



Jamila Medley

VIRTUAL FALL WEAVERS WAY GENERAL MEMBERSHIP MEETING THURSDAY, NOVEMBER 12, 6 - 7 PM

Visit our website to RSVP and get log-in info.

Guest Speaker: Jamila Medley, executive director Philadelphia Area Cooperative Alliance (PACA)

Agenda

Welcome/Opening Remarks from Board President Toni Jelinek	5 min.
GM Report from Jon Roesser	10 min.
Q&A with Jon Roesser	10 min.
Introduction for Jamila Medley from De'Janiera B. Little, Racial Diversity, Equity, & Inclusion Advisory Committee Member	3 min.
Keynote Address from Jamila Medley	15 min.
Q&A with Jamila	15 min.
Thank You/Closing Remarks from Board Vice President Esther Wyss-Flamm	2 min.



Community-Owned, Open to Everyone

The Shuttle

NOVEMBER 2020

Since 1973 | The Newspaper of Weavers Way Co-op

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Progress Continues On Establishing A Philly Public Bank

by Peter Winslow, Weavers Way New Economy Incubator Committee

A PUBLIC BANK IN PHILADELPHIA IS on the horizon. This financial innovation promises to be particularly energizing for area co-ops, and may provide unique opportunities for Weavers Way.

A public bank is owned by the people rather than by private investors; it therefore seeks benefit for the community instead of maximum profit for shareholders. A public bank provides financing for local economic development instead of speculation throughout the world.

The last year has seen a number of developments that have moved the city closer to establishing a public bank, in spite of the COVID-19 pandemic. Councilman Derek Green announced in a January opinion piece in the Philadelphia Inquirer that the establishment of a public bank is his top legislative priority. On September 1, the Philadelphia Public Banking Coalition held a virtual town hall, and later that month, the real estate and economic development firm HR&A Advisors released its report of a public bank feasibility study for the city. In early October, City Council's finance committee convened a hearing about a prospective public bank. Enabling legislation is expected soon.

Co-ops have occupied a prominent place in the public bank discussion. Jamila Medley, executive director of the Philadelphia Area Cooperative Alliance, spoke at the town hall, and Mar-

(Continued on Page 11)

Part 3 of 3

Many Unknowns to Confront as the Co-op Moves Forward

This is the third in a three-part series on how the outbreak of COVID-19 affected operations at Weavers Way.

by Jacqueline Boulden, for the Shuttle



photo by Karen Plourde

Shoppers wait in line at the Chestnut Hill store last month.

THE COVID-19 GLOBAL PANDEMIC has upended life for all of us — where we work, how we work, and especially the way we shop and interact with members of our community.

According to Weavers Way General Manager Jon Roesser, COVID informs all of the Co-op's business decisions. "We don't do anything without taking into account the virus and making sure that everything we're doing meets public health official guidelines and is common sense in terms of operating an essential business during a pandemic," he said.

Coronavirus has led to many changes in the Co-op's three grocery stores

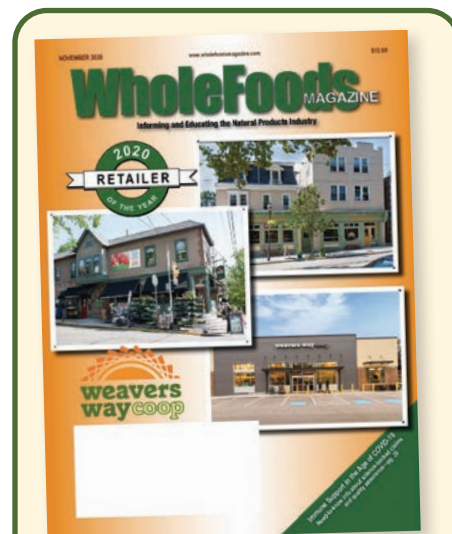
and two health and wellness stores: caps on the number of shoppers permitted in a store at one time; the shutdown of hot bars, soup stations and salad bars; increased sanitization of stores; and constant cleaning of shopping carts and baskets.

How many changes are short term and how many are here to stay? For starters, say goodbye to self-serve salad bars.

"We won't be returning to the days where you can build your own salad," Roesser said. "Instead, we will have a variety of pre-packaged salads."

Jax Arnold, front end manager at Weavers Way Ambler, doesn't think that

(Continued on Page 20)



We are proud to receive "Retailer of the Year" from the well-established, national trade magazine, WholeFoods Magazine. Check out the great in-depth article that captures what we are trying to do as a co-op, run by and for the community!

<https://wholefoodsmagazine.com/magazine/>



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SEE BACK PAGE FOR MENUS

Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



BY THE TIME YOU READ THIS, WE may know the winner of the Presidential election, as well as what Congress is going to look like the next couple of years. I...hope so. Stability has been scarce for much of 2020, and a peaceful post-election season would be a welcome change—if that happens. This has been a stormy year, and we could all use to catch our breath for the rest of it.

As you'll see in this month's Letters/Opinion section, we got a lot of feedback — most of it negative — regarding our decision to publish Doug Zork's op-ed "Co-op Community Should be Open to Alternate Approaches to COVID." A couple of the letter writers thought it irresponsible of us to publish the piece without an accompanying rebuttal, so there's a belated one this month from Dr. David Lewis, managing partner at Mt. Airy Family Practice.

Lewis makes sane, knowledgeable arguments to counter those that Doug makes — something that's been sorely lacking since the start of this pandemic. His op-ed made me wonder where we'd be as a nation if we'd relied on this type of response rather than the chaotic, nonsensical strategy (or lack thereof) we've used so far.

Like Dr. Fauci, I take a "this is business, not personal" approach to readers' opinions on our editorial decisions. But it bothers me when people take the attitude that bringing ideas to the forefront that don't match theirs is wrongheaded. When did we get to a point where we're stationed in two separate camps about everything, with no room for compromise? Are we mimicking our leadership, who can't seem to get much of anything done — including a desperately needed second stimulus package — because they're afraid to tip their hand to the other side?

Sorting out our questions about COVID, racism or any other major issue — with an eye toward getting the facts right — should be ground zero for making policy going forward. Here's hoping that will start to happen soon—even this late in the game.

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. 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.

What's in Store at Weavers Way



A Smaller, Yet Festive Thanksgiving Feast

Recipe by Joan Gigliotti, Weavers Way Member

Cider-Braised Turkey Breast with Brussels Sprouts And Sweet Potatoes

INGREDIENTS

For the turkey:

- 3-5 lb. boneless turkey breast with skin
- 2 tsp. kosher salt
- 2 tsp. fresh ground black pepper
- 5 cloves garlic, peeled and roughly chopped
- 2 Tbsp. quality olive oil
- 2 Tbsp. each of fresh thyme, sage and rosemary, de-stemmed

For the vegetable trivet

(A selection of vegetables for placing under turkey while braising):

- 1 yellow onion, peeled and large diced
- 3 carrots, peeled and cut on an angle
- 3 large celery stalks, diced
- 3 Granny Smith apples, peeled, cored and thickly sliced
- 2 cups apple cider
- 4 oz. shaved unsalted butter

Equipment

- 1 large Dutch oven or large roasting pan with sides
- 1 large mixing bowl or sheet pan

DIRECTIONS

1. Preheat oven to 375°F.
2. With netting on, place turkey breast in a large bowl or on a sheet tray. Thoroughly rub olive oil, herbs, salt and cracked pepper onto breast. Feel free to do this step two hours in advance and refrigerate, but bring turkey to room temperature prior to placing in the oven.
3. Assemble vegetable trivet inside Dutch oven and add 1 cup apple cider.
4. Place turkey breast on top of vegetable trivet, and add shredded butter to top of turkey. Roast without a lid for 20 minutes, then baste with juices. Cover with lid and continue cooking until internal temperature is 165°F, about 50 minutes.
5. Remove turkey breast from the oven and let rest on a cutting board, preferably one with grooves to catch juices. Remove netting.
6. While turkey is resting, strain juices from the vegetable trivet. Place liquid into a small saucepan, add 1 cup apple cider and bring to a boil. Reduce heat, continue to simmer for 20 minutes until liquid reduces to 1/4 cup. If you prefer a thicker sauce try a cornstarch slurry at this point. I like to save the vegetables for much of it to utilize in plate presentation.



photo by Joan Gigliotti

SHEET TRAY BRUSSEL SPROUTS

- 1½ lb. brussel sprouts cleaned, cut through core and halved lengthwise
- 4 oz. pancetta, ¼ inch dice
- ¼ cup quality olive oil
- Pinch of salt
- Pinch of ground pepper
- 2 Tbsp. syrupy balsamic glaze (Colavita)

1. Preheat oven to 400°F.

2. Place brussels sprouts on a sheet tray. In a separate bowl, add pancetta, olive oil, kosher salt, and ground pepper, mix well and spread over tray with brussel sprouts face down. Roast for 25 minutes until golden brown. Remove from oven and immediately drizzle brussel sprouts and pancetta with balsamic glaze.

SHEET TRAY SWEET POTATOES

- 1 ½ Tbsp. chili powder
- 1 tsp. smoked paprika
- 1 tsp. garlic powder
- ¼ tsp. ground black pepper
- ¼ tsp. kosher salt
- 2 - 3 medium sweet potatoes cut into a ¼ inch wedges

1. Preheat oven to 400° F.

2. Line baking sheet with parchment paper.
3. Mix the seasonings in a large bowl, add sweet potatoes, drizzle with good olive oil, mixing well to ensure all potatoes are completely coated. Transfer to the prepared baking sheet.
4. Bake in preheated oven until thickest part of potato wedges are easily pierced with a fork, about 25 minutes.



