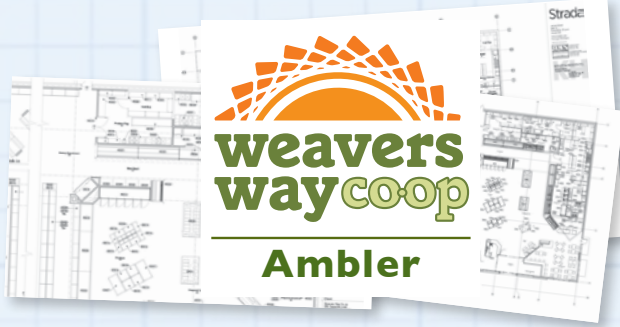




The Shuttle

June 2017 Vol. 45 No. 6

Community-Owned, Open to Everyone



Demolition started May 8 — right on schedule — for the renovations at Weavers Way Ambler. We've put down deposits on the kitchen equipment, and the Ambler Advisory Committee is pondering landscaping options. Pictured: The floor's all marked for the jackhammers to start trenching, and the copper's all lined up for the installation of refrigerant lines.

Heather Carb photos

Excuse Our Dust . . . We're Just Constructing All Over the Place



First the roofers opened the skylights. Then we got new windows. Once we let the sun shine in, we really went to work on The Garage, rebooting The Mercantile and neatening up the meeting/workshop area in the back. Pictured: At lower left, Weavers Way glazer and general handy guy Jeff Schmidt; below, cooperator Jonas Bromley and staffer Nick Fry ply the plywood; bottom, Mercantile staffer Liana Orazi upgrades the flower beds. Come on by 542 Carpenter to see the progress in person!



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

Editor's Note

by Mary Sweeten, Editor,
Weavers Way Shuttle

I'M NOT KIDDING WHEN I SAY THERE'S not much to say about Ambler.

Yes, construction's started, but it's a CONSTRUCTION SITE, so should you be in the neighborhood of 217 E. Butler Ave., it's not like you can go in and wander around. It's just the long calm summer before the storm. Did I say "storm"? I meant before the sun comes out and we can finally start staffing and stocking the store.

Meanwhile, there's this: Jayson Werth spoke at the Organic Trade Association's 2017 Policy Conference in Washington, DC, last month. Because it turns out the Nationals outfielder is a true believer, with an organic farm to prove it. Washington Post sports columnist Dan Steinberg had a great story about his appearance. (Google it, or here's a short link: wapo.st/2quOzCC.)

"When I started this thing, I didn't really know what I was doing," Steinberg says Werth told the crowd, speaking of his 500 acres in central Illinois. But unlike many would-be organic farmers, Werth had deep pockets that allowed him to delay profitability, navigate red tape and figure out what worked. Now he's even starting a consulting group to help Midwestern farmers interested in making the transition to organic.

He also had serious professional motivations. Again quoting Steinberg:

He talked about his struggles with health and durability early in his career . . . In 2008, he told the crowd, "We eliminated gluten and dairy entirely from our lives and tried to stay away from non-organic food and GMOs as much as possible. Once I started eating clean . . . my career started to take off."

In May 2009, then-Phillie Werth stole second, third AND home in a game against the Dodgers. Well, that was quick.



You probably heard about the bus accident May 15 that sent 26 C.W. Henry eighth-graders, their teachers and a chaperone to the hospital. One teacher remains hospitalized, and three students are still recovering from serious injuries. If you're looking for a way to help, Henry (which is our neighbor in Mt. Airy) has a crowd-funding campaign: www.gofundme.com/cwhenry8thgrade.

msweeten@weaversway.coop

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

Weavers Way members are welcome to submit articles (about 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community. Editorial copy is due the 10th of the month prior, e.g. Dec. 10 for January.

No anonymous material will be published; all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or letter 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.

Advertising

Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January. Ad rates are online at www.weaversway.coop/shuttle, 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.



WEAVERS WAY

MERCANTILE

SUPPLIES FOR SUSTAINABLE LIVING

We're Building a Tool Library

Did you know that the average home drill is used for a total of 13 minutes in its lifetime?

What if instead of buying tools that we will only use a few times, we could all borrow what we need from a Weavers Way Community toolLibrary?

With community enthusiasm and support, a tool library could soon be a reality! From sledgehammers to circular saws, honey extractors to ice-cream makers, we hope to gather tools and supplies that most people don't own but would love to use occasionally.

Have you ever needed a specific tool to do a particular job but you know you will probably never need that tool again? Say you're hanging lots of trim or framing, or putting down flooring. You probably need a pneumatic nailer (\$200-\$400 at Home Depot). If you keep backyard bees and have honey to harvest, you will need a honey extractor (a \$150 piece of equipment). There are so many tools that most people would love to borrow!

The West Philly Tool Library shares its collection of over 4,000 tools with more than 2,000 dues-paying members



each year. While the Weavers Way collection will likely be much smaller, our library will also be offered at no cost to Co-op members. We will also be able to learn from the West Philly Tool Library, which generously offers guidance and resources to others interested in starting tool libraries of their own.

Once our tool library is established, any member of the Co-op would be able to check out tools for home maintenance, yard work, carpentry, car repairs and more!

If you have tools to donate or would like to get involved with the Tool Library Planning Committee, let us know! Email Programs Coordinator Stephanie Bruneau at sbruneau@weaversway.coop.

Do It for the Pollinators

by Howard Goldstein, for the Shuttle

The June garden is a burst of color that includes the yellows of perennial sunflowers (*Heliopsis helianthoides*), tickseed (*Coreopsis* species), St. John's wort (*Hypericum* species), Stoke's aster (*Stokesia laevis*), the red of beebalm (*Monarda didyma*), the orange of butterfly weed (*Asclepias tuberosa*), the purple of coneflowers (*Echinacea purpurea*) and the deep blue/purple of vervain (*Verbena bonariensis*).

All these plants show off their finest at the Penn State Pollinator Garden at the Horticulture Center in West Fairmount Park, located off Belmont and Montgomery avenues. Admission is free. The purpose of this garden is to demonstrate the variety of plants that feed pollinating insects — both honeybees and native bees, wasps, flies, butterflies and moths. Most of the plants in the garden are natives, and they are sturdy — we only water a few select plants in the summer if there has not been sufficient rain.

Mid-morning (not too hot for humans) is a good time to observe the insects in action. You may also see hummingbirds feeding on the red beebalm or on red native honeysuckle, which blooms from March through November. Each month, there is a different perennial that flowers in abundance. Black-eyed Susans (*Rudbeckia fulgida*) are vibrant in July. In August, the mountain mint (*Pycnanthemum muticum*) is alive with bees, wasps and a very beautiful daytime moth, the Ailanthus webworm. She looks like a jewel and is a migrant from the South.

The northern golden bumblebee visits the common beebalm (*Monarda fistulosa*) in August. This is my favorite bee. She is all yellow with black across her abdominal segments. She visits our garden in May to feed on two blue flowers — bluestar (*Amsonia hubrechtii*) and blue



Top, native bee on purple echinacea; bottom, orange asclepius and yellow coreopsis.

false indigo (*Baptisia australis*). I wish I knew where she goes in June and July.

In August and September, obedient plant (*Physostegia virginiana*) blooms pale pink. Bees love this plant, which continues to flower into November. October brings out the asters and goldenrods in their purples and yellows.

The bees know about this garden. Come out and discover it for yourself, take the brochure which is in a dispenser at one of the three openings to this circle of blooms and learn what you might grow in your garden to support native insects.

Howard Goldstein is a Penn State Master Gardener. His passion is pollinators and their host plants.

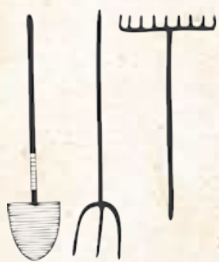


Workshops? We got 'em.

See Page 21 for the June lineup, or visit www.weaversway.coop/events for details and any additions to the list.



Workshops • Classes • Demos



542 CARPENTER LANE

TUESDAY- FRIDAY, 11 AM-7 PM * SATURDAY- SUNDAY, 10 AM-6 PM

MERCANTILE@WEAVERSWAY.COOP / 215-843-2350, EXT. 288

Garden Tools • Accessories • Tableware • Decor • DIY • Vintage • Reference Guides



Capitalizing on the momentum and positive energy generated by our 2016 holiday pop-up, Weavers Way Mercantile is back – and we are GREENER than ever! Our huge selection of native plants, veggie starts, garden tools and other resources and supplies are carefully chosen to support your sustainable lifestyle. From pawpaw tree saplings to cast-iron skillets, fermentation kits to handmade ceramic compost crocks, you'll find

tons of inspiration in every visit to the Mercantile. Reaching over and above retail, the Mercantile is a dynamic community space. A full roster of workshops and other public events is planned for the summer months, including free or low-cost sessions on topics such as permaculture and native plants, medicinal herbs, preserving the harvest through fermentation and canning — and so much more.

Do you want to learn to produce the things you use every day? So do we! Not only is a DIY lifestyle deeply satisfying, but it is often cheaper and more sustainable. The Mercantile has supplies, books, and information you need to get started doing it yourself — think books on making cheese, cleaning products or herbal cocktails. We're here every day except Monday. Come and visit!

5 THINGS

Five Things is a service of Weavers Way.

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

Five Things... That Are Cool AND Sustainable from Weavers Way Mercantile

Our marketplace in The Garage at 542 Carpenter Lane is back to help you live a greener life.

1



Native plants
They need less water, fertilizer and pest control, and they support pollinators. We have dozens of varieties available.

2



Hori hori knife
Sheath and all, from Barebones Living of Salt Lake City. A multipurpose tool for digging, cutting and trenching beloved of Japanese gardeners. It even has a bottle opener!

3



References
On gardening, edible wild plants and natural pest control, among others. Get the who-what-where on how to.

4



Workshops
On canning, fungal allies, herbal support and much more. See Page 21, or check the Online Events Calendar (www.weaversway.coop/events) for the most up-to-date rundown.

5



Mason jar fermentation kit
From Masontops of Toronto. Includes four pickle pipes, Masontops' signature one-piece waterless airlock.

Seasonal • Home • Garden • Native Plants

What's in Store at Weavers Way

Check It Out!

by Karen Plourde, Weavers Way Communications Staff



Bulk & Beyond
Hello, summer! Backyard Beans cold brew is back on tap.
Do you need your caffeine fix all year long? Consider Backyard Beans’ Punch In The Face nitro cold brew, which has returned to the taps upstairs in Mt. Airy. These roasters from Lansdale use only responsibly sourced coffee beans from Africa and Latin America — Punch in the Face is single-sourced from an organic co-op in Honduras.

The Deli Dispatch

Find a reason to try our house roast beef.

The deli in Chestnut Hill started offering Aspen Ridge natural beef roasted in our own kitchen a couple of years ago, and it was such a hit that they soon dropped the Boars Head version they’d been carrying. Now they’ve added garlic roast beef to the menu, again to rave reviews.

New Hill Deli Manager A.M. Arment estimates they go through a roast every other day. In addition to selling it by the pound, it’s also used in the Sandwich Station’s Roast Beef Deluxe and Ravi’s Roast Beef (the latter is A.M.’s favorite sandwich). She considers it “the best roast beef you can buy by the pound on the Avenue.” It’s certainly a go-to for me.



Meat & Fish Market

Making the case for fresh shellfish in Chestnut Hill.

Summer means clams and oysters on the half shell. And mussels? They’re good anytime. In that spirit, Chestnut Hill Meat and Seafood Manager Valerie Baker invested in a wheeled case she’s been filling with ice and loading up with littlenecks, oysters (mostly from the West Coast) and mussels. For now, she’s only rolling them out on the weekend. But depending on sales, Val and her crew may bring out the bivalves for weekday shoppers.

ACTION **FORUM**

SMALL FARMERS + EQUAL EXCHANGE + YOU

LET’S TAKE BACK OUR FOOD SYSTEM!

EQUAL EXCHANGE IS CELEBRATING 30 YEARS OF DOING THINGS DIFFERENTLY.
This year we have begun to sow the seeds for a new grassroots movement through the launch of the **EQUAL EXCHANGE ACTION FORUM** and we need you!

Apply to be a member and join us for the first-ever People’s Food System Summit at our headquarters in MA. This two-day event will be a space for Action Forum members, farmer partners, and Equal Exchange worker-owners to connect and work together toward the creation of a true people’s food system.

BECOME A MEMBER *and* JOIN US AT THE FIRST-EVER

PEOPLE’S FOOD SYSTEM SUMMIT **JUNE 9-10**

equalexchange.coop/actionforum



What's in Store at Weavers Way

On the Menu in Prepared Foods

Filling the roast chicken void in Mt. Airy.

Sadly for Carpenter Lane shoppers, roast chickens are no longer available there. But don't despair; the Mt. Airy Prep Foods crew has come up with some alternatives for grabbing and going. Look in the case near the front corner entrance for shrimp cocktail and gazpacho, and other offerings are in the works. Can't live without your roast chicken? They're still available in the service case in Chestnut Hill.



Support for Sustainable Agriculture? Check!

During Earth Week, Weavers Way partnered with produce vendor Four Seasons and several other companies to donate a portion of sales to the Pennsylvania Association for Sustainable Agriculture. The total, \$43,149.75, the most ever raised through this fundraiser. Weavers Way Board member Laura Siena (in orange) got to help present the big check to Hannah Smith-Brubaker, Pasa's new executive director. The largest statewide, member-based sustainable farming organization in the United States, Pasa seeks to improve the economic viability, environmental soundness and social responsibility of food and farming systems. More info: www.pasafarming.org

All Wellness & Good

Arnica and Calendula for your warm weather boo boos. And some cool threads to go along with them.

Milder temperatures and exposed skin go together like shorts and sandals — and that can lead to sunburn, bruises and insect bites. So thank heaven that topical Arnica and Calendula will be 20 percent off at our wellness stores for all of June. Boiron, the homeopathic powerhouse born in Lyon, France, but now based in Newtown Square, Delaware County, has been in the natural-medicines business since 1932.



