods have a very low value. China used to import our recycling, but today much of it just gets stored. Eighty percent of plastic water bottles end in the landfill or incinerator. Some ends up in the ocean, where it does not decompose like paper or plants, but simply photodegrades into smaller and smaller pieces. Fish and other animals ingest them, starving them of nutrients. When we eat those fish, we are ingesting the plastic particles as well.

The bottled water companies would like us to continue buying their water. In 2014, Americans spent \$18.82 billion on what they could get from the tap instead.

Hopefully, in the future, you'll grab your metal water container and fill it from the tap.

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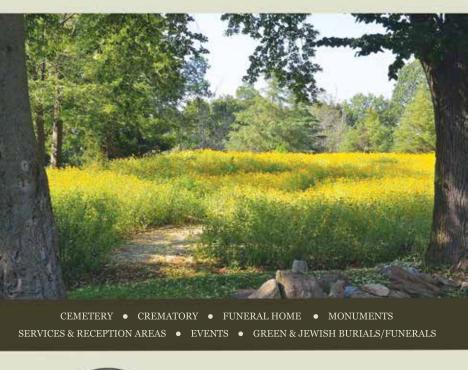
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You May Want to Chuck Some of Those Ideas About Groundhogs

by Brenda Malinics, for the Shuttle

HEN PEOPLE THINK OF GROUND-**V** hogs, two things come to mind weather predictors (Punxsutawney Phil) and garden invaders. Whether you call them groundhogs, grundsows, woodchucks, whistle pigs or marmots, they are one of the most common mammals in our state. (Sorry to be the bearer of this news.) These voracious vegetarians are well known by almost every homeowner who has witnessed their skill in digging burrows and in eating a wide variety of plants. Their appetites have gotten them into trouble with most gardeners and farmers.

Groundhogs are members of the Order Rodentia (rodents) and Family Scluridae (squirrels). The definition of a rodent includes their continually growing, large curved teeth that must be constantly used. Misaligned teeth can literally grow into a complete circle, sometimes even penetrating the skull cavity and killing the

Despite their notoriety, groundhogs are gentle animals who prefer to dig, eat and sun themselves. When was the last time you heard of a groundhog attacking someone?



They are found in a variety of habitats. Adults rarely move more than a half mile within their home range, preferring to stick close to the safety of their burrow. They are very muscular, with short powerful legs and sturdy claws that are needed to do so much digging, especially underground and around rocks. They have keen senses except for their not-sogreat eyesight. They are most active in the morning and evening and spend the rest of their day in their maze of tunnels. Groundhogs often have one main burrow with many side tunnels and even back entrances. Skunks, raccoons and foxes may take over and remodel vacant burrows and use them to bear and raise their young; foxes have even been known to kill a groundhog to acquire its burrow.

You won't see groundhogs during winter. They are true hibernators, tucking themselves into the earth by midNovember. Males emerge in the spring before the females and may fight aggressively for those emerging females. After a 28-day gestation, females bear litters of three or four blind, hairless and helpless little chucks in April and early May. They remain underground for about a month. When they emerge they are extremely vulnerable to dogs and foxes. An average groundhog may live about 4 years

Groundhogs will munch most vegetation in their path. If they stumble upon a garden, they think that they have won the lottery. Groundhogs are good climbers — I've seen them climb my mulberry tree to almost the second story in pursuit of berries and tender leaves — but they can be defeated by the right fence. It should be buried at the bottom; but the key is also having the top of the fence curve outward and be light enough to bend in a soft "horseshoe" that gets pulled over as

Good diggers with good appetites, groundhogs aren't dangerous, don't see very well and can't predict the weather.

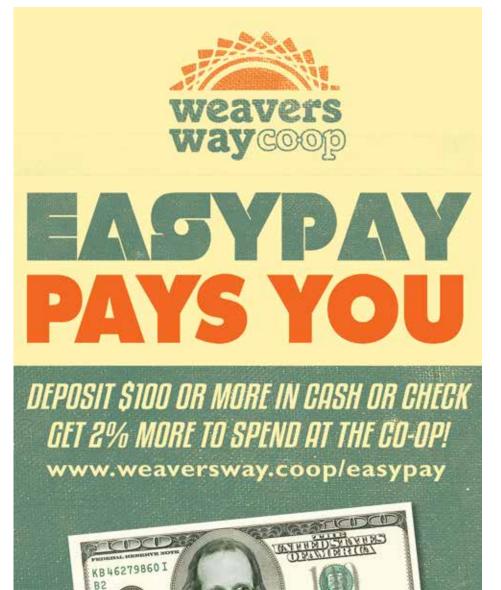
the groundhog tries to climb it. A course of chicken wire at the top of your garden fence is ideal for this.

Many people think it's a good idea to trap and relocate a groundhog, but relocation is cruel and never successful in the long run — you might as well put a "Vacancy" sign on your front porch. Another groundhog will soon claim the unoccupied territory.

You may also be trapping a female with babies in a den — she will likely die from stress and the babies will starve to death. Then you have a stinky yard overrun with flies.

When I had a larger property, and it seemed like I had more groundhogs than humans in residence, I discouraged them by pouring used kitty litter (safe, non-toxic and something I have in abundant supply) into the burrows closest to my garden. Groundhogs are very clean animals and they did not like digging through used kitty litter. My current backyard groundhog and I have made peace. He lives under my shed and eats some of my plants, but he leaves my garden alone. He provides entertainment for my cats, who watch him from the safely of the screened room, and I have come to believe that the devil you know may be better than the one you don't.

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The Passionate Gardener

With Companion Planting, Marigolds Are Just the Beginning

by Ron Kushner, for the Shuttle

OME PLANTS JUST NATURALLY ENJOY A RELATION-Ship as they grow in close proximity to each other. Roots growing at different levels allow some plants to thrive together since they are not competing for nutrients or water. Light requirements are equally helpful in confirming which plants can grow together, needing similar conditions. Companion plants tend to supplement each others' needs by other means as well, including attracting and repelling insects and providing ground cover to keep the soil moist, not to mention keeping weeds down.

Try any of the following combinations in your garden to provide not only better yields but an aesthetic appeal during those times of the season when our gardens don't look their best.

Asparagus is one vegetable usually contained in its own plot or area and generally planted alone. True, other plants would tend to get lost in the thick, tall fronds in the middle of the asparagus bed, but the borders can be planted successfully. Use any combination of annual herbs such as basil, dill, coriander or parsley. Tall annual flowers like cosmos and sweet Annie also work well. Edging plants like nasturtium, salad greens and calendula are another nice idea. Calendula ("pot marigold") tends to deter asparagus beetles. I've read quite a bit about tomatoes being good companion plants to asparagus, and although I've never seen them grown together, tomatoes also tend to repel asparagus beetles.

Beans grown with potatoes reduce problems with Mexican bean beetles and Colorado potato beetles; this has been confirmed in recent studies through the Cornell Cooperative Extension. If you can plant goldenrod, dill or tansy nearby, their flowers attract spined soldier bugs and certain wasps that will eat bean beetles. Beans also do well interplanted with beets, cabbage, carrots and cauli-

flower. Do not plant beans with chives, onions or shallots, as they tend to inhibit bean growth. Pair beans with peas as they are in the same family and have similar needs. Plant also with corn, cucumber, squash and eggplant.