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What's in Store at Weavers Way



Your Pandemic Thanksgiving Co-op Shopping Guide

by Kathleen Casey, Weavers Way Development Manager

ACCORDING TO A SURVEY SENT TO WEAVERS Way members, the vast majority of us plan to have a smaller Thanksgiving gathering this year, and therefore a smaller turkey. Here's the tricky part: Will the turkeys cooperate?

Our Purchasing Manager, Norman Weiss, started having conversations a while back with our main turkey farm, Esbshade's of Lancaster County, about growing smaller turkeys this year. But we can still expect some too-big-for-the-pandemic turkeys — and lots of leftovers.

To help avoid that, we are bringing in additional offerings, such as organic frozen turkeys and turkey breasts. As an alternative, you may want to consider a duck or ham from the Co-op this year. We have also increased our orders on vegan Thanksgiving products and expanded our Prepared Foods menu.

That takes care of the main part of the meal. But what about everything else? How can we adapt so that we get what we need and avoid lines and crowds? Can we create better lists so as to avoid the "I forgot something" panic shop on Wednesday evening?

As someone who hates planning meals in advance (I only commit to answering the daily kid desperate inquiry "what's for dinner?" by 5 p.m. on any given day), here is an outline of what might help:

First Week of November:

- Buy non-perishables — baking needs, spices, broth or stock, canned pumpkin, bread cubes, crackers for appetizers, salt and pepper, cooking oils and vinegars. You can probably also get your onions, garlic and potatoes — just store them in a cool, dark place.

Also, make sure to place your fresh turkey, prep foods or pie order!

Second and Third Weeks of November:

- Since you shop at the Co-op, you can get away with buying some non-perishables because they haven't traveled across an ocean! Two-week-old veggies from our stores are about equivalent to one-week-

old veggies from a conventional store. Trust me; I have tested the life span of nearly every vegetable at the Co-op, given my tendency to buy too much and/or change my mind about the week's menu, and it is pretty amazing how long things last.

A possible list:

- Brussels sprouts, carrots, celery, cranberries, apples or pears
- Oranges and sweet potatoes
- Butter (throw in the freezer if you prefer)
- Whipped cream (Check the date on the label)
- Ice cream

You can grab your Tofurky or Field Roast this week, too. And if you serve appetizers, you can get away with stocking up on cornichons, charcuterie and many cheeses, too.

Sunday through the Wednesday before Thanksgiving:

These are the days for getting green beans, fresh breads, milk, pies, prepared foods, flowers for the table, and fresh — never frozen — local turkeys.

Here are some ways to safely get what you need:

- Order online for curbside pickup or delivery; we will be delivering through Wednesday.
- Shop at odd times — right when we open at 8 a.m. or after 6:30 p.m. If you have to stick with daytime, try mid-afternoon.
- Don't do a big shop when you pick up your turkey on Tuesday or Wednesday — make that a time to only get your turkey plus a few odds and ends.
- We hope to have items that are typically bought right before Thanksgiving outside under a tent, with outdoor payment options, to avert some indoor crowding.

However you choose to go about having — or not having — a holiday meal this year, may your Thanksgiving be healthy and full of good cheer.



New Catering Menus



Pick up one of our new menus including an entirely Vegan Menu.

Available in stores and online.



SLICE IT

DICE IT

SERVE IT

The Stuffing's the Thing

by Kieran McCourt, Weavers Way Ambler

Whether cooked inside the turkey or separately, stuffing can be what pulls the holiday feast together, besides the gravy. Here are some ideas to gussy it up:

Vegetable base: Swap out leeks for onions. Consider finely diced celeriac in place of celery. Don't forget to sweat your aromatic veggies on the stove.

Bump up the seasoning: Whether using classic poultry seasoning or something with more heat, consider blooming the spices in warm oil or butter with your aromatics. This ups the flavor and aromatic qualities of your spices.

Meaty bits: Nothing adds a bit of texture to stuffing like a bit of seared meat — sausage like chorizo or andouille or something milder. For plant-based diners, use your favorite veggie sausage, or fry or roast mushrooms.

Hydrating the starch: Liquid elevates dried chunks of bread into a delicious side. Consider using homemade stock — don't let that turkey neck go to waste! Bump up boxed stock by simmering it with dried mushrooms. If you're cooking your stuffing outside the bird, swap in vegetable stock to put one more thing on the table for the vegetarians in your life.

Something fresh: While dried spices will do most of the heavy lifting, add in fresh herbs — parsley, thyme and/or sage.

Beyond the bag: Whether for the holiday or a weeknight meal, any stale and dried out bread will do. Play around with sourdough or cornbreads. If it's not dried out enough, bake off cubed bread in the oven at a lower temperature to



dry it out and pick up a little extra toasty taste. Even cooked grains like rice can make a delicious stuffing.

Extras for stuffing made outside the bird:

- Mix an egg with the stock before adding to the stuffing mixture for a more custardy texture with a crispy exterior.
- Finish with a bit of brown butter or fry up sage leaves for a deeper and nuttier flavor.

Food Safety Alert: According to the United States Department of Agriculture, if you're stuffing your turkey, cook all raw ingredients before filling your bird and make sure that the center of the stuffing is cooked to an internal temperature of 165°F. Remember to take the temperature of the meat from the thickest part of the breast and innermost part of the thigh and wing.



An offshoot of Weavers Way Co-op

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FOOD MOXIE We dig what we eat.

All the Best to the Outgoing Chair of Our Board

by Lisa Mosca, Food Moxie Executive Director

AS I MENTIONED LAST MONTH, FOOD MOXIE'S FALL PROGRAM themes are gratitude and harvest.

This month, we want to express gratitude for Tim Clair, an extremely extraordinary individual who has shared his time, talent and treasure with us.

Tim is the exiting board chair of Food Moxie. He has served on the board for the last six years and also acted as interim director during a transition. Food Moxie is only one of many organizations with which he has spent time volunteering.

I tried to recall the amount of time Tim has spent in the last two years volunteering with us, and came up with at least 1,000 hours. It's probably closer to double that. He defines the kind of

super volunteer that helps small nonprofit organizations like ours stay focused on providing excellent programs.

Tim has shared his positive energy with Food Moxie in so many ways. His decades of nonprofit leadership experience have increased our level of expertise in that area. His passion for food access and food justice for everyone has upped the degree of compassion and rigor we bring to our program work. Tim is also willing to get his hands dirty. He has volunteered for many Food Moxie garden workdays, infrastructure projects and events.

We will miss you, Tim. We are grateful to you and your family (Heather, Ivy and Sage) for all the time you have shared with us. Thank you and we wish you well.



Tim Clair



Rider prepare to start their tour.

photo by Martha Madigan Studios

GIVING TWOSDAY

Drop \$2 (or more!) at any register to benefit Food Moxie programs

Everyday low prices organic products!

coop basics only at your co-op!

coop welcome to the table

Please Keep to Small Shopping Crews in Mt. Airy

With the customer cap in our Mt. Airy store limited to 12 at a time, letting in a family to shop means others have to wait longer to get inside. If possible, please consider limiting your shopping contingent to one or two people.

Thank you.

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We're Proud to Serve Our Community

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Ambler • Chestnut Hill • Mt. Airy
Community-owned markets, open to everyone.
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An offshoot of Weavers Way Co-op **FOOD MOXIE**



Urban Farm Bike Ride leaving for the ride from Awbury Arboretum.

photos by Martha Madigan Studios



Urban Farm Bike riders visiting Henry Got Crops at WB Saul High.

photos by Martha Madigan Studios

THANKS TO...

- Act II Playhouse
- Awbury Community Garden, Germantown Kitchen Garden, Hope Garden, Pleasant Playground Community Garden, Schuylkill Center for Environmental Education Community Garden, Henry Got Crops Farm, Wyck Garden
- Bicycle Coalition of Philadelphia
- Dietz & Watson
- Graham Robb
- Green Tree Community Health Foundation
- Hilda Mullen Foundation
- Leo and Peggy Pierce Family Foundation
- Penn Charter's Alyson Goodner, the Center for Public Purpose and all the families and students who have been packing pantry bags
- All the ride marshalls and SAG Drivers for the Urban Farm Bike Ride
- All our recent individual donors, sustainers, High Five members and volunteers
- All our partners, their staff and teachers
- The Food Moxie board
- Weavers Way Co-op staff and members



For Their Support!

AWBURY ARBORETUM

Holiday Greens Sale

This year all sales are online, with timed pick-up

Order your Greens Nov 1st - Nov 30th at www.awbury.org

Wreaths - \$35
Mixed greens with cones approx. 24" diameter

Trees - \$65
Fraser Fir 6 - 8'

The staff and board of Awbury Arboretum wish you and yours peace, joy, and love this holiday season. We will miss seeing everyone for the open house but hope that you will support the arboretum by purchasing a tree and wreath.

POP-UP SATURDAY NOV. 21

PICK UPS 12-3 PM ONLINE ORDERS ONLY (NO WALK-UP SHOPPING)

HENRY GOT CROPS

FARM MARKET

TUESDAYS & FRIDAYS

★ NEW HOURS FOR NOVEMBER ★

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Thanks for Publishing Op-Ed

I APPRECIATE DOUGLAS ZORK'S OPINION article, "Co-op Community Should be Open to Alternate Approaches to COVID," and acknowledge Weavers Way for allowing it in the October Shuttle. It can feel lonely being out of sync with so many people I'm in communities with, and Doug's article speaks to a perspective I've been grappling with this year. Resources like Charles Eisenstein's essay "The Coronation" offered language and a bigger picture of the concepts for which I couldn't quite find the words.

I believe everyone in the Co-op community (at least a significant percentage) wants the best for themselves and others. Health, feeling safe, fairness and goodness are important to most. But there is still such disconnect between ways we see those notions being realized.

The COVID philosophy/strategy reminds me of policing, cameras and prisons as a solution to "crime." And similarly, symbols, rhetoric and data help to build unity around those approaches.

Publishing Op-Ed Was Irresponsible

WEAVERS WAY CO-OP, ADMIRABLY, has devoted significant thought, care and resources toward protecting staff and shoppers during the pandemic. I was therefore surprised that the Co-op thought it was a responsible decision to publish a lengthy opinion piece in the October Shuttle ("Co-op Community Should be Open to Alternate Approaches to COVID") encouraging members to come together to discuss "alternate" approaches to COVID-19 that are completely at odds with the scientific guidance coming from our public health authorities.

Several social media platforms have put in place policies to reduce the spread of COVID-19 misinformation. They recognize that the public is best served when their platforms are not used to promote conspiracy theories and false information concerning public health and safety. Reading the Shuttle opinion piece, it's clear that Weavers Way hasn't a similar policy.

The piece accuses the media of promoting a COVID-19 "scare campaign,"

Fake Meat: Yay or Nay?

I enjoyed Norman Weiss' "Suggestions" article in the October Shuttle about fake meat and the plethora of ingredients pushing out the pleasure of whole foods.

One point in favor of fake meat could be that real meat, like cows, pollutes. If people ate meat once a week instead of many times a day, might we improve our environment? Fewer cows, less methane.

One thing I don't know, however, is how much pollution is created in the manufacturing of fake meat.

Georgette Bartell



Both rely on control - and battle-oriented strategies.

I have to wonder why we aren't seeing massive campaigns around boosting our immune systems, exercising in fresh air and sunshine, quitting smoking, eating an unprocessed organic diet, reducing stress, tapping into ancestral healing knowledge and other ways of shifting our lifestyles that make us actually healthier and less vulnerable to viruses.

Folks can be quick to label what they don't understand or agree with, calling it "stupid," "selfish" and so on. I'd ask those from various perspectives to give each other grace, assume that we all have the best of intentions and are scared for various reasons — sickness/death, loss of meaningful and enjoyable living, uncertainty, lack of control and loss of freedom. I think to be healthy in a sustainable way will require greater flexibility and being gentle with each other.

Lindsay Stolkey

claims that "the virus is no longer a threat," and provides links to numerous websites and groups promulgating debunked conspiracies, an anti-vaccination agenda and arguments against mask wearing. The most appalling and ridiculous links in the piece were from notorious conspiracy-mongers Del Bigtree and Kelly Brogan, whose videos have been banned as COVID-19 misinformation on several social media platforms.

COVID-19 is disproportionately killing Black Philadelphians, so it's ironic and disturbing that an opinion piece pedaling COVID-19 misinformation was published alongside articles promoting the Co-op's recent racial justice efforts. Perhaps it's Shuttle policy that all Co-op member opinions merit an airing. If so, I look forward to seeing more letters promoting "alternate" theories: "Some members of our community are saying a prominent politician is running a pedophilia ring out of the Co-op's basement. Join us for a Zoom meeting to discuss!"

Adam Ornstein

COVID Piece was Ridiculous

I AM OUTRAGED THAT YOU PRINTED the ridiculous article by Douglas Zork ("Co-op Community Should be Open to Alternate Approaches to COVID") in last month's Shuttle. The article appeared prominently and there should have been other points of view in addition to the one expressed by Mr. Zork. Even though the article appeared on the Opinion page, it appeared to be endorsed by the Co-op, although I am quite sure it was not intended as such.

I am not an expert on the issues addressed in the opinion piece. But I hope there are others who can share their expertise in upcoming articles in the months to come, and that they, too are published prominently in the Shuttle.

Mark Haas

Outraged Over COVID Op-Ed

I AM OUTRAGED THAT YOU RAN THE ridiculous article on the coronavirus by Douglas Zork in the October Shuttle.

Of course, people have a right to their opinions, but to print this article without a similar-sized rebuttal is a huge error in judgment. You should have either stated that the management is not endorsing his opinion or found someone to write a rebuttal.

The way the article prominently appears, with no editorial comments or disavowal, gives the impression that the Co-op management is endorsing this viewpoint. It might not be so bad if the topic were climate change, where we are talking about the future. But we are talking about a current pandemic, which has already killed 210,000 Americans and is still killing almost 1,000 more people every day.

I say to Douglas, "Do you know of anyone who has the coronavirus?" I do; my friend was in intensive care for over a month and it is taking her many more months to recover. And I have friends who know of people who have died.

To give opportunity to naysayers is completely irresponsible. We already

have enough falsehoods from President Trump, who said, "Don't be afraid of COVID. Don't let it dominate your life."

In a recent issue of the New York Times, Harold Schmidt, assistant professor of medical ethics and health policy at the University of Pennsylvania, was quoted as saying about Trump's statement, "This is crazy. It is just utterly irresponsible." The Times added that Dr. William Schaffner, an infectious disease specialist at Vanderbilt University School of Medicine, called Trump's message "dangerous" because it encourages people to ignore basic recommendations to keep themselves safe.

"It will lead to more casual behavior, which will lead to more transmissions of the virus, which will lead to more illness, and more illness will lead to more deaths," Schaffner said.

Allowing Douglas to state his words and ideas without challenge shows a lack of good judgment by the Co-op management. I am disappointed and disillusioned. Remember — we are talking about peoples' lives!

Eric Corson

Invasive Plants Have Benefits

IN HER OCTOBER SHUTTLE ARTICLE ("The Time is Now to Rid Your Yard of Invasive Ground Clutter"), Sarah Endriss displays a strong resolve to eliminate invasive Bishops Weed (*Aegopodium podagraria*), often called goutweed, from her yard, but nowhere does she explain the problem with this plant.

Clearly, native plants offer many benefits. They provide host plants for butterfly and moth larvae (caterpillars) and berries for birds. Many of us, myself included, have toiled to restore native ecosystems. The demonization of non-native plants and the commitment to remove them at all costs are misguided.

Tao Orion, in her informative book "Beyond the War on Invasive Species", notes that most invasive plants get established because the land is disturbed and conditions have changed and no longer support native plants. Rarely if ever do invasive plants cause the extinction of natives.

Removing invasive plants will not insure they will stay away nor that the native plants put in their place will thrive. We cannot turn the clock back to a mythical time when the land was pristine and undisturbed.

We need to cultivate a deeper understanding of the current and histori-

cal conditions and make a holistic plan for what is possible in our current landscapes. What has happened to the land historically? What soil and climate conditions currently exist? What services do the new plants provide? Are they nitrogen fixers, helping to build the soil? Do they provide food or habitat to insects and animals? Can we eat them or use them as medicines? Historically, goutweed was used to treat gout and arthritis and has anti-inflammatory properties. It can be eaten like spinach and cooked in soup. What other benefits may this plant hold?

Thankfully, Endriss does not promote the use of toxic herbicides in her removal of Bishops Weed. However, all too often their use is condoned by restoration professionals, whose protocols were developed and promoted by the chemical industry.

We must rethink our commitment to native plant restoration at any cost and stop the use of toxic herbicides in this pursuit. We are on the cusp of a new, more holistic understanding of landscape restoration that is truly life-enhancing. We may still choose to hand pull Bishops Weed, or we may decide to eat it. Both are better than draconian uses of pesticides.

*Amy Steffen
Toxic-Free Philly*

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 fewer and may be edited. The Shuttle reserves the right to decline to publish any letter.



PLEASE WEAR A MASK WHEN INSIDE OUR STORES.

O.P.I.N.I.O.N

For the Good of All Using Public Spaces, City Needs to Ban Herbicide Use

by Dr. Linda Stern, for the Shuttle

PHILADELPHIA CITY COUNCIL IS POISED to take up legislation to eliminate the use of toxic herbicides on public grounds including parks, playgrounds and recreation centers. Bill # 200425, Healthy Outdoor Public Spaces, represents an important step toward protecting the health of people, pets and the environment. More than 100 cities in the United States have a policy to reduce or eliminate herbicide use. The Public Health Committee scheduled a hearing on the bill for October 30 and the full Council may review it as early as November. City Council has the opportunity to join this rapidly growing movement to rectify a public health crisis by passing this legislation.

It may come as an unpleasant surprise to learn that over a dozen toxic herbicides are applied to Philadelphia public grounds, including glyphosate (the active ingredient in Roundup) and 2,4-D (one of the two active ingredients in Agent Orange). The chemicals in these herbicides are not safe; strong evidence shows that they cause cancer. Several recent successful lawsuits against the companies that manufacture them illustrate that point. They are neurotoxic and cause endocrine disruption at even low levels. They can cause liver disease, kidney disease, and disrupt our microbiome — the trillions of microbes that live in our bodies and protect us from harmful germs.

Children and pregnant women are most vulnerable to the effects of herbicides. Pesticide exposure is associated with autism, learning disabilities, birth defects, decreased fertility and increased rates of childhood leukemia, among many other health consequences. The workers who apply the pesticides are also at high risk. There are no safe levels of herbicides; they are poisons designed to disrupt and harm life and they do the job well.

In this era of COVID-19, City Council has added impetus to pass this legislation. Those with weakened immune systems — the elderly, those who live with cancer, obesity,

diabetes, hypertension and other chronic illnesses — are the most likely to have the poorest outcomes from the virus, and herbicides weaken the immune system.