In addition to its first-aid properties, Arnica also helps ease muscle strains and sprains.

Meanwhile in ATW wearables, Paul Carpenter screened T-shirts have found their way onto some hangers. Carpenter, a 30-year-old artist from East Mt. Airy, has put together a collection of Philly-centric designs that will encourage you to find room in your shirt drawer. Look for his rendering of the Phanatic with the city's landscape across his belly, as well as his depiction of Chief Tedyuscung, who gazes out across the Wissahickon from a cliff near Rex Avenue.

kplourde@weaversway.coop



★ ★ *Baking all-natural* ★ ★
treats with extraordinary
ingredients and a dash of
★ ★ *whimsy for 30 years.* ★ ★

The NIGHT KITCHEN
★ BAKERY & CAFE ★

Remember sweets for Grads and Dads!

Mon-Fri 7am-7pm, Sat 8am-6pm, Sun 8am-4pm
7725 Germantown Ave ★ 215.248.9235 ★ NightKitchenBakery.com

HENRY GOT CROPS

FARM MARKET

FRESH PRODUCE and LOCAL PRODUCTS

HENRY GOT CROPS
7095 HENRY AVE.
at the farm across from
Saul High School in Roxborough

HOURS
MAY-OCTOBER
Tuesdays & Fridays
Noon-7 p.m.

Henry Got Crops is a collaboration of Weavers Way Co-op, Food Moxie, W.B. Saul Agricultural High School & Philadelphia Parks and Recreation.

HAPPENINGS AT THE FARMS

➡ **FARM VOLUNTEER DAYS** ⬅

SATURDAYS, 9 AM-1 PM
June 3, August 5 & October 7
At the Mort Brooks Memorial Farm at Awbury Arboretum, 901 E. Washington Lane
July 8 & September 2
At the Henry Got Crops Farm, Saul High School, 7095 Henry Ave.

MOVIE NIGHTS

"The Blues Brothers," June 23
"Moana," Aug. 22
"Annie," Sept. 22

HERB WORKSHOPS

Herbal First Aid, June 13
Solar Smudge, June 21
Herbal Stress Relief, July 18

Check the Weavers Way Events Calendar for more details!
www.weaversway.coop/events

AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES

Free Beer Tastings Every Sat 3-5 PM

Craft Beers
Belgians
Imports
Ciders
Lambics
Organics
Sorghums
Gluten-Free

BREWERS OUTLET
EST. 1976
CHESTNUT HILL
MT. AIRY

One-Stop Shopping For All Your Beverage Needs

Sport Drinks
Seltzers
Juices
Teas
Water
Sodas
Organics
Ginger Beers

Over 8,000 sq ft of Liquid Pleasure!

Best of Northwest Philadelphia 08!

Cases - Kegs - Ice - Snacks - Cigars - PA Lottery - Open 7 Days - Free Parking - We Deliver
7401 Germantown Ave, Phila, PA 19119, 215.242.3110, www.mybrewersoutlet.com

Up-to-the-minute Co-op news... like us on Facebook.

NPR Pioneer Still Projecting

FOUNDING PROGRAM DIRECTOR OF NPR (and Weavers Way member) Bill Siemering joins us Sunday, June 11, for an afternoon of conversation about the civic role of public radio. He'll be joined by our very own local nonprofit radio founder, Jim Bear of Gtown Radio.

Did you ever wonder how NPR got started or the origins of All Things Considered or Fresh Air with Terry Gross? As it happens, Siemering wrote the original "Purposes" and core values for NPR in 1970 and then was hired to implement them as NPR's first director of programming. With his staff he developed All Things Considered and later came to WHYY-FM Philadelphia, where he helped transform Fresh Air from a local to a national program 30 years ago.

Siemering's radio career started where radio began in this country, at "the oldest station in the nation," WHA-AM at the University of Wisconsin, where he was a student. WHA is about to celebrate its 100th anniversary.

Today, Siemering remains a source of inspiration in public radio through his nonprofit, Developing Radio Partners (www.developingradiopartners.org), which helps local radio stations in Africa provide climate-smart agriculture, reproductive health and youth programming.

Following his presentation, we will



Bill Siemering is NPR's founding program director.

Foundations of Public Radio

June 11, 3 p.m.
The Garage, 542 Carpenter Lane.

A discussion of public radio, big and small, local and international, with Bill Siemering and Jim Bear. Free. RSVP on Eventbrite. Info: 215-843-2350, ext. 118, or outreach@weaversway.coop.

move from the national and international to the hyper local. Did you know that Northwest Philadelphia has its very own internet radio station? Gtown Radio founder Jim Bear will tell us about the station and give us his take on the role of local independent stations like his.

We will leave plenty of time for Q&A. Join us!

L.E.T.T.E.R

Green Mountain Energy Sidewalk Pitch Is Misleading

RECENTLY, THERE'S BEEN A SWEET, soft-spoken guy hawking some very bad stuff right outside the door of the Chestnut Hill Co-op. He's selling something called Green Mountain Energy. I got hoodwinked by him a couple of months ago, thinking he was approved by Weavers Way. I had forgotten that I was already a member of The Energy Co-op, which is an independently owned local nonprofit energy supplier, and I signed up for Green Mountain Energy.

Then I did a little Googling around, and I learned that Green Mountain Energy is a subsidiary of NRG Energy. Here's part of what I found out about them. (The rest is in the link below.)

Accompanying the company's often touted solar and wind projects is one of the nation's largest fossil-fuel generation portfolios. In Pennsylvania alone, NRG fully owns six coal facilities that have a combined generating capacity in excess of 2,000 megawatts, in addition to 15 natural-gas and oil plants. Two of these facilities, the Conemaugh and Seward generating stations, share 17,600 Clean Water Act violations. When Cheswick Power Plant was listed as one of the top 50 mercury-polluting power plants in the nation in 2010, NRG-owned RRI Energy sought approval to burn lower-quality coal that would increase the plants emissions. An NRG facility in Portland, PA, ceased op-

erations in June after an extrapolated lawsuit related to Clean Air Act violations driven by New Jersey and Connecticut resulted in a \$1 million settlement. The future of Portland is likely to be similar to that of the New Castle Coal facility — conversion to natural gas. This is a broad, sweeping strategy NRG has already employed on several coal assets where environmental compliance became too large a cost.

So I switched back to The Energy Co-op, but I bet many Weavers Way members won't do this research and will not realize that the friendly guy offering "green" energy from his little table is not selling the real deal.

Here's the link for more info:
www.theenergy.coop/community/blog/green-mountain-energy

Terry Halbert

SHUTTLE LETTERS POLICY

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



Janet Ames
Member of **EXECUTIVE REALTY'S Green Group**

610 Old Lancaster Rd.
Bryn Mawr, PA 19010
Office: (610) 520-0400
Cell: (610) 308-0802
realtorjanetames@gmail.com
www.realtorjanetames.com



FIVE STAR
REAL ESTATE AGENT
Janet Ames
2013 • 2014 • 2015 • 2016 • 2017

Now's the time to sell!

Spring Market 2017 is marked by **HIGH DEMAND** and **LOW INVENTORY** making this a seller's market:

- 16% increase in sales compared to 2016
- Median sale price ↑ 4% - 9 year high!
- 10% fewer listings compared to 2016
- 6 appointments to 1 listing - all time high!*

Put my skills and experience to work for you.


For more tips and help navigating the market, give me a call.

*All statistics according to March 2017 Report from TREND, a bright MLS.

As seen in
Philadelphia Magazine

Five Star Professional surveyed Philadelphia area residents who purchased a home priced at more than \$150,000 within an 8-month period. The final list of 2017 Five Star Real Estate Agents is a select group, representing less than 7% of real estate agents in the area.

www.facebook.com/realtorjanetames | www.linkedin.com/in/realtorjanetames

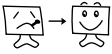


CHESTNUT HILL
Computer Spa

PC & Mac Repair,
iPhone Screen Replacement!

Joanne Davis
215-939-2534

COMPLETE COMPUTER SERVICES AND TRAINING

215-939-2534 CHComputerSpa@gmail.com 

Cheryl Shipman

Garden planning and maintenance
Upholstery, cushions and pillows
Rush, cane and wicker repair

shipman.cheryl@gmail.com 215-681-9440
<https://www.facebook.com/CherylShipmanFurnitureandGarden>

Volta Naturals
FOR A HOLISTIC HOME

\$25 off your first cleaning

MEET US AT voltanaturals.com

Cleaning, organizing, healthy meals, decorating, shopping, life coaching: **Volta Naturals** is a holistic lifestyle. Naturally.

Our Cleaning Products are available at the Chestnut Hill Store

*Keep it sacred
Keep it clean*

HOUSE AT POOH CORNER

where learning comes naturally
Teri DiCesare, M.Ed.

INFANTS • TODDLERS • PRE-K

Over 30 years of quality care
215-843-0815

Visit our website www.houseatpoothcornerdaycare.com





Golden Violins

Harold Golden
Violin Maker and Dealer

classical guitars, cellos, violas and bows
sales, rentals, restorations and repairs

7801 Winston Rd.
Philadelphia, PA 19118
215-242-0307

Sculpture: Chad Fisher
www.goldenviolins.com

GM'S
CORNER

Can't a Person Get a Drink Around Here? Nope, Not Yet

by Jon Roesser, General
Manager, Weavers Way Co-op

ON NOV. 29, 1933, FOUR DAYS before the end of Prohibition, the PLCB — that's the Pennsylvania Liquor Control Board — was born. Its purpose, declared Gov. Gifford Pinchot, was to "discourage the purchase of alcoholic beverages by making it as inconvenient and expensive as possible."

True to its mission, the PCLB did a fine job of making the purchase of alcohol inconvenient and expensive, but Pennsylvanians have persevered.

I can remember when I was a kid going to the State Store with my dad. The booze was lined up on rows of gunmetal shelves in the back, behind a counter manned by the meanest SOBs you'd ever meet. Dad wrote what he wanted on a form and, at a snail's pace, they'd go fetch it. Liquor was a vice and it was treated as such.

Well, those days are long gone. Over the last few decades, State Stores became "Wine & Spirits Shops," then "Fine Wine & Good Spirits" stores—still state-run, but customers can at least fondle the bottles before buying. Service is much improved and we can count on things like temperature-controlled rooms for the good stuff, experts on staff, even tastings. Gifford Pinchot is spinning in his grave.

But the sale of liquor remains under the careful control of the state. In recent years however, things have started to loosen up. Bipartisan support for reform has led to rule changes that are resulting in alcohol now being sold in gas stations and grocery stores. It's not simple, but here's the current landscape:

Hard liquor is only available in the state-run stores. You can buy wine in the state-run stores too, as much as you want. Wine is now also available in some grocery and convenience stores, but only those with a PLCB restaurant liquor license, and there's a four bottle maximum and a separate checkout. At these grocery and convenience stores, you can also buy beer, but only six-packs, and there's a two six-pack maximum. Some restaurants, bars and delis have a PLCB deli liquor license that allows them to sell you six-packs of beer, but not wine. If you want to buy a case or more of beer, you have to go to a beer distributor (who, by the way, can't break or mix a case for you).

I think that's right, though by the time you read this things may have changed further. The current rules are indeed confusing, but this confusion is suggestive of the change that's in the air. It's a good bet we'll see more changes in the next few years, particularly when it comes to beer and wine. (The smart money is on the state keeping its lock on hard liquor.)

OPEN MEMBER FORUM

Wednesday, June 21, 6-7 p.m.
Community Room
555 Carpenter Lane

Got questions, concerns or ideas about your cooperatively owned business? Bring them to the table with General Manager Jon Roesser, staff and Board members and other member-owners.

For info and to RSVP:
www.weaversway.coop/event/weavers-way-open-member-forum-7.

Whether or not you think these changes are for the better (both sides have good arguments), it's going to be hard to get this genie back in the bottle. And this will have consequences for the grocery business and thus for the Co-op.

While the old rules may have been vexing for consumers, from a grocer's perspective they ensured a level playing field. Grocery stores didn't sell booze, period.

Now, grocers with coveted PLCB licenses have a state-issued competitive advantage. And while anyone can apply for a PLCB license, they are sold on the open market to the highest bidder. So

the deep-pocketed, for-profit chains are snatching them up at prices that effectively box out the little guys.

Giant, the, um, giant supermarket chain, has spent over \$6 million for 19 licenses, including a record-breaking \$526,000 for one in Montgomery County. (PLCB licenses are county-specific and cannot be transferred outside the county where they're designated.)

Sheetz — Altoona, PA's answer to Wawa — has scooped up 32 licenses to sell beer and wine at its convenience stores. Whole Foods, Acme, Wegmans and Fresh Grocer are all getting into the game.

So the problem is that the state is creating (I'd like to think unintentionally) an unfair advantage for big chains, who can plunk down a few hundred thousand for a PLCB license with a shrug. Smaller independent grocers get priced out.

Ideally, from the Co-op's perspective, the ongoing changes to Pennsylvania's liquor laws will lead to a new license classification, one specifically for grocery stores and one that isn't prohibitively priced. At least, that would be fair.

Of course, then we'd have to figure out where to put the stuff. We may need a third floor in Mt. Airy.

See you around the Co-op.

jroesser@weaversway.coop

Gerard Plourde, Attorney at Law

Brian Gordon, Attorney at Law

WILLS, TRUSTS AND ESTATE PLANNING

PROBATE AND ESTATE ADMINISTRATION

GUARDIANSHIPS AND SPECIAL NEEDS TRUSTS

MEDICAID PLANNING



We take a holistic approach to law.

Call Gerard's office in Philadelphia at (215) 901-7222

Or Brian's office in Bala Cynwyd at (610) 667-4500

SALON 90
at Nicholas & David

FIGHT THE FRIZZ
KERATIN THERAPY

215.242.2888 • WWW.SALON90.NET

90 BETHLEHEM PIKE, CHESTNUT HILL • ADJACENT TO THE R7 TRAIN
WED, FRI & SAT 9-5 • TUES-THURS 9-8 • EASY PARKING • TUSCAN INSPIRED INTERIOR

We're hiring for Weavers Way Ambler!

