



September\October 2023

The Wonder of Nature at Play

Doug Streuli

There is something about sitting on the deck with an ice cold glass of tea, or any beverage really, and simply watching the goings on in our yard. I'm not talking about watching kids play ball, or tag, or other games - although that can be fun as well. No, I'm talking about watching hummingbirds, butterflies, and even bees as they go about collecting nectar from our flowers and, as a by-product, pollinating them in return.

Two years ago we began to transform our side lawn from grass to a pollinator garden. In another two years you won't find a blade of grass on the north side of our house. In total I expect the garden to occupy three to four hundred square feet.

We did this as we learned about the decline of North American monarch butterflies, which is occurring as a result of loss of habitat all along their migratory path. As recently as a decade ago you would likely see dozens of these orange, speckled, flying wonders. Now we are lucky to see two or three over the course of the summer.

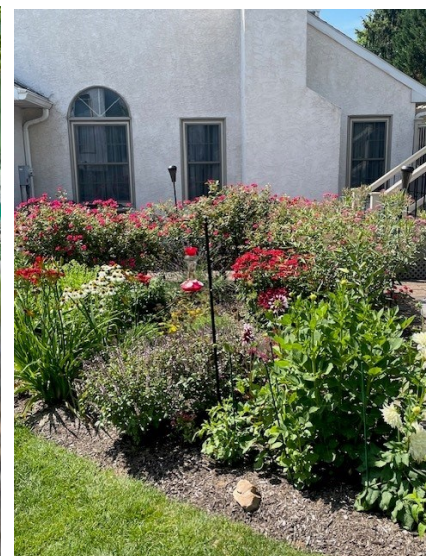
We decided to reintroduce the flowers and plants that they need to reproduce and feed upon in our garden. Chief amongst these is

milkweed - the only plant on which the Monarch Butterfly will lay its eggs. The milkweed is not a pretty flower, like roses or lilies or irises. Actually, it really does look like a weed. Without it the Monarch cannot reproduce. Certain flowers, such as purple echinacea, are a favorite for it to feed on.

Rather than arrange things in neat rows, we have filled the space with these and other native plants that the Monarch, and other varieties of butterfly, have learned to depend upon over the centuries. Just this past month our garden was certified as a Monarch Waystation, and in the last four weeks we have raised and released six Monarchs, from egg to adult.

A pollinator garden, once planted, is not difficult to maintain. In fact, leaving it alone is best. When the butterflies are done with the echinacea the finches take over, and a handful of seeds will get through the winter and start all over again the next year. The flowers get so thick that weeds have little room to grow and so, at the end of a long day, there is time to sit, and watch the wonder of nature at play. I can walk past African Basil loaded with 50 bees and they will pay

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me no mind. A hummingbird will hover three feet from my head, unafraid, before swooping in to harvest nectar from a salvia. And the butterflies will feast upon a half a dozen different varieties of flowers, lay their eggs, and move on. It puts the mind at ease, and ready to face the next day, and it takes very little space.

Interested? You know where to find us. We'll be in the garden, and happy to share the experience!

The Shade Trees of Elverson

Herb Hamilton, Elverson Shade Tree Commission

It's dry and our street trees are showing it. The leaves are wilting, some are showing fall color and others are dropping. Should we be worried? No. This is a natural phenomenon that should not cause alarm. It's how trees conserve moisture. Even though in most cases it is a bit early to see the leaves turn and drop, our street trees are well selected to endure this kind of weather.

Both native and non-native trees line our streets. The native trees are Amelanchier, ash, honey locust, red maple and sugar maple. These natives have adorned our woods and streams for eons. The non-native trees are the cherry, pear, sycamore, Zelkova and the red-leaved Crimson King maple. I know what you are thinking, "wait, sycamore is a native tree." It is, but not the sycamores that we have. Our "sycamores" are really a hybrid between the American sycamore and the Old World sycamore. This hybrid, known as London plane, has greater urban tolerance than our native sycamore, which prefers life along stream banks and wetlands.

Okay. Back to the dry weather and its effect on our street trees. Let's start with the ash and locust. They typically drop their leaves in September anyway so, no big deal here. With fewer leaves their need for water is reduced.

They are fine. The maples and sycamores have larger, thicker canopies and will shed interior leaves to conserve moisture. But when you add a dry spell in September, it may cause some of them to start their fall change. Next, we



Tree-lined South Pine Street

have the Amelanchier and this is a tricky one. Just when you think it will pack up and drop its leaves, it fools you and holds on to them and vice-versa. Go figure. I love the tree, but it drives me crazy at times. Our best trees for dry conditions are the pears and Zelkova. They seem to shrug it off. That leaves the cherries and unfortunately, they are the worst in dry conditions. They not only drop their leaves early but also experience tip dieback. This weather is hard on them.

While our trees would prefer to receive regular rain, they can endure these periodic dry spells; cherries excepted. Yes, it is discouraging to see the wilted look of the leaves, the

premature fall color and the leaf drop. The good news is our trees are going to be fine.

So, the next time you walk past a tree that looks a little sad, give it a reassuring pat on the trunk. Let them know it will be okay.

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A-Z Medical Center Serves Elverson

Gary Herring, MD

Time sure does fly and **A-Z Medical Center** is approaching its Four-Year Anniversary this December. It has been our honor and pleasure to serve the amazing people of this area and our goal remains giving reliable and affordable health care to everyone.

While most folks know us as an Urgent Care, we have grown, expanding our services to include a variety of full medical care all under one location and in your backyard.

A-Z Medical Center has **Primary Care** under a membership program for your long term and chronic illnesses, with a focus on disease prevention. We now have over 90 local companies, representing about 5,000 employees that we treat through our **Occupational Health Division**. This dedicated staff provides on and off-site care, including employment physicals, drug screening, mask fitting and OSHA guidelines.

Everyone needs a physical at some point in their life. A-Z performs physicals for sports, drivers, work, and insur-

ance. We also do CDL's, DOT cards, and Bus Drivers exams.



In the last year, we have added **Orthopedic medicine, Kinetic Physical Therapy, Chiropractic care, and Mental health counseling.** **French Creek Aesthetics** remains a leader in skin care providing the latest products and treatments with a European approach. Come experience an individually tailored facial or relaxing massage. Free consultations are offered for wrinkle reduction and fillers.

With our **Medical Weight Loss** program, a weekly injection is offered with semaglutide in our clinic with nutritional consultation and lifestyle changes. To complete our vision and holistic approach to health, we have remodeled our gym, **Elverson Fitness Club** which includes free weights, personal training, and classes.

We are located at 45 S Pine St and open daily 8am-8pm, Sat 10a-6pm, closed Sunday. **610-901-3900.**

Our Parade and All Things Elverson

Esther Prosser, Elverson Mayor

Our Elverson Parade is now in its 50th year, always the third Wednesday evening in October. This year that is **October 18 and we begin at 7 pm.** This is not the evening to return home between 6 and 7 pm as Elverson gets a bit crazy in that hour when roads are closed and folks are flocking to South Pine to line up. Instead, arrive early on Main, grab some food at either 21 E Main (food truck), 16 E Main (Yellow Door Tacos) or Giovanni's at 18 W Main and enjoy our "once a year" Main Street fun.

We have ordered adult sizes of green Elverson t-shirts and will be selling these at a table at 16 E Main before the parade (adult \$15, children \$10). Drop in with cash or Venmo and don our newest Elverson ware.

Thanks to many who have joined me in our efforts to make Main Street safer. We have added pedestrian crossing signs, some of which have taken a beating. If you see a driver hit one of these, take a



picture and email or text it to me. And, assume when you're crossing on foot, that vehicles will stop for you (without endangering your life, of course). We need to train drivers that the Elverson way is stopping for those who cross our Main Street. This is a team effort and may take some time.

We are adding signs prohibiting the use of jake brakes on our Main Street in Elverson. Jake brakes are those used by trucks to slow down quickly and they are loud.

Sometime in October, you will probably see these signs posted on the east and west ends of Main. I am hoping this will slow trucks going through our Borough and minimize the noise they create.

We continue to play pickleball at the two Borough Hall courts on Monday at 5 and Thursday at 6. We are an unskilled group, so join us and give it a try. When the weather cools and the days become shorter, we will move inside and are hoping to gain permission to use the community room at Hopewell

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**ELVERSON
PARADE
OCT. 18 7:00
RAIN DATE OCT. 19 PM
ON MAIN STREET**

This year's theme is

The 70's

**A THROWBACK FOR ELVERSON'S
50TH ANNIVERSARY**

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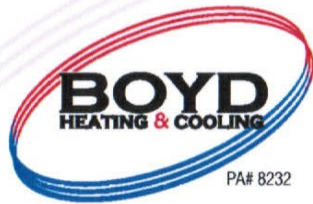
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ATTORNEYS AT LAW

Gregory W. Philips, Esq.

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Send your Elverson news and stories to our editor at brenda@stoltzfus.com by November 1 or call her at 610.286.5115. Newsletters can be found on elversonboro.org.

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Elverson's Sunflower Field

Windy Hill Farm to Table

Drop in at 21 East Main on Tuesday or Thursday between 11 am and 3 pm to enjoy delicious food cooked by Derek Altman, local chef and owner of our own Elverson food truck. His fare includes Blackened Salmon BLT, Capri, Turkey & Gauc and other options (depending on the day). Derek also caters events, customizing his menu to your liking. And look for him at our Elverson Parade. He will be there selling his “farm to table” food.

When stopping by, please park safely either on-street on the north side of Main or behind the building.



Derek and family in front of his converted 70s camping trailer—now Windy Hill Farm to Table.



Elverson Pickleball Players

Manor. Stay tuned.

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One final thought—it was the diligent and valiant efforts of our law enforcement that has and continues to keep us safe in our Borough. Chester County was front and center for two weeks as these dedicated professionals worked tirelessly to capture a dangerous criminal. We live in a safe town. But, after days of living on edge, this incident made me appreciate that secure feeling even more. Let us live forever grateful to those whose job it is to keep us safe.

If you have questions or ideas, please contact me—**esther@stoltzfus.com, 484.269.7153.**