Beets will grow with other root crops, such as onions and carrots, as well as with cabbage and kohlrabi. Or try planting them with salad greens as they can be harvested with the beet greens. Pots of catnip or mint nearby help repel flea beetles.

Cabbage family plants all love to grow together: cabbage, Brussels sprouts, broccoli, cauliflower, kale and Chinese cabbage. Borage is an excellent companion, protecting these crucifers from some common pests. Other good companions are celery, chamomile, dill, mint, parsley, rosemary, sage, zinnias, asters and marigolds. It's also a good idea to under-plant with a thick seeding of sweet alyssum to block weeds and attract beneficial insects, particularly syrphid flies. All cabbage family plants can be planted with beets, onions and potatoes.

Carrots can be planted with onions and related crops such as chives as they tend to repel (or at least confuse) the carrot rust fly. They can also be planted with other root crops like beets and radishes. Marigolds, fennel, chamomile and herbs such as caraway and coriander are great companions. Coriander (cilantro) is a favored annual among a variety of beneficial insects including lady beetles, green lacewings and parasitic wasps.

Cucumbers can be planted with squash, cabbage, lettuce, beans and spinach. Nasturtiums provide shelter for beneficial spiders and ground beetles. Interplant with radishes and marigolds. The radishes repel striped cucumber beetles and squash borers. Borage is said to improve their flavor!

Tomato, eggplant and peppers all do well with basil, dill, borage and parsley. Companion flowers include asters, cleome, cosmos, marigolds and nasturtium. But do



Photo: TheNittyGrittyPotager.blogspot.com

Sure, throw a few marigolds in with your tomatoes. But don't forgo dill, basil or nasturtiums.

not plant fennel near tomatoes, eggplant or peppers.

Growing a diversity of companion plants that offer a succession of blooms from early spring through fall will help keep beneficial insects in your garden, not to mention the varieties of color and texture that will make your garden look great all season long.

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What's in Store at Weavers Way

2016 Farm Team Welcomes Renae!

This year, we are fortunate to have the majority of our team from 2015 return for another season at Weavers Way Farms. Having experienced staff helps us hit the ground running in the spring, and provides the greatest opportunity to improve as a farm as we build on successes and address problems from the past season.

However, for a well-balanced team, it is also important to have new ideas and a fresh perspective, and broaden our perspectives as farmers with new coworkers. This year we are thrilled to have Renae Cairns join the team for her first season with Weavers Way Farms.

by Renae Cairns, Field Assistant, Weavers Way Farms

Icame To Farming with a Deep Belief that food has the power to transform our world. Growing up, I constantly donned my rubber boots and followed my dad around in hayfields and on neighbors' farms—climbing around barns and sneaking around the animals. Although it took many years for me to seriously consider a life in food and farming, it was definitely an influential part of my childhood landscape.

I went on to study anthropology in college which challenged me to gain a more critical perspective on our current food and agricultural systems which inspired me to begin reaching out to farms and food-related organizations to gain experience in the field. I began by volunteering with the local community garden, farmers' market, a meals-on-wheels program, and our college farm to begin learning about some of the many agents in our local food system. Later, I began working for Sow Much Good, a nonprofit in Charlotte, NC, working to create a more racially and economically just food system through urban farming and community-based initiatives. With SMG, I helped execute the daily tasks of the farm sites from crop planning and seed propagation to field maintenance, harvesting, and distribution.

After two and a half seasons with SMG, I decided to move closer to my family in upstate New York and spent this past winter working on a small, yet incredibly productive, certified organic, no-till farm in the Catskill Mountain area of New York State. At this farm, I learned a massive amount about what it requires to run a successful, production-focused, for-profit growing operation—even during New York winters!

Then, I came across the opening for a field assistant at Weavers Way Farms and was beyond excited for the possibility of working for a cooperatively owned busi-



Brian Stiteler photo

Renae Cairns knew her way around a watering wand even before she arrived.

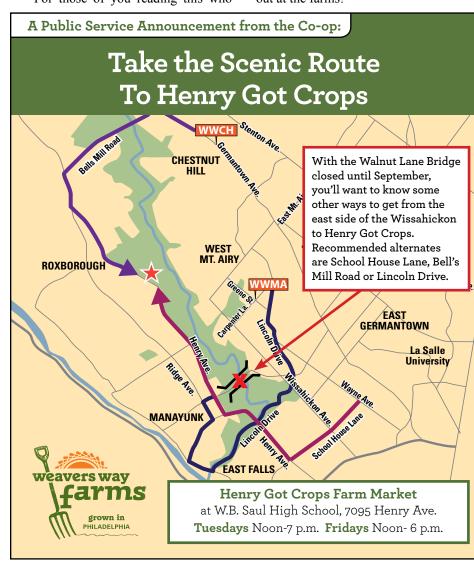
ness while continuing to work in farming and food systems.

I firmly believe that centering community, strengthening local economies, working cooperatively, and restoring the environment are all imperative components of a more just and equitable future. As I learn more about the farms and the co-op each and every day, my excitement only grows for all that Weavers Way currently does towards those ends as well as our potential to keep striving for farreaching, meaningful change.

For those of you reading this who

may be less familiar with Weavers Way Farms, I want y'all to know that the people who comprise the farm team are just as beautiful as the produce that finds its way onto our Co-op shelves, your plates and into your CSA shares. It is through their endless hard work, passion, extensive knowledge and enthusiasm that we have some of the highest quality and most delicious produce around. It is a privilege to join this team and I am excited to meet more and more of the Weavers Way community around the stores and, hopefully, out at the farms!







What's in Store at Weavers Way



by Sue Wasserkrug, Weavers Way **Food Justice Committee**

OR AS LONG AS I CAN REMEMBER, I've been told that I should stick with low-fat or nonfat dairy products ever since I was a "chubby" kid and had to drink skim milk. But just the other day I heard a news report that eating full-fat dairy products might actually be better for your waistline. One result of this news is that now you can always find a big tub of Pequea Valley Yogurt in my refrigerator. It's yogurt, so it's healthy. It's made in Ronks, PA (about an hour away), so it's local. And it's a Co-op Basic, so it's a terrific bargain. The yogurt is also available in lots of fruit flavors in a single-serve size, and those are delicious if you're a hardcore yogurt eater. I am not; generally, I have to be in just the right mood. But that was before I tasted Pequea Valley's vanilla yogurt. I've added it to my desert-island food list. However, when I'm watching my weight, I stick with the plain, since that doesn't contain the sugar that's in the vanilla flavor.

My favorite way to enjoy yogurt is with a little bit of fruit; here's a really simple recipe using Co-op Basics and one

Summertime Fruit Parfait for One

Ingredient	Quantity	Price/unit	Price/ extended Non-member	Price/ Working Member	Price/ Senior or Food For All	Price/ Working Senior or Working FFA
Pequea Valley yogurt (plain or vanilla)	1 cup	\$1.55	\$1.55	^{\$} 1.47	^{\$} 1.40	\$1.32
Kiwi fruit	1 medium	39 cents	39 cents	37 cents	35 cents	33 cents
Berries — strawberries, blackberries, blueberries, raspberries, whatever is in season.	1/2 cup, about 3 ounces	\$2.99/6-oz. clamshell container	\$1.50	\$1.43	\$1.35	\$1.28
Raw, unsalted almonds	4-6, about .02 oz.	\$7.99/lb	10 cents	9 cents	9 cents	9 cents
TOTAL FOOD COST			\$3.54	\$3.36	\$3.19	\$3.02

other ingredient that's local, seasonal, delicious and nutritious: berries. As I write this, local strawberries have just appeared on the shelves at Weavers Way, but by the time you read this, you may also have your choice of local blueberries, raspberries or blackberries (my personal favorite) too. This dish is perfect for breakfast, lunch or even for dessert. It's so rich and yummy you'll think you should feel guilty, but that's totally unnecessary: It's good for you and it's easy on your wallet.

Each month, the Food Justice Committee shares a recipe that includes ingredients available in our bulk bins and/or Co-op Basics, Co-op Deals or Weavers Way Deals.

Directions

(Serves one; double the recipe and share with a friend.)

- ➤ Peel the kiwi and cut lengthwise into quarters, then into slices about 1/4 inch thick.
- If you're using large berries, like strawberries or blackberries, cut them into bite-size pieces.
- Chop the almonds.
- ➤ Place the fruit in a serving bowl and mix. Pour the yogurt over the fruit. Sprinkle the almond pieces on top — or substitute a spoonful of granola if you prefer.













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Suggestions

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

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

This past month, our IT staff provided the option for member shoppers to get their receipts emailed to them after each transaction. You can also see transactions via the Online Member Center, in the "My Purchases" section (www.weaversway.coop and click on "Member Center" at top of the screen — you'll have to log in). This is a bigger deal than it first appears because receipt paper is pretty bad. Most receipt printers today use thermal paper, basically a printing process that uses paper with a coating that turns black when heated. The problem is the coating contains either BPA (bisphenol A) or its cousin, BPS (bisphenol S). A number of studies have shown significantly elevated levels of BPA in people who handle this paper a lot, and there is evidence that BPA



is a hormone disrupter with negative effects on health. People like cashiers are at higher risk, but anyone handling receipt paper is subject to potentially elevated levels. Apparently if your hands already have oil on them (from handling food or using sanitizer or hand cream), you absorb even more. Gloves help. Some receipt paper is labeled "BPA-Free," but that can be a bit of marketing ploy, as BPS is substituted and is reported to be just about as bad.

At the Co-op, we did experiment with some truly BPA- and BPS-free paper last year, but customers complained the printing was too light and faded quickly, so we went back to "BPA-Free." We are looking at some samples of another "phenol-free" paper; hopefully we can switch to that.

Remember paper, all paper, uses resources, even if it's recycled, because so much energy and water and chemicals go into paper manufacturing. So, now you have an opportunity to skip having a receipt printed, and still have a receipt. You can turn on email receipts for your household via the Member Center. Just click on Edit Details under My Household. Select a cooperator to edit; the "Get Email Receipts" option is near the bottom. Saves paper, saves toxic chemicals, saves energy — seems worth doing.

Also in the news this past month was a recall of sunflower seeds by SunOpta, a very large natural and organic commodity food company. Recalls are very revealing. Sometimes it's difficult to find out who is actually making all the products we stock. For example, although we've adopted the Field Day line as part of our Co-op Basics discount program, and although Field Day products seem to be of good quality and reasonably priced, we don't really know who is making all of them, so we can't really find out about things like labor practices, environmental stewardship and other things that we care about. It's sometimes difficult to get information because it's proprietary, or just takes too much digging. But ironically, one way we do find out who makes food products is when there are recalls. Although most people have never heard of SunOpta, the recall affected many familiar items containing sunflower seeds. including brands like Trader Joe's, Giant Eagle, Kroger and Planter's, and our own bulk roasted and salted sunflower seeds. Another revealing recent recall was by CRF Frozen Foods, which affected 358 products under 42 different brands, mostly house brands like Trader Joe's, Safeway and Costco.

Recalls offer a glimpse into our heavily concentrated and industrialized food system. You start to see that many of the over 40,000 products stocked in a typical supermarket use ingredients from a comparatively small number of growers, importers, processors and manufacturers. This is one of the reasons dealing directly and/or locally is valuable, because you get to know who (and what) is involved in producing the products.

suggestions and responses:

- s: "Would love to have another option for gluten-free bread besides Udi's in Mt. Airy. They have Amaranth at our Chestnut Hill store. Thanks!"
- **r:** (Matt MA) Take a look above the bagel bins for locally baked gluten-free bread from Amaranth every day and Taf-

(Continued on Next Page)



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(Continued from Preceding Page)

fet's on the weekends.

- s: "Any chance we'd add Udi's glutenfree Flax etc. — purple-label bread? CH carries it but Mt. Airy is more convenient for me!"
- r: (Kathryn MA) Thanks for the suggestion, we'll add it to the wish list, but Udi's products sell very slowly here. It's unlikely we'd add it without a lot of shopper interest.
- s: "Can we carry Helen's Sun Dried tomato and basil hummus? Maybe it could replace the jalapeno hummus. We have other spicy and hot types of hummus. How about more things for those of us who dislike the heat? Also, how about some organic pears? I would like organic Bartletts."
- r: (Kathryn MA) Thanks for the hummus suggestion, I'll add it to our wish list. (Jean MA) We do carry organic Red Bartlett pears.
- **s:** "Please carry the divine chocolate sorbets from Zsa's ice cream. So many of us are dairy-free and deprived of these extraordinary treats!"
- **r:** (Kathryn MA) When we carried Zsa's chocolate before, it didn't sell well. Maybe it's time to try it again. We're also bringing in another non-dairy chocolate

Recalls offer a glimpse into our heavily concentrated and industrialized food system. You start to see that many of the over 40,000 products stocked in a typical supermarket use ingredients from a comparatively small number of growers, importers, processors and manufacturers. This is one of the reasons dealing directly and/or locally is valuable.

11



dessert — Larry & Luna's dark chocolate.

- **s:** "Could we stock Artisan Pasta Cheese Ravioli? They are so good!"
- r: (Kathryn MA) Thanks for the suggestion! We currently carry it at our Farm Market at Saul High School, open Tuesday (noon-7 p.m.) and Friday (noon-6 p.m.) through October. Otherwise we ro-

tate them in with the other varieties.

s: "The Chestnut Hill and Mt. Airy coops used to carry soy candles made by Zia. Their vanilla candles were the best, and far too inexpensive for the quality of the product. I bought the last two just before the holidays and then the Zia candles disappeared. I am trying to find out where they

have gone or whether they will be back."

- **r:** (Amira CH) We still carry the Zia candles at Next Door. (Lisa MA) Across the Way discontinued them when we cut back a bit on candles. Unsure if we'll be reordering, but it's good to get this feedback.
- s: "I was thinking of getting some backyard chickens but I am allergic to eggs. Are there chickens that produce egg-free eggs?"
- r: (Norman) "Egg" is such a bizarre word, no wonder you're allergic. We frown on shoppers having backyard chickens as it cuts into our egg sales. In business, more is usually better — more sales, more products, more profit. Even though we benefit from shoppers buying chicken feed, it's not enough to offset the potential loss of egg sales. If people started producing more of their own food, where would that leave grocery stores? Not to mention the entire supply chain — backyard chickens and gardens don't require packaging, transportation, high-tech refrigeration and the people and systems to manage it all. People providing for themselves is not economically sustainable, hence we're offering our political support to the first candidate that proclaims a campaign slogan of "a factory-farmed, plastic-packaged store-bought chicken in every pot."

normanb@weaversway.coop

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Fred and Wilma Revisited: Women Doing Home Repairs

by Betsy Teutsch, for the Shuttle

From the time of the Flintstones, men have been the technology gatekeepers while women are the traditional experts in weaving and textiles, as well as wielding cooking and domestic tools. Construction, welding and general mechanical tasks have been men's domain, perhaps because these often required more brute force. In modern times, even with power tools the norm, we still see this gender divide very clearly. It is one reason for the persistent gap in income between women and men, even when education is equal.

In my junior high school back in the 1960s, girls took Home Economics, a mix of cooking and sewing. Boys took Wood Shop and Metal Shop. That gender segregation has disappeared — but so has the curriculum. (In well-resourced schools, it has been replaced with "Maker Labs.".)

Recently, I had the pleasure of visiting MIT's famous D.Lab (d-lab.mit.edu), birthplace of many humanitarian technology innovations. Its core is a cavernous workspace hung with many different boards filled with collections of tools. Each array is carefully labeled: it is not presumed that students know these tools' names. Perhaps it is to help non-English speaking students, but it also is very female-friendly. It's also likely there are plenty of young men these days who don't know a buzzsaw from a ball peen.

Women's lack of familiarity with the world of tools can cost them. A study by World Bank gender specialist Markus Goldstein shows that when African women enter traditionally "male" enclaves like car repairs, they earn a great deal more than their counterparts in tra-

Pliers & Screwdrivers



Professional handywoman Annabella Wood, right in photo, works with Sarah Berrettini on a fan installation. Annabella teaches new skills for Think Outside the Toolbox. A D.Lab tool collection is pictured far left.

ditionally female-dominated sectors like food preparation and childcare.

Part of the challenge, then, is to broaden women's ideas of desirable employment. Absent personal encouragement and mentorship, women rarely enter the

Cindy Ariel, an Elkins Park owner of a big old house in need of upkeep, is a passionate gender-equality advocate; we met through her being the regional co-chair of Dining For Women. Cindy researched the lack of female home repair "handy-women," curious what she'd find. The result of her investigation, combined with her visionary entrepreneurship, has been the launch of her new business, Think Outside of the Tool Box LLC.

Cindy has assembled a talented team of female fixers; they are sharing knowledge with each other and gaining more experience and expertise in furniture assembly, painting and trim carpentry as well as basic plumbing and electrical work. Think Outside of the Tool Box is a Weavers Way Local First participant, offering Co-op members 10 percent off their first job. And a portion of their work is donated to nonprofits helping to improve the quality of life for people living in poverty and/or working to empower women and

You can read more about their innovative approach to women's inclusion in the world of home repair at www.outsideofthetoolbox.com. Interested in learning more about training and work opportunities? Contact cindy@outsideofthetoolbox.com; Cindy has become a great networker and resource for women interested in expanding their horizons — and earnings!

Weavers Way member Betsy Teutsch is the author of "100 Under \$100: Tools for Empowering Global Women" (www.100under100.org).

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Ways to Keep Your Cool Without Air Conditioning

by Hap Haven, for the Shuttle

THE "DOG DAYS" OF SUMMER WILL **L** be here soon. This phrase was created by the Greeks and related to the time of year when the constellation Sirius rose with the sun. It's a time when seas "boil" and people go mad. While I'm not certain about the seas boiling, we all understand the physical and emotional problems we experience with hot, humid weather.

Skip forward to 1902 and we find Willis Carrier inventing modern air conditioning. Since then, two things have happened. Electric companies have collected hundreds of millions of dollars from their air-conditioning customers, and many people have forgotten how to stay cool without air conditioning. Fortunately for us, there are still many non-AC strategies available:

Shade: Staying cool is easier in the shade. This is as true for your home as it is for you. It helps if you have large trees that cast long shadows, but not everyone has older trees around their homes. To those people I say, "Plant one for the next generation." In the meantime buy an umbrella, install an awning or build a trellis. Nothing has to be fancy. A king sheet tied between poles will work just fine to block the sun's radiation. You might be surprised that the temperature difference between sun and shade can be 30 degrees.

One cautionary note about plants; they block sunlight, but they can also raise humidity near them. Higher humidity means lower comfort, so give yourself plenty of room between the patio and plants like vines on trellises.

Reflection: If you cannot shade a home, the next best thing is to reflect the sun.

It helps if you have large trees that cast long shadows, but not everyone has older trees around their homes. To those people I say, 'Plant one for the next generation.'



If you need to purchase new windows, choose ones that can reflect part of the sun's heat. Go to the manufacturer's website to see how much reflection you should have. You need more reflectivity in hotter climates. Some new windows even allow you to "dial in" the shade and reflectivity you need. These windows have built-in reflective mini-blinds.

If your windows don't need to be replaced, window film is a good second choice. Thousands of homes and commercial buildings in the Delaware Valley have been retrofitted with reflective film to cut down summer heat gain. Typically, you put the film on west-facing windows or windows that get direct sun for more than a few hours every day.

Philadelphia has more row homes than any other city in the America, and most still have black-colored roofs. The dark color turns the top floor into an oven during the summer, but this can be changed. White is the new trend in flatroof rehab. An elastomeric white roof coat has a lot of limitations in terms of when and how it is applied, but once in place, it is far superior to black or silver

oil-based roof coatings.

Moving air: Fans come in every shape and size and continue to be an important way to stay cool. Most fans, such as a desk fan or even ceiling fans, are designed for local cooling. Fans cool you by evaporating sweat. Changing liquid water into vapor (evaporation) removes energy and, in turn, cools your skin. (Remember to drink water to replenish the water evaporated from your skin!)

There is another type of fan that is very effective, but not for cooling people directly. It's called a whole-house fan. Some older homes have them, but they are rarely used properly. The whole house fan's job is to cool the house. Yes, the moving air will help cool you as well, but the fan is designed to remove the heat built up in your house during the day and replace it with cooler evening air. Wholehouse fans and window fans are useless unless the outside temperature is cooler than the inside temperature.

Seal the shell: You wouldn't walk outside with holes in your raincoat; your home has thousands of little, and not so

little, holes. These holes allow your nice cool air to escape and hot humid air to come indoors. Sealing your home used to mean caulking your windows and weather-stripping your doors. That's a good start. But modern air-sealing contractors use computers and powerful fans to find out how leaky your home is, where those leaks are and which ones are cost-effective to seal. Sealing the shell means you control how and when your home interacts with the outside weather.

Lifestyle: Philadelphians have historically closed up shop and fled to the Poconos, the shore or any body of water that could provide a cool dip. Another all-time Philadelphia favorite is the fire hydrant sprinkler.

Before air conditioning, staying cool demanded a slower lifestyle in the summer, maybe something we should consider again.

So to wrap up, the easiest way to keep your home cool is to open up your windows at night, then close them during the hot day. Keeping cool is a dance between you and the sun. Use whole-house or window fans at night once the outside temperature is lower than the inside temperature. Use personal or ceiling fans during the day. Shade the house where possible. If you do all these things, you will only need your AC when there is a heat wave or to knock down humidity levels. Either way, if you do all these recommendations, you shouldn't need to run your AC more than about an hour a day.

Weavers Way member Hap Haven runs U.S. Green Home, which does home energy assessments. Reach him at hap@usgreenhome.com.



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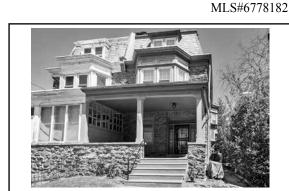
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Editor's Note

(Continued from Page 1)

Jon has already put out there about expansion, and about Ambler.

First, there are the external, or marketplace, considerations.

 The natural grocery industry — where Weavers Way competes — is being flooded with private equity dollars. "People with money have figured out that they can make more money in our sector," Jon told folks at the April meeting.

Take Fresh Market. Our new neighbor down the Avenue in Chestnut Hill was just bought by Apollo Global Management for \$1.4 billion. Maryland-based Mom's Organic Markets is opening a new store on Market Street. Everything Fresh, Giant Food Stores' entry in the natural food segment, is about to open its second Center City store at 2nd and South. And talk about giants: Walmart and Target are figuring out there's money to be made in the natural-food biz.

There are going to be a lot more natural grocers whether Weavers Way expands or not. So, the argument goes, shouldn't the good guys make sure we have a piece of the action?

"We believe that growing the cooperative economy is a good thing. So instead of all these natural chains moving in, what if we carved out for ourselves a piece of this bigger marketplace for the co-op model?" Jon asked.

• Meanwhile, expanding an existing coop is a lot easier than starting a new one. The Co-op's industry trade group, the National Cooperative Grocers, has scads of data showing that most startup co-ops fail, and even if they don't, they struggle. The reasons are obvious — without a proven track record and a known brand, new co-ops have a hard time raising money, getting and developing staff and attracting shoppers outside their base.

Then there are internal advantages to expansion.

• "In our current size, we struggle with administrative overhead," Jon noted. "We need it, but we're a little too small

to support what we have. Our IT, finance, communications provide tremendous value, but it comes at a cost."

- "If you like our farms, growth makes them happen. With one store, like Mt. Airy alone doing \$8 million-\$9 million in sales, there is simply no way we could support them."
- "Prepared foods and catering. We'd like to have a commissary kitchen. But two stores aren't enough 'internal customers.' Three probably would be."
- Additionally, there are the economies of scale and discounts available to larger purchasers. "There are buying-power considerations in addition to what we already have with UNFI and our other suppliers," Jon said.
- Opportunities for staff development. "That matters a lot to staff, but it should matter to everybody," Jon said. "We attract great people, but sometimes we have a hard time keeping them because there's nowhere for them to grow."
- The future. The Co-op is a mature business in a highly competitive market, already doing about as much sales volume as is physically possible in our limited square footage. So basically, to keep from declining, we have to keep growing. "We have done incredibly well as an organization," Jon noted. "From a business growth perspective, we've done phenomenally - \$22 million in sales in two tiny stores, a growth rate of 5-7 percent over the last few years. If we were a publicly traded company, the Wall Street guys would be going crazy. . . . We should not expect we can continue that level of growth."

The consequences of not expanding that Jon enumerates are pretty grim. With more competition, "We'll have to make sacrifices to gross margin to compete on price. ... We'll have less and less to spend on operations - meanwhile, operating costs will increase, with older equipment and buildings, staff raises and benefits. . . . Unless I'm wrong and unless everything I've read and researched is wrong, we need to grow. And the alternative is scary. And it wouldn't necessarily be scary next year or three or four years down the road. But without growth, our organization will not be able to keep up."

• It's what members want. Stakeholders queried during our strategic planning

process in 2013 said they wanted the Co-op to become a more influential organization, to touch more people's lives, to effect change on food issues.

So Why Ambler?

- It's close geographically 6 miles from the Chestnut Hill store. (Mt. Airy and Chestnut Hill are 2.5 miles apart.) And it's got SEPTA trains and the Wissahickon Creek, just like our current environs.
- It's a dense, diverse community with a walkable downtown.
- A market study in done in 2015 and updated this spring by Dakota Worldwide, market analysts who know the the natural and cooperative grocery business, was very favorable. It concluded that a Weavers Way store in Ambler would reap first-year sales of about \$6 million. "There is a lot of grocery competition around Ambler Whole Foods in North Wales, Wegman's in Montgomeryville, Giant in Flourtown but there is currently zero competition in Ambler," Jon noted. "Unless you count the CVS."
- Then there's the Ambler Food Co-op, led by President Kathleen Casey: "280 members have already put money in the bank and said, 'We want a co-op.'"

"The Ambler Food Co-op is a group of people who have been working for four years to start a food co-op. They have been outstanding partners throughout this process," Jon said. With a Weavers Way in Ambler, the Ambler Co-op would dissolve itself and its members would, if they choose, join Weavers Way.

Questions? Of course.

Will there be a vote?

As it turns out, opening another store is fundamentally a business decision and not subject to a member vote under Coop governance. "I have certain limitations as a GM — I cannot sign a lease, I cannot buy a building, I cannot take on debt without the approval of the Board," Jon explained. "This is no different from a decision to buy a truck or replace a compressor. Although buying a truck wouldn't keep me up at night."

Will there be debt?

Certainly. "We took on quite a bit of

debt for Chestnut Hill — about \$5.8 million. That's now down to \$3.3 million." Stu Katz, departing Board member and Finance Committee regular added in the April meeting that discussions with lenders suggest Weavers Way will not have a problem borrowing or merging loans with good terms. "We're in good shape and we have a good track record," Stu said. In addition, as was the case in Chestnut Hill, the Co-op is pursuing economic-development funding and will be offering incentives for Weavers Way members to increase their equity payments and commit to member loans. Lots more info will be available about that in coming months.

Will there be culture change?

To some extent. "I am well aware there are pitfalls when it comes to expanding," Jon said. "I understand there will be cultural consequences — there already are cultural consequences. As a 6,000-household operation, it's already hard to connect with our members. So we should be aware, and do everything we can to keep members engaged and make sure Weavers Way remains a co-op not just in name only."

Will there be parking?

If you've been to Ambler, you know there are parking lots all over the place. The store itself comes with a whopping two spaces. And we're working on an agreement with the borough that would give us 16 "Weavers Way Only" spaces until 6 p.m., when the meters go off.

Ok, is there a location, and where is it exactly?

Yes, it's on the main drag of Ambler's adorable downtown, not far from the fabulous Ambler Theater. The plan is to obtain a contingent agreement that will allow Weavers Way to send in the engineers, and the architects, and Norman, to make sure everything is as advertised. Then we either back out or sign a real lease — likely in September — and start construction. Inshallah and the Wissahickon don't rise, Weavers Way Ambler would open in April 2017.

Weavers Way's Board and management are not prepared to disclose the location just yet. But I'll tell you this: It's NOT the vacant Bottom Dollar store on Butler Avenue.

Let the guessing begin.

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Tuesday, June 14, 6:30-8 p.m. for all that and more (including refreshments, of course).

> Forums are also scheduled for:

Tuesday, July 5, in Chestnut Hill (8419 Germantown Ave., across from the Co-op)

Thursday, Aug. 18, in the Garage (542 Carpenter Lane). Both at 6:30.

RSVP so we'll know how many chairs to put out: outreach@weaversway.coop or 215-843-2350, ext. 118.



Info sessions like this prior to the opening of the Chestnut Hill store brought lots of members out to see what expansion was about.

Board Corner

(Continued from Page 1) of the community.

Do you like what Weavers Way offers you and the community you live in? I suspect you do. I don't just like it. I love it. The farms, the food, the support of local businesses and nonprofits — all of it makes living here much, much richer for

In fact, there are food co-ops around the country that see it as their obligation to ensure that more people in their regions have access to co-ops that serve them, as opposed to national grocery chains that may decide at any time that somewhere else is more profitable.

Wheatsville Co-op in Austin, TX, pioneered the idea a few years ago with a vision that more co-ops in their city would equal more happy people — and more local food, and more good jobs.

Lexington Co-op in Buffalo, NY, recently expanded to a second store and announced their "BIG Direction": the promise of a thriving co-op in every community that wants one. Check out their inspiring BIG Direction capital campaign video here: vimeo.com/126635521.

Over time, Weavers Way can help make that happen for the communities in our region.

Why Weavers Way? It can take seven or more years for a community that commits to opening a co-op to organize, raise money, identify a building, fit it out, set up the IT infrastructure and hire and train staff. And even then, they may do it on a smaller scale and less effectively because of insufficient resources, experience and skill.

Weavers Way, on the other hand, is already experienced at building and sustaining stores. We have the talent, experience, resources and support to do it well, and in a fraction of the time. In fact, Weavers Way is one of the most successful co-ops in the country, with an extraordinary volume of sales per square foot. We're good enough that National Cooperative Grocers, the national food co-op trade organization, has urged us to help startups build new stores in our region.

Some Weavers Way members have told me that growth scares them a little because they fear it will change the culture of the Co-op. I understand, but would like to point out that my Mt. Airy store is still my store and my community, even though it has a big sister up in Chestnut Hill. Meanwhile, both stores and both staffs share the same cooperative values and commitment to community. In fact, I've been to dozens of food co-ops around the country and all of them, despite their uniqueness, share the same basic culture and commitments.

Nine or 10 years ago at a food co-op conference in Atlanta, I heard a speaker from Midlands Co-op in England. Midlands has dozens of stores, plus funeral parlors, gas stations, etc., all cooperatively owned. I asked him whether that made it hard for members to feel as if the store they shopped at was their store. His answer: Members were able to balance in their heads and hearts the value of a larger cooperative economy with a love and passion for their own location, in their own community.

If anyone needs to be reminded of just how privileged we are to have the kind of stores we have, and how important it is to help other communities achieve this same end, I urge you to watch a video made by residents of a primarily African-American neighborhood in Greensboro, NC, titled "We Want a Co-op!"

This northeast Greensboro neighborhood had been served for years by a Winn Dixie supermarket, but despite the store's profitability, market decisions led to its closing. The neighborhood had become a food desert.

The community is now taking matters into its own hands. They're organizing Renaissance Community Cooperative, and their video movingly captures all the things we're fortunate enough to have that other communities need and want.

See the video at Renaissance Community Cooperative's website: renaissancecoop.com/we-want-a-coop.

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ZEROWASTE

GMM MAY 2016

A Pretty Good Time Had by All — & (Nearly) No Waste!

by Mary Sweeten, Editor, Weavers Way Shuttle

THAT SOUND YOU HEARD — BESIDES jazz from the duo of Weavers Way members Art Miron and Rich Redding that had attendees bouncing into the 2016 Spring General Membership Meeting on May 15 — was a gentle clink of silverware on china.

Our own silverware and china, as a majority of nearly 200 Weavers Way members who showed up brought their own place settings to help ensure the gathering was a Zero Waste event.

The common dish-rinsing station, front and center, saw hard use.

And the official trash, a total of about a cubic foot stuffed into a 33-gallon bag, received a rousing round of applause when held aloft by Outreach Coordinator Bettina de Caumette.

The Weavers Way Environment Committee, which hatched the idea, collected only \$67 for \$1-a- plate-cup-spoon rentals, and were they happy about it.

"It was very positive. People seemed to be up for it," said committee member Jeff Clark. "Good planning and good volunteers like Jeff," added committee chair Sandra Folzer.

Of course, the delicious buffet dinner provided by Bonnie Shuman's team in the Weavers Way kitchen in Chestnut Hill certainly helped with the mood, as did the multiple growlers of varied brews from Earth Bread + Brewery, flagons of red and white wine, and cookies and vegan cake from High Point and Roz's, respectively.

By the time Board President Chris Hill opened the meeting, the crowd was sufficiently pleased with themselves that it took several tries for him to make himself heard as he reminded people to vote in the Board elections. "I don't think I can talk any louder," he said. "I'll make it short."

Before introducing GM Jon Roesser, Chris gave a shout-out to Pete Winslow, representing FLAG, the Free Loan Association for Germantown, a new organization that provides an opportunity for Weavers Way members to provide no-interest loans to small businesses in Germantown. (For more info: www.philaflag.org.)

With that, he introduced Jon Roesser, who embarked on a three-part GM's report, covering the Co-op's financial condition (good), the situation with competition (better than expected) and the prospects for expansion (positive).

Jon noted that Weavers Way sales through the end of December were 7 percent higher than the prior year. "That's really, really good — 5 percent would make us the darlings of Wall Street if we were publicly traded." Since then, sales have dipped to just 4 percent better than the prior year. "That's still really good," he



Once dinner was consumed and dishes at least managed, attention turned to GM Jon Roesser's report.

said. "It does show there's been a slow-down in growth, and that's been entirely our Chestnut Hill store: For December to March, Mt. Airy was still at 7.12 percent, Chestnut Hill at 1.46. ... We attribute this entirely to the opening of a major competitor down the block."

Still, as Jon noted, we had budgeted on the assumption that sales would drop 20 percent when Fresh Market opened. "So we've done really well," he said.

"We've been talking a lot about why, and for us it comes down to three things. One, we've done a really good job running our business. Two, I also think that [Fresh Market] are not all they're cracked up to be. The third thing is why this room is as packed as it is — the resiliency of the cooperative model. Our membership essentially locked arms and said, 'No, we're not gonna shop in that other store.'"

Jon's next topic was the status of the proposal to open a third Weavers Way store and the likelihood that the store would be in Ambler, PA, about 6 miles north of Chestnut Hill in Montgomery County.

He outlined external market reasons for expansion — increasing competition from equity-funded natural foods markets, plus Weavers Way's advantages in being able to expand rather than starting from scratch — as well as internal reasons — notably that the Co-op, as a mature business, needs to keep growing just to keep up. Ambler, he explained, is an attractive option because of its dense, walkable downtown and its relatively diverse population, both economically and ethnically. Weavers Way has been working for several years with the Ambler Food Co-op, an enthusiastic group of boosters of the cooperative business model, and a recent market study, completed last year but updated last month, shows that an Ambler Weavers Way is very likely to be very successful.

After questions came the election results: Board member Lisa Hogan announced that Chris Hill and Linda Morris Siena had been reelected, and that Joan Patton, a member of the Ambler Food Co-op, was the third winner. A bylaws change on the ballot also passed; it modifies the way patronage rebates are handled. (For more details, visit www. weaversway.coop/election-2016-results.)

Then Chris introduced the evening's speaker, a catalyst for the Zero Waste theme: Consultant and Weavers Way member Alisa Shargorodsky.

Alisa started with "shopper's remorse" — how she feels after shopping at a regular grocery store, "because everything you buy has packaging." That prompted knowing nods and chuckles from the room.

Describing her work she said she

Describing her work, she said she has been engaged to analyze every step of the Co-op stores' workflows, "to observe where the trash happens," counting and weighing to provide data for recommendations on how Weavers Way can reduce its waste burden.

Citing Weavers Way's mission statement, which says, in part, We're committed to the environment. We work to sustain a healthy planet, promote environmentally sound products and practices, encourage and support local and organic farming, and try to act with environmental consciousness in all our endeavors, Alisa said, "This is why I'm here. I'm very committed to helping Weavers Way attain this to the best of its capacity."

She noted that while Weavers Way doesn't supply plastic grocery bags, we do go through a lot of paper bags, roll bags for produce and plastic prepared food containers (900 a day). Then there are things for which no sanitary substitute is available, namely Styrofoam meat trays

Part of the problem, she said, is that even when we recycle, many of these things aren't REALLY being recycled, due to "contamination" — e.g., plastic mixed with paper — that may cause buyers to refuse materials that then end up being disposed of, not reused.

Meanwhile, plastic waste swirling in the ocean is photodegrading into small particles that are indistinguishable from plankton, making their way up the food chain.

"There's too much of this stuff," she said, "and it's also a health problem. ... After it leaves your house you don't actually know what happens to it."

"We didn't always have all this plastic," Alisa concluded. Items made of plastic "are a necessity for many parts of our life, but we just shouldn't be treating them as a disposable item."



Music from Rich Redding on sax and Art Miron on guitar got everything off to a good start.

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GMM MAY 2016



Mindy Flexer offered well-received art activities for the younger set.





The spread from Weavers Way Kitchens leaned Moroccan, and featured both chicken and vegetarian options.

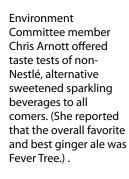


GM Jon Roesser answered questions during and after his talk.





PHOTOS BY WEAVERS WAY MEMBERS SANJAY MOHANTY, ELLIE SEIF and ROBERT LESLIE SMITH



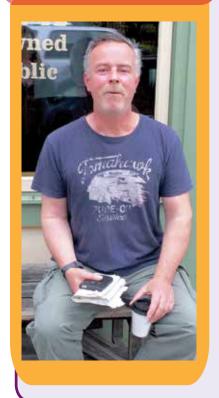


The complete trash proceeds, hoisted by guest speaker Alisa Shargorodsky: about a third of a trash bag!



Leadership Committee member David Woo drummed up the vote; Margaret Lenzi, Lisa Hogan and Larry Daniels, plus IT Director David Chaplin-Loebell, count them.

Cooperator of the Month



Garth Pegram

Joined Weavers Way: Late 2010, with his wife, Juliet. He'd previously been a member in the early '90s.

First Exposure: 1988. He lived with a family in West Mt. Airy who were Co-op members when he first came to the States from the U.K. Weavers Way was his first shopping experience in the United States.

Lives In: Chestnut Hill.

Current job: He works in data operations for the Chubb Group of Insurance Companies in Center City.

Typical Co-op jobs: Bulk packing, produce, floor. (Juliet does most of their hours.)

Favorite Co-op products: Organic shredded coconut and organic raisins. "Those two things strike me as being amazing, that you can get high quality product that's also reasonably priced." They also enjoy Organic Valley milk.

Why they're working members: "I'm pragmatic in some sense — I appreciate the 5 percent [discount]. And also, it's a simple matter of community. It wouldn't make sense to do something else."

A little Co-op love: "Weavers Way is up there with good trains and Fairmount Park as far as I'm concerned. It's one of the pillars of our lives. We're in there, I think, every day."



Membership Corner

(Continued from Page 1)

is that the Co-op's the place to be!

The opening of Fresh Market came and went without so much as a pause in our day-to-day membership activities. Not only has our base remained loyal, but new members are joining and former members are reactivating in solidarity every day.

This is important; nearly 80 percent of our sales come from members. Our strength lies in your commitment. The picture is quite clear — Weavers Way will continue to thrive with the support of our members.

Which brings us to the NEXT milestone. We

are closing in on 6,000 active member households! We are projecting that our 6,000th member will join in June. With that in mind, we thought we'd kick off the month with a little appreciation — Member Appreciation! From Friday, June 3, through Sunday, June 5, members will receive an extra 5 percent off their purchases. (That means a total of 10 percent for working members.)

Member Appreciation days are always fun and festive. It's like a party every day! Don't miss it.

This time around, we will be reflecting on this incredible achievement: Almost 45 years ago, our founders pooled their resources and started a buying club in the basement of Summit Church. From those humble beginnings, we are now a thriving cooperative — 6,000 strong!

Kirsten@weaversway.coop





WORKSHOP THURSDAYS

Topics are as varied and far-reaching as the interests of our members.

Workshops are usually held in the Garage at 542 Carpenter Lane (across from the Mt. Airy store) or the Community Room at 555 Carpenter (adjacent to the store) and run 7-8:30 p.m.

Most are free; some charge a materials fee.

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

Check the online events calendar for details: www.weaversway.coop/events.

Or why not give a workshop yourself?

Workshops are expected to last an hour and a half, and are worth three hours of working member credit. For more info or to propose a topic: outreach@weaversway.coop or 215-843-2350, ext. 118.

UPCOMING:

INTRO TO BACKYARD CHICKENS

June 2

Learn the basics about keeping backyard chickens with Maureen Breen, Weavers Way Co-op Member and founder of Philadelphia Backyard Chickens. She'll talk about types of chickens, care, coops, food, protection, legal issues and those wonderful eggs! (This workshop will be repeated Friday, June 3, starting at 5:30 p.m., at Henry Got Crops Farm, 7095 Hnery Ave.)

'PLANT PURE NATION' Documentary Screening

June 16

This feature film released in 2015 examines how plant-based nutrition might prevent a broad range of diseases and illnesses, and even reverse some of the most dangerous chronic conditions. Join us at the home of Max and Elise Rivers of CAMA (Community Accupunture of Mt. Airy), where we'll have the pleasure of viewing and discussing this film in the comfort of their East Mt. Airy living room. RSVP for location.

WATERCOLORS with Rebecca Hoening

June 23

Artist and Philadelphia Museum of Art educator Rebecca Hoening will demonstrate some basic techniques and color mixing. Students will experiment with the techniques and create a small painting to take home. All supplies will be provided. This workshop is for anyone who has an interest in experimenting with watercolors.

MEET 'CITY IN A PARK' AUTHORS

June 30

"City in a Park" (Temple University Press, 2015) is an affectionate history of Philadelphia's remarkable 200-year-old network of parks. Meet authors, art writer James McClelland and political scientist Lynn Miller, and deepen your appreciation for this extraordinary urban treasure. The book will be available for Weavers Way members to purchase at a discount.

With Degree in Hand, Mt. Airy Cashier Looks to Kick Back and Travel the World

by Karen Plourde, Weavers Way **Communications Staff**

OR MUCH OF THE LAST SEVEN YEARS, MEGAN Ellis' life has bounced between the poles of school and work. But now that the cashier and shift manager at Weavers Way Mt. Airy has earned her college degree, she's looking forward to dialing down and expanding her horizons.

Megan, 21, graduated from Arcadia University last month with a bachelor of arts in criminal justice. She came to the Co-op five and a half years ago as a paid cooperator at the suggestion of her mom, Nancy, who was the prepared foods manager in Mt. Airy. She'd already had some work experience with catering and helping out at the restaurant her parents had

"I've been around food my whole life — I've just grown up in the food world," the Cheltenham native said. "So coming here, everything's local and organic and fresh and all that, and I loved it, and so I stayed."

Before long, Mt. Airy Front End Manager Susan McLaughlin asked Megan to be a cashier, and she started working weekends while attending Cheltenham High. After graduation in 2012, she headed to Hofstra University in Hempstead, NY.

During her freshman year, Megan felt homesick a lot and came back most weekends. During that time, she'd fill in at the co-op as needed. She left Hofstra at the end of the school year and started at Arcadia the following fall.

Megan said she decided on her major because she

"liked learning about the minds of criminals and why they do what they do." She wrote her senior thesis on the treatment of women in the criminal-justice system, and participated in Inside Out, a partnership between institutions of higher learning and correctional facilities run through Temple University. As part of the program, students and inmates take a class together at the prison. The purpose of Inside Out is to increase the level of understanding between prisoners and civilians and to shed a light on issues of social concern.

For now, Megan has had enough of school, and is working and trying to save money so she can travel. Last spring, she did a semester abroad in Wales and found it to be a life-changing experience. She lived in a house with 10 students from all over the world.

"I went backpacking on the coast of South Wales," she recalled. "It was like the most beautiful thing and the hardest thing I've ever done. I got to be free, and that's why I want to travel more. . . . I can do what I want to be doing without 'you have to be doing this school thing."

Megan plays guitar, ukulele and piano and sings, but isn't comfortable with performing. She's been going to the Philadelphia Folk Festival every year since she was 2 months old, and considers it her favorite place in the world. A couple of years ago, she started hula hooping outdoors to get exercise, and now finds it more of a meditative activity.

Megan credits Backyard Beans' Punch in the Face cold-brew coffee with getting her through her Sundaymorning managing shift. She also enjoys dried mango slices and avocados.

Staff Celebrity Spotlight: Megan Ellis



More than anything else, she feels that her coworkers have kept her coming back to Weavers Way.

"I love the people that I work with. I love the environment that I work in," she said. "And it's changed a lot since I started five years ago. But I was welcomed with such open arms here. It's like a family. I like being a part of it."

kplourde@weaversway.coop



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

Weavers Way Board

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

The Board meets at 7 p.m. on the first Tuesday of the month. The June 7 meeting is in Mt. Airy, at Summit Church, 6757 Greene St., down the street from the Co-op.

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.

2015-2016 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

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.

Chestnut Hill main number: 215-866-9150 Across the Way

contact@weaversway.coop

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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Farm Manager

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petstore@weaversway.coop

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(MA) Kathryn Worley, ext. 140 worley@weaversway.coop (CH) James Mitchell, ext. 217 jmitchell@weaversway.coop

Prepared Food

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

(MA) Shawn O'Connell, ext. 109 soconnell@weaversway.coop (CH) Matt Budenstein, ext. 209 mbudenstein@weaversway.coop

Meat, Poultry & Seafood

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

Produce

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

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Floral Buyer

Ginger Arthur, ext. 317 floral@weaversway.coop



Follow us!

in the Shuttle advertising @weaversway.coop

Use the password weaversway

Weavers Way Welcome Meetings

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

Attend a Weavers Way Welcome Meeting, **Get Two Hours Work Credit!** Meetings start at 6:30 p.m.,

in Mt. Airy or Chestnut Hill. RSVP to: outreach@weaversway.coop or

215-843-2350, ext. 118. **NEXT MEETING: Wednesday, June 8**

The Garage, 542 Carpenter Lane (across from the Mt. Airy Co-op)



June Member Specials

Valid from June 1 - June 28

For more member savings, visit www.weaversway.coop



FOLLOW YOUR HEART SOY CHEESE assorted flavors 10 oz

\$3.99 REG \$4.55



BADGER
AFTERSHAVE FACE
TONIC 4 oz

\$11.99 REG \$16.89



NUBIAN HERITAGE HAND CREAM assorted 4 oz

\$5.99 REG \$7.85



NATE'S
ZESTY ITALIAN
VEGAN MEATBALLS
10.5 oz

\$3.99 REG \$4.95



BEARD OIL I oz \$10.99 REG \$12.75



NUBIAN HERITAGE
EVOO MORINGA
DEEP CONDITIONING
CREAM 12 OZ

\$7.99 REG \$11.75



SHIRE CITY HERBALS
FIRE CIDER 8 oz
\$10.99
REG \$14.85



SHAVE SOAP 3.15 oz \$7.99REG \$8.59



NUBIAN HERITAGE INDIAN HEMP MOUSSE 7.50 OZ

\$6.99 REG \$9.39



One number. Five primary care offices.

If you're looking for convenient, accessible healthcare for your whole family, you'll find it with us. With same- and next-day appointments often available, there's no long wait to see a doctor. Also, ask about preventive care services your health insurance may cover at no cost to you, including flu shots, immunizations, annual checkups, and colon and breast cancer screenings.