Come out to our job fair

Friday, June 23, 10 a.m. - 2 p.m.

131 Butler Ave. (under Twisters Yoga), Ambler, PA 19002



Community-owned,
open to everyone.

Can't make it June 23?

Visit our website for current postings:

www.weaversway.coop/employment

Coming in 2017:
Weavers Way Ambler
217 E Butler Ave.



FOOD
MOXIE

An offshoot of Weavers Way Co-op

CELEBRATING 10 YEARS!

608 Carpenter Lane
215-843-8289
foodmoxie.org

Executive Director

JILL FINK jill@foodmoxie.org

Interim Development Director

MARK ATWOOD mark@foodmoxie.org

Office Manager

JULIA LEMYRE info@foodmoxie.org

Youth Education Coordinator

TARA CAMPBELL tara@foodmoxie.org

Farm Educator

MELISSA POWELL melissa@foodmoxie.org

Nutrition Education Coordinator

MERCELYNE LATORTUE mercelyne@foodmoxie.org

Farm & Garden Manager

BRANDON RITTER brandon@foodmoxie.org

THANKS TO...

Foodadelphia

Henrietta Tower Wurts Memorial

Patricia Kind Family Foundation



For Their Support!

An offshoot of Weavers Way Co-op

The Founding Fathers & Mothers of Food Moxie

by Mira Rabin, Food Moxie
Former Board Chair

AS FOOD MOXIE CELEBRATES ITS 10th anniversary, we are spotlighting the people who got us where we are today — this month, the founding board of directors. Back in 2007, Glenn Bergman, then Weavers Way’s general manager, saw a challenge and an opportunity in the Co-op’s growing community engagement programs. The Marketplace program, which trained local students to run healthy-snack stands at their schools, and the early stages of what would become the Weavers Way Farms, had potential to be dynamic programs but were a strain on the time and budget of the Co-op. Glenn foresaw that a nonprofit organization, independently governed but aligned with Weavers Way’s values and principles, could raise funds for these and other programs. He set about enlisting a “brain trust” of Co-op and community leaders and activists with experience in governance, education and fundraising to form a board to govern what was originally called Weavers Way Community Programs. Early board members included Glenn, Liz Werthan, Bonnie Hay, Bob Noble, Adina Abramowitz, David Pearson and Barbara Bloom.

I caught up recently with Liz and Glenn and asked them to reflect on the early days of the organization and where we are now. Liz, a longtime advocate and supporter of progressive causes, re-

Jackie Schrauger photo

Volunteers from Food Moxie partner Inspire Energy at a work day at MLK High School’s Hope Farm.

called that it was not difficult to get initial grant money to fund programs, but it quickly became clear that a staff was needed to administer them. She obtained a multi-year commitment of support from the Wyncote Foundation, which allowed WWCP to hire an executive director. She said the early incarnation of the board was focused more on finding support to maintain existing programs and did not engage in strategic planning to chart a course for the organization’s future.

Glenn, now the executive director of the food bank Philabundance, agreed that the early days were focused on build-

ing support for existing programs, but he had a vision that the organization could be instrumental in the expansion of urban farms in Northwest Philadelphia, and in the movement to grow the cooperative economy through education.

Asked to reflect on Food Moxie today, Liz says she is deeply proud of its work and thinks its programs at Stenton Family Manor — Hope Garden and Hope Kitchen — can and should be replicated at other facilities serving vulnerable populations. Glenn, who has re-joined the Food Moxie board, is “thrilled to be part of such an interesting board and to watch the work of the staff.” He is very happy that the organization has a clear direction and focus, and also singles out the partnerships at Stenton and at MLK High School as models for expansion and replication: “In my new world at Philabundance, I now see how special the little farm is at Stenton Family Manor. The shelter system is, as you can imagine, a very difficult place to be for so many people (many women and children), and the ability to incorporate urban ag and some nutrition education is a wonderful thing that I hope we continue to expand on in the future.”

To everyone who agreed to serve on the original board, to lend their wisdom and experience to the endeavor of hatching and sustaining a new organization as it refined its mission and programs, the current board, staff and partners of Food Moxie say “THANK YOU!”

Support
The Teen Leadership Corps (TLC)
at Awbury Arboretum!

AT OUR
Family-Style
Picnic

JULY 13TH AT 6:30PM

Fundraising Meal Tickets:
sliding scale from \$20-\$75.

Visit www.awbury.org/events/tlcpicnic
for tickets & additional info





Rothe Florists
Est. 1908

~ Your family-owned Mt. Airy Florist since 1908 ~

When you need flowers, think Rothe’s!

215-247-0832 • www.rotheflorists.com

7148 Germantown Ave., Mt. Airy (next to FitLife)

Your Neighbor and Your Neighborhood Realtor!



Whether you are looking to buy or sell, I can offer the highest levels in real estate expertise and professionalism. Don’t hesitate to contact me and allow me to help guide you through that process.

Lisa Mowafi
REALTOR® CELL: 215-796-1495

lisa.mowafi@foxroach.com www.lisamowafi.foxroach.com
8400 Germantown Ave. Philadelphia, PA 19118 215-247-3750
Customer Service isn’t what I DO, it’s who I AM!





FOOD MOXIE

We dig what we eat.

Why I Give

Juli Van Santen

This past year I have been working to complete a Master of Public Health degree at Arcadia University. I am originally from Canada, and decided to move to Philadelphia to enroll in Arcadia's dual-degree program combining public-health and physician-assistant studies. I have always been passionate about helping those who reside



Juli

in underserved communities. Prior to starting my internship at Food Moxie, I had experience working with underserved populations, as a volunteer providing medical relief to Nicaraguan refugees in Costa Rica. Food Moxie's Hope Kitchen program at Stenton Family Manor really stood out to me because of the work being done to enhance the health of residents through nutrition education and hands-on experience with cooking healthier meals. Being a part of the Hope Kitchen program has allowed me to see firsthand the impact such a program has on the health and knowledge of participants. Working alongside Nutrition Education Associate Mercelyne Latortue has been such a pleasure, and I have learned so much about public health that I can carry forth in my career as a physician assistant and public health professional.

Jessica Nevins

I am currently an intern at Food Moxie. I am originally from New Jersey, but recently moved to Philadelphia to enroll in the dual-degree Master of Public Health/Physician Assistant program at Arcadia University. I have always had an interest in community health and health disparities, which is what sparked my interest in pursuing a public-health degree. From the beginning of my time here



Jessica

at Food Moxie, it seemed like the perfect fit. I was raised in a family that values locally grown produce and cooking, so I was especially drawn to the organization's focus on empowering people to be healthy through its nutritional programs. I also have a passion for working with students, which has easily been the highlight of my experience. I have learned so much working alongside Youth Coordinator Tara Campbell, and feel so thankful to have had the opportunity to work at such an incredible organization!

4TH ANNUAL
HOEDOWN
TO BENEFIT
FOOD MOXIE
SATURDAY, JUNE 24
5 TO 9 P.M.
WEAVERS WAY FARM AT AWBURY ARBORETUM
901 E. Washington Lane, Philadelphia, PA 19138

A family-friendly evening featuring great food, lively music and fun lawn games, the Hoedown takes place at beautiful Awbury Arboretum.

Mark your calendars, then get ready to chow down and kick up your heels, all in support of farm and nutrition education programs for some of our most underserved neighbors.

Tickets available at www.foodmoxie.org



Art in the Garden

Painting classes for girls ages 6 and up
Weekly starting June 12 in Wyndmoor

www.lucretiasgarden.com




ADMINISTRATIVE COORDINATOR

Aging-in-community group seeks experienced part-time person to help meet organizational goals & provide program support. Work at home, some on-site hours.

More info:
northwestvillagenetwork.org

Resumé and cover letter deadline June 15.



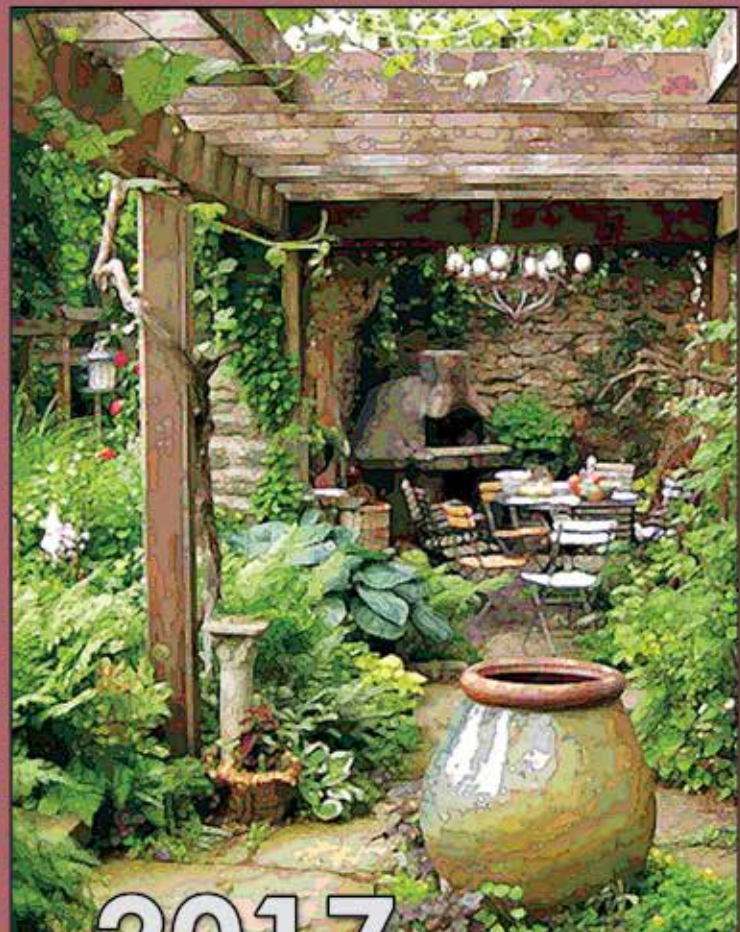
Nicole Hehn VMD
Scott Gellman VMD

215-247-9560
8220 Germantown Avenue
www.chestnuthillcatclinic.com

Taking care of cats and their people for over 25 years.

**All new clients—
\$25 off first pet visit.**

MT. AIRY
LEARNING TREE



2017
HIDDEN GARDENS TOUR

Sat, June 17 from 10:00 AM to 3:00 PM
TICKETS: \$25; \$30 AT THE DOOR
215-843-6333 mtairylearningtree.org



West Mt. Airy TREE-Shirt

Allyson Katzman, Carol Graeber and Doris Kessler, from left, model the West Mt. Airy Neighbors’ Streetscapes Committee’s new T-shirt. The volunteers also removed 20 bags of weeds from Emlen Circle, spread 25 bags of mulch and performed numerous other “house”-keeping chores at focal points throughout the neighborhood. State Sen. Art Haywood lent a hand, and his shovel, joining the planting group on Phil Ellena Street. The Streetscapes Committee’s fall planting day is Nov. 18. For more information and to get involved, visit www.wman.net/streetscapes.

Solar Co-op Launches First Buyers’ Group

by Herb Levine, for the Shuttle

THE NORTHWEST PHILLY SOLAR CO-OP RECENT-ly announced the completion of its first buying group, formed with 12 households in Northwest Philadelphia. The group consists of one household from Chestnut Hill, two from Roxborough and nine from Mt. Airy.

The economic idea behind NPSC is that neighbors who form a collective buying group can get a lower-than-market price for home solar installation.

NPSC was recently awarded a technical assistance grant from the U.S. Department of Energy to explore how to create a neighbor-to-neighbor lending fund to enable local investments in rooftop solar on a neighbor’s rooftop. Another avenue of the Co-op’s work is encouraging local faith-based institutions and businesses to solarize.

Additionally, NPSC engages in solar advocacy, attending meetings and petitioning PECO and the Pennsylvania Public Utility Commission to remove regulatory hurdles that are in the way of increasing the use of solar energy.

Together, the households in this inaugural buying group expect to generate 79,345 kilowatt hours of electricity each year. According to the EPA’s Greenhouse Gas Equivalencies Calculator, this amount of solar energy use should reduce the carbon dioxide in the atmosphere by 55.8 metric tons annually. This electricity

How to Get Involved

Northwest Philly Solar Co-op wants to help more homeowners to go solar by exploring group discounts for installation. Visit www.nwphillysolarcoop.com for more information.

generation is also equivalent to the carbon sequestered by 1,445 tree seedlings grown for 10 years. That’s a lot of trees to plant and care for!

NPSC (pronounced “knapsack”) kicked off in September 2016, emerging from discussions at three local organizations: PA Interfaith Power and Light, The Shalom Center and the Weavers Way New Economy Incubator Committee. Any neighbor can become a member of NPSC for \$25. If you would like to learn if your house is suitable for solar energy, you can send your address to NPSC for an assessment. If it is found to be suitable, you may want to consider joining the next coop that is currently being formed.

A map on NPSC website shows “Who’s Gone Solar” (nwphillysolarcoop.com/whos-gone-solar). If you have already solarized and don’t see your project there, please send in your address and system capacity (typically in kW) so it can be included in the map and in the calculation of cumulative impact. Send a photo of your project, too, if you want it to be included on the map.

Founding board member and treasurer Meenal Raval is the contact person for NPSC. Contact her at nwphlsolar@gmail.com or 267-709-3415.

Chris Hill Media
www.chrishillmedia.com
chris@chrishillmedia.com
215-843-5704

- vibrant wordpress sites
- Web solutions for all needs and budgets
- websites optimized for desktop, tablet AND phone
- sites you manage yourself
- inexpensive, easy-to-manage online stores
- Great low-cost online tools
dynamic calendars, galleries, slideshows, searchable databases, blogs, social media integration, easy-to-use e-newsletter management tools, member-driven content, great SEO tools ... and more

web and print services for businesses and organizations driven by sustainable values

Dental Arts of Chestnut Hill, LLC


8625 Germantown Ave.
Philadelphia, PA 19118

Tel. 215-242-6630
Fax 215-242-6633

Axel Ramke, D.M.D., D.D.S., Ph.D.
General Dentistry

www.DentalArtsofChestnutHill.com

Rev. Dr. Nadine Rosechild Sullivan
Spiritual Counseling & Hypnotherapy



215-704-4264
drsullivan@rosechild.org
www.rosechild.org


LGBTQ-Affirming

Advertise
in the Shuttle


- Targeted readership
- Extended Internet presence
- Affordable and effective

 advertising@weaversway.coop

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



IT'S MOSQUITO SEASON!

Around here, mosquito season lasts from April to October — not counting global warming. Don't them spoil your endless summer! Get together with your neighbors and grab some Bti dunks from Weavers Way for nontoxic control.





Sold at all locations!

Chestnut Hill
8424 Germantown Ave.
Next Door
8426 Germantown Ave.
Mt. Airy
559 Carpenter Lane
Across the Way
610 Carpenter Lane

Kvass, Anyone? Fermented Food for a Good Gut

by Jennifer Hall, Weavers Way Health & Wellness Committee

PROBIOTICS ARE ALL THE RAGE! IS IT A FAD? IS there any validity to the benefit to our overall health of “good” bacteria in fermented foods? I have to admit, I have totally bought into it: I have a sourdough starter in my refrigerator that I keep forgetting to feed. I also have a ginger bug that I take out every so often to make ginger ale — I swear drinking it helps when I have a stomachache. Sitting on my dining room table is my continuous-brew kombucha. I have acquired a taste for kimchi. I have even had some of my sister’s home-made beet kvass. But I too have wondered if it actually makes a difference.

The fermentation of foods is not a new phenomenon. Cultures have been fermenting foods for thousands of years. Fermentation was used to preserve foods and lengthen shelf life before the invention of refrigerators. You may have heard of some of these international foods: Lassi from India, natto from Japan, kimchi from Korea, kvass from Russia; fermented and leavened bread from the Egyptians; sauerkraut from European countries. And kombucha and similar fermented beverages are produced all over the world.

With all of these different types of fermented foods from so many different places, it’s no wonder it has been well-researched.

Élie Metchnikoff, who is known for the study of microbes and the immune system, theorized that harmful bacteria was the cause of age-related illnesses and that consuming good bacteria found in sour milk could prolong one’s life. This was based on his observation of Bulgarians, who lived to the age of 87 on average. They consumed lots of fermented milk and yogurt. His discovery of Bulgarian bacillus, also known as Lactobacillus bulgaricus, inspired research into the benefits of friendly bacteria.

Today, studies show that eating fermented foods helps maintain a healthy gut flora. This is important because a healthy gut aids digestion and increases vitamin and mineral absorption. It can promote clear skin, elevate mood, help maintain a healthy weight and improve the body’s overall metabolic health. Probiotics have been shown to help control inflammation, remove toxins from the body and fight candida, bad pathogens and harmful bacteria.

But what about those who don’t like kombucha, kvass, yogurt or ANY type of fermented vegetable? Or those with acute conditions, who may benefit from larger or more concentrated doses of probiotics than they can get from a helping of live sauerkraut? Are supplements a good alternative?



Many of the studies on the benefits of probiotics are based on supplements, because they are easier to control than fermented foods. Probiotic supplements can be a viable alternative to fermented foods. For instance, they can aid in recovery from acute conditions such as food poisoning or diarrhea, and can also help to recolonize the intestine after taking antibiotics.

Whether you choose fermented foods or probiotic supplements, getting good bacteria into your body and maintaining a healthy gut is a good idea.

Cheers! I raise my glass of beet kvass to you!

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

Jennifer Hall is an integrative and functional nutritionist and health coach. She is the owner of Balanced Holistic Living LLC and treats clients with a wide range of conditions using a comprehensive holistic approach focused on identifying root causes of symptoms to support overall health and well-being. Her website is balancedholisticliving.com.

Claudia Apfelbaum, MSS, LCSW



Compassionate, Insightful and Transformative Therapy

Individuals - Couples - Families - Groups

“Listening for the Essence”

215-317-8855 claudialistens@gmail.com www.ClaudiaListens.me



Mt. Airy Psychotherapy & Wellness

BRINGING HOLISTIC HEALTH TO THE NORTHWEST COMMUNITY

Psychotherapy

Genie Ravital, LCSW
Lauren Kahn, LSW, LMFT
Lenore Jefford, LPC
Eda Kauffman, LSW
Althea Stinson, MSW
Willie Knight, MA
Jennifer Ellis, MEd, LPC

Homeopathy

Ameet Ravital, PhD, DiHom

Massage & Yoga

Lisa Kaye, LMT

Acupuncture

Anna Beale, LAc

7127 Germantown Ave • Philadelphia, PA 19119

215-242-5004

www.MtAiryPsychotherapy.org

Sage
Integrative Health Center



Wendy Romig

MS, CNS, LDN
Clinical Nutritionist / Herbalist

****Now selling bulk medicinal herbs and single herb extracts.****
By appointment only. Call for details.

An integrative approach to addressing acute and chronic conditions. Schedule a clinical consultation and assessment.

538 Carpenter Lane, Phila. PA

215-839-3950 (P/F/SMS)

www.SageIntegrativeHealth.com

Carol Pomplun, Ms. T., B.D.

Massage Therapy
Energy Healing
Meditation Classes
Wellness Coaching

caroljpomplun@gmail.com

Philadelphia, PA
Chestnut Hill

215-242-0904



“it takes courage to grow up and turn out to be who you really are.”

Coop Member Discount
215-843-8258
www.mollykellogg.com



Molly Kellogg, RD, LCSW
Psychotherapist and Nutritionist



100 East Sedgwick St.
Mt. Airy

135 South 19th Street
Center City

for health, balance, manifestation

LEO MCELROY
215-843-9718

Shiatsu Bodywork

Shamanic Healing Practices

Cresheim Healing Arts 138-A West Gorgas Lane

www.ShiatsuLight.com

Restorative Retreat in Mount Airy
a space to nurture your body, mind, and spirit

Pamela Hipp, RMT, LMT
831-233-8899

Reiki Sessions & Classes
Intuitive Bodywork

luminousheartreiki.abmp.com



Trudi Dixon, LMT
267-422-2254

Therapeutic Massage
BodyWisdom Synergy

livinginspired.amtamembers.com

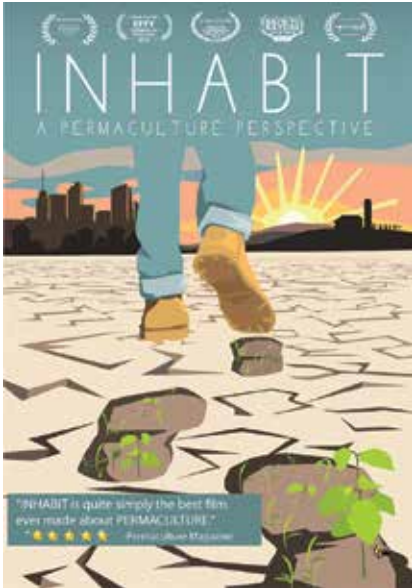
‘Inhabit’ Inspiration: Listen to the Land

by Sandra Folzer, Weavers Way Environment Committee

THESE DAYS IT IS DIFFICULT TO FIND sunshine when every day there is another political catastrophe. That is why the movie “Inhabit” is so refreshing, a testament to the human spirit.

The movie, sponsored by Weavers Way at the Ambler Theater last month, was a series of portraits of folks who practice permaculture. Each person, male and female, black and white, interpreted permaculture slightly differently, but each demonstrated a respect for the land by creating a sustainable garden or other endeavor that worked with nature. In contrast to our standard agricultural history, where humans attempt to show dominance over nature, permaculturists listen to the land and take direction from nature. It is a positive philosophy, creating good, not just doing less harm.

The notion of permaculture portrayed in “Inhabit” was developed by David Holmgren and Bill Mollison, who define permaculture as permanent culture. This was illustrated by Mark, who changed the slope of the land so that water would funnel into areas with trees and plants. He claimed this natural watering system would enable the garden to flourish for a thousand years.



By selecting plants based on how they behave in their natural setting instead of forcing growth for the convenience of people, labor is minimized and the produce is plentiful.

“Inhabit” highlights how humans behave as though we are separate from nature. We build cities and suburbs as if nature

were irrelevant. Some of those interviewed actually lived in suburbs. Rather than having lawns, these urban farmers demonstrated how one can have a productive miniature forest of plants on a very small plot. One man in Massachusetts was feeding his family on a tenth of an acre. Another installed a composting toilet in his house and used the nutrient-rich waste for plants. Large roof gardens grow in New

York City. In Harlem, vegetables and fruit trees were planted in a park so that neighbors could enjoy the fruits of their labor and have the garden as an integral part of their community.

Some raised animals to supplement their gardens, including ducks and chickens, because the ducks eat slugs and the chickens eat insects so that their plants can stay bug and pesticide free. Others used pigs and sheep to break down the vegetation and fertilize the land. As the permaculturists say, “We have all we need around us in Nature.”

environment@weaversway.coop



eco tip

Put Mesh Bags to Good Use

by Marsha Low, Weavers Way Environment Committee

While it's better to shop for loose produce using your own reusable bag, so many fruits and vegetables come in plastic mesh bags, and you often get a better price buying those. So what to do with those mesh bags? Turns out you can put them to good use in the home and garden. Here are a just a few of several possible uses:

- Make pot scrubbers: Wad up small mesh bags or parts of a larger one into balls, secure with elastic and scour away.
- Smooth your skin: If you save chips and slivers of soap, put them into a fine mesh bag (the kind that garlic comes in) and secure the ends. Hang in the shower and exfoliate.
- Save the seedlings: Cut the bags so they form a sheet and use them to cover young seedlings so they can get a head start before the rabbits find them.
- Make new bags: Snip off the metal part that seals one side closed but leave the other side tied. Then use the bag the next time you buy vegetables!

weavers way coop
Environment Committee



Need a Bucket? How About a Really Big Jug?

Rather than putting them in the recycling, we’re pulling out some of our more useful used food containers for members to upcycle. Collecting compost at home? Need to haul water? How about a DIY camp toilet?

Visit the back of The Garage at 542 Carpenter Lane to see what’s “in stock.” If you have additional questions, please email Alisa Shargorodsky at asharg.zwc@gmail.com.

NATIVE + EDIBLE LANDSCAPES • ECOLOGICAL RESTORATION • RESIDENTIAL + COMMERCIAL



TAKE REFUGE
DESIGN • RESTORE • INHABIT

Functional Design FOR THE American Landscape

REFUGIA
design build

WWW.REFUGIADESIGN.COM • 267.314.SOIL



We’ve gone GREEN...
Now using environmentally-friendly Waterborne paint!

MACLENS

Collision Repair Professionals Since 1945
Family Owned & Operated

20 W. Allens Lane
Philadelphia, PA 19119

Tel (215) 247-3906
Fax (215) 247-9506

Get Away to Pennsylvania’s Greatest Adventures

Pine Creek Retreat
Near Ricketts Glen State Park

Week or Weekend Rentals - Sleeps 10
PineCreekCountryRetreat.com



The Passionate Gardener

Those Japanese Beetles Damage the Lawn, Too

by Ron Kushner, for the Shuttle

JAPANESE BEETLES (POPILLIA JAPONICA) are members of the scarab beetle family, which also includes June beetles and rose chafers. They begin feeding on our plants by eating small holes in the upper or lower leaf surfaces. The holes gradually widen to leave only the leaf veins, forming a lacy skeleton. Leaves may also turn brown and fall off.

Adult beetles attack more than 250 varieties of plants. Their favorites include roses, peach, quince, apple, cherry and raspberries. They tend to avoid evergreens, but shade trees such as birch, linden and horse chestnuts are targets. Preferred flowers include zinnias, marigolds and hollyhocks.

Japanese beetles can fly five miles in search of their favorite host plants. They fly during the warmest part of the day, usually after noon. They generally travel in groups, congregating around flower buds or young fruit.

Their larvae, white grubs, feed on grass and sod roots. In severe infestations, there could be as many as 50 Japanese beetles per square foot of soil. Visible damage consists of dead or balding patches of lawn that have no roots — if you can roll back the brown grass like a carpet, most likely grubs are the cause. They are fat, brown-headed, grayish-white and about 3/4 inch in length—larger than an actual Japanese beetle. They usually curl into a “C” shape.

Adult beetles are 1/2 inch long with shiny metallic-green heads and copper-colored wings. Newly emerged adults mate and the females burrow two to four

inches into the soil, depositing a few eggs. They then crawl back out, feed for several days and return to the soil to deposit a few more eggs. Each female could ultimately deposit about 50 eggs in this manner, while the males continue to eat steadily!

Grubs hatch about two weeks after the eggs are laid. They feed on grass roots near the surface until fall and then burrow eight inches into the soil to spend the winter. In spring, usually April and May, they return closer to the surface, where they feed on grass roots for a few weeks, pupate and emerge as adult beetles from mid-June to mid-July. The grubs feed until September to mid-October. Injury to plant roots is most common at this time. By the end of October, grubs are mostly full grown and ready to return to deeper soil for winter.

Control Measures

Japanese beetle traps use a sex attractant. They are very efficient and can lure beetles from 500 feet away. Unfortunately, many of the beetles attracted do not enter the trap and will start eating your plants. If you do use a trap, place it as far away, downwind, from your plants as possible. Empty the trap often, as decaying beetles repel live ones.

Milky spore disease, caused by the bacterium *Bacillus popilliae*, can be applied to lawns. It paralyzes the Japanese beetle grubs but can take several years to become established in the soil. Milky spore disease will not kill other scarab beetle grubs and will not kill adult Japanese beetles. To really be effective, the disease spores should be applied throughout your community as a group effort. Effectiveness is 10 to 20 years.



Japanese beetle grubs chew on grass roots.