How ironic that the beautiful Philadelphia parks and open green spaces that have been safe havens for those of us weary of social distancing are the very places laced with poisons that can harm our most vulnerable residents. Additionally, as the pandemic unfolds, we are seeing the disparate impacts of the virus on lower income communities and communities of color due to the widespread inequities that have long undermined their health.

This fall, our city and our nation are at a crossroads, and we must choose which direction to pursue. There are safe and effective ways to manage our parks, playgrounds and recreation areas. Over 100 cities and municipalities across our nation have protocols that eliminate or dramatically reduce the use of toxic chemicals for land management.

Organic land management is proving to be no more expensive than using toxic herbicides. Transitioning to organic land management could be a catalyst for building and expanding the green economy to support the city's goals to reduce our impact on climate change while addressing social justice needs.

The medical and environmental evidence against herbicides is overwhelming. It's hard to argue the case for spending taxpayer money to poison us, our land and our drinking water without our knowledge or permission. City Council has the opportunity to pass legislation to ban their use. The citizens of Philadelphia deserve no less.

Dr. Linda Stern is a retired internal medicine physician who spent most of her career at the Philadelphia Veteran Affairs Medical Center. She treated many patients exposed to Agent Orange and saw the devastating effects of herbicides on human health. She is a member of Toxic Free Philly.

As Long as COVID Rages on, We Need to Live Our Lives Differently

by Dr. David Lewis, for the Shuttle

I WANT LIFE TO GO BACK TO NORMAL.

I want to see the Phillies play, have dinner with friends and see my mother, who has been in lockdown in her nursing home since March.

Going back to “normal” right now is a terrible idea.

As a family physician practicing in Mt. Airy for the past 20 years, I see how this pandemic affects our community, and has affected it more than any other major national crisis I have witnessed. Patients ask me every week why this virus is so different from others, why our lives have to be so upturned. I tell them that we are enduring these disruptions to save lives.

Life is not as disrupted from the flu because of how we manage it. With the flu vaccine, deaths due to flu last season were limited to about 34,000. In just six months, over 218,000 people in the United States have died from confirmed cases of COVID-19. We limit the number of hospitalizations due to flu and can keep hospitals open for elective surgeries and patients with other illnesses. COVID-19, however, has overwhelmed hospitals and our health care system.

Some suggest we follow the public health approach of Sweden, letting the virus “take its course.” This is also referred to as herd immunity, and has been effective with illnesses like Chicken pox.

Like many of my generation, I was purposefully infected with Chicken pox as a child. This was possible for two reasons: 1) children have a low rate of hospitalization or

death from Chicken pox, and 2) people who get Chicken pox become immune for decades.

With COVID-19, the hospitalization and death rates are still high. Research also shows that people who have had COVID-19 can catch it again in as little as three months. Herd immunity cannot happen if people can get the disease over and over again. Even Sweden's Dr. Johan Giesecke, an epidemiologist for the World Health Organization who is often cited as an advocate of herd immunity, acknowledges that a vaccine and viable treatment are necessary components of herd immunity. Unfortunately with COVID-19, we currently have neither.

With regard to the backlash over public health measures such as social distancing and wearing masks to reduce the spread of COVID-19, I understand that masks are sometimes interpreted as signs of danger. I ask, however, that we rethink this symbolism.

Masks are designed for preventing mass spread of disease. They do not make us weak, less capable of independent thought, or even less patriotic. They also do not necessarily make us morally better people. Instead, they signal public awareness of what needs to happen to reduce the rates of COVID-19 transmission.

My goal as a medical provider is for us all to live healthy lives. Reducing the spread of COVID-19 is a health benefit to all of us.

Dr. David Lewis is managing partner at Mt. Airy Family Practice.



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Despite Extra Expenses, We're Breaking Even in a Chaotic Year

by Jon Roesser, Weavers Way General Manager

WORKING UNDER THE ASSUMPTION THAT READERS of the November Shuttle will want to read something – anything! – that's not about politics, let's take a dive into the Co-op's financials. For those who struggle with sleep, read before bedtime.

“ **Thirty-eight weeks of humdrum, followed by 14 weeks of bedlam.** ”

After the end of our fiscal year (which ends June 30), we have an independent third-party auditor review the Co-op's financials. This year's audit was conducted in August and presented at the October meeting of the Co-op's Board of Directors. The audit was unanimously approved by our board.

We received an unqualified opinion – a “clean” report – meaning the auditors found our financial statements fair and true. We've received a clean audit for at least the 12 years I've worked at the Co-op. Anything less would be unacceptable.

As for our FY2020, it can be summed up as such: Beginning July 1, 2019, 38 weeks of humdrum, followed by 14 weeks of bedlam. I yearn for humdrum.

Sales were \$32,363,400, 7.7% over prior year, a good number. Our gross profit (the money left over after paying our vendors for the products we sell) was \$11,609,212, only 5.6% over prior year. Gross profit dollars are what we use to pay for the Co-op's operations.

Why the gap between sales growth and gross profit growth? A substantial change in product mix in the fourth quarter (April-June) as high margin sales in prepared foods (things like hot bars and soup stations) collapsed while sales in low-margin packaged grocery and frozen foods skyrocketed.

So while 7.7% sales growth is good, the growth was disproportionately in lower margin departments.

Operating expenses grew at 7.4% over prior year, to \$11,459,744. We incurred significant operating expenses in the fourth quarter related to the pandemic. Some of the bigger expenses we otherwise would not have had to contend with include the following:

- Battle Pay: \$144,804
- Easter Holiday Pay: \$9,508
- Extra “mental health” time off: \$31,383.
- Sick pay for positive COVID cases and those needing to self-quarantine: \$29,316.

One need not have gone to business school to know that when operating expenses rise at a faster pace than gross profits, net income will decline.

The bottom line: The Co-op lost \$12,726 in FY2020. For a business with sales higher than \$32 million, it's essentially breaking even; COVID-related expenses were the difference.

For FY2021, which began July 1, the story is much the same. Sales have been strong, gross profits have been constricted by a disrupted sales mix, and higher-than-normal operating expenses are keeping us right around break-even. We may wind up making a little money in FY2021; we may wind up losing a little money.

In any case, the Co-op remains well-positioned to navigate through the stormy seas of the COVID pandemic.

Member equity grew \$198,382 last fiscal year, to just under \$2.2 million. Equity growth was significantly better than the prior year growth of \$112,526, and

Weavers Way Cooperative Association Consolidated Statements of Income Years Ending June 30, 2020 and June 30, 2019		
	FY2020	FY2019
Sales	\$32,363,400	\$30,040,839
Cost of Goods Sold	\$20,754,188	\$19,033,885
Gross Profit	\$11,609,212	\$11,006,954
Other Operating Revenue (Expense)	\$(76,277)	\$(76,987)
Operating Expenses	\$11,459,744	\$10,665,696
Operating Income	\$73,191	\$264,271
Other Income (Expense)	\$(150,421)	\$(201,986)
Net Income (loss) before taxes	\$(77,230)	\$62,285
Provision for income tax	\$64,504	\$(12,729)
Net income (loss)	\$(12,726)	\$75,014

the trend has continued into FY2021.

Our cash reserves increased by over \$2.3 million last fiscal year. Like all smart businesses, the Co-op has taken steps to husband cash as we operate through not just the pandemic but also the accompanying economic downturn, which we expect will continue for the near term. For now, cash generated from operations is sufficient to meet our day-to-day obligations and pay down debt. Last month we paid off the last of our Chestnut Hill member loans and next month we'll pay off the first round of our Ambler member loans.

For those of you who got this far, I will have more to present regarding the Co-op's fiscal health at the General Membership Meeting, which will be virtual this year, on Thursday, Nov. 12. You can register to attend the meeting via our website, www.weaversway.coop.

You are also most welcome to send me suggestions, questions or comments: jroesser@weaversway.coop.

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Youth Discover the Power of Unity in Song Through Germantown Choir

by Ellen Anagbo, for the Shuttle

ELLIOT SAVAGE AND MARGALIT EISENSTEIN, Weavers Way members and students at Germantown Friends School, have something to say about the power of singing to bring people together.

Elliot, 16, is a singer in the Keystone State Boy-choir and Margalit in the Pennsylvania Girlchoir. Both groups are part of the umbrella organization Commonwealth Youthchoirs, a non-profit, community-based, non-denominational arts organization headquartered in Germantown.

Elliot's history with KSB goes back to second grade, when his teacher tucked a flyer about the choir in his backpack. Elliot's mom found it, and the rest is history. This past summer, he performed the national anthem with singers from all 50 states as part of the virtual convention for the Democratic National Committee, which he describes as, "one of the greatest experiences of my life."

CY Founder and Artistic Director Steve Fisher was excited that a diverse group of singers were able to "create this amazing thing and share it with everybody," despite the current climate of division in the country.

Margalit, 11, joined the Girlchoir last year and has already had the opportunity to perform off Broadway in "The Little Dancer: A Holiday Family Musical." She described that as "Really fun — a super cool experience."

"It's super scary to perform in front of a lot of people, but after it's done, it's the best feeling ever," she added.

According to Fisher, being part of the choir often gives kids the confidence to perform in public in other situations.

"Many kids start out in the safety of the choir, and then they learn they have the courage to sing a solo where they never would have done that," he said. "Or they learn that they can speak in front of a group of people."

Fisher, 52, started out teaching at a private girls' school in his early twenties. "I didn't realize at 21 the



Marglit Eisenstein (lower left corner) with members of the Pennsylvania Girlchoir as part of the off-Broadway show "The Little Dancer" in 2018.



Elliot Savage (foreground) and some of his KSB choirmates on a Moscow subway last December.

power of making music with young people," he recalled. "When you have a group of young people who sing well and present well, there is as much power in that as the power of a head of state."

Over the years, the choirs have had the opportunity to perform for important world leaders, including Pope Francis during his appearance in Philadelphia at the World Festival of Families in 2015. Fisher noted that the leaders "are often the ones who end up in awe of the kids."

"Music making is the great equalizer," he added. "It's not possible to say we can't work together and be together because they [the singers] do it. They're doing it right now."

Besides the choirs, Fisher works on a number of side projects, including the Facebook group Good Things Happen in Philadelphia. The page posts positive, nonpartisan stories about good things that happen in the city. In September, the group raised funds for Find Your Instrument, a nonprofit that partners with under-resourced schools without choirs to provide singing opportunities to students.

The choirs recently recorded a virtual performance for the presentation of the Philadelphia Award on November 4. The video they made is similar to the one for the DNC convention, but this time features smaller groups of singers performing "Philadelphia Freedom" in front of local landmarks.

The experience of performing in the choirs has made a lasting impression on Margalit and Elliot.

"My family is so proud of me," Margalit said. "I've had cool experiences I'd never get to have otherwise."

Elliot described his time in the choir as "unmatched." Last December, he and a group of KSB members celebrated New Year's Eve in Red Square after performing at St. Basil's Cathedral. The group was part of the first non-Russian choir to sing there in the church's 2,000-year history. Less dramatic, but perhaps more meaningful was his grandfather's reaction to a KSB holiday concert he attended.

"[He] was in the audience, just tears streaming down his face," he said. "I'd never seen him cry before that."

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Digging into the Spring Cut Flower Market in Ambler

by Mira Kilpatrick, Weavers Way Ambler Floral Buyer



photo by Karen Plourde

Gerard Kilpatrick

TULIPS COME IN A WIDE ARRAY OF COLORS, SHAPES AND textures; they even carry a soft, subtle fragrance. But when we order tulips from a wholesaler, we can't choose varieties, styles or even colors.

As a former farmer and local enthusiast, I thought it would be fun to grow some specialty tulips out front for cuts next spring. Specialty tulips, similar to heirloom veggies, perhaps aren't as productive, don't ship as easily, or boast a long shelf life. But their strengths in other categories (flavor, color, texture etc.) warrant growing and buying specialty/heirloom varieties.

The tulips that we get in seasonally (February through May) typically come from Canada. When tulips are grown commercially for cut flowers, they are treated as annuals. They are planted close together in wide trenches, given a good drink of water and covered with six inches of soil.

I recruited my husband to help out with this project (Thank



photo by Karen Plourde

Mira Kilpatrick and her son, Fred

you, Gerard!). It took half a day to cut down the pallets and build bed frames and another four to six hours to plant, water and cover all 3,000 bulbs.

In the spring, when it's time to harvest, they will be pulled, bulb and all, and put into cold storage until it's time to cut, bunch and sell them. Harvesting them with the bulb allows for longer stem length and more longevity during storage. Once cut and placed at room temperature, the blooms open more fully.

We chose six varieties of tulips, including two frilly parrot types, several full double varieties, and a more standard mix called Phillie. Here's hoping all goes well, and that we'll have some gorgeous Weavers Way Ambler-grown tulips available next April!

By the way, it's not too late to plant your fall bulbs—tulips, daffodils, crocuses etc. And we have a small amount of Netherland bulb kits still available at the Ambler store. See you soon!



Karissa Kendricks, part of the home delivery crew in Mt. Airy, donned a Co-op t-shirt for the Man Against Horse race in Prescott, AZ on Oct. 10. The race featured three distances — 12, 25 and 50 miles — with participants running or riding on horseback through paths in Mingus Mountain.



photo by Karen Plourde



A group of family medicine resident physicians, staff and social workers from Abington-Jefferson Health took a break from their work on Oct. 10 to help mulch the pathways at Henry Got Crops Farm in Roxborough. The group was assembled by Co-op member and family medicine resident Karen Lazarus.

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Progress Continues On Establishing A Philly Public Bank

(continued from page 1)

garet Lenzi, a former Weavers Way board president and PACA board member, testified at the finance committee hearing. They emphasized the potential for co-ops to lift up people who have been systematically marginalized and excluded from access to non-exploitive financing and, therefore, do not hold the generational wealth and credit scores required for access to traditional banks. A public bank could level the playing field for access to financing, which would help eliminate de facto redlining practices.

In addition to the challenges associated with starting any business, co-ops face additional obstacles. Similar problems complicate conversion of an existing business to cooperative ownership. Traditional banks tend to not be sympathetic to these issues; a public bank will be. Programs for co-ops designed and backed by the public bank may stimulate commercial banks to be more responsive to the financing needs of co-ops.

In partnership with a public bank, Weavers Way could stimulate the development of part of its supply chain. Perhaps, products bearing the Co-op's brand will become widely distributed within our region. The possibilities are limited only by our imaginations.

Micro Loan Sweetens, Allows Saul Beekeeper to Expand

by Peter Winslow, New Economy Incubator Committee



THIS PAST MARCH, BEEKEEPER David Harrod, who tends the hives on the grounds of Saul High School in Roxborough that produce Henry Got Crops Farm honey, received a \$1,080 no-interest, no-fees, working capital loan from our committee's micro-loan program. The loan, administered by the Free Loan Association for Germantown (another NEI initiative) helped him establish 20 beehives in accordance with a business plan he presented to the committee. As planned, Harrod repaid the loan in September.

The bees are happy; in fact, they are still producing. Sufficient honey will be left in the hives to nourish the bees through their dormant period until next spring when they will resume their work. And Harrod plans to expand his beekeep-

ing operations further in 2021.

The NEI/FLAG micro-loan program seeks partnerships in enduring relationships rather than just one-off financial transactions, so we look forward to helping Harrod's next steps. In addition to increasing the bee population at Saul High, he is considering placing an apiary on the roof of Weavers Way Mercantile on Carpenter Lane. Along with increased production of local honey, West Mt. Airy residents may soon benefit from more robust pollination of flowers, trees and plants by his non-aggressive bees.

NEI intends to explore with Harrod and other local beekeepers the potential for establishing a local producer cooperative for processing honey and beeswax with distribution channels supported by the Co-op. Along with Philadelphia Area Cooperative Alliance, we seek to promote cooperative startups and businesses that convert themselves into co-ops. Moreover, the NEI hopes to improve food security for families in our neighborhoods and to promote sustainable economic development by local entrepreneurs through establishment of commercial kitchens operating in partnership with Weavers Way.



David Harrodox

Harrod's beekeeping venture has been the pilot project for the micro-loan program. Due to the pandemic, the program was put on hold after making his loan; however, applications are now being accepted.

Loan amounts depend on venture needs and the capacities of the fund – in general, the range is between \$500 and \$1,500. Application forms can be obtained from the FLAG website at www.PhilaFLAG.org and submitted either through Germantown United Community Development Corporation or any member of the New Economy Incubator Committee.



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Take Steps Now to Cut Down on Weed Growth in the Spring

by Chris Mattingly, for the Shuttle

MANAGING WEEDS DOESN'T HAVE TO BE A Sisyphean time suck. To keep weeds from taking all the fun out of gardening, you'll need to focus on three objectives:

1. Keeping old weed seeds from germinating;
2. Keeping out new weed seeds, and
3. Preventing germinated weed seeds; from growing

At Backyard Eats, we work to achieve these outcomes in our clients' gardens year after year.

Keeping Old Weed Seeds from Germinating

The majority of weed seeds in the garden lay dormant in the soil, waiting for light and air so they can germinate. It's helpful to think of garden soil as having seeds dispersed throughout its volume. This is especially true for older gardens, or those that have experienced a lapse in maintenance.

We keep seeds dormant by avoiding turning the soil. When we remove tomato plants, for example, we cut the stem just below the soil, remove the vegetative portion, and leave the roots to decompose over time. By avoiding pulling the expansive root system from the soil, we avoid bringing old seeds to the surface.

We also avoid tilling, because that brings old weed seeds to the surface. This would be a problem in a traditional large rectangular garden, in which rows are walked on and compressed throughout the season. But by creating permanent walking paths, and beds no wider than four feet, we're able to avoid the need to walk on and compress garden soil. By building up beds with wood, we are establishing a clear and permanent separation between growing areas and walking areas. This is one of many reasons that the raised bed is the tool of choice for Backyard Eats and many gardeners around the world.

Each year we add a layer of compost and mulch to the tops of our clients' gardens; we call it winter bed care. Early December works best for us, but this should be done any time in the fall or early winter for a bed that is mostly weed-free and ready to plant with no additional effort come spring. We never till or mix the compost into the soil, unless we're doing a remedial overhaul of "dead" soil.

Compost adds organic matter and life to the soil and improves drainage properties; it can also be used as mulch if no other mulch is available. While the science isn't clear on how it works, compost has a weed suppressant effect when applied evenly over the surface like a mulch. Shredded leaves, salt hay, pine needles and any other organic matter with small particle sizes would also make good mulch for your annual beds.



Keeping New Weed Seeds Out of the Soil

When new weed seeds come from afar, they're blown in from neighbors or dropped by birds. They're mostly unavoidable but can be managed.

In contrast, seeds from domestic sources can cause a problem. A mature weed plant in the garden along the border or in the walking paths can drop hundreds or thousands of seeds. If I catch a weed flowering in my garden or yard but don't have time to pull weeds or properly address the issue, I'll dodge the impending doom by grabbing the flowers and yanking them off. No flowers, no seeds!

The other dangerous domestic source of seeds is homemade compost. If your compost doesn't reach temperatures of over 120° for a few days, then it isn't destroying seeds. Experience has told me that maintaining a true hot compost is a lofty goal for most homeowners; it's better to avoid putting anything with seeds in the compost. This includes weeds cleared from other areas that have gone to seed, and seeds in kitchen compost like pumpkin, tomato etc.

Keeping Germinated Weed Seeds from Growing

Since there will always be some weed seeds that make it to the seedling stage, we have a few ways to keep them from ruining our day. Drip irrigation provides water directly to the soil where our desirable plants are growing, whereas a sprinkler incidentally waters the weeds growing in paths and borders (and causes serious plant health issues for most fruiting plants).

If your garden relies on irrigation from a sprinkler system, talk to your irrigationist about changing sprinkler head types to avoid the vegetable garden and hooking into the system with drip tubing.

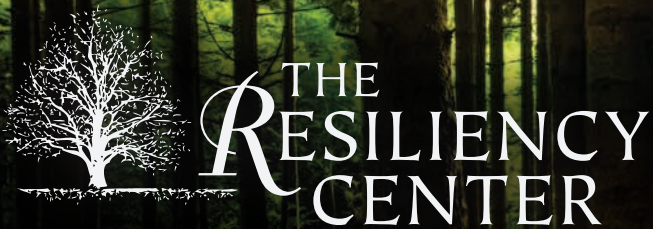
Vinegar combined with a couple drops of soap is a top choice for killing weeds on your paths, especially in hot and dry conditions. The tops of weed plants can be knocked back easily and safely with a bit of spraying. Take care to avoid damaging your desirable plants with vinegar mist.

For weeds in the gardens, hand pulling is effective and satisfying, but for large gardens, you'll want to get a collinear or stirrup hoe. These allow the use of a back-and-forth sweeping motion to cut off weeds at the connection to their roots, or just below soil level. I was delighted to find how useful a stirrup hoe was in our ornamental gardens, which I typically neglect in favor of our vegetable gardens.

A special kind of hoe called a wire head or wire weeder is useful for detailing. The wire can be pushed and pulled across the surface close to the stems of desirable plants to eliminate weeds without harming the crop.

At Backyard Eats our service offerings and team are shaped by the needs of home gardeners. If you'd like help with your garden, a fall or winter consult will give you the best shot at being prepared for spring. We apply compost and mulch in our Winter Bed Care service in early December.

Chris Mattingly is the founder of Backyard Eats, a full-service food gardening business with an array of offerings in the greater Philadelphia area. Email him at chris@backyard-eats.com or visit www.backyard-eats.com.



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Miron Celebrates A Quarter Century Of Sharing Faith and Values in Song

by Leah Siemiarowski Wright, for the Shuttle

FOR 25 YEARS, WEAVERS WAY member Art Miron has served as director of music for Jewish Children's Folkshul and Adult Community, engaging people through music. Even during these times of being physically distant, his voice has continued to serve as a bedrock for our community and brings us together in person and in song.

Folkshul, based in Chestnut Hill, is a cultural Jewish community for families and adults. Miron has been a member of the community since 1991, when his daughter Jessica joined.

Miron learned about Folkshul from neighbors with children the same age as Jessica who were members. He and his wife, Trish, were seeking a program for their daughter that would connect her to Jewishness in a welcoming and diverse community. Trish started teaching that first year, and Art joined her as a co-teacher for their second year. Two years later, when the song leader left, he stepped into the position. It was a perfect fit, since he'd had a long history of performing Americana music at local venues.

The longstanding Folkshul songbook includes songs in Hebrew, Yiddish, English and Ladino. Miron draws from the songbook and his vast folk song repertoire to choose curriculum-appropriate songs for Folkshul students, who range in age from four to 15 years old. Over time, he has introduced many new songs which he felt the kids would like or that spoke meaning to current events.

The songs we sing focus on Jewish culture and values, and they relate to Jewish holidays. Some are just fun sing-along songs. Most often, Miron wants kids to learn about social justice struggles through song, and helps give them language to express their values.

Even though Jessica completed the program and Trish moved on after teaching for 10 years, Folkshul has remained an important part of Art's life. He has stayed a member because Folkshul pro-



Art Miron singing with students in a socially distant, in-person Folkshul Sukkot celebration.

vides a supportive community of secular Judaism.

Art also values his life as a Mt. Airy resident and member of Weavers Way. The Co-op provides an easily accessible source of good food and other essentials and creates a sense of community for our area.

Miron, a member of the Co-op since 1988, used to do his annual work hours in the store to meet requirements for the membership discount. After the leadership found out about his musical skills, they asked him to perform music as a way to earn his working hours. He was on the rotation of frequent players at \$4 Friday dinners in Ambler before the pandemic, and occasionally plays at the Chestnut Hill and Mt. Airy locations.

You can hear Art Miron's eclectic and inspired music at Folkshul on Sundays online or in person and socially distant. Email Folkshul@folkshul.org for more info.

Lee Siemiarowski Wright is program manager for Jewish Children's Folkshul and Adult Community.

Artists in Our Aisles

Laura Eyring

I'm a Mt. Airy resident and painter. I had a show in September at Cerulean Arts gallery in Fairmount. I'm an alum of the Pennsylvania Academy of the Fine Arts (Class of '87). I work in oils – mostly landscapes that I paint from memory. I'm also illustrating my fourth children's book.



To support my art habit, I work as a chemist for the Philadelphia Water Department in the water testing labs (I got my chemistry degree just before I turned 40).

Growing up in a family of musicians made me aware of patterns and rhythms. Finding the harmony in the design is what draws me to a specific subject.

My preliminary drawings tend to be traditional.

I keep shapes and perspective realistic, looking for details that make the general structure playful and interesting.

My goal is to create a vivid kaleidoscope of colors and forms – blue trees, orange sky, hot pink fields – that remind me of a magical moment in time. That's the feeling I experience when I'm in nature.



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Take a look at our farm's latest results.

SOIL HEALTH SCORE

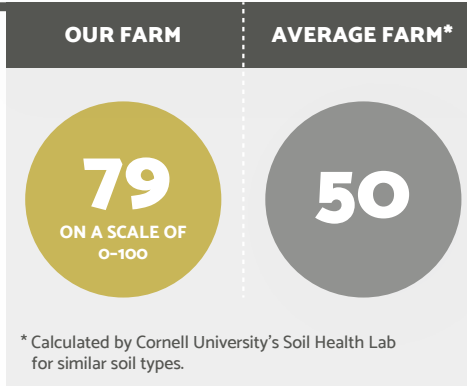
Compiling results from decades of research, Cornell University's Soil Health Lab developed a soil health rating scale. The scale measures a comprehensive array of chemical, physical, and biological features that indicate how healthy a soil is.



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It also fosters a thriving community of beneficial organisms that naturally defend crops from pests and diseases.



ORGANIC MATTER LEVEL

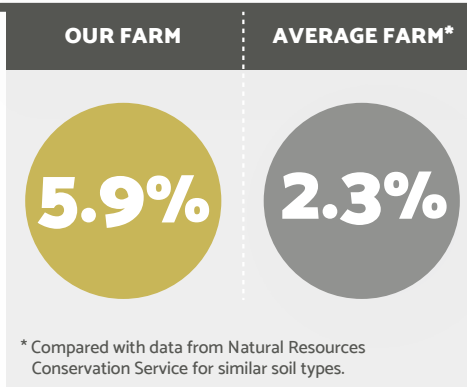
Organic matter is formed when plant debris and animal manure decay over time. Small increases in organic matter have significant implications for improving soil health.



Organic matter rapidly absorbs water during heavy rains, and slowly releases water during dry spells, helping crops withstand damage from severe weather.



And it helps mitigate climate change by securely storing carbon in the soil.



DAYS OF LIVING COVER

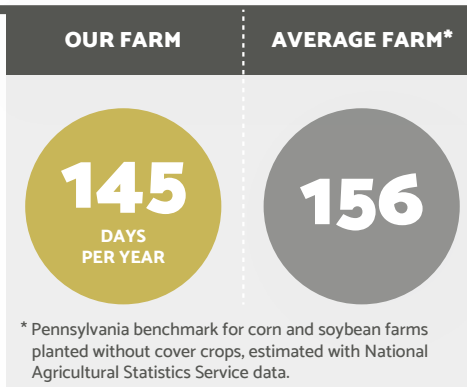
Days of living cover refers to the number of days farmers keep live plants growing in their fields – or, in other words, the number of days fields are not left bare.



Keeping fields in living cover protects nutrient-rich topsoil we rely on for our food from erosion.



Also, living cover keeps waterways and drinking water clean by helping fields better absorb and filter stormwater.



DATA BASED ON 2019 RESULTS FROM THE PENNSYLVANIA ASSOCIATION FOR SUSTAINABLE AGRICULTURE'S MULTI-YEAR SOIL HEALTH BENCHMARK STUDY. LEARN MORE AT PASAFARMING.ORG.

The soil from our farms got high marks from a study conducted last year by the Pennsylvania Association for Sustainable Agriculture. Compared with the average farm, the Henry Got Crops and Mort Brooks soil was significantly healthier and contained more than twice the level of organic matter. The one area in which both scored lower than the typical farm — the number of days of living cover — is due to the fact that our farms often have harvestable crops in the ground into December, which makes it impossible to plant a cover crop early in the fall, according to Farm Manager Nina Berryman.

International Co-op Principles

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

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'Wissaheroes' Respond to Tackle Park's COVID Trash Problem

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon



The Kopinsky family — Lonna Gordon, with husband Michael and sons Ayal and Zev removes trash from the creek.



Runner Sophorn Choup Duggan helps clean up the trails.

COVID-19 HAS PRESENTED FOW with a dual challenge; it prompted a huge surge in visitors to Wissahickon Valley Park while severely limiting our core volunteer operations to keep up with all the litter that unfortunately got left behind. This unique situation required a unique solution.

Having always relied on the power of volunteers, we appealed to the supportive nature of our wider community to help take an active role in the stewardship of the park, and we launched our Wissaheroes campaign in June. This DIY cleanup initiative came complete with trash bags, gloves and a special volunteer-branded mask, along with instructions, safety tips and specific locations that are consistently in need of attention.

Our Wissaheroes came to the rescue. As of October 13, 217 of them have come out on their own, putting in over 375 hours of cleaning, picking up and hauling out more than 7,000 pounds of litter from the Wissahickon Creek and forest.



It just goes to show you that pandemic or not, as long as people are coming to the park, they will always be there to care for this special place. As the saying goes, "Not all heroes wear capes;" sometimes they wear masks and carry trash grabbers. As we approach Thanksgiving, I want to express my sincere gratitude on behalf of everyone at FOW for this tremendous outpouring of support to make the park a better place.

Why Be a Wissahero?

Lonna Gordon (with husband Michael Kopinsky and children Ayal and Zev):

"We've often thought about volunteering. This year, when the email came asking for Wissaheroes, we thought, 'We can do this!' Any time, any place — you don't get more convenient than that. Michael, an Eagle Scout, already tends to pick up litter when he hikes, so the kids are pretrained to spot trash on the trail. Our kids are two and four and eager to help with whatever we do. The program gives us a great opportunity to spend family time in a park we love while also making it a better place

for others. Plus, our kids will learn to share and care for the spaces that give them joy."

Sophorn Choup-Duggan

"I first discovered the Wissahickon in the summer of 2012 when a friend asked me to do a run on Forbidden Drive. Immediately, I felt drawn to the park's boundless beauty of lush forests, rugged trails and historic structures nestled within the boundaries of Philadelphia. I'm fortunate to live close to the park, which offers convenient access for trail running and the opportunity to explore distinctive sections of the beautiful park. In recent years, I found myself logging many running miles in the park, so I wanted to give back and help maintain the trails I used often. Also, I wanted to commit my time in any way possible by volunteering with Friends of the Wissahickon to do trail maintenance or simply picking up trash in the park. I felt it was important to share the beauty and love of the Wissahickon with others."

Want to be a Wissahero?

It's easy to get involved and a great way to spend time outdoors while earning Weavers Way working member credit. Get started by going to fow.org/wissahero for details.

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Here's the Science Behind the Fiery Natural Colors of Fall

by Sarah Endriss, for the Shuttle

“OH MOM, LOOK AT THAT!”

My daughter and I were on our way home when we were greeted by an incredible ray of light setting the tops of the trees ablaze. They were literally glowing yellow with red and orange highlights dancing in the light. For just a minute, the world around us dropped away as we took in this breathtaking sight.

Fall is my favorite time of year. I love the smell of decaying leaves and woodfire smoke on a brisk day, the yellow “glow” walking among American beech or birch trees and the tapestry of yellows, oranges and reds standing in stark contrast to a brilliant blue fall sky. After the intense heat and green of summer, fall is like a big sigh that allows us to pause, take in the subtle shifts of color and look at our landscape in a new way.

Why do leaves change color and why does one plant turn yellow while the other turns red? It's a question I have often asked myself but never actively sought an answer to until recently. I thought I would share what I found because knowing the what and why of how our plants work makes them even more special!

Leaves change color because of the chemical compounds or pigments found in them and because of the change in weather.

There are three main types of pigment found in each leaf: chlorophyll (green), carotenoids (yellow and orange) and anthocyanins (red). These pigments reflect and absorb certain wavelengths of visible light and are visible based on photosynthesis — the process by which light energy is converted to chemical energy and stored as carbohydrates (sugar) which allows plants to grow, flower and produce seed.



Chlorophyll, the green pigment in leaves, is the chemical responsible for photosynthesis. Each leaf is a small factory that transforms water, supplied by the roots, and carbon dioxide into oxygen and carbohydrates, which are transported to every other part of the plant. During this process, two different types of chlorophyll absorb and hold onto red and blue light from the sun, reflecting the color green.

Bright sunlight causes chlorophyll to constantly break down; therefore, to maintain the amount needed, plants must continually synthesize it. This requires sunlight and warm temperatures to keep water and nutrients flowing. During the summer the process is continuous. But in the fall, as nights slowly get longer, the reduction of light and cooler temperatures is a signal to plants to begin to prepare for the winter ahead. The flow of nutrients slows, and chlorophyll degrades rapidly, allowing pigments responsible for reds, oranges and yellows to become visible.

Carotenoid and anthocyanin leaf pigments at the most basic level aid in the process of photosynthesis by absorbing different color light. Carotenoids absorb energy from blue-green and blue light and transfer that energy back to the chlorophyll. Carotenoids essentially protect chlorophyll from oxidation. Leaves contain more chlorophyll than carotenoids, so we don't see yellow and orange while chlorophyll is present.

The same is true of anthocyanins, which not all plants contain. They absorb blue, blue-green and green light and reflect red. Unlike chlorophyll and carotenoid pigments, anthocyanins are produced during an energy-consuming process that is initiated by sunlight. Therefore, leaves will be reddest on the sunny side of the tree. If you see a sugar maple or red oak, take note of which direction the most vibrant red leaves face!

Lastly, the range of fall color is always influenced by weather. Warm, wet weather delays the destruction of chlorophyll and the appearance of carotenoids and anthocyanins, whereas cool, dry weather favors it. And sunny weather promotes the production of anthocyanins. This means that the brightest fall colors are produced when dry, sunny days are followed by cool, dry nights. So far, all signs are pointing to a brilliant fall!

Sarah Endriss is an ecologic restoration design professional. She is principal of Asarum LandDesign Group, adjunct faculty at Jefferson University and a restoration design consultant for WildLawn, an ecological alternative to the suburban lawn.

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Cities Need to Increase the Amount of Green Space, Especially in Lower-Income Neighborhoods

by Sandra Folzer, Weavers Way Environment Committee

EVER HEARD OF “FOREST BATHING?” I hadn’t. It’s the Japanese practice of Shinrin-yoku, a term created decades ago by the Japanese Ministry of Agriculture, Forestry, and Fisheries. Forest bathing involves submerging oneself in the wonder of nature — observing, focusing and meditating while disconnected from technology. The reported health benefits related to this practice prompted the Japanese government to incorporate forest bathing into its national health program.

Research confirms that nature is good for both your physical and mental health. A Danish study found that children from birth to 10 years old who grew up with the lowest levels of green space nearby were up to 55% more likely to develop a mental health disorder later in life. Researchers from Aarhus University compiled information from nearly a million people in Denmark and used satellite data to calculate the amount of green space. This relationship between green space and mental health remained even after factoring in socioeconomic status and parental history of mental illness.

Additionally, a study by researchers at the University of Wollongong in Australia found that adults who lived in neighborhoods comprising 30% or more tree canopy were less likely to suffer poor physical health or experience psychological distress.

Clearly, trees are important. These findings underscore the need for green space in cities, particularly given that more than half of the world’s population

lives in urban areas. However, in many cities, low-income neighborhoods have fewer parks and trees, and people of color are disproportionately impacted. Creating more green space in underserved neighborhoods may even help improve health outcomes.

Denver is attempting to remedy these disparities. According to a recent report in the *New York Times*, city officials are planning to purchase land for parks, repair playgrounds, build recreation centers and plant trees where there are few. They are able to do this because of an environmental tax that increased the sales tax by 25 percent. The city is attempting to confront years of discrimination through municipal planning.

However, how local governments take action is just as important as what actions they take. Governments appear paternalistic when they do not consult people before implementing programs that affect them. Community involvement demonstrates respect. In Denver, some residents have expressed concerns that improvements might bring gentrification, pricing them out of their homes, while others worry that the burden of maintaining new parks will fall on them. In Detroit, a tree-planting project was rejected by many in 2014 because people in the community weren’t consulted beforehand.

Jonathan Kaledin, formerly of the Nature Conservancy, made a sound suggestion recently in an opinion piece for the *Philadelphia Inquirer*. He recognized that the pandemic exposed inequities in



access to park space, citing an April report from the National Recreation and Parks Association that noted, “There are fewer quality parks in close proximity to low-income residents and communities of color.” Kaledin also mentioned that in August, Kamala Harris led a group of 16 senators who asked for more funding for urban green spaces, since the pandemic has demonstrated that many communities don’t have safe, shared green spaces.

As a solution, Kaledin suggested a National Urban Green Space Initiative to invest in upgrading existing parks, establishing new green spaces, undertaking green infrastructure projects and establishing new urban community gardens and farms. The program could establish an urban conservation corps under AmeriCorps that would recruit people from high-need communities and provide them with education and training. Such an initiative would create more green space while investing in jobs and enabling communities to make decisions about their own neighborhoods.

eco tip

Ways to Help Birds Get Through the Winter

by Marsha Low, Weavers Way

Bird populations are in decline all over the world. In North America, numbers have declined by 29% since 1970. Birds face a number of threats, including loss of habitat, herbicide and insecticide use and climate change. But there are things we can do in our own backyards to help our feathered friends.

Putting out bird seed (especially in the winter months when food is scarce), providing clean water, and providing birdboxes in which birds can raise their young are all helpful. So are removing grass and planting native shrubs and flowers that provide seeds and attract insects. (Cardinals, chickadees, nuthatches, woodpeckers, swallows and titmice are just some of the birds you may see in your backyard that eat insects.)

If you had birds nesting in boxes this summer, leave the nesting material in them until early next spring, because they may take shelter in them during winter storms. Leave seed heads (for example, those of black-eyed Susan, purple coneflower, Joe Pye weed, ornamental grasses, sedum and coreopsis) for them to feed on during the winter. Also, encourage growth of the insect population by leaving leaves and dead plant stems in your beds over the winter; insects need them to survive.

Insect populations have plummeted in recent years, and if they do not rebound, birds will be in even more trouble, so help them out. It’s a win-win: Less work for you, more food for the birds!

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Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

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

Sounds like shoppers would like to email suggestions, so we've set up an email, suggestions4norman@weaversway.coop. Use this for product suggestions and general feedback. Keep in mind anything sent may end up in this column.

Burger King recently announced they're starting a program with the aim of reducing trash, especially plastic trash, by offering customers the option of paying a deposit on reusable containers for drinks and the Whopper. The deposit is refunded when the containers are returned.

You might remember our Plastic Reduction Task Force, in cooperation with our Zero Waste Consultant Alisa Sharгородsky and our kitchen and other staff, were about to launch a similar system for some of our departments back in April, but our program got delayed due to COVID. Our system was going to be more extensive than Burger King's, but it's good to see this kind of thing happening on a large scale.



Burger King's program is supposed to roll out sometime in 2021. It'll be interesting to see what happens and if and when we can get back to rolling out our own program. COVID has wreaked havoc with some sustainability efforts. The good news is that it seems food and food contact surfaces are not considered significant contributors to the spread of the virus, so reusable containers could be ok. Our deposit system did have Montgomery County and Philly health department approval, because our commercial dishwashers are able to clean and sanitize the containers to the same standard restaurants have for tableware. We'll take this up again once conditions are appropriate.

suggestions and responses:

S: "I had an idea I thought you might be interested in and I would LOVE! As you probably know, weekly meal prep


(Continued on Next Page)



EMAIL YOUR SUGGESTIONS TO
suggestions4norman@weaversway.coop

Norman Says:

Read **SUGGESTIONS** by Purchasing Manager Norman Weiss every month in the Shuttle.



WEAVERS WAY ENDS

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

AS A RESULT OF ALL WE DO:

- END 1** There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.
- END 2** Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.
- END 3** There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.
- END 4** Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op's long-term vision.
- END 5** Members and shoppers will actively participate in the life of the Co-op and community.
- END 6** The local environment will be protected and restored.
- END 7** Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.

(Continued from Preceding Page)

kits are very popular. You order the week before (two or more dinners) all the ingredients come in a package, and directions are included. They are delivered to your door.

Some companies offer breakfast, lunch and snack ideas. You are still cooking but the planning and shopping is done for you. We use these kits (we love how they work) but hate the carbon footprint, especially all the packaging that's included to manage the distance they travel. A friend in California shared they have this option available through a local company. I would love to suggest the Co-op offer this!

r: (Norman) Thanks for the suggestion. Meal kits are an interesting phenomenon in the food world, and some retailers have developed their own versions. I haven't seen many industry reports on their success, although I have read of some issues like short shelf life and taking staff time away from Prepared Foods departments.

I think it would be great for the Co-op to envision a meal kit with local and healthy items in some kind of minimal and/or reusable packaging, but it's not something we can devote staff time to anytime soon. We can probably take a closer look after the holidays. It may be we can figure out something useful, relatively simple and reasonably priced that could fulfill this kind of need for our shoppers.

FYI, here is an interesting article on the carbon footprint of meal kits (which I don't necessarily agree with but worth a quick read if you're interested):

<https://tinyurl.com/y4xoxbyx>

s: "I heard about a no — sugar/high — protein ice cream. Can we look into getting some?"

r: (Matt, MA) I tasted one and I'd say it's like ice cream in the same way that a Pomeranian in an outfit is a dog. All of the necessary components are techni-

cally there but arranged in a way that makes it truly awful. And then they add a bunch of unnecessary ingredients to it. "Functional" foods are on trend right now, but if you need 21 grams of protein from your ice cream, I think it's time to reevaluate your diet. Trying it has made me sad and kind of makes me want to get real ice cream to lessen my pain.

(Norman) We've seen so many new protein-boosted foods the last few years, probably part of the interest in the ketogenic diet. Protein-boosted peanut butter, cookies, bread, granola, yogurt, chocolate bars, even potato chips. Whether these foods fit into your dietary goals is up to you, but as far as I've heard, protein deficiency in the United States is not a condition the medical community sees often.

s: We remain puzzled at the archaic use of "a .99" pricing on most Co-op items. Surely as members, we should insist on a "cost plus percentage" on items. This would be a fairer deal and properly reflect Co-op ideals. Why not instigate this on a trial basis?"

r: (Norman) You probably don't really want to get me started on this, as I could write a chapter about it and pricing in general and the role of pricing in a consumer co-op. We, and most National Cooperative Grocer co-ops (and other retailers) have been encouraged to use "psychological pricing." In reality, we start with "cost plus percentage" when figuring prices, and the percentage we choose to use varies with department, competition, labor, freight, etc. Then we use rounding rules based on psychological pricing to get to the final price.

With psychological pricing, there are "good" prices, like \$3.69, and "bad" prices, like \$3.72. To me, it's all a stupid game with the goal of manipulating shoppers through less than transparent means, but this is where modern co-ops have landed.

“
In my perfect world, a price should reflect reality.”

In my perfect world, a price should reflect reality — the amount of energy expended in getting a product to the consumer, i.e., cost of production, packaging, storage, transportation, selling, etc., using fair and sustainable methods. In reality, competition and marketing play a huge role in pricing, hence we have things like promotional and psychological pricing, even though, from my perspective, this is lying to consumers about the true cost of an item.

There is a model of co-op pricing called direct charge, where products are priced at wholesale cost and the expenses of running the co-op are divided evenly among the members and paid as a monthly subscription. But that model never caught on. So we, and most co-ops and retailers, continue to use psychological pricing out of fear of losing shoppers to competitors. That's another way to look at it — fear-based pricing.

s: "I have a recipe that calls for firm tofu but didn't see it in Mt. Airy."

r: (Norman) We do stock firm tofu in Mt. Airy. There is a shelf stable one, Mori-Nu brand, on the lower shelves between the cheese case and refrigerated case with the other tofu (it's also in Ambler). Nasoya Extra Firm tofu is in the refrigerated case and is also in our

Chestnut Hill store.

s: "Thanks for sharing your knowledge, insights and attitudes about the new plant-based protein products. I'm going to take your suggestion to rely more on lentils. What do you think of that bulk product we sell called TVP (textured vegetable protein)? I like adding some to my oatmeal breakfast. I'm going to try lentils instead and see how that is. But please, what is your opinion of TVP?"

r: (Norman) TVP is made from defatted soy flour and is high in protein, low in fat and may or may not have some of the beneficial health aspects of whole soybeans. It's also affordable.

I see a few issues. First, how processed is it? Some TVP is sourced from what's left after making soybean oil. Depending on how the soybeans were grown and how the oil was extracted, what's left can be result of a GMO crop and/or a toxic process like hexane extraction. TVP could also be result of a non-GMO crop (as are the versions in our bulk departments and from Bob's Red Mill) and a less toxic oil extraction process like heating and mechanical pressing. Either way, the beneficial omega-3s present in full-fat soybeans will be missing. The impact of that depends on if you get omega-3s from other sources.

s: "I heard that rain is not as natural as it appears and actually manufactured in China and distributed worldwide with air currents artificially created by a facility in Dubai. How can organic produce be organic if this is true?"

r: (Norman) The USDA organic standard is pretty rigid, but when it comes to water, it has some fluidity (couldn't resist). As long as the chlorine count is below residual levels of chlorine-treated water used for cleaning, there is not an issue for them. The question of whether rain should now be considered a Chinese import and subject to tariffs is beyond the scope of this column.



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Many Unknowns to Confront as the Co-op Moves Forward

(Continued from Page 1)



photo by Jon Roesser

John McAliley giving the thumbs up on hot soup.



photo by Karen Plourde

Dinners, pizzas, soups and more to go at Ambler.



photo by Karen Plourde

Soups are hot and ready in Chestnut Hill

change will have much of an effect on that location. “Salad sales weren’t huge for us,” they said.

The area where the salad bar was located has been replaced by a stand-alone case that features additional grab-and-go items from the Prepared Foods department, including family-sized entrees and premade school lunches for kids.

“Grab and go has always done well in Ambler, so it’s just expanding that department in a way,” Arnold added.

In Chestnut Hill, the hot bar and salad bar areas are stocked with packaged prepared meals and salads. The store is experimenting with having hot items served by a staff person, and soups are now stored in a hot holding case where the self-serve soup wells were located.

Chestnut Hill Assistant Store Manager Valerie Baker said changes forced by the pandemic are also leading to some new options for shoppers. In recent months, the store has made space near the sandwich station for a tray with heat lamps where premade breakfast sandwiches are available.

“This is a great opportunity to replace some items with new items that shoppers have been requesting, such as to-go sides, cut-up fruit salads and maybe even smoothies,” she said. “This has also given us the opportunity to take advantage of our early bird shoppers. I think it is what shoppers are looking for and it will improve sales drastically.”

portunity to take advantage of our early bird shoppers. I think it is what shoppers are looking for and it will improve sales drastically.”

The Switch to Shopping in Ambler

Sales in Chestnut Hill have been hit hard by the closure of the hot bar, soup station and salad bar, in addition to the decreased amount of foot traffic on Germantown Avenue. Mt. Airy has also seen a decrease in sales since the pandemic hit as shoppers migrated to Ambler.

“I shop in Ambler now mostly because of COVID,” said Dan Harai (a former Mt. Airