



Community-Owned,
Open to Everyone

The Shuttle

AUGUST 2018

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 46 | No. 8

It takes a lot of hands to move 3,300 pounds of food! Pro tip: Banana boxes are worth their weight in gold during food drives! Special thanks to everyone who helped, including volunteers St. Luke's Germantown Nutritional Ministries, pictured.



Jon Scaffidi photo

Summer Food Drive Helps Stock Shelves At Four Local Pantries

Weavers Way Food Justice Committee

MONTHS OF PLANNING AND WEEKS OF COORDINATION between the Weavers Way Food Justice Committee and Co-op store staff paid off June 22-24 in a second annual "Hunger Doesn't Take a Vacation" that eclipsed the previous year's collection total.

By the end of the weekend, FJC had collected nearly 3,300 pounds of potatoes, onions and shelf-stable food for the Holy Cross Food Pantry in Mt. Airy, the Mattie N. Dixon Community Cupboard in Ambler, St Luke's Germantown Nutritional Ministries and the Germantown Seventh Day Adventist Church Pantry.

Dozens of volunteers from FJC and the Co-op as a whole spent anywhere from a couple of hours to more than 24 collecting, transporting and sorting donations under the scorching sun, cloudy skies and even an occasional rain shower. Store managers helped promote the food drive throughout the weekend with reminders over the stores' PA systems and with convenient displays reminding shoppers of wish-list items.

In the end, the amount of food collected was roughly 65% over the total from our inaugural summer food drive in 2017. This year, Weavers Way also contributed \$280 in gift certificates so the four pantries can purchase items at-cost on an as-needed basis later in the year, and Weavers Way shoppers donated nearly \$100 in cash. By any objective measure, the 2018 "Hunger Doesn't Take a Vacation" food drive was wildly successful.


Food Justice Committee

The Natural Health Fair

**Saturday, Aug. 25, Noon-6 p.m.
Health Center 9, 131 E. Cheltenham Ave.**

The Weavers Way Food Justice Committee is recruiting volunteers for the Weavers Way booth at this annual event. We'll be distributing fresh, healthy food, including the Co-op's own quinoa kale salad, fresh-ground peanut butter and garlic hummus, along with apples, carrots and celery.

Interested in helping out? Visit www.naturalhealthfair.wix.com/2018 for more info or sign up on the Online Work Calendar.

The first Hunger Doesn't Take a Vacation food drive in 2017 focused on a very simple idea: When schools are closed for the summer, kids who otherwise receive free or reduced-cost lunches at school may go hungry. Classes may be out, families might be taking road trips, camping or splashing about at the Jersey Shore, but food insecurity doesn't "take a vacation" over the summer months. Attacks on nutrition-assistance programs like SNAP at the federal level make this simple fact even more true in 2018.

The FJC thanks everyone involved in making the past two years' "Hunger Doesn't Take a Vacation" food drives so successful.

For more information about the Weavers Way Food Justice Committee, visit our page at www.weaversway.com/food-justice-committee. Meetings are held the first Wednesday of the month at various locations; check the web page or the Weavers Way Online Events Calendar for details.

Confronting Plastic at Home, At the Co-op and On Screen

by Karen Melton, for the Shuttle

WHEN A WEAVERS WAY GENERAL MANAGER'S FORUM ON plastic reduction attracted a standing-room-only crowd at the Community Room in Mt. Airy in January, it was clear members were worried about this topic. GM Jon Roesser gave a brief overview of the many uses of plastics in today's grocery business, noting that in many cases there are few if any alternative packaging options available, even for a store with a primary mission to do minimal harm to the ecosystem.

The discussion that evening ranged from interest in expanding the number of products that can be purchased in shopper's own container to the plastic shrink wrap on delivery pallets. Since that event, the Environment Committee agreed to form a new subcommittee on plastic reduction.

Thirteen members attended the first meeting of the Plastics Reduction Team led by zero-waste consultant and educator Alisa Shargorodsky. The team's first effort was sponsoring the July 13 screening of "Plastic China." The award-winning 81-minute documentary was shown at a zero waste picnic in The Backyard at the Chestnut Hill store.

The turnout of nearly 70 people on a summer Friday night highlighted the continuing level of concern about plastic waste. They sat in silence, absorbed in the haunting documentary, which was in Chinese, with English subtitles.



"Plastic China" documents the human cost of plastic waste.

(Continued on Page 8)



Editor's Note: The Last Straw

by Mary Sweeten, Editor, Weavers Way Shuttle

IT SEEMS LIKE ONLY A FEW MONTHS AGO I WAS COMPLAINING about single-use plastic water bottles. (It was April.) Now everybody is all upset about plastic straws. Blame this — www.youtube.com/watch?v=4wH878t78bw, the viral video of the sea turtle having a bloody straw wrenched (or more precisely, multi-tooled) out of its nostril. Not that I or even the turtle folks are in the lead on this; the Weavers Way Environment Committee's Marsha Low columnized about plastic-straw pollution last year, and it was easy to find a picture of plastic straws tangled in beach litter to illustrate it.

Although straws are possibly the oldest-known eating utensil (see Sumerian tombs circa 3,000 BCE), with a design based on an artifact from actual nature — that would be straw — the "modern" manufactured straw dates from the 1880s, and didn't become plastic until the 1960s. (I Google so you don't have to.)

Now with Seattle and Disney and Starbucks and I forget who all else getting rid of them, I asked Peggy Zwerver, one of the own-

(Continued on Page 8)

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

Celebrate
LABOR DAY



We can
DO IT!

**All Weavers Way stores
will be open
9 a.m. to 3 p.m.
Monday, September 3.**



What's in Store at Weavers Way

HENRY GOT CROPS

FARM MARKET

FRESH PRODUCE & LOCAL PRODUCTS



Cropping Up at the Farm Market

Organic teas from Pure Blend of Chester County.

When making your cooler weather tea plans, consider going local with what you're sipping. Pureblend teas were developed by Kari Dandrea, a yoga teacher from West Chester, who put them together with a nod toward wellness. Her mixtures, including white peach sangria, Alice in Wonderland (white peony tea and herbs) and Mystic Jasmine, can be found by the register in one-ounce bags for \$4.99 or Steep & Serve two-packs for \$5.69. The latter size makes a gallon, and you don't have to wait for fall to get a taste; the market also sells iced-tea-worthy blends like raspberry sangria and Mediterranean Mint. (In Mt. Airy, three varieties of 2-ounce Pureblends are on the packaged tea shelf on the second floor for \$8.69.)



Movie Night on the Farm: "Coco"

Tuesday, Aug. 28, 7:45-9:45 p.m.

The most popular event on the farm! Our feature movie will be "Coco."

Bring a picnic, and we'll provide the popcorn! We'll start the film as soon as it's dark enough. Come early and shop the Farm Market or stroll the fields.

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

— HOURS —

Tuesdays & Fridays
Noon-7 p.m.

MAY-NOVEMBER

EBT, FMNP, and –
NEW Philly Food Bucks accepted.

Make the Scene



Farm Market Week Fun at Henry Got Crops

Marisa Campbell and daughters Stella and baby Nina loved National Farmers Market Week last year! Please drop by Tuesday, Aug. 7, and Friday, Aug. 10, for fun photo ops, yummy samples and giveaways and a chance to win tickets to our Farm Dinner on Aug. 15!

Our Henry Got Crops Farm Market Is User Friendly!

by Lauren Todd, Weavers Way Farm Market Manager

SUMMER'S HERE — TOMATOES TASTE LIKE TOMATOES and peaches taste like . . . heaven! Now's the time to take advantage of Philly's bumper crop of farm markets. And you don't have to travel far to experience the fun and deliciousness of our city's vibrant farm-to-fork scene. A quick Google search will dig up over 70 farm markets around our city and in South Jersey.

Here are just a few reasons I love urban farms and farm markets: They provide jobs for farmers and local producers, stimulate the local economy, preserve farmland and green spaces and increase city-dwellers' access to fresh, nutritious food. Locally-grown food nourishes the community, grows resilient neighborhoods and strengthens local food systems.

Weavers Way now boasts a farm market in Roxborough, on the beautiful grounds of W.B. Saul Agricultural High School, and a stand at the Food Trust's newest farmers market in Germantown's Market Square. Whether you are a farm-market newbie or seasoned pro, here are some tips to make your trip to the farm and farm market great:

- Early bird gets the baguette! You'll find the best selection of our farm's harvest as well as freshly baked pastries and bread earlier in the day.
- Bring a bag! Help us cut costs and reduce plastic waste.
- Ask us about growing practices and what makes the products we carry special. Unlike a Blue Apron box, we'll respond!

- Co-op members, load money on your EasyPay account so payment is a breeze and lines move quickly.
- Don't know what a hakurei turnip tastes like? Ask for a sample!
- Not sure how to prepare (or pronounce) kohlrabi? We can help. [coal-rah-bee]
- Pack a picnic! Enjoy the view with friends or family, sun or shade.
- Wondering how to extend the life of fresh fruits and veggies? We have pro tips so you can save money and help reduce food waste.
- Share your pictures of the farm or your culinary creations on social media; use the tags @weaversway and #henrygotcrops
- Stop back often! (You don't want to miss our homegrown figs and paw paws!)

Weavers Way's farmers are serious about providing fresh and seasonal produce to our community, but we love to have fun! We're gearing up to celebrate 2018 National Farmers Market Week (Aug. 5-11). On Tuesday, Aug. 7, and Friday, Aug. 10, stop by the Weavers Way Farm Market at Saul for fun photo ops, yummy samples and giveaways and a chance to win tickets to our Farm Dinner on Aug. 15. Check out the Co-op's Online Event Calendar (www.weaversway.coop/events) for upcoming workshops, movie nights and farm volunteer days.

We hope you join us in celebration of National Farmers Market week and can't wait to see your #lovemymarket pictures from your visit!

ltodd@weaversway.coop

And Don't Forget Your Thursday Stop . . .

GERMANTOWN FARMERS MARKET

THURSDAYS, 3 - 7 p.m.
Germantown Avenue at Church Lane

weavers way coop

What's in Store at Weavers Way



Local(Iy Connected) Vendor

Main Line Beekeepers Buzz Back to Paradise

by Karen Plourde, Weavers Way Communications Staff

DON'T PITY THE POOR BEE BOYS.

Main Line natives Ryan Williamson and Kevin O'Connor were more or less forced to return to their property on the Big Island of Hawaii two years ago to continue their hive product enterprise after several years of struggling to get their Delaware Valley bees to make enough honey to sell. But deep breaths: So far, everyone's doing fine, especially the bees.

Ryan and Kevin, both 40, grew up in Bryn Mawr and Narberth, respectively.

They first went to Hawaii in 2000 as part of a permaculture-certification program Ryan was taking. "It was there that I first came into contact with honeybees, and it was just naturally an extension of gardening for me and for Kevin as well," Ryan said. "We just started looking at the world differently." In 2005, they bought a property in Waiohinu and built an off-grid home.

In 2011, Ryan's father became seriously ill, and he and Kevin moved back to the mainland to help out. Ed Williamson died later that year. Meanwhile, they started an apiary here, first in Bryn Mawr, then expanding to Gladwyne, Devon and Malvern.

Along with their beekeeping work, they conducted educational programs for schools, libraries and community groups.

Almost immediately, the pair struggled with getting the East Coast bees to produce an adequate amount of honey, although they made plenty of wax for their salves, balms and candles.

"One of the problems that we faced was finding properties that weren't either treated or weren't close to people using stuff for their lawns — y'know, clean environments where the bees could be safe," Ryan said.

Another challenge was finding enough food and forage for the bees. "We tried to keep bees in Elverson [Chester County], in more country areas, and they basically starved out there," Ryan said. In situations like these, some keepers feed their bees sugar water, which

he and Kevin were opposed to doing. They moved back to their property in Hawaii in 2016, but they still have hives in Gladwyne and Devon.

The honey has flowed freely since they went back; Ryan estimates their Hawaiian bees produce seven times the amount they did back East. "It's a really rural area, and we're surrounded by hundreds and hundreds of thousands of acres of state land," he said. "...It's like a honey bee sanctuary...there's no Roundup sprayed along the roads... all that kind of stuff."

Honeybees in the tropics are exposed to one-of-a-kind nectar flows that allow the Boys to harvest seasonal single floral honeys. They've also teamed up with Rusty's Hawaiian Ka'u coffee roasters, also on the Big Island, to produce coffee-infused lip balm and salve. In



Kevin, in hat, and Ryan inspect a hive; above, honeycomb awaits processing.

all, they make 32 different products.

If you're looking to check out their line locally, Chestnut Hill is the spot. Next Door stocks two of their salves, their sun protection cream, three types of lip balm, lip plumper, Hawaiian After Sun (a sunburn relief spray) and Ka'u Lava Cider, their spin on fire cider. The main store carries their Hawaiian chili pepper-infused raw honey.

Ryan, who describes Kevin and himself as "beegans," sees their work as a form of tribute for making pollinated food part of their diet. "We kind of had this complex of pollinated food, and where we were getting it from," he said. "...We kind of felt a responsibility, if you're going to eat food that's pollinated by bees, to have a hand in that, and make sure we were doing it in a way that was healthy for the bees, that was regenerative."

kplourde@weaversway.coop

Check It Out!

Going On in Grocery

A2 Milk takes a stand in Ambler. And Royal Mile brews up South Jersey java goodness.

The latest milk designed for the lactose sensitive has earned a spot in the refrigerated case in Ambler. A2 Milk, from Boulder, CO, comes from cows that only make the A2 protein. (Most bovines produce both A1 and A2, and A1 is difficult for some of us to digest.) No growth hormones, rBST or antibiotics, and it's available in whole and 2% varieties.

Meanwhile, on the Hill, Haddon Township's Royal Mile Coffee has grabbed a couple spots just below the coffee-bean bins. Owners Jamie and Jess Blanchard are mostly self-taught roasters who source their beans from three distributors as well as directly from a few estates in Nicaragua. Their Dark Ness Monster and Espresso Jawn are \$9.99 each for a 12-ounce bag.



Bulk & Beyond

A Metropolitan granola returns to Mt. Airy. And sriracha cashews are firing up Ambler.

Call it a case of too much of a good thing: Sales of Philly's Metropolitan Bakery pomegranate cinnamon granola at The Incredible Bulk didn't stack up so well compared to their other offerings, so it was discontinued a few years ago. But now, this mélange of oats, honey, goji berries, dried blueberries, dried cranberries, pomegranate molasses and spices is getting a second pass. Bag it up for \$10.25 a pound.



Meanwhile in Ambler, the Fraternity of Flavored Nuts has welcomed a new member. Conventional Sriracha cashews are available bagged for ballpark snacking, preseason football watching and/or your late summer craft-beer tasting (two of those activities can be combined, actually). They're \$11.39 a pound.

— Karen Plourde

THE CHICKEN CHRONICLES

Meat-eating shoppers may have noticed a disturbance on the poultry side earlier this year. That's because the meat-and-seafood managers in all three stores were experiencing shortages and quality problems with some items from **Bell & Evans** of Lebanon County, our longtime source of naturally raised chicken.

"With the tray packs, I was just having the hardest time getting them in," said Adam Sirine of the Ambler store. "It was really frustrating." In addition, the quality of the chicken tenders the stores got was below a sellable standard — so much so that they often were sent back at delivery time. "This year, [Bell & Evans] put in new cutting machines, and they were massacring the tenders and boneless breasts and things like that," said Dale Kinley, longtime Mt. Airy meat and seafood manager. "It got to a point where they weren't really available."

Along with the new machinery, Bell & Evans also instituted Cryovac-sealed airtight packaging. The gas used in the sealing process lingers on the chicken, and when they opened the packages, some

customers thought the meat had gone bad. Dale has tried to put the packages out prior to replenishing the case to allow the odor to dissipate, with mixed results.

The meat managers have taken different courses of action in response to these issues. Ron Moore, Chestnut Hill meat and seafood manager, still carries Bell & Evans, but has stopped carrying tenders altogether. He also brought in **Smart Chicken** boneless and skinless breasts and thighs, produced by Tecumseh Poultry of Waverly, NE. As with Bell & Evans, their birds are humanely raised, with no antibiotics or growth stimulants, and the chicken products are air-chilled. Smart Chicken's price point is higher, and they were recently acquired by Tyson, but there's a dollar-off coupon good through the end of September. Ron has also added **D'Artagnan** (Union, NJ) organic whole chickens, boneless breasts and chicken parts.

Ambler carries Bell & Evans with the exception of the tenders. In their place, Adam brought in **Mary's** tenders, from California's San Joaquin Valley. They're also air-chilled and the birds live the free-range life.

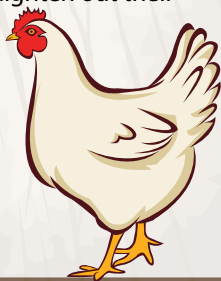
Mt. Airy also brings in Mary's tenders if Bell & Evans aren't available.

Adam has been impressed with the quality of Mary's chicken, but many customers have told him they prefer locally-raised poultry. "I think it's absolutely fantastic chicken, personally, but the customers weren't buying it. . . . I think the fact that Mary's was coming from California was really upsetting them."

(Meanwhile, if you're counting, all three stores carry **Empire Kosher** chicken, from Juniata County, for shoppers who prefer that option.)

For her part, Dale is committed to working with Bell & Evans while they straighten out their production issues. "I believe in their product, and I've been working with the company for so long," she said. "And they've been a good company."

— Karen Plourde



FOOD
MOXIE

An offshoot of Weavers Way Co-op

608 Carpenter Lane

215-843-8289

foodmoxie.org

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Thanks for some great Moxie Tuesdays

We started our summer off with great opportunities to build community, learn something new and support Food Moxie. In June, a sizable group followed the lead of **Philly Wild Foodie founder Lynn Landes** (pictured left) as we toured Awbury Arboretum to learn about what’s edible right on the spot. In July, we kicked back in The Backyard at Weavers Way Chestnut Hill to listen to Food Moxie’s own **Manager of Education Mariah Butler (above)** take us through the process of making our own milk from almonds, oats and coconuts. To find out what’s in store for the rest of the year, visit www.foodmoxie.org/moxie-tuesdays.

GIVING TWOSDAY

AUGUST 14

Drop a 2-spot at any register to benefit the work of Food Moxie.

SAVE THE DATE



a farm to table event

THURSDAY, SEPTEMBER 20, 2018

5:30 PM TO 8:30 PM

AT AWBURY ARBORETUM

Tickets available August 15,
www.foodmoxie.org/seedtosupper



There’s a new volunteer opportunity at Food Moxie! Join us on the second Saturday of the month at our Hope Farm & Garden behind Stenton Family Manor in Germantown. It’s a chance to pitch in to help maintain our farmette and see firsthand where much of Food Moxie’s programming takes place.

To find out more or sign up, please email allison@foodmoxie.org.



The Miquon School

THE NATURAL WORLD IS A PLACE TO LEARN

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Visit in person at Open House on October 20, or visit us online at www.miquon.org.



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 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.

GM'S CORNER

The Cooperative Revolution Is Overdue

"We all go up, or else we all go down, as one people." — Franklin Roosevelt, second inaugural address, Jan. 20, 1937

by Jon Roesser, Weavers Way General Manager

ROOSEVELT'S WORDS, SPOKEN TWO MONTHS AFTER HIS crushing victory in the 1936 election — he won every state except Maine and Vermont — reflected the country's attitude. Five years into the Great Depression, there was a shared belief that if we were to survive as a nation, we must all have assurance of basic protections: fair wages, safe work conditions, enough food to eat and a modest pension in old age.

FDR's victory in 1936 was reward for a busy first term, during which he famously launched the New Deal and created the alphabet soup of government agencies that transformed American society and helped define his presidency.

Roosevelt's first term has sometimes been referred to as America's "third revolution." The first won our independence from the British Empire. The second ended slavery and maintained the United States as an indivisible union. Roosevelt's revolution established that as Americans we have a responsibility not just for ourselves, but for each other.

If that's true, 77 years separated the first revolution from the second, and 67 years separated the second from the third. And it's now been 86 years since the New Deal. We might be overdue.

Certainly it seems that a growing number of Americans, regardless of their political persuasion, have an ax to grind against the status quo. There's a lot of anger out there.

The current president has calculated that dividing us is in his best interest — there are no other interests about which he is concerned — and we are consequently pitted against one another as we haven't been in generations.

Selfishness, supposedly a vice, is now in vogue. The "rugged individualism" trumpeted by Roosevelt's predecessor Herbert Hoover, who believed that aiding victims of the Great Depression would corrupt their morals, is now embraced by many Americans who have been convinced that the country has lost its way.

My guess is that most of those Americans are unfamiliar with Hoovervilles and Hoover blankets (the newspapers used to cover oneself when living in a Hooverville). In any case, let's hope it doesn't take another Great Depression to remind all of us that self-reliance only works in a civilization that is safe and secure.

Cooperative values are the antidote to selfishness, as they start with the principles of open and equal membership — anyone can join, and no one can ever own more of a co-op than anyone else — and they hold us accountable not only to ourselves, but to each other and to our community.

At Weavers Way, we try — occasionally with success — to operate a grocery store that takes into account the needs of everyone.

That's harder than it sounds. It means fair wages for everyone from the banana picker to the employee who puts the banana on the shelf and everyone in between. It means humane treatment of animals and careful use of natural resources. It means supporting the small local business over the big corporate chain.

And it means vetting products so that you, our member-owners, can shop with confidence, knowing the products we sell meet the highest standards for taste, ingredient integrity and ethics. Oh, and it also means working to keep costs as low as possible so we remain competitive in a marketplace where the competition operates under no such guiding principles.

Cooperative values are inherently unifying, and can appeal to anyone, regardless of their own personal values or politics. At the Co-op, we see it every day, as we buy bread from the Kensington baker — a liberal — at the same time we buy corn from the Lancaster County farmer — a conservative. We are united in knowing that the cooperative marketplace embraces us all. As Roosevelt said, we all go up together.

Perhaps it's time for a New New Deal. It can begin with putting aside political differences and recognizing that while individual success is well and good, it is fragile if it is not widely shared. Sustainable civilizations yield common prosperity.

The alternative, a dog-eat-dog, everyone-for-themselves, winner-takes-all system, well, I have to believe that really doesn't appeal to too many of us. It's too ruthless, too immoral, too selfish — better suited for Vladimir Putin's Russia than for a people as caring and welcoming as ours.

As member-owners of Weavers Way, we are setting the example through our support of a cooperative enterprise that is forever working toward mutual prosperity.

We recognize that, differences aside, we're all in this together.

See you around the Co-op.

jroesser@weaversway.coop



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PROJECT LEARN SCHOOL

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

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

Weavers Way members are welcome to submit articles (about 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community.

No anonymous material will be published; all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or letter to the editor. Submit to editor@weaversway.coop. Articles and letters express the views of the writers and not those of the Shuttle, the Co-op or its Board, unless identified as such.

Advertising

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

The Shuttle is printed on
100 percent recycled paper.



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

Here’s to Rags! (Can We Put That on a T-Shirt?)

I’M EVEN PROUDER TO BE A MEMBER of the Co-op today than I was yesterday due to learning that Co-op policy is rags over paper towels. I saw this in action at the Chestnut Hill store, as a cashier wiped the counter with, yes, a rag. I expressed my delight and she replied in a manner that conveyed astonishment that something other than a rag might be used. And the cashier was not someone like me who recalls the cry of the ragman as he traversed the city streets in Springfield, MA, in his horse and cart in the 1950s. This was a person in her 20s. I’m actually beyond proud, I’m pleased beyond measure because now I can carry news of this enlightened policy to a household or two, or 20, where rags are not recognized for their superior cleaning capacity and durability, nor for their economy and their reduced environmental impact.

Using rags is no longer just a weird way of mine. Thank you, Weavers Way!

It may not be rags to riches, but it is rags keeping more money in the pocket and more trees in the woods. I hope others also will find this news worthy of pride in our Co-op and worthy of spreading.

Lynn Mather

More Realistic Accounting of Creekside Co-op Needed

AS THE PERSON WHO WAS PRESIDENT of the Creekside Co-op Board when Patti Demchuk was hired, I can appreciate the degree of courage it took for her to take on the position of general manager in April 2017. She jumped into a very difficult situation and has tried her best to handle it. Like Weavers Way’s Kathryn Worley (who served as our interim General Manager before Patti came on), Patti had fire after fire to put out with many fires still burning.

I can also empathize with Patti’s desire to stay positive in the face of almost insurmountable odds. However, I feel it’s important for all of us in the cooperative community to be as honest and transparent in our communications as we can be. Heaven knows we have enough mendacity in other parts of our society, eh?

Patti’s statement that Creekside Co-op “continues to grow and flourish” (Page 18 of the July, 2018 Shuttle) just doesn’t ring true, unfortunately. Yes, the establishment of Creekside in 2012 made a big difference in the desultory business district of Elkins Park. A number of businesses opened there after the co-op did.

But sales at the co-op have declined steadily year over year since the co-op’s founding and are currently at unsustainable levels, according to reports to the membership from current board president Bill Hyman.

Creekside makes interest-only pay-

ments to its lenders just to stay afloat and needed to work out an arrangement with its mortgage provider over the summer to make no payments at all in an attempt to ease its cash crunch. The operation is consistently behind in paying vendors and suffers from a systemic lack of support from its members.

As someone who put in three and a half years on the Creekside Co-op board, two and a half of them as president, I feel the pain of anyone who is trying their damndest to make a cooperatively owned grocery store work in Elkins Park. Maybe Creekside will survive. I hope for the good of our community, especially our children, that it does survive.

I do think though that Patti should focus on making more credible, fully transparent statements about the co-op’s condition, not only to its members, but to the community at large, than the one that was published in the July Shuttle.

Dan Reynolds

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 to publish any letter.

Being Jewish Alone Is Fine.
Being Jewish Together Is
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Not Voting Matters — So Get Registered!

WE ARE NEWLY ELECTED DEMOCRATIC committee people representing the 22nd Ward, 3rd Division, in Mt. Airy, and have been thinking about the upcoming November election. Hopefully, by now everyone in Philadelphia realizes that participation in the electoral process is one of the most important things we can do as citizens. Not voting can have consequences. When someone says to you that there is no difference between the candidates, think again. When you say to yourself, “My vote doesn’t count,” think again.

In the election in November 2016, only 64% of registered voters in Philadelphia participated in the election. Some 346,000 Philadelphians who are eligible to vote are not registered. Those are sobering statistics. Donald Trump won in Pennsylvania by 44,292 votes. Pat Toomey won by 86,690 votes. Approximately 17% of Philadelphians participated in the most recent primary election (although voter participation was higher in the 22nd Ward).

There are many reasons people give for not registering to vote. The most common is: “No one ever asked me to register.” Others are: I don’t want to vote, I didn’t get around to registering, I have privacy concerns, it’s not convenient for me to register to vote, I don’t know how to register to vote, I am not eligible to vote due to a felony conviction, registration opportunities are not accessible.

People who are registered to vote but vote infrequently say they dislike politics,

are not informed, dislike the candidates or are too busy to vote.

You may register to vote in three ways: online, by mail or in person.

- To register in person, go to any PennDOT photo license center.
- To register online, to www.pavoterservices.pa.gov and fill out the form online.
- You may also download a hard copy of the application to fill out. If you reside in Philadelphia County, mail the completed form to:

**Philadelphia Voter Registration Office
520 N Columbus Blvd., 5th Floor
Philadelphia, PA 19123**



People on parole and/or probation ARE eligible to vote. Voting rights are automatically restored when you are no longer incarcerated but you must re-register.

If you have your health-care coverage through the Affordable Health Care Act, believe migrants should be able to apply for asylum, are concerned about clean water and air, worry that our elections are being influenced by foreign governments or want sensible gun control, you should register to vote. The deadline is Oct. 9 to be able to vote in this fall’s midterm elections on Nov. 6.

If you need help registering to vote or are interested in volunteering to get out the vote, please contact Lori Jardines at ljardinesmd@aol.com or Michael Swayze at michael.Swayze1@gmail.com.

CELEBRATE DINING FOR WOMEN

Join us for a tapas feast
Monday, Aug. 13
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Weavers Way now proudly features four DiningForWomen.org chapters! Join us to learn more about DFW and our new Ambler group as you enjoy a summer tapas feast prepared by Weavers Way accomplished chefs Monday, Aug. 13, from 6 to 7:45 p.m.

This meal is \$15 and open to the public. BYOB!

Celebrate the our newest chapter and learn more about Dining for Women at our newest store! With a focus on empowering global women and girls, Dining for Women is the world’s largest giving circle. Through member education and engagement, as well as the power of collective giving, DFW funds high-impact grassroots initiatives — changing the world one dinner at a time!

This month’s dinner will be followed by a presentation on our August grantee, ConTextos (www.contextos.org, pictured below), which provides literacy opportunity and support to imprisoned women in El Salvador. (We



should be done in time for you to catch a movie at the Ambler Theater if you so desire!)

For more info and tickets, visit weaversway.coop/DFW-Tapas-Dinner



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Watching “Plastic China” last month in the friendly confines of the Chestnut Hill Backyard.

‘Plastic China’

(Continued from Page 1)

The film was difficult to watch, but it was impossible to look away. It chronicled the lives of two families who live and work amidst literal mountains of plastic refuse, much of it from the United States. In the unnamed Chinese town, thousands of families operate small businesses sorting and shredding plastic material for reuse – jobs of last resort for low-skilled workers.

The camera frequently followed children as they played in the mounds of plastic finding treasures — including pictures to cut out and a bag of brand-new balloons — and as they picked up dead

and nearly dead fish along the banks of a plastic-clogged river — which are later cooked and eaten.

As if on cue, just as the film began, the regular Friday evening delivery truck arrived, filled with items for the store on plastic-shrink-wrapped pallets.

The Plastics Reduction Team will keep you informed about its projects and progress. You’re welcome to send ideas and information about plastic reduction to Alisa at asharg.zwc@gmail.com. And if you’d would like to participate in a public forum email group about plastics, contact Outreach Coordinator Bettina de Caumette at outreach@weaversway.coop or 215-843-2350, ext. 118.

Karen Melton is a Weavers Way Working Member.

Editor’s Note

(Continued from Page 1)

ers of Earth Bread + Brewery in Mt. Airy and Bar Hygge in Fairmount, about making the transition to a world without plastic straws.

And what do you know, it turns out sourcing sustainable straws is complicated. Paper straws cost 4-5 cents apiece compared to plastic at about a half-cent. And there’s such a demand for paper straws now that they’re hard to find. “Restaurant Depot doesn’t have them,” Peggy said. “I’ve gotten them online and I’ve gotten them in a different place every single time. Now there’s this company Aardvark — they’re inundated and they have a huge lead time but they’re awesome because once you order from them they put you on this map on their website.”

But bottom line, she’s just giving out fewer straws, which aligns with Earth’s sustainability message anyway: “When we serve soda, we don’t put a straw in. When we serve cocktails, we don’t put a straw in. If there’s a request for one, then we give it to them.” (Kids of a certain age automatically get a straw, and a lid, because, well, small motor skills.)

Peggy has also considered straws made of PLA (polylactic acid), the latest great sustainable hope. PLA is made from corn (well, once the corn is cracked into a polymer) and is theoretically compostable (which is yet another discussion). They act like plastic straws and they look like plastic straws — which is the problem, according to Weavers Way Tsar of All Compost Scott Blunk. “There’s no way to tell if they’re compostable unless they make all the PLA straws purple or something,” he said. “We can’t sort them out.”

“Paper straws you can see,” he added, “because they’re all collapsed to mush.” (I myself experienced a cozy sense of deja



Shout-out to Union Jack’s in farthest Montgomery County for paper straws!

vu as I chomped down on a paper straw recently, though it was in a bar rather than the lunchroom in the sixth grade.)

Weavers Way Purchasing Manager Norman Weiss is amused. “I once took a plastic straw with me when I moved from Philly to San Francisco and brought it back with me four years later. I think I used it another two years and then it finally got brittle and started to crack lengthwise.

“I know the turtle video was horrible but I don’t understand why straws became the focus when people are double-bagging millions of times a day. Not to mention the water bottles. Yet straws get the wrath.”

Well, because straws are easy. No one without swallowing or mobility issues actually needs a straw. Who knows, maybe learning about the problem of plastic straws will entice a few more citizens to think about solid-waste disposal, or sustainability, or even other folks’ swallowing and mobility issues.

There I go, being a cockeyed optimist. As long as I don’t have to watch that turtle video again.

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Aug. 1 - Sept. 4

**SHOP BULK**

When Cleanliness Is Next to Unnecessary

by Sandra Folzer, Weavers Way Environment Committee

CLEANLINESS IS DEFINITELY NOT NEXT TO godliness. In fact, not only can it use too many of our resources, but it can also be harmful to the environment. That’s right — washing clothes is another action we can take to be NOT environmentally friendly, like NOT driving when possible.

The reason is that when we wash clothes, thousands of plastic microfibers are liable to be released into the water, making their way into our streams and oceans. There other marine life, from single-celled plankton on up, eat these plentiful fibers which cause them serious digestive problems. These fibers also attract other chemical pollutants and the toxins leach into the animal’s tissues. Most of the fish we eat, if not all, are filled with tiny pieces of plastic. We don’t know yet the implications for humans, but it can’t be good. Just because we can’t see these microscopic fibers doesn’t mean they aren’t a problem.

The reason washing machines are suspect is that fish caught in U.S. waters are filled with microfibers from plastic far more than fish caught around Indonesia. This may be because there are not as many washing machines in Indonesia. Also, specialty sports clothing, common in the US, is not as available there.

A study in the UK found that acrylic was the worst offender, releasing 1.5 times as much as polyester and 5 times as much as polyester-cotton blend. Fleece jackets release as many as 250,000 microfibers per wash.

There are numerous suggestions to try to stop the proliferation of plastic microfibers in our oceans. Some manufacturers are experimenting with anti-shed treatment for fabrics as well as a “nanoball” that would attract the mi-

crofibers in the washing machine. Even water-less washing machines using pressurized carbon dioxide are being proposed. Another product is the “Guppy Friend” wherein clothing is put in a bag which supposedly catches the fibers.

Reviews of the bag say there are no instructions as to how to clean out the bag and what to do with the tiny fibers.

One small victory was the Microbeads Free Water Act in 2015, which banned the use of plastic microbeads in personal-care products, although we need to put this into perspective: According to the International Union for Conservation of Nature, washing clothes was the cause of 33% of micro plastic releases into the environment while microbeads contributed only 2%.

Personally, I try to buy used clothing whenever possible as the manufacture of new clothing uses so much water, materials and energy. (I admit I also love the savings and try to keep my lips sealed when someone compliments me on my beautiful outfit. I so want to brag about how little I paid.) But unfortunately, the older a piece of clothing is, the more it is likely to be shedding plastic microfibers.

So to be kind to Mother Nature, try to wear natural fibers like cotton, wool, silk and even hemp and bamboo since they don’t contain plastic. As a bonus, the infamous Koch Brothers have the patent on Spandex, so when you buy less, you reduce their profits.

And run your washing machine less often. Wash your synthetic fabrics by hand or at least on delicate cycle in hopes of releasing fewer microfibers. Any changes we make now may be small, but we have to try.

environment@weaversway.coop



eco tip

No Matter How Much You Love Your Cat ... It’s Not Natural!

by Marsha Low,
Weavers Way Environment Committee

Ah, summer! Sitting in my gazebo, I’m drinking in the sights, sounds and smells all around me: the lilies, the bird calls, the buzzing of bees. Rabbits and chipmunks cavort; birds flit from nest to feeder to birdbath. And then onto this idyllic scene creeps a black-and-white striped feline, prowling the greenery in hunting mode, ready to pounce!

I rise to my feet to chase away this interloper, for cats are not wildlife. They are domestic animals that belong inside. Sorry to annoy any cat owner who’s reading this who feels his or her fur buddy should be free to roam in the warm months, but allowing your cat to do so is neither good for the cat nor for wildlife.

Outdoor cats kill as many as 3.7 billion birds every year in the United States. They also go for chipmunks and other small mammals, killing an eye-popping 20.7 billion of them yearly. We can’t blame the cats — even well-fed felines will be on the hunt because it’s their instinct. But we CAN blame their humans.

Outdoor cats face their own risks. They can get hit by cars or be injured in fights with other animals, such as dogs or coyotes. They can even be attacked by raptors like red-tailed hawks and great horned owls. Allowing cats outdoors also increases their risk of being exposed to infectious diseases such as feline leukemia and feline immunodeficiency virus.

Still want your fur ball to be outside but want your pet to be safe and prevent the carnage? Set up an enclosure like a cat tube or tent. That way, your cat gets to enjoy all the sights, sounds and smells of the great outdoors without the drawbacks.

ELECTRONICS RECYCLING

WIRED WASTE DAY

Saturday, September 22
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Weavers Way Environment Committee is joining with GRINCH, Green in Chestnut Hill, for this event to benefit the Environment Committee's grant program and GRINCH's Green Warrior Student Grant program.



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Stroll for Your Supper!

SUPPER SESSIONS ON THE AVENUE, Mt. Airy’s signature late-summer food-and-drink festival, makes its return to Germantown Avenue at the end of August.

Now in its third year, Supper Sessions will transform the 7100 block into an alfresco extravaganza from 5 to 10 p.m. every other Wednesday, starting Aug. 29 and returning Sept. 12, Sept. 26 and Oct. 10. Rain dates are slotted for the Wednesdays in between and Oct. 17.

The 10 great eateries on the block — Chef Ken’s Cafe, Cresheim Valley Grain Exchange, Earth Bread + Brewery, Golden Crust Pizza, The Juice Room, Jyoti Indian Bistro, McMenamin’s Tavern, Mi Puebla, Trattoria Moma and the new Nonna’s Pizza Tavern — will be joined by different food trucks every week, in rotation to add a little extra flavor!

Quintessence Theatre Group’s ninth season in residence at the historic Sedgwick Theater opens this fall with Mary Shelley’s Frankenstein, including a pay-what-you-wish preview Sept. 26 and a performance Oct. 10. Plan now for a dinner-and-a-show evening at Supper Sessions.

Children’s activities including story time and giant Jenga, a soundtrack by local DJs, booths and tables featuring local artists and other members of the Go Mt. Airy Business Association will fill out the block for a series of very Mt. Airy evenings.

For more details and updates, follow @gomtairy on Facebook and Instagram, and we’ll see you on the Avenue!

— **Bradley Maule, Mt. Airy USA**

The Passionate Gardener

Peat Moss: A Gift From Our Neighbor To the North

by Ron Kushner, for the Shuttle

PROBABLY THE BEST KNOWN AND MOST important ingredient of soilless potting mixes, peat, or specifically, sphagnum peat moss, comes from bogs that originated 12,000 to 14,000 years ago. After the ice age, receding glaciers left depressions that collected water. Drowned plant material in these bogs only partly decomposed over the centuries, forming peat deposits. In Roman times, peat was used as fuel in homes. In countries where timber was scarce, such as Ireland and Scotland, it served as the local source of fuel. Today, in Finland, Russia, Ireland, Sweden and eastern Europe, peat is still used on an industrial scale to produce electricity.

Most peat in North America is from Canada, where peat bogs cover about 274 million acres, about 13% of the entire country, and are present in every province.

Sphagnum peat moss has been favored for many years for its ability to hold large amounts of air and water, making it an ideal component of propagation media. It’s a non-vascular (no roots) plant that thrives in a combination of an acidic, watery, low-nutrient environment and cool temperatures. Bacterial action is reduced in this type of environment which results in a rate of production of plants that exceeds the rate of decomposition. Over time, slowly decomposing vegetation debris accumulates and leads to the development of a peat deposit that could be as deep as 20 feet.

There are more than 335 species of sphagnum around the world, with about 16 of those found in Canada. Approximately five species are dominant with most bogs limited to only three species.

Throughout a peat bog, there are different degrees of decomposition depending upon the depth. In a cross-section of a peat bog, the surface is composed of recently accumulated peat moss that is blond in color and fibrous in texture; the lower sections of the bog contain peat that is more decomposed, dark brown in color and less fibrous.

Raw sphagnum peat is graded by its level of decomposition and humification. This “Von Post” scale, based on the color of the peat moss, the fiber content and the color of



An industrial “vacuum” harvests peat in New Brunswick, top; natural peat bog near Ottawa, left; closeup of growing sphagnum moss, above.

water squeezed from a sample, ranges from H1, not decomposed at all, to H10.

H1 grade raw peat is completely undecomposed peat which when squeezed releases almost clear water. Plant remains are easily identifiable. Going deeper, H4 sphagnum peat moss is more decomposed and when squeezed releases very muddy dark water. Plant remains are slightly pasty and have lost some of their identifiable features. H10 is completely decomposed peat with no discernible plant structure.

In North America, most sphagnum peat harvested is in the range of H1 to H5, with different grades typically blended to achieve specific physical properties. H1 peat moss is very fibrous so when used alone as a growing medium it shrinks in the container. H5 is good as a soil conditioner but it is normally blended since by itself it is too heavy.

When the sphagnum peat moss is combined with the proper ratio of aggregates, lime, vermiculite, perlite or other ingredients it makes a perfect media for seed starting, rooting of cuttings and seedling development.

Since 1991, the Canadian sphagnum peat moss industry has funded research with the Laval University in Quebec to study peat bogs and develop ways to restore peat lands. All producers are in agreement that restoration is essential to maintain the available peat moss for future generations and all practice approved and recommended restoration procedures by law.

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End-of-Summer Blooms Are Pretty For Us, Crucial for Beneficial Insects

by Howard Goldstein,
for the Shuttle

SEPTEMBER AND OCTOBER ARE PARTICULARLY crucial for the survival of bumblebees and smaller native bees. It's the time of year when they are mating and taking in their last bit of nutrition before going through diapause (similar to hibernation) in the case of bumblebees, or lay their last set of eggs in the case of native ground bees such as mining and leafcutter bees. Honeybees, syrphid flies and monarch butterflies are also busy getting the last sips of nectar during these early fall months.

Gardeners can help by planting a few important perennials that flower in the fall. Here are some that you can see for yourself at the Penn State Master Gardener Pollinator Garden in Fairmount Park. Free and open to the public, the garden is adjacent to the Horticulture Center, near Belmont and Montgomery avenues.

Goldenrod

It's not true that goldenrod causes fall allergies — the pollen is not wind-blown and goldenrod is dependent on bees for pollination. Tall goldenrod (*Solidago canadensis*) grows 6-8 feet tall while prairie goldenrod (*Solidago nemoralis*) is only 2 feet tall.

Golden fleece (*Solidago sphecelata*) is a very short goldenrod that is a favorite of the tiny mining bees. It has an intriguing corkscrew spike out of which the tiny flowers grow. This is a non-aggressive goldenrod and does not easily self-sow. Its basal leaves persist through the winter. It's important not to let the plant get smothered by a pile of fall leaves.

Aster

The New England aster (*Symphyotrichum novae-angliae*) has pink/purple blooms and is very well loved by bumblebees, Monarchs and syrphid flies. New England asters can be cut back in

mid June to about a foot to keep the plant more compact. Some cut it back a second time between July 7 and 14 but no later as that will interfere with flowering.

Aster oblongifolius "Raydon's Favorite" blooms in October also attracts bumblebees and migrating monarchs. It pairs well with the golden foliage of bluestar (*Amsonia hubrechtii*). There's no need to cut back Raydon's Favorite, but it may need staking.

Interestingly, goldenrods are in the Asteraceae family, same as asters and all daisy-like flowers (think coneflowers, black eyed Susans, sunflowers, zinnias, marigolds) since they have ray petals surrounding a disk of tiny flower parts in the center of the flower.

Obedient Plant

This member of the mint family (*Physostegia virginica*) is so-called because when the flowers are pushed to the side, they remain in that position. The light purple bell-shaped blooms can continue into November and are well liked by large bees such as carpenter bees. This plant needs no special care at all.

New York Ironweed

Ironweed (*Vernonia noveboracensis*) can grow to 8 feet tall and has small purple blossoms that are excellent nectar sources for native bees. It self-sows but seedlings are easy to identify by their finely serrated leaf margins. At the Pollinator Garden, we stake this plant to keep it from toppling in late summer storms. If you prefer a shorter blue flower in the fall, try blue boneset, a/k/a blue mistflower (*Conoclinium coelestinum*), another perennial in the aster family. It remains short until late summer when it sends up foot-tall stems with lovely fuzzy blue flowers. Butterflies love this plant.

For me, one of the best aspects of native plants is that once they are established, they do not need any watering and require minimal care. At the Pollinator Garden,



Howard Goldstein photos

Above, yellowing amsonia stems make a colorful backdrop for asters; left, the late-blooming obedient plant; below, a syrphid fly visits aster 'Raydon's Favorite.'



we do not cut down any perennials until late March or very early April when we are getting ready for spring. The spent stems provide cover for overwintering insects, food for birds and winter protection for the crowns of the perennials.

Come visit this garden in September and October to witness some of the splendors of fall in Philadelphia.

Howard Goldstein is a
Weavers Way Working Member.

Websites for Native Plant Info

- **wildflower.org:** Based in Austin, TX, this is the research arm of the Lady Bird Johnson Wildflower Center. Good site to research native plants.
- **ento.psu.edu/pollinators:** Education and certification for gardeners who wish to certify their garden as pollinator-friendly.



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Bonding with Your Dog Through Nurture & Play

by Erick Redwood, for the Shuttle

(Third of three parts.)

THIS IS THE LAST OF MY THREE ARTICLES ABOUT helping your dog learn how to cooperate with you, their human. Like people, our canine companions are much easier to teach when they appreciate their life and when their anxiety is minimized.

In my first article (June), I began by discussing the basic canine need for free-run exercise and covered the “recall” — teaching your dog to come when called. The premise is that our dogs’ happiness relies upon having the freedom to run and smell, and because they are intrinsically loyal creatures who are dependent on us, we can use focus and reward to ease their distractions and fears so that they learn to work with us.

My second article (July) was a primer in setting boundaries. It introduced the feeding process and how to use the “sit” and “wait” commands to teach your dog to acknowledge you as the human alpha. I also discussed the distinction among different voices — COMMAND, CORRECTIVE and PLAY/NURTURE — and that’s where I pick up here.

The COMMAND and CORRECTIVE voices are frequently used synonymously, but dogs hear them differently. For example, if your dog is in your way and you tell her in a corrective tone, “Get out of the way!” she hears an angry human and reacts with stress or even fear. Alternatively, if you use your dog’s name or an endearing nickname and say in a command tone, “Move, Cajun!” your voice keeps the dog focused on your expectation. Even if he’s not sure what you want him to do, he knows you’re asking him to do something.

The PLAY/NURTURE voice is not the one to use if you’re trying to get your dog to do something. (That’s tantamount to a bribe!) For example, if you use a nurture voice



Skeeter, left, and Cajun take a break after enjoying a round of (well-mannered) wave chasing on the beach in Delaware.

Erick Redwood photo

to call and offer your dog a treat because you want to entice her into a bath, you will generate distrust. If you want your dog to respond to the best of her ability, she needs to trust you; trust means your dog can read you clearly, and a dog can’t do that when your message is confusing.

REWARDS are a form of nurturing, and there three basic types: physical, verbal and food. Physical rewards can include a massage (which is as appreciated and healthful for canines as it is for people), tug-of-war and even lying over your dog as if to shelter her. Your voice should be your version of a comforting tone and serves as a verbal reward.

You should also offer food treats when your dog is being especially focused or when you want to give her some quality attention, not just as a reward for doing a trick or task. You want to reinforce your appreciation of her focus on your wishes.

Which brings us to the PLAY aspect of a happy dog. We bond with our dogs through play and can even help them recover from trauma — perhaps akin to what play therapy can accomplish with children. Dogs, even purebreds of the same breed, have their own unique personalities. Some

are reserved and not particularly playful. Successful bonding with your dog requires a good match and observation of their personalities, just as it does with people.

As you would with a child, share experiences and spend quality time with your canine companion. Play is discovery; here are some personal anecdotes:

Cajun is a flat-coated retriever mix. As he was a rescue from Hurricane Katrina — he’s now 16 years old — I wanted to see whether his innate inclination to enjoy water had been compromised. (Some months after he arrived, watching “When the Levees Broke,” Spike Lee’s three-part documentary on Katrina, I actually spotted Cajun himself swimming at roof level!) Sure enough, Cajun would only wade in shallow local watering holes — if his feet couldn’t touch bottom, he backed out.

So I took him to the beach. He liked walking with me in the water and (on a long lead) followed my cues to feel safe in the waves, which were new to him. But he would start to panic if the wave required him to swim — until he realized that the life jacket I’d put on him kept him from sinking. Then he swam confidently, happily re-

(Continued on Next Page)

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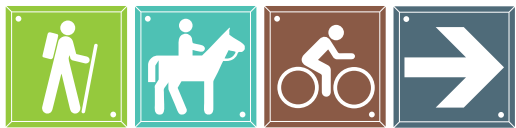
trieving objects from the surf. Discovery! **Skeeter**, according to the rescue group, is a runaway border-collie mix from Tennessee, where he was a gun dog used in duck hunting. Skeeter was terrified of noises, cars, stairs and new places. He'd also bolt like a rabbit whenever he could from wherever he could. Opinions from trainers I consulted were that because of his background and breed, it was unlikely I'd ever be able to trust him off leash. So I tried to think of ways to engage him and get him some exercise anyway.

I started with the long training lead and tried to find something to interest and distract him. First, in my fenced yard, I threw a ball with my friend's golden retriever, Bear. Skeeter beat him to the ball every time and then dropped it near Bear, who then brought it back.

Then I started throwing a frisbee directly to Skeeter, standing a few feet away and using my most enticing play voice. Now he adeptly catches frisbees from any distance, often in midair. He loves it, feels a sense of accomplishment and gets a significant workout!

Create and discover what will float your dog's boat, and he or she will keep you emotionally afloat with her loyal support.

Erick Redwood, M.Ed., does relationship counseling via cognitive behavioral therapy. He has adapted his methodology to facilitate understanding between canines and their humans. Email him at erick.redwood@gmail.com.



ALL TRAILS CHALLENGE 2018

— Friends of the Wissahickon —

See the Whole Wissahickon: Take the All Trails Challenge

by Maura McCarthy, Executive Director, Friends of the Wissahickon

FEW WISSAHICKON VALLEY PARK VISITORS SEE ALL OF its 50 miles of scenic trails. So here's an excuse to do just that — and support the park at the same time: Join Friends of the Wissahickon's 3rd Annual All Trails Challenge.



ATC isn't a race and you don't have to be a conditioned athlete to take part. People of all ages and fitness levels are invited to walk, hike, jog, run, bike or ride your horse through every corner of the beautiful Wissahickon over a four-month period. (You can even walk your dog — on leash of course!)

And while you're exploring, you'll be raising money to conserve the park's beauty and history by having friends and family sign up to sponsor your effort. Last year, more than 245 people participated, raising \$29,000 and completing over 5,000 miles.

ATC kicks off on Aug. 20 for members of Friends of the Wissahickon and on Sept. 4 for non-members, and continues through Nov. 27. A kickoff party is slated for Sept. 6 at Wissahickon Brewing Company. There'll be mileage and fundraising incentives, lots of giveaways and scheduled hikes and walks

Join Us for the ATC Launch Party

Thursday, Sept. 6
6-7:30 p.m.
Wissahickon Brewing Company
3705 W. School House Lane, Philadelphia
RSVP at fow.org/events

with great prizes, including exclusive vacations for the top mileage and fundraising participants. Visit fow.org/alltrailschallenge to register and stay up to date on ATC news.

HOW TO PARTICIPATE

STEP 1: Register. FOW members will receive an email inviting them to participate, and a link goes live on the FOW website on Sept. 4 for the general public. All ATC participants who have registered with a minimum of \$50 raised or contributed are eligible to compete for prizes based on miles completed.

STEP 2: Track your mileage. Use a fitness tracking app like Strava, FitBit or Map My Fitness and sync it with your fundraising page, or manually upload it to your Everyday Hero Supporter Page.

STEP 3: Start logging miles when the link goes live on the FOW website once the challenge begins.

STEP 4: Spread the word! Create a fundraising page and share updates with friends and family via email and social media. Keep up with the ATC fun by following @FOWissahickon on Facebook, Twitter, and Instagram.

This year, FOW is proud to welcome Uninvest as a lead sponsor, along with additional sponsors Elfant Wissahickon Realtors, Kouvenda Media, Old York Advisors of Raymond James, Skytop Lodge and D. Richardson Productions. (Sponsorship opportunities for this popular event are still available by contacting Lorraine Awuku at awuku@fow.org.)

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Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

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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.

Some interesting numbers for the
year ending June 30, 2018 (our Fiscal
Year 2018):

\$120,140: Total spent on electricity.

\$425,000: Total spent on credit-card fees.

\$280,000: Total spent on packaging.

\$70,000: Total spent on trash removal



(including recycling).

\$10,600: Total spent on staff training
and education.

Credit-card fees are the second larg-

est non-payroll expense we have, exceed-
ed only by rent.*

(*We own the Mt. Airy buildings,
but we rent Ambler, Next Door in Chest-
nut Hill and the warehouse on Hunt-
ing Park Avenue. We also own the main
Chestnut Hill store but we pay ourselves
rent for it — it's set up as own limited
liability corporation because there are
apartments upstairs.)

While all forms of payment incur
some expense (processing and deposit-
ing checks and cash also cost money), one
does wonder if there is a better method of
offering shoppers a convenient payment
method that doesn't send \$425,000 out of
the co-op economy to be spent by banks
and credit-card processors on who knows
what. Maybe we can figure something out,
like the ability to add money to EasyPay
accounts via bank transfer (we are look-
ing into this). Or go back to the roots of

American civilization: The Maya used ca-
cao beans both as currency and as a drink.

■

Last month, we showed a documen-
tary in The Backyard at Chestnut Hill.
"Plastic China" followed two Chinese
families who earn a meager living sorting
waste plastic to be remanufactured into
plastic pellets for re-use. This waste ma-
terial is not worth much these days, part-
ly because the value of recycled plastic
is related to the price of oil, and with oil
prices being (relatively) low, the econom-
ics of recycled plastic tip less toward eco-
nomic viability.

Most of us never see the impact of
throwaway plastic, though we do hear
about how it's accumulating in the ocean,
its effect on wildlife and how it doesn't
biodegrade. We don't hear much about
how it directly affects the lives of people

(Continued on Next Page)

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(Continued from Preceding Page)

in other countries. It's not a pretty story and it's worth finding out about if you are concerned about the impact of your consumer decisions on the environment and other people.

suggestions and responses:

s: "Love the Caesar salad! I buy the dressing too, and like adding a little extra to the salad."

r: (Dan MA) Thanks and we'll keep them stocked!

s: "Three Springs peaches are my favorite produce item for the whole year."

r: (Norman) Over the years, we've found Three Springs to be one of our best orchards. (Editor's note: Three Springs, in Adams County, was just honored as a PA Century Farm for being in the same family for 100 years or more.) Their fruit is almost always good and they are good at

“
Produce pricing is largely about supply and demand. The lemon supply was diminished by higher-than-normal heat in California . . . Mexican lemon growers had their own problem of the trees getting too cold last December.
”

implementing Integrated Pest Management (IPM). Unlike Tinder, which tries to match people based on passing sexual interest, Three Springs IPM uses pheromone mating disruption to confuse the males even more than the males' naturally confused state, which limits their ability to swipe right and hook up, thus resulting in fewer pests.

s: "Lemons are outrageously expensive at 79 cents for conventional and \$1.49 for organic!"

r: (Norman) Produce pricing is largely about supply and demand. The lemon supply was diminished by higher-than-normal heat in California, which caused some trees to drop their lemons before they could be harvested (known as "pre-

mature elemonation"). Normally other suppliers, like citrus-growers in Mexico, can augment the California supply, but Mexican lemon growers had their own problem of the trees getting too cold last December, with lower production as a result. A quick check of Acme, Giant and Whole Foods shows prices similar to ours. Supplies are expected to increase sometime in September, so prices are expected to return to more normal levels in the fall. Lemons are one of our best-selling items; in June, Weavers Way shoppers bought 5,713 conventional lemons and 1,820 organic lemons.

s: "What happened to the large bags of Common Market frozen vegetables?"

r: (Norman) Common Market is a local distributor of local and regional produce and a few other food products. They mainly serve institutions like hospitals

(Continued on Page 20)

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New Executive Director at MALT

Mt. Airy Learning Tree has announced that its new executive director is Stephanie Bruneau, formerly Weavers Way’s program coordinator.

Stephanie replaces Judy Weinstein, who led the organization, which offers hundreds of low-cost classes that celebrate the diversity of Northwest Philadelphia, for five years.



Stephanie Bruneau

Stephanie is a Mt. Airy native with a background in community education and sustainable development and a master’s degree in sustainable community planning from Brown University. “I am thrilled to be able to take my passion for community to MALT,” she said. “MALT does an amazing job of bringing our diverse community together through shared interests, strengthening and enriching the social fabric of our community.” A MALT instructor (Beekeeping 101) and student (Beginning Salsa), she added that she looks forward to continuing to learn from her neighbors through MALT programs.

For more info about MALT, visit the website at mtairylearningtree.org.

The Weavers Way Neighborhood Nutrition Team is a group of nutritionists, dietitians and other wellness practitioners who are working together to bring nutrition inspiration and information to Weavers Way members. The Team aims to provide information and resources that empower members to make desired changes in their nutritional programs. For more information, contact outreach@weaversway.coop or 215-843-2350, ext. 118.

COMING UP IN AUGUST

Open Hours: Ask the Neighborhood Nutrition Team
Friday, Aug. 10, and Friday, Aug. 17
5-7 p.m., Weavers Way Ambler
Bring your questions and concerns about healthy eating, Weavers Way products or anything related to nutrition and food — and stay for \$4 Friday Dinner in The Café while you’re at the store!

DIY Nut Milks - Demo & Tasting
Friday, Aug. 17, 11 a.m.-12:30 p.m., Weavers Way Ambler
Nutrition Team member **Wendy Romig** leads this demo of how to make your own alternative milks — such as almond, cashew and oat — and how to get creative in the kitchen with the remaining pulp. No crumb left behind! Wendy is the owner of Sage Integrative Health Center in West Mt. Airy and a functional nutritionist and clinical herbalist. FREE.

I Scream You Scream for (Non-Dairy & DIY!) Ice Cream
Friday, Aug. 24, noon-1:30 p.m., Weavers Way Ambler
Nutrition Team member **Dorothy Bauer** leads this fun (and delicious!) workshop on the ins and

outs of DIY non-dairy ice creams — tastings included. Dorothy, a raw-food chef, has a passion for healthy food, with a particular focus on a gluten- and dairy-free, low-glycemic diet. FREE.

Dairy Alternative Cheeses & DIY Cashew Cheese
Friday, Aug. 31, noon-1:30 p.m., Weavers Way Ambler
The world of non-dairy cheeses has never been bigger or better! Join Weavers Way Nutrition Team member **Nicole Schillinger**, for a tasting of non-dairy cheeses, and learn the basics of making your own cashew cheese spread. Nicole is the owner of the Functional Health Center in Ambler. FREE.

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LGBTQ-Affirming

Exploring Our Emotions: Late Summer's Worry and Thoughtfulness

by Rachel Kriger, Weavers Way
Health & Wellness Committee

WHAT IS EMOTIONAL WELLNESS? IS IT FEELING happy or joyful all the time, or most of the time? This would be denying a natural and human part of ourselves — the full spectrum of our emotions. We tend to judge our emotions instead of embracing our humanity. When we shift toward allowing our emotional experiences and observing them in our bodies, we can begin to cultivate acceptance and compassion for ourselves and a deeper sense of well-being.

"E-motion" stands for energy in motion. As a Five Element-style acupuncturist, I understand emotions through their connection with the energetic movement of the seasons. Each emotion can be felt in "dis-ease" and in wellness. The emotions associated with the late summer season are worry and thoughtfulness.

The five elements correspond to five seasons — the fifth being late summer, which is associated with the Earth element. During this time, fruits ripen and we savor their sweetness. The planning, hard work, love and tending from spring and summer have come to fruition. Now we must be thoughtful about how we give and receive the nourishment we have cultivated. Before the age of supermarkets, we would have been very thoughtful about how to make late summer's harvest last until the following spring. And if there was not enough, we would naturally be worried.

Let's look at the energetic movement of

thoughtfulness and worry. Like the roundness of the fruits and the swarming insects of late summer, these emotions tend to move round and round or travel from center to periphery and back to center.

What is the energetic movement of your thinking? How much do you think about yourself and others? Are you being thoughtful or worrying? Are you worried that you're being too thoughtful? Do you wish others did more for you? Don't overthink this. Instead, as you ask yourself these questions, notice the speed and direction of your thoughts. Fast? Slow? Toward center or periphery? Round and round?

Here is my acupuncturist's advice for those who overthink or worry:

Ask yourself, "Does this thinking have any benefit?" If so, follow that train of thought and take action. If not, use your newfound awareness to create change or let it go completely.



You can also take note of how your worry sheds light on that which you value most — perhaps love, safety, wellness, a person, a place. Notice the subject of your worry and practice being thoughtful about shifting to gratitude instead of ruminating on the worry.

Find your center and stay grounded. When we get too involved in our thinking, our energy concentrates in our heads and we may experience headaches, digestive issues or insomnia. Practice putting your hand on your belly and bringing your breath to your center. Practice feeling your feet on the ground and bring your energy toward the Earth. Thank the Earth for its sustenance and nourishment.

Get regular acupuncture treatments to support your body, mind and spirit to achieve and maintain wellness. As the many benefits of acupuncture accumulate, you can develop a new understanding of and relationship with your emotions.

Rachel Kriger is a Five Element-style acupuncturist who works with kids and their grownups. This is the fourth of a five-part series exploring the emotions. Parts 1-3 can be found at www.pointsofreturnacupuncture.com/pediatric-acupuncture-blog.

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

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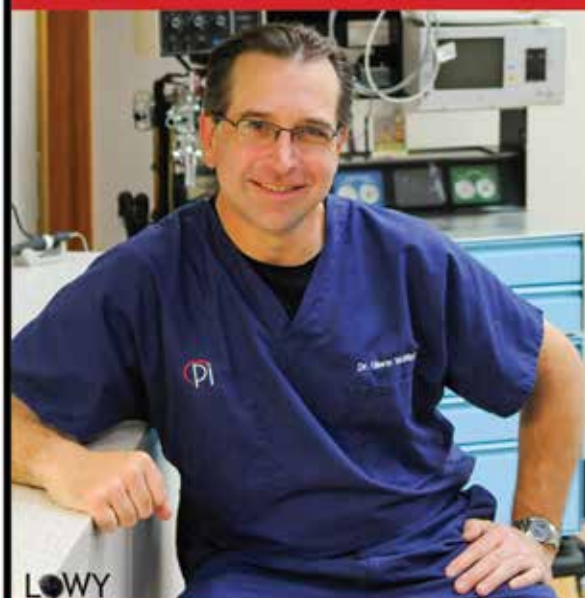
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Job: Ambler Bakery Buyer
Since when: He was hired as a lead cashier prior to the Ambler store opening last October, and got the bakery-buyer position in mid-May this year.
Age: 40
Where he's from/ where he lives now: Lower Hudson Valley of NY & NJ/Blue Bell Hill, Germantown.
Previous jobs: He's run the gamut, from teaching phys ed in Waldorf schools to doing marketing and financial management for his father's insurance company to freelance writing. To bolster his income between freelance gigs, he worked in retail, including a stint as a produce clerk at Hungry Hollow Co-op in Chestnut Ridge, NY, where he worked his way up to managing their Facebook page and becoming marketing manager. In the fall of 2015, he was tapped to be part of an interim general management team. After a new general manager was hired in 2016, he worked as nonperishables manager while continuing his marketing duties.



How he got here: He started looking for work at other co-ops, especially positions that would allow him see how a store worked from the inside out. "The second I got out of my car here in Ambler for my interview, it just felt like a place I wanted to be."
About the change in jobs: "I really enjoyed the cashier work, because I feel like I got to know a lot of our customers — meet the whole community, in a sense. . . . I'm going to miss that a little bit, being in the back now, but I still see them as I walk around the store. But at the same time, I was happy to get back into the purchasing side, because I really love that, too."
Favorite Co-op products: Produce, Field Roast chao slices, Clif bars, Real Pickles sauerkraut, Sunja's Kimchi
A little Co-op love: "I've been impressed with Weavers Way since the moment I started to learn about it. I think it's amazing to see a co-op that has its own farms. . . . It seems that whenever they've said 'We're going to do this initiative and make it part of our co-op,' they make it happen."

— Karen Plourde

COOPERATORS OF THE MONTH

Zbigniew Bieniaszewski
& Kasia Kalyta

Joined Weavers Way: Last December, although they started shopping soon after the Ambler store opened in October.
Live in: Ambler. They both immigrated from Poland. Zibi is originally from Gdansk, Kasia from Gliwice in the southwestern part of the country, close to the Czech border.
Current jobs: Zibi is a project manager and Kasia works in sustainability for the same international retailer.
Family facts: They have a 25-year-old daughter, Janine, who lives in Poland.
Why they joined: **Zibi:** "We started shopping, talking to neighbors, and then I kind of reached a point — it was my wife's motivation — to start giving back something."

Why they're working members: **Zibi:** "All my life, I've dealt with merchandising, with products. . . . I'm a merchant at heart." **Kasia:** "I cherish new experiences, and I do like customer service. It was a lot of fun, actually, to volunteer here, and get more familiar with the store and actually meet customers."



Co-op job history: Zibi helps out at \$4 Friday Dinners, and serves on the Ambler Co-op Advisory Committee. He tabled during the Member Loan Campaign. Kasia helps out with events like the loan committee confab at the Ambler Theater.
Favorite Co-op products: They're devotees of the bulk section, and also buy eggs in bulk. They estimate they do 99 percent of their shopping here.
A little Co-op love: **Zibi:** "It's like a good neighbor. The most important [thing] is that the money stays here. It doesn't go [for] someone to buy another limousine or whatever." **Kasia:** "It is a solution, and we will need more and more of that [as an] alternative to this growth-oriented economy. There's nothing wrong with growing as a co-op; it's just that it has different impacts. . . . [this] doesn't fill someone else's pockets. It enriches the community."

— Karen Plourde



Backyard Bash

**SATURDAY
AUGUST 18**

Noon - 5PM

**IN THE
BACKYARD**



**DEMOS &
SAMPLES!**

GRILLIN'

LIVE MUSIC

BYO

FOOD TRUCKS

FOR MORE INFO: WEAVERSWAY.COOP/EVENTS

Thanks for Chipping In!

by Kathleen Casey and Laura Morris Siena,
Together We Grow Co-Chairs

WE ARE THRILLED TO REPORT THAT PHASE II OF THE “TOGETHER We Grow” campaign was a great success! We raised \$430,000 in member loans and \$25,000 in increased member equity, beating our goal, which was \$400,000! We extend a hearty thank you to the 158 member households who were able to participate in this capital-raising campaign.

Phase I, conducted in the fall of 2016, raised over \$1.5 million in member loans and enabled the Co-op to develop Weavers Way Ambler. Between “Together We Grow” Phase I and Phase II we raised \$2 million.

Proceeds from Phase II paid off two bank loans, significantly lowering the Co-op’s monthly debt service. In essence, we get to pay interest to our members instead of the banks!

While we had always anticipated a Phase II of our capital campaign, the timing was motivated in great part by the tremendous growth in our membership. Since 2016, more than 3,700 households have joined the Co-op. We wanted to give our new member-owners (and the existing ones as well) an opportunity to support their co-op. With member loans paying 4% interest on a 6-year, minimum \$1000 loan, and an offer of \$100 in EasyPay credit for adding \$400 in member equity, Together We Grow Phase II provided incentives as well!

We’re grateful to Member Loan Committee members Zbigniew Bieniaszewski, Bernadette Dougherty, Lexa Edsall, Julia Bruno Watt and Mark and Eileen Wenckus for all their hard work. We are honored to have been able to play a part in the incredible project of strengthening Weavers Way Co-op for today and for the future, and appreciate being able to meet so many dedicated members along the way. It has been a joy for the both of us.

Email Kathleen at kcasey@weaversway.coop for more information about how to participate in supporting Weavers Way’s growth.

We Beat Our Goal!

**\$430,000 in Member Loans made
by 95 Co-op Member Households!**



What’s What & Who’s Who at Weavers Way

Weavers Way Board

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

The Board’s regular meeting monthly meeting date is usually the first Tuesday of the month. The Board does not meet in August. Beacuse of the Labor Day holiday, the September meeting is scheduled for Tuesday, Sept. 11., 7 p.m., at the Chestnut Hill Community Center, 8419 Germantown Ave. All are welcome!

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.

2017-2018 Weavers Way Board

President: Chris Hill
Vice President: Joshua Bloom
Treasurer: Joan Patton
Secretary: Lisa Hogan
At-Large: Eric Borgstrom, Olga Corrias Hancock, Larry Daniels, Meg Gruwell, Toni Jelenik, David Woo, Esther Wyss-Flamm

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advertising@weaversway.coop

DID YOU KNOW?
You can read the Shuttle online.



www.weaversway.coop/shuttle-online

Weavers Way Mt. Airy

559 Carpenter Lane
8 a.m.-8 p.m. daily
215-843-2350

Weavers Way Across the Way

610 Carpenter Lane
8 a.m.-8 p.m. daily
215-843-2350, ext. 6

Weavers Way Chestnut Hill

8424 Germantown Ave.
Monday-Saturday, 7 a.m.-9 p.m.
Sunday, 8 a.m.-9 p.m.
215-866-9150

Weavers Way Ambler

217 E. Butler Ave.
8 a.m.-8 p.m. daily
215-302-5550

Weavers Way Next Door

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

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Become a Member

Want to play a role in shaping your grocery store? Just complete a membership form in any store or online, make an equity investment and you’re good to go! We ask new members to attend an orientation meeting to learn about our cooperative model. You’ll receive two hours of work credit for attending. We look forward to meeting you!

Upcoming Orientations

The Backyard, Weavers Way Chestnut Hill
(Thursday, Aug. 16, 6:30-8 p.m.)

Ambler Senior Center, 45 Forest Ave.:
Saturday, Aug. 25, 1-2:30 p.m.

Check www.weaversway.coop/events for additional dates. To RSVP or for more info, email outreach@weaversway.coop