There are several non-organic products to control Japanese beetle grubs. Season Long Grub Control is applied once per season, anytime from May through mid-August. The active ingredient is imidacloprid, which is a systemic insecticide. It needs to be watered thoroughly after applying. Once watered in, a protective zone is formed in the soil that kills the grubs. Season Long Grub Control also contains 6-0-1 fertilizer to promote new growth in stressed lawns.

Complete Lawn Insect Control also contains imidacloprid and can be applied May through July. It also needs to be watered in but does not contain fertilizer.

If all else fails, 24 Hour Grub Killer Plus can be applied. It kills grubs by contact, delivering overnight results. It contains Dylox (Trichlorfon). It can be used when grubs are present and damage first appears. The best time is August and September, when grubs are feeding near the surface of the soil. It also must be watered in within 24 hours of application or it loses 100 percent of its effectiveness.

Questions or comments:
ron@primexgardencenter.com.

International Co-op Principles

- 1 Voluntary and Open Membership
- 2 Democratic Member-Owner Control
- 3 Member-Owner Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training and Information
- 6 Cooperation Among Cooperatives
- 7 Concern for Community

K.K. Lawn Service

Free Estimates

Kevin Kitt

President & C.E.O.

Grass Grooming
Hedge Trimming
Planting Flowers & Hedges

(215) 432-4069

beareeu72@yahoo.com



THE GARDENERS RESOURCE SINCE 1943

435 W. GLENSIDE AVE • GLENSIDE, PA 19038
PRIMEXGARDENCENTER.COM • 215-887-7500

ORGANIC GARDENING SUPPLIES • VEGETABLES • FRUITS • HERBS • TREES • SHRUBS • PERENNIALS
COMPOST • HEIRLOOM & ORGANIC SEEDS & KITS • GROW LIGHTS • SOIL AMENDMENTS
MULCH & SOIL DELIVERIES • BACKYARD CHICKEN SUPPLIES • TERRARIUMS • GIFTS & MORE
WEAVER'S WAY MEMBERS RECEIVE 5% OFF! *Most Products Cash Value Excludes Some Items



904 N. PROVIDENCE RD.
MEDIA, PA 19063
610-892-2833

redbudnativeplantnursery.com

native plants

trees, shrubs, wildflowers, vines, ferns and grasses

open mid-march through november
tuesday through saturday 9 to 5



June is the perfect time to visit!

Earlybird Saturdays and Sundays—Garden opens at 8am
Late Night Wednesdays—Garden open until 8pm



UNIVERSITY OF PENNSYLVANIA

www.morrisarboretum.org

100 E NORTHWESTERN AVE, PHILADELPHIA • (215) 247-5777



FOW photo

A walker’s-eye view of the “Fingerspan” bridge.

‘Fingerspan’ Bridge Worth Pointing Out

by Maura McCarthy, Executive Director, Friends of the Wissahickon

ONE OF THE JOYS OF VISITING Wissahickon Valley Park is being able to experience the blending of the natural environment with some 25 landmarks and structures, many of which have historic significance. One feature that captures the essence of both these worlds is the “Fingerspan” bridge, marking its 30th anniversary. Whether you’ve never seen it or it’s been a while, you owe it to yourself to make a special trip to this remarkable structure.

In 1987, the Form and Function program of the Fairmount Park Art Association (now the Association for Public Art) needed to replace a deteriorating stone staircase that led to a cliff just south of the Livezey Dam. Years before, the Park had retrofitted and installed the staircase — taken from an old ship!

To design a new bridge, the Art Association commissioned internationally renowned artist Jody Pinto. Pinto, who often uses imagery from the human body in her works, wanted to create a functional sculpture linking humans and nature in such a way that hikers passing through it would feel the connection. “Fingerspan,” her first permanent outdoor installation in the United States, resembles a human finger, complete with a “nail” at one end, “pointing” across the gorge.

The artwork was fabricated in sections and brought to the site by helicopter. Standing 9 feet high, 4 feet, 10 inches wide, and 59 feet long, the entire piece weighs 18,000 pounds. Made of weather-



Visiting ‘Fingerspan’

Park on Allen’s Lane and walk down Livezey Lane to a point near the creek where the dam and the Livezey House are visible. Turn left and follow the hiking trail about 15 minutes to a small steel footbridge and climb the stone steps to “Fingerspan.” Walk through and enjoy the view!

Visit the bridge on a kid-friendly hike with Trail Ambassador Marv Schwartz June 24, 10 a.m.-noon. Meet at Valley Green Inn. Register at fow.org/events

ing steel, it has been allowed to develop a protective coating of rust in its years of exposure to the elements.

Additional funding for the project came from a National Endowment for the Arts National Art in Public Places grant. “Fingerspan” was ultimately donated to the City of Philadelphia. Three decades of visitors have enjoyed this special gift and it’ll continue to amaze for generations to come.

Exploits of Local Toads Make for Good Reading

by Doug Wechsler, for the Shuttle

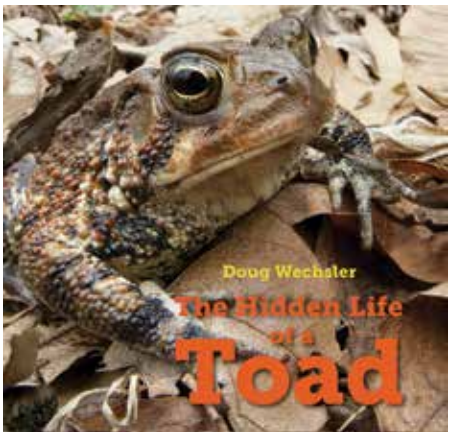
MALE TOAD TRILLS FLOAT IN THE air, audible from The Backyard at Weavers Way Chestnut Hill. Breeding season is here for these intriguing amphibians. As an author of children’s books and a photographer, I took on the project of revealing the secrets of our warty friends in “The Hidden Life of a Toad” (Charlesbridge Publishing, March 2017).

Working for the Academy of Natural Sciences, I have traveled to tropical forests around the world to photograph birds. On these trips I also had a chance to observe many different species of toads. A beautiful, green stub-footed toad that I photographed in 1988 was one of the last of that species recorded in Ecuador. That group of colorful toads has suffered many extinctions due to a combination of climate change and a microscopic fungus.

So far, our local American Toad, one of 22 species found in the United States, have proven themselves to be survivors. They remain common even in parts of the city, especially the Schuylkill Center and the Wissahickon.

The male’s trilling helps lure in the females. Sometimes a male will find a female before she even gets to the pond and climb onto her back. Holding on with his muscular arms, he gets a free ride to the water. If he is successful in fending off rival males, he will fertilize the eggs as the female lays them in two long strings — all 10,000 of them.

The motivation to write this book came nine years ago. My wife, Debbie Carr, then head of environmental education for Philadelphia’s parks, got a call from activist Lisa Levinson, who noticed many toads dying on Port Royal Road in Upper Roxborough. Debbie and I went to investigate. We sat above the old Roxborough Reservoir, eating Chinese take-out and waiting for dusk. The long trills of male toads confirmed that the reservoir was the toads’ destination. So Lisa, with



For author and photographer Doug Wechsler, getting up close and personal with toads wasn’t always just a matter of getting out a long lens.


the help of Debbie and many others, set up “Toad Detour,” a program to keep cars from running over the toads as they make their spring breeding trek. It continues to this day, now run by the Schuylkill Center.

Photographing tiny toad eggs and tadpoles is not easy. I built a tiny aquarium for the photo sessions. Then I had to get the eggs the day they were laid to follow the sequence of development. I wanted to show how tadpoles are born helpless, with no eyes or mouth, unable to swim, and how they change over time.


I wrote this book to inspire children to appreciate the natural world, but I have noticed that virtually everyone, adults included, learns something new from it. To find out more about toads or order a signed copy of my book, visit my website, www.dougwechsler.com.

Doug Wechsler is a Weavers Way working member, naturalist and author of 23 books for children.

PLYMOUTH MEETING FRIENDS SCHOOL



Playground Play Date
Thursday
June 8
3:00 - 4:30 pm
RSVP Online



A Big World in a Small Quaker School
Pre-K through Sixth Grade

Offering an academic and social-emotional foundation deeply rooted in active, joyful learning in the context of community

Germantown & Butler Pikes
pmfs1780.org/admission-events



Empowering Children One Project at a Time

Apply Now!
Ask about Sliding Scale Tuition.

Call 215-438-3623 to Schedule a Tour!

www.projectlearnschool.org



PROJECT LEARN SCHOOL
COOPERATIVE • PROGRESSIVE • EDUCATION

At Weavers Way Farms, Not Your Mother's Salad Spinner

by Emma Dosch, Henry Got Crops Field Manager

WEAVERS WAY FARMS HAS A NEW SALAD SPINNER!

Some readers may already be familiar with our process for washing and packing baby greens, but for those who are not: After harvesting baby greens, we submerge them in water to wash away any dirt. Then we drain them, spin out the remaining water and pack them into large containers for our CSA or into retail bags to sell in the stores.



Such a win-win: Outward Bound's washer didn't work. We took it.

(All photos by Emma Dosch)

For years, we have used a 5-gallon hand-cranked salad spinner. It looks big, but not for spinning over 100 pounds of greens a week! So, inspired by other small farmers (with help from how-to videos on the Internet), we converted an old washing machine into a giant salad spinner!

Here's how we did it:

1. We found a broken washing machine that still had a working motor. (Thank you to our friends at the Philadelphia Outward Bound School for the donation! Or did we just haul their trash away?)
2. We removed the control panel from the top of the machine, cutting away all of the wires that control temperature, timing, load size, etc.
3. We also removed the top of the machine, including the lid, to have full access to the stainless-steel drum.
4. We took out the agitator from the center of the steel drum.

5. Getting some help from friends (and their friends) who understand washing-machine motors, we wired ours to a five-minute timer that functions as an on/off switch. Turning the switch kicks the machine into the spin cycle and the motor automatically switches off when the timer does. Thanks to the Scotts — Blunk (Henry Got Compost) and Moser (Saul High School) for helping with this step!

6. Then we affixed a strip of foam window insulation inside the narrowest part of the stainless steel drum to hold a 12-gallon basket snugly. We have lots of 12-gallon baskets, so we can be spinning one while we're filling another with greens to be spun.

The salad spinner makes our washing and spinning go much faster. It's easier on our arms, too! And since it spins faster and longer, it does a better job removing water from the greens, and drier greens will last longer in your refrigerator.

We also saved the \$2,000 a comparable commercial machine would have cost. We spent around \$75, mostly for the baskets and timer, and earned considerable DIY cred.

Observant Weavers Way Farms baby greens fans may notice a change in our retail bags. We increased our bag size from 4 to 5 ounces. We figure this should save us 1,400 bags and 175 sheets of labels throughout the season, not to mention 12 hours of bagging time. Our new size and price are the same as other organic brands like Olivia's and Organic Girl, but ours are local, fresher and will last longer! We are eagerly anticipating selling more baby greens at the stores than ever before since we are no longer at Headhouse Market.

And don't forget — members get an extra 5 percent off all Weavers Way Farms produce!

edosch@weaversway.coop



We took out the controls and replaced them with the only thing we needed: an on-off switch.



No hands needed, and no lid, either.



More and possibly better baby greens on the way.

Fall *in love* with Abington Friends School

AFS | **WALK-IN WEDNESDAYS**
Abington Friends School

Every Wednesday at 9 a.m.
 No RSVP required - just stop by! Tours meet at Tyson House.
 More info: abingtonfriends.net/VisitAFS
 AFS OFFERS STUDENT BUSING FROM NORTHWEST PHILADELPHIA

Visit us

The Miquon School

miquon.org/visit

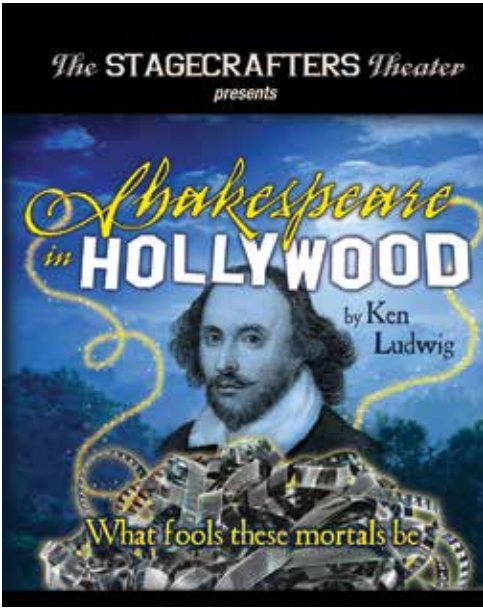
'Shakespeare In Hollywood' At Stagecrafters

THE STAGECRAFTERS THEATER concludes its 2016-2017 season with "Shakespeare in Hollywood," a comedy-farce by Ken Ludwig, opening Friday, June 9.

It's 1934, and "A Midsummer Night's Dream" is being filmed on the soundstage at Warners. Suddenly the Bard's famed characters Oberon and Puck, in their magical wanderings, find themselves smack in the middle of the action! Mistaken for actors, the two join the cast to play . . . themselves! As they become smitten by the magic of moviedom, comedy and mayhem burst out all over, with touches of poetry and romance thrown in for good measure.

Ken Ludwig (b. 1950) has to be counted among the great American farce masters, with titles including "Lend Me a Tenor" (1989) and "Crazy for You" (1992).

Performances dates are June 9-25. Thursday, Friday and Saturday shows are at 8 p.m.,



with Sunday matinees at 2 p.m. A "Meet the Cast and Director" Q&A session will be held following the performance on Friday, June 16. Tickets are \$21 online, \$25 at the door, with discounts for groups, students and seniors. For information call 215-247-8881; for reservations-direct, 215-247-9913. Visit www.thestagecrafters.org for details. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.

'South Side' Mt. Airy Jazz Fest

WHAT HAPPENS WHEN YOU BRING LIVE JAZZ, FINE ART, AND GREAT FOOD to the "South Side" of Mt. Airy? Why, you get "Jazz On The Sidewalk," where area businesses are turning it out to greet you in the 6600 and 6700 blocks of Germantown Avenue.

On Saturday, June 17 (rain date: June 24), from 3 to 6 p.m., look for a host of activities, including live jazz in front of the Mt. Airy Art Garage by Tank Keitt and friends from Passage Jazz Band.

Are you an emerging or professional artist who wants to join in? Then bring your "ax," baby! Looking for original fine art and handcraft? Check out MAAG's exhibition of works created by local Northwest artists.

Favorite local eateries Little Jimmie's Bakery and Café and Malelani will provide delicious, mouthwatering food. There's live music to be had at Malelani too. So why not dive into all that our local businesses have to offer and stroll down the "South Side" on a beautiful summer afternoon! You'll be glad you did, and you'll be supporting your local businesses as well.

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



Old Academy Players Presents 'Morning's at 7'

OLD ACADEMY PLAYERS PRESENTS "Morning's at Seven," the award-winning play by Paul Osborn, June 9-25. Shows are at 8 p.m. Thursdays, Fridays and Saturdays and 2 p.m. Sundays.

"Morning's at Seven" is Osborn's love letter to just plain folks, specifically four aging sisters in a small Midwestern town in 1938 who share in each other's lives, including drama, comedy, and trag-

edy, not to mention, sympathy, secrets, caring, anger, jealousy, and great love.

Cora and her sister, Ida, along with husbands Thor and Carl, have lived next door to each other for their entire married lives. Arry, the old maid, lives with Cora and Thor. A fourth sister, Esther, and her husband, David, live down the street. All four families are eagerly awaiting the arrival of Ida and Carl's son, Homer, and his

fiancée, Myrtle. Homer has been engaged to Myrtle for seven years, but this will be the first time anyone in his family has met her. Trouble ensues as two of the sisters begin to question their lives and decide to make some changes before it's too late.

Osborn (1901-1988) was also a prolific screenwriter; some of his best known works are "The Young in Heart" (1938), "Cry Havoc" (1943), "Madame Curie" (1943), "The Yearling" (1947), "Portrait of Jennie" (1949), "East of Eden" (1955), "Sayonara" (1957), "South Pacific" (1958) and "Wild River" (1960).

Old Academy Players, at 3544 Indian Queen Lane in East Falls, has provided continuous community theater since 1923. Tickets are \$15. For tickets and info, reservations, call 215-843-1109 or visit www.oldacademyplayers.org.

ANTON CHEKHOV

QUINTESSENCE

UNCLE VANYA

A NEW VERSION

BY ANNIE BAKER

MAY 31 - JUNE 18

EPIC times call for EPIC THEATRE!

What keeps a person alive?

A celebrated professor has built a life and career off of the profits of a rural farm run by Sonya, his daughter, and Vanya, his brother-in-law from a previous marriage.

Returning to the family estate, the retired professor surprises all by announcing his intention to sell the property so that he and his beautiful younger second wife can live more comfortably in retirement. Can the different members of this complex family and their friends survive life without work?

Quintessence concludes Season VII with Anton Chekhov's UNCLE VANYA in the Philadelphia premiere of a new American translation by Annie Baker.

This classic Russian drama is part romance, part tragedy, part farce, and explores what is essential in the collective human struggle to progress and endure.

Directed by Alexander Burns

Featuring Kevin Bergen*, David Blatt, Susan Chase, Julia Frey, Daniel Ison, Rosalyn Jamal, Jessica M. Johnson, Dan Kern*, Steven Wright*

@ The Sedgwick Theater, 7137 Germantown Avenue

May / June				
WED	THU	FRI	SAT	SUN
31 7pm \$	1 7pm P	2 8pm P	3 8pm O	4 3pm
7 7pm	8 7pm T	9 8pm	10 2 & 8pm	11 3pm T
14 2 & 7pm	15 7pm	16 8pm	17 8pm	18 3pm

\$ - Pay What You Can
P - Preview
O - Opening Night
T - Artist Talkback

For tickets call 215. 987.4450 or visit www.QTGrep.org

Historic Germantown Greens Its HQ & Tackles Stormwater, Too

by Margaret Fahringer,
for the Shuttle

HISTORIC GERMANTOWN HAS UNDERTAKEN a project to provide beautiful new green space while improving stormwater runoff at 5501 Germantown Ave., the organization's headquarters and the home of the Germantown Historical Society.

Work is under way to remove approximately 4,642 square feet of asphalt in the courtyard and parking lot at the corner of Germantown Avenue and Church Lane and install grass and a rain garden. The resulting green space will be available for educational programming opportunities, workshops and special events. The rain garden will be visible from the street and will serve to soften the urban streetscape on Church Lane. Parking spots will be reduced from 14 to 12 (with plenty of street parking available).

Historic Germantown is a partnership of 16 historic houses, destinations and museums in Northwest Philadelphia that have joined together to protect, preserve and share some of Philadelphia's prized historical assets.

The redesign and rebuild project, led by local landscape architect Claudia Levy of Levy DiCarlo Partners LLC, integrates Historic Germantown's needs and manages stormwater runoff while contributing to the beautification of the neighborhood. The project has been funded through a \$101,000 grant from the Philadelphia Water Department's Stormwater Management Incentives Program, a GoFundMe effort and other grants. SMIP provides fi-



Levy DiCarlo Partners LLC

Before-and-after renderings by planners show how the courtyard and rain garden at Historic Germantown's building at Germantown Avenue and Church Lane will look.

nancial assistance to non-residential property owners to better manage stormwater.

Additional fundraising is being done for plantings for the rain garden and the beds in the courtyard through the Green Germantown GoFundMe Campaign. To donate, visit Historic Germantown's website, www.freedomsbackyard.com, and click the GoFundMe link. HG has also received grants from the Philadelphia Committee of the Garden Club of

America and the Environmental Committee of Weavers Way Co-op.

A long-term goal is to establish a garden club of neighborhood volunteers who will help plant and maintain the rain garden. This is a great opportunity for Weavers Way members who want to be stewards of revitalization and preservation in Germantown. If you want to be part of the new volunteer Garden Club, contact Pilar Yeakel at 215-844-1683 or

"Freedom's Backyard: A Garden Reclaimed" Grand Opening & Fundraiser

Join Historic Germantown
Thursday, June 22
5:30-7:30 p.m.

for the official unveiling of
the 5501 Germantown Ave.
stormwater and landscaping
project.

For info and tickets, visit
www.freedomsbackyard.com

pyeakel@freedombackyard.com.

The grand opening of this new green space will be the highlight at Historic Germantown's annual fundraiser on Thursday, June 22. The event, "Freedom's Backyard: A Garden Reclaimed," will feature keynote speaker Matt Rader, president of the Pennsylvania Horticultural Society, and music by jazz artist Monnette Sudler. Visit www.freedomsbackyard.com to learn more and to purchase tickets.

Please come see this project, which will make a lasting contribution to reduction of stormwater pollution in our region's watersheds. Come see how Historic Germantown is helping reduce stormwater pollution in our region.

Margaret Fahringer is a Weavers Way working member and a Historic Germantown volunteer.

THE GREAT AMERICAN BACKYARD CAMPOUT
JUNE 24-25

Spend the night under the stars in our woodlands. Go hiking, tell stories around the campfire, and meet animals from the Wildlife Clinic. Wake up Sunday morning to breakfast, and canoeing. Bring your own tent or rent one from us. A picnic dinner and breakfast are included.

Register today! www.schuylkillcenter.org

The Schuylkill Center for ENVIRONMENTAL EDUCATION

In collaboration with the National Wildlife Federation to host the 13th Annual Great American Backyard Campout.

Join the CHCA at the concert, receive the Local, and pay only \$40 per year! A 20% savings for new members only!

CHESTNUT HILL COMMUNITY ASSOCIATION PRESENTS THE 69th ANNUAL PASTORIUS PARK Concerts
WEDNESDAYS | 7:30 PM | FREE

69 YEARS

Market at the Forestry Sponsors JUNE 14
WESLEY STACE
Acclaimed singer-songwriter
www.concertefforts.com

Merrill Lynch Sponsors JUNE 21
THE JASPER STRING QUARTET
Outstanding classical quartet
www.jasperquartet.com

The Co-op Shop Sponsors JUNE 28
SEAMUS EGAN
Founding member of Solas
www.myladartists.com/seamusegan/

The Terrace at Chestnut Hill Sponsors JULY 5
JOSH LAWRENCE
A new star on the jazz horizon
www.joshlawrencejazz.com

Kismet Sponsors JULY 12
WORLD TOWN SOUND SYSTEM
High energy world rhythms and electronic dance
www.worldtown.com

Weavers Way Sponsors JULY 19
PARSONSFIELD
Jubilant, danceable indie roots music
www.concertefforts.com/roster/parsonsfeld/

Condon and Skelly Sponsors JULY 26
SUZIE BROWN
Bluesy, folksy, achy sweet-voiced
www.suziebrownsongs.com

Pastorius Park is two blocks west of Germantown Avenue, on Millman Street.
CHCA • 215-248-8810 • www.chestnuthill.org
Rain venue is the lower auditorium at SCHA Cherokee Campus.

Sponsored by
CHESTNUT HILL HOSPITAL
KISMET
MARKET
THE CO-OP SHOP
THE TERRACE AT CHESTNUT HILL
CONDON SKELLY
wxpn

Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

GREETINGS AND THANKS FOR WRIT-
ing. As usual, suggestions and re-
sponses may have been edited for brev-
ity, clarity and/or comedy. In addition, no
idea, concept, issue, remark, phrase, de-
scription of event, word or word string
should be taken seriously. This also ap-
plies to the previous sentence.

This month I read an article in
Quartz by Alden Wicker, who's a sustain-
able lifestyle blogger and magazine writ-
er. She stated, "Conscious consumerism
is a lie. Small steps taken by thoughtful
consumers — to recycle, to eat locally, to
buy a blouse made of organic cotton in-
stead of polyester — will not change the
world." Wicker basically challenges the
idea that a few consumers researching the
ethics of their purchase before deciding
what to buy, and spending more if need-
ed to make an ethical choice, is never go-
ing to save the world. She thinks the capi-
talist system is too massive and is based
on consumers consuming lots of products
from a large number of choices. What is
needed, she says, is systemic change, and
conscious consumerism will not get us
there quickly enough. Alden advocates
things like "Instead of buying expensive
organic sheets, donate that money to or-
ganizations that are fighting to keep ag-
ricultural runoff out of our rivers." (You
can read it here: qz.com/920561/con-
scious-consumerism-is-a-lie-heres-a-bet-
ter-way-to-help-save-the-world.)



While I understand and agree with
some of what Alden writes, this trou-
bled me: "So why do we continue to buy
1.7 billion half-liter bottles [of water], or
five bottles for every person, every single
week? Because market capitalism makes
it incredibly difficult to make truly help-
ful sustainable choices." This sounds
false to me and maybe flat-out dumb.
"Market capitalism" does not make it dif-
ficult to buy a water bottle and fill it as
you need it. People did this for centuries
before bottled water became ubiquitous.
Apparently, people buy bottled water for
the (fake) perception of convenience and/
or taste preference and/or being unwilling
to consider the longer term consequences
of their actions. If more people were con-
scious, the bottled water industry would
vanish overnight.

Coupling this with a shopper sugges-
tion (see below) reminding us that San
Pellegrino sodas are owned by Nestle, I
thought it would be illustrative to show a
sales report for our two Grocery depart-
ments for the first week in May.

Top Grocery Sales by Units Sold, April 30-May 6, 2017			
	Item	Number sold	Number of buyers
1	Equal Exchange Organic Dark Chocolate Mini, 0.16 oz	460	155
2	Fox Ledge spring water, 16.9 fl oz	269	212
3	Vintage Seltzer plain, 1 liter	192	88
4	Seventh Generation 2-ply toilet paper, single roll	189	79
5	Fox Ledge spring water, 50.7 fl oz	151	125
6	Vintage Seltzer lemon lime, 1 liter	143	69
7	Vintage Seltzer lemon lime, 12 oz	132	24
8	Field Day grapefruit sparkling water, 12 oz	130	30
9	Chocolove almond sea salt chocolate, 3.2 oz	119	92
10	Vintage Seltzer plain, 12 oz	117	24
11	Field Day organic black beans, 15 oz	112	83
12	San Pellegrino Sparkling Aranciata Rossa, 11.2 fl oz	108	51
13	Field Day 100% recycled bath tissue, single roll	107	42
14	Natural Sea no-salt albacore tuna, 5 oz	105	55
15	Bearitos organic salted yellow tortilla chips, 16 oz	95	88
16	Lake Champlain foil wrapped chocolate, 0.4 oz	93	58
17	San Pellegrino Sparkling Aranciata, 11.2 fl oz	90	48

The chart shows the 17 top-selling
products based on units sold.

Note that seven of the top 10 are ba-
sically some form of bottled water. Two
of the top 10 are chocolate. Another is a
paper product. None of the top 10 is actu-
ally nutritious food. There are really only
three foods in the top 17, and one of them
is a snack chip. Adding up all five flavors

of San Pellegrino soda, we sold 362 cans,
which would make it the second-best
seller in Grocery, and best of the bever-
ages. (Some don't appear in top 17.)

What does this tell us about ourselves?
Despite the statements in our Mission and
Ends about respecting our environment

(Continued on Next Page)

COMPUTER HELP!!

Having trouble getting your computer,
printer, scanner, CD/DVD/Blu-Ray,
digital camera, or system software
working properly?

Would you like to set up a home wired
or wireless network to share your files,
multiplayer games, and Internet access
between all of your computers?

Need help removing **VIRUSES**,
SPYWARE, or other malware
which may have invaded
your system?

Need help finding, designing,
repairing, or upgrading a PC
and setting up software which
best meets **YOUR** needs?

For expert, reasonably-priced **service**,
instruction, and **assistance** in your
own home or office...
call

Lauren Royce Emery

Phone: (215) 844-5570
E-mail: LREmary@fast.net
24 hours, 7 days

Computer Service and Repair


Call Ed "The Tech Guy"

FOR ALL WINDOWS
PC COMPUTER SERVICES
IN-HOME OR REMOTE ASSISTANCE
LOW RATES
cell 719-964-9538
www.edttg.com

coop basics

Good Deals
Every Day.

Look for the tag!



Wissahickon
Tree & Landscape
Services, LLC

Brian Ames
Certified Arborist

CUSTOM PRUNING
DESIGN & INSTALLATION
ORGANIC & NON-CHEMICAL
SOLUTIONS
GARDEN STRUCTURES

215-681-2436
www.wissatree.com

H

HANSON SERVICES

Small Projects for the Home

Interior/Exterior Carpentry
Custom Cabinetry
Door & Window Installation/Repair
Structural Work, Roofing
Porch Repair, Deck Construction
Hardwood Flooring
Energy Efficiency Consultation
Drywall/Plaster Work
Painting, Masonry & Stucco
Fire Protection
Electrical & Plumbing

214 KALOS STREET, PHILADELPHIA
Tel 215 483 8338 ~ HGCINC.BIZ



WEAVERS WAY ENDS

Weavers Way Cooperative Association exists to provide commercial and community services for the greater good
of its members and community, to champion the cooperative model and to strengthen the local economy.

AS A RESULT OF ALL WE DO:

END 1 There will be a thriving and sustainable local economy
providing meaningful jobs, goods and services to our
members and the community.

END 2 Our community will have access to high quality, reasonably
priced food, with an emphasis on local, minimally
processed and ethically produced goods.

END 3 There will be active collaborative relationships with a
wide variety of organizations in the community to achieve
common goals.

END 4 Members and shoppers will be informed about cooperative
principles and values; relevant environmental, food and
consumer issues; and the Co-op's long-term vision.

END 5 Members and shoppers will actively participate in the life of
the Co-op and community.

END 6 The local environment will be protected and restored.

END 7 Weavers Way will have a welcoming culture that values
diversity, inclusiveness, and respect.

Suggestions

(Continued from Preceding Page)

and providing ethically produced foods, the most popular items our shoppers buy, as measured by quantity sold or weight or volume, are actually mostly water in plastic and aluminum containers. These products provide near-zero nutrition and, in the case of San Pellegrino, are likely not ethically produced. Apparently, while we value things like sustainability and ethics in food production, we also value the ability to grab a package of water, and if it is bubbly and sweet, for many consumers, that trumps the questionable ethics of the producing company.

suggestions and responses:

s: “Just in case there’s a sustainability or ethics committee, or set of principles, please note that those delicious San Pellegrino sodas are a Nestle product.”

r: (Norman) There is an Environment Committee, and there is language in our Mission Statement and Ends that could apply to the decision to stock Nestle products, but both our Board (via informal discussion) and our shoppers (via purchasing behavior) have chosen for the Co-op to continue to stock San Pellegrino.

s: “Uphill Co-op (Chestnut Hill) has ramps, one of the most delicious seasonal, local vegetables. They even have them sustainably harvested (leaves only). Any reason we don't have them in Mt. Airy?”

r: (Jean MA) I don't think my shoppers would pay \$29.99/lb. for ramps.

s: “Waste Management instructions for



Recycling plastic is mixed bag. Apparently most of it goes to China, where it may or may not be used to make something new. Oil prices affect whether it’s worth it to use recycled plastic. Also, especially with food containers, if they are not completely clean, the sorters at materials-recovery facilities will reject them and they’ll end up in the landfill.



residents at Hill House in Chestnut Hill say we cannot recycle #3 and #6. All other plastics from 1 to 7 are OK. I believe many Hill House residents, like myself, shop regularly at Weavers Way, and when I buy prepared food, it usually gets put into a #3 or #6 container (I forget which). Any chance this can be changed to another type of container so we can recycle?”

r: (Norman) Maybe. It looks like there is a #1 plastic container that could take its place. We’ll try out a few to be sure they close easily, seal well enough, stack OK, aren’t too expensive, are readily available, etc.

FYI, in general, recycling plastic is mixed bag. Apparently most of it goes to China, where it may or may not be used to make something new. Things like the oil prices affect whether it’s worth it to use recycled plastic; when oil is cheaper, there is less economic incentive to use recycled plastic. Also, especially with plastic food containers, if they are not obviously completely clean, the sorters at materials-recovery facilities will reject

them and they’ll end up in the landfill.

s: “Why all the fuss about local food? In the old days, most of what people ate was local and it was the food from far away that was exotic and considered valuable. Only nobles and wealthy people could afford food from far away. Now, mainly it’s the nobles and wealthy that can afford local food.

r: (Norman) Not so fast. Many people consider local food automatically better than non-local food because it’s from nearby, and when it comes to food, since around 2010, local = better. As far as affordability, we have local carrots for \$1.99/lb., local hoagie rolls for 45 cents and a pound of local tofu for \$1.99. You could easily make an all local tofu-carrot hoagie for about \$1.50. Eaten three times a day, that’s only about \$31.50 a week. Long live the proletariat!

s: “Please consider Dave’s Organic Bread. Mostly sandwich breads. The 21 Grain is very good. Made in Milwaukee, Oregon or just south of Portland. Thank you!”

r: (Matt MA) Unfortunately, this does not appear to be available through our regular suppliers. (Norman) Dave's looks like good line although it is distributed by conventional wholesalers, whom we don't deal with much. Fun facts about sliced bread: The first nationally distributed sliced bread was Wonder Bread, in 1925. Not surprisingly, sliced bread also led to increased bread consumption, and also increased jam consumption. In 1943, sliced bread was banned by the government as a wartime conservation measure (mainly because it required more packaging to keep it from drying out). The ban was short lived due to letters in the New York Times such as this: “I should like to let you know how important sliced bread is to the morale and sanity of a household. My husband and four children are all in a rush during and after breakfast. Without ready-sliced bread, I must do the slicing for toast — two pieces for each one — that's 10. For their lunches, I must cut by hand at least 20 slices, for two sandwiches apiece. Afterward I make my own toast. Twenty-two slices of bread to be cut in a hurry!” No wonder the phrase “greatest thing since sliced bread” became popular. Of course some might argue slicing bread is honest work and builds arm and hand strength and keeps knife-makers and sharpeners in business. What’s next, boxes of pre-measured food and recipes delivered to your door, ready to cook and no slicing needed?

s: “Newman’s Hermit Cookies. Shopper says we carry them in Chestnut Hill.”

r: (Matt MA) I’ll look into these; thanks for the suggestion!

normanb@weaversway.coop



Serving Germantown, Chestnut Hill, Mt. Airy, Main Line, and surrounding areas

Apple ROOFING CO.

Celebrating 30 years' Serving our Local Community

Call 215-843-1970
AppleRoofing@verizon.net

IT ALL STARTS AT THE TOP...

... And it can create a “trickle down” effect.

A properly maintained roof will greatly reduce the chance of damage and repair costs you may incur in your home or business.

Please call us for your **FREE** Roof Inspection

www.AppleRoofingCo.com

Mention this ad and receive 10% off your service.



215-843-2090
MacintoshConstruction@verizon.net

Fully Insured
PA License # PA018646

A Complete Restoration Company

Proudly serving Chestnut Hill, Mt. Airy, Germantown and surrounding areas for over 20 years



Enjoy the summer! Take a “stay”cation this year and enjoy your home!
Patios, Decks, Porches and more...
Call us NOW for your FREE estimate

www.MacIntoshConstruction.com

BASEMENT PLUS CO.

...Plus We Waterproof

- Get your basement dry and odor-free.
- Repair old crumbling walls
- Sump pumps & French drains
- New windows, doors & locks
- Clean, paint & seal pipes and flooring

BEST of the NORTHWEST

As Seen on DIY TV

...Plus We Renovate

- Redesign your basement
- Drywall, drop ceilings, closets
- New bathroom, shower, toilet & sink in one week
- We handle all plumbing & electrical in basement

www.basementplus.com
Insured & Licensed 215.233.4598 Free Estimates

COMPLETE MASONRY SERVICE

Flagstone, Brick & Stone Pointing

JAMES G. CARDAMONE

- Concrete Work
- Basement Wall
- Plastering & Waterproofing
- Chimney Repairs
- Walkways & Patios
- Retaining Walls
- Stucco
- Glass Block Windows
- Ceramic Tile

jamescardamonemasonry.com

Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401 All Calls Returned **215-887-9323** **GLENSIDE**



June Member Specials

Valid from May 31 - July 4

For more member savings, visit www.weaversway.coop



MIYOKO'S ORGANIC VEGAN BLACK ASH NUT CHEESE 6.5 OZ
\$7.99 REG \$9.99



CV SCIENCES CBD 1 MG PEPPERMINT SPRAY 1 OZ
\$19.99 REG \$22.95



AMAZING GRASS ORGANIC GREEN SUPERFOOD SWEET & SAVORY ALMOND BAR 1.6 OZ
\$2.99 REG \$3.89



LIVING HARVEST FOODS ORIGINAL HEMP MILK 32 OZ
\$3.39 REG \$3.99



LOTUS FORBIDDEN BLACK RICE 15 OZ
\$3.39 REG \$3.99



CROWN PRINCE LOW SODIUM PINK SALMON 7.5 OZ
\$4.39 REG \$4.89



TOFURKY HICKORY SMOKED SLICES 5.5 OZ
\$2.99 REG \$3.25



FANTASTIC WORLD FOODS INSTANT BLACK BEANS
\$3.39/LB REG \$5.55/LB



TOFURKY SLOW ROASTED CHICK'N 8 OZ
\$3.39 REG \$3.55

Interior/Exterior Painting

Stucco Coatings / Power Washing / Deck Staining

25 Years of Professional Experience

Locally owned and operated
Schedule your free estimate

Visit us online!

Lead Paint Certified Contractor.



planet paint
SOLUTIONS, INC.
planetpaint.org
215.948.3747



John Sutton Masonry

License #39705

- Chimney Repair
- Brick and Stone Repointed & Repaired
- Concrete Sidewalks
- Basement Walls
- Stucco
- Flagstone

Contact John for a free estimate:
masonrytradesman@gmail.com
215.510.6724

Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry
Energy Conservation - Architectural Design Services

HansellContractors.com

Office: 215-277-1540 Fax: 215-277-1390

Lic.# PA022176 EPA Lead Certified

Grant Fox Contracting

Custom Renovations • Fine Cabinetry
Old House Renovations and Repairs
Kitchens • Baths • Additions
Over 25 Years of Experience
Co-op Member



Grant@GrantFox.biz 215-771-2713



Member Benefit

EASYPAY

Credit Accounts

Fly through checkout
and help the Co-op save on credit and debit transaction fees!

WEAVERS WAY WORKSHOPS



WHAT

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

Registration is preferred, and sometimes required. Go online at **Eventbrite** or RSVP via the Events Calendar, www.weaversway.coop/events/workshops. Or do it the old fashioned way: Contact **Programs Coordinator Stephanie Bruneau** at sbruneau@weaversway.coop or 215-843-2350, ext. 152.

WHERE

Workshops are held:

In Mt. Airy:

Community Room, 555 Carpenter Lane
The Garage, 542 Carpenter Lane

In Chestnut Hill:

The Backyard, 8482 Germantown Ave.
The Healing Arts Studio, 15 W. Highland Ave., 2nd floor

On our farms:

Henry Got Crops, 7095 Henry Ave.
Awbury, 901 E. Washington Lane

At our **Ambler** office, 131 E. Butler Ave.

And other locations as noted.



WHY NOT GIVE A WORKSHOP YOURSELF?

Anyone can propose a topic and members who lead workshops get three hours of work credit. It's a great way to earn (or maintain) Working Member status.

COMING UP IN JUNE

Encore Careers

Sunday, June 4, 4-6 p.m., The Garage

A panel of successful career changers, moderated by Yosaif August, will discuss how to design an inspired working retirement. This program is sponsored jointly by Weavers Way, Northwest Village Network, and the Rotary Club of Chestnut Hill.

Forage and Feast!

Wednesday, June 7, 6-9:30 p.m., The Garage

Clinical herbalist and ethnobotanist Hayden Stebbins will teach us about common plants and mushrooms, how to identify them by family, and their edible, medicinal or poisonous properties, as we walk and harvest edible plants, then bring them back to be combined into a delicious dinner. Bring a notepad and pen, wear appropriate clothing for a relaxed walk and BYOB if you like. Donation requested.

Turning Summer Vegetables into Winter Staples

Thursday, June 8, 7-9 p.m., The Garage



Join local canning expert, master gardener and urban homesteading guru Anna Herman for this hands-on workshop on ways to preserve the bounty of summer veggies taking over your garden and the farmers market tables. She'll talk about canning options and techniques and also discuss freezing.

Herbal First Aid — DIY Bug Repellent and More!

Tuesday, June 13, 6-8 p.m., Henry Got Crops Farm

Learn about the medicinal properties of some common plants, along with recipes for herbal first-aid products to address problems such as minor cuts and bee stings. We will also create an effective bug repellent. Bring a zippered pouch or tin to use for your kit — you'll leave with it full of useful materials. This workshop will be led by Stephanie Kane, a community herbalist living in Philadelphia.

Improv Cooking

Tuesday, June 13, 6-7:30 p.m.

The Backyard

We've all been there: There's food in the fridge, but inspiration is nowhere to be found! Banish the culinary blues in this class about cooking off the cuff and making the most of what you have on hand. Gather nutrition tips, expand your culinary vocabulary, explore new approaches to cooking and get inspired to experiment. Free takeaways and tastings included!



Fantastic Fungal Allies

Thursday, June 15, 7-8:30 p.m., The Garage

Join ethnobotanist and clinical herbalist Hayden Stebbins for a foray into the world of fungi. From food production to recycling and breaking down some of our most toxic wastes to creating some of the most promising new medicines, learn how fungi make the world a better place, and how you can incorporate them into your daily life. Donation requested.

Solar Smudge

Wednesday, June 21, 7-8:30 p.m., Awbury Farm

Chances are you've heard about "smudging" — burning herbs to transmute negative energy. Geraldine Lavin, herbalist, gardener, teacher and artist, will discuss a type called a "solar smudge," based on medicinal "weeds" collected in summer for use in the winter. Everyone will take home their own smudge. Donation requested.

Fermentation 101

Wednesday, June 21, 7-8:30 p.m., The Garage

Herbalist and ethnobotanist Hayden Stebbins will discuss basic principles that will allow you to open up a whole new world of flavor. Learn how to make variations on sauerkraut and kimchi, sourdough oat pancakes and oatmeal, rice and bean ferments, and how to incorporate pre- and probiotics into multiple foods. Donation requested.



Traditional Herbal Support for Self and Community Care

Wednesday, June 28, 7-8:30 p.m., The Garage

Join Geraldine Lavin, herbalist, gardener, teacher and artist, in a ritual classroom atmosphere to learn about using traditional herbal support for self and community care. We will discuss nervines, differentiating between nerve tonics and nerve relaxants. Energetic traditions for keeping negative forces at bay will be explored. A tea will be served. Donation requested.

Preserving Fresh Fruit Three Ways

Thursday, June 29, 7-9 p.m., Ambler Office

Do you long for berries in December? Have you ever wished to unlock the secret to summer fruit year-round? In this delicious and informative class, master gardener and urban homesteading guru Anna Herman will discuss three different ways of preserving summer's bounty — canning, preserving fruit in alcohol and dehydrating.

**More info: www.weaversway.coop/events/workshops
sbruneau@weaversway.coop/215-843-2350, ext. 118**

MEMBERSHIP
CORNER

You Can Recruit More Weavers Believers!

by Bill Dingfelder,
Weavers Way Membership
Guest Columnist

As a Weavers Way member, you're well-positioned to recruit new members — new Weaver Believers. Like this:

Your friend: I'm so tense. Just when I start to think it can't get worse, the next day brings a new outrage. I try to change things, but it can be maddening sometimes.

You: But activism isn't just national — it can be local, too. Weavers Way is a great way to start, and it is totally stress-free.

Your friend: Don't you have to be a member to shop Weavers Way, like a secret club?

You: No, anyone can shop at Weavers Way, and you'd be surprised how many friends you'd see there, how many unusual foods

or personal products you can buy and how much fun it is.

Your friend: It's expensive to join, isn't it?

You: Not at all. It costs just \$30 a year, or a total of \$400, to become a member, and that equity makes you an owner. Look, if you invest in a big company, you don't have much power to make their policies reflect your values. When you're a member of Weavers Way, you can qualify for discounts, get cash back, make special orders and get home delivery, and so much more. You can speak up and have input in store selections, Co-op policies and anything else you wish — It's democracy at its best. You can vote for the Board of Directors or even run yourself. And if you ever leave Weavers Way, you can get your equity back. You can't lose!

The only thing better is becoming

a Working Member. If you volunteer at Weavers Way, you qualify for additional discounts, you get to know the staff and you become a hands-on member of the Weavers Way community.

Your friend: Unfortunately, I don't have that kind of free time.

You: It's a tiny commitment, just six hours a year. I bet you spend that much time in just a week on Netflix.

Your friend: OK, you're pretty persuasive. I'll shop there and I'll join, but how?

You: It's so easy! Just go to the website, www.weaversway.coop, or talk to a cashier at any Weavers Way store.

Your friend: You've convinced me. I'll become a Weavers Believer like you.

You: Great, and tell your friends: Happiness loves company!



Hey New Members — We Have a Job (or Several) for You

by Kirsten Bernal, Weavers Way
Membership Manager

THIS MONTH BRINGS A SIGNIFICANT CHANGE TO our membership structure: In an effort to reinforce the value of working membership, new members will automatically receive the 5 percent Working Member discount.

New members will get the discount for the length of their four-month work cycle. If the new household completes their workshare by then, they will continue to receive the discount for the whole year. If the workshare is not complete by the end of the member's work cycle, the discount is turned off.

While this does streamline our processes and simplify working membership, our hope is that this upgrade will result in more members choosing to be-

come Working Members.

As an additional enhancement to the new member process, we have instituted automatic signup for New Member Orientations. New members are strongly encouraged to attend an orientation and will be assigned a date upon joining the Co-op. Attending an orientation session used to be required for new members, but that obligation was dropped when we opened the Chestnut Hill store seven years ago. Not surprisingly, that resulted in a decline in the number of members who actually attend orientation.

New Member Orientations are an integral part of becoming a Co-op member. We anticipate that, by facilitating signups, we can increase the number of attendees at orientations and, in turn, increase the number of new members who become Working Members.

Weavers Way End 5 states: "Members and shoppers will actively participate in the life of the Co-op and community." We believe that happens when members are fully informed about what membership means and when they become Working Members. Whether supporting operations by helping out in the stores, or contributing special skills (like taking photos for the Shuttle, playing music at a special event or presenting a workshop), members enhance and enrich our community for the benefit of all. Informed Working Members are among the most engaged and committed members and help ensure the strength and vitality of our Co-op.

Whether you are a new or long-time member, there has never been a better time to support your Co-op. Become a Working Member today!

kirsten@weaversway.coop



Want to support public radio AND earn Co-op hours?

Yes, that could be you up on the Pledge Central dais. Ding!

Weavers Way will be taking the early shift on the phones
Monday, June 26, 5:30-10 a.m.
for WHYY's June Membership Campaign

Sign up in the Online Member Center (member.weaversway.coop).
Need help with that? Contact Membership at 215-843-2350, ext. 119,
or member@weaversway.coop.



Here's the fine print. Volunteers:

- Should be comfortable entering pledges in an online computer form.
- Must be at the station (150 N. 6th St.) at 5:30 a.m. for training. (There will be coffee!)
- Need to stay for the duration of the shift.



instacart
instacart.com



weavers way coop

GET WEAVERS WAY PET AND WELLNESS DELIVERED!

We've Added a Second Instacart Store.

www.instacart.com/store/weavers-way-across-the-way

Order pet food and health and wellness products and have them at your door in as little as one hour.

(Zip codes 19004, 19035, 19066, 19072, 19118, 19119, 19127, 19128, 19129, 19131 and 19144 only.)

GET \$15 off a \$35 order
Use the code **WEAVERSACROSS15**
(valid June 5-July 5)

Need groceries delivered?
www.instacart.com/weaversway



STAFF CELEBRITY SPOTLIGHT: NEW MANAGERS

Matt Hart

I took over as Grocery Manager at the Mt. Airy store in January. I'm originally from a village outside Syracuse with a population of about 1,000. My first attempt to leave rural New York was when I headed to Arcadia University to study English with the goal of eventually teaching. Fate had other plans, as the 2008 economic crisis made student loans incredibly difficult to procure. I returned to Upstate New York and worked assorted odd-jobs before landing at the local family-owned grocery store.

I enjoyed working under the management of the Farrugia brothers for three years, starting as a part-time stocker and rising to assistant store manager. Unfortunately, we were bought out by Tops, a Buffalo-based grocery chain. Restructuring and demotions followed but I stuck it out for the better part of a year until my fiancée announced that after graduation, she was planning to stay in Philadelphia. Miserable in my position within a soulless corporation and with the promise of annual attendance at an Eagles game, I



began packing and job-hunting. I started at Weavers Way nearly four years ago, within a week of our move to Mt. Airy. If you shop in the Mt. Airy store you've likely seen me handling just about any task on some occasion. While I've enjoyed the variety of experiences the Co-op has afforded me thus far, I'm excited to pursue this new phase of my career. Outside my professional life, I'm happiest by a campfire with my now-wife, Kay, my dog and a good beer.

Ann Marie Arment

Thank you for the opportunity to introduce myself as the new deli manager at Weavers Way Chestnut Hill! I grew up in Mt. Airy and attended C.W. Henry School across the street and fondly remember the Co-op as my first corner store. It is an incredible experience to be part of the Weavers Way team as it continues to grow beyond those corner-store walls.

It's not a huge surprise to find myself here. My interest in specialty foods was piqued when I started my first summer job at the old Roller's Market in Chestnut Hill. I had the unique privilege to learn about professional baking, cooking, charcuterie, cheese and so much more from Paul Roller and his epic team for many years. I really developed a base knowledge of gourmet products while working for him during a time when the average grocery store did not even sell brie. And while I pursued degrees and other careers, working with food was always so much more interesting and satisfying. I joined the Weavers Way Prepared Foods Department in Chestnut Hill in



2014 and am over-the-moon excited to expand my role here by managing our deli and sandwich station. Previous Manager Matt Budenstein left large boots to fill, but with the help of Assistant Deli Manager Rosemarie La Follette, I am looking forward to introducing you to some fantastic new products and learning about your old favorites.



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 every month — except August! June's meeting is scheduled for Tuesday, June 6, at The Garage, 542 Carpenter Lane, Mt. Airy.

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.

2016-2017 Weavers Way Board

President: Chris Hill
Vice President: Joshua Bloom
Treasurer: Emmalee MacDonald
Secretary: Lisa Hogan
At-Large: Megan Seitz Clinton, Larry Daniels, Joyce Miller, Joan Patton, Linda Shein, Laura Morris Siena, David Woo.

The Shuttle

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

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

Advertising Coordinator
 Karen Plourde, 215-843-2350, ext. 314
advertising@weaversway.coop

Proofreaders this issue: Alice Cervantes, Laura Flandreau, Jennifer Sheffield, Kara Tennis.

Contributors this issue: Kirsten Bernal, Stephanie Bruneau, Bill Dingfelder, Emma Dosch, Margaret Fahringer, Sandra Folzer, Jennifer Hall, Ron Kushner, Marsha Low, Maura McCarthy, Karen Plourde, Mira Rabin, Jon Roesser, Doug Wechsler.

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.

contact@weaversway.coop

Chestnut Hill main number: 215-866-9150

Across the Way

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

Next Door

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

COMING SOON! Weavers Way Ambler

HOW TO REACH US

General Manager
 Jon Roesser, ext. 131
jroesser@weaversway.coop
Finance Manager
 Susan Beetle, ext. 110
sbeetle@weaversway.coop
Purchasing Manager
 Norman Weiss, ext. 133
normanb@weaversway.coop
Marketing Director
 Crystal Pang, ext. 121
cpang@weaversway.coop
HR Coordinator
 Danielle Swain, ext. 132
hr@weaversway.coop
Facilities Manager
 Steve Hebden, ext. 128
steve@weaversway.coop

Membership Manager
 Kirsten Bernal, ext. 119
member@weaversway.coop
Outreach Coordinator
 Bettina de Caumette, ext. 118
outreach@weaversway.coop
Programs Coordinator
 Stephanie Bruneau, ext. 152
sbruneau@weaversway.coop
Mt. Airy Store Manager
 Rick Spalek, ext. 101
rick@weaversway.coop
Chestnut Hill Store Manager
 Dean Stefano, ext. 212
dstefano@weaversway.coop
Executive Chef
 Bonnie Shuman, ext. 218
bonnie@weaversway.coop

Farm Manager
 Nina Berryman, ext. 325
nberryman@weaversway.coop
Next Door Manager
 Amira Shell, ext. 220
ashell@weaversway.coop
Mt. Airy Wellness Manager
 Lisa Whitlock, ext. 114
lwhitlock@weaversway.coop
Pet Department Manager
 Anton Goldschneider, ext. 276
petstore@weaversway.coop
Floral Buyer
 Ginger Arthur, ext. 317
floral@weaversway.coop
Grocery
 (MA) Matt Hart, ext. 140
matt@weaversway.coop
 (CH) James Mitchell, ext. 217
jmitchell@weaversway.coop

Prepared Food
 (MA) Dave Ballentine, ext. 102
dballentine@weaversway.coop
 (MA) Bonnie Shuman, ext. 218
bonnie@weaversway.coop
Deli
 (MA) Shawn O'Connell, ext. 109
soconnell@weaversway.coop
 (CH) Ann Marie Arment, ext. 209
aarment@weaversway.coop
Meat, Poultry & Seafood
 (MA) Dale Kinley, ext. 104
dale@weaversway.coop
 (CH) Valerie Baker, ext. 205
vbaker@weaversway.coop
Produce
 (MA) Jean MacKenzie, ext. 107
mackenzie@weaversway.coop
 (CH) Josh Magnitzky, ext. 211
jmagnitzky@weaversway.coop

Orientation Meetings for New Members

We encourage new members to attend an orientation meeting. Learn all about our cooperative market, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities around the world. Meet staff and other member-owners and share in some refreshments and conversation. Bring your questions, your curiosity or your experience with other co-ops. Working members will receive two hours 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 14
 in the Community Room, 555 Carpenter Lane
 (adjacent to the Mt. Airy store)

Read the Shuttle online.



www.weaversway.coop/shuttle-online

Advertise in the Shuttle
advertising@weaversway.coop

SEDGWICK GARDENS APARTMENTS

440 W. Sedgwick Street
(1 1/2 Blocks From Weavers Way Co-op)
844-831-0598

- Central Heating & Air
- Solar-Powered Hot Water
- Fitness Center
- Hardwood Floors
- Pet Friendly
- Stainless Steel Appliances
- Close To Septa Bus & Regional Rail

THE TOWERS AT WYNCOTE

8440 Limekiln Pike
Wyncote, PA 19095
844-343-0369

- Onsite Grocery Store & Movie Theater
- 24-Hour Concierge Service
- Daily Courtesy Shuttle
- Private Garage Parking
- Fully Equipped Playground
- Charging Station For Electric Cars



*All New Residents to Sedgwick Gardens
Receive a 1 Year Membership to
Weaver's Way Co-op!*



COMEHOMETOLINDY.COM



Faster.

Less waiting where it matters most – our emergency room.

For faster care in the E.R., count on Chestnut Hill Hospital. We work diligently to have you initially seen by a medical professional* in 30 minutes – or less. And, with a team of dedicated specialists, you'll get a lot more care, if you need it.

**The 30-Minutes-Or-Less E.R. Service Pledge –
only at Chestnut Hill Hospital.**



Primary Stroke Center

CHESTNUT HILL HOSPITAL

ChestnutHillHealth.com

*Medical professionals may include physicians, physician assistants and nurse practitioners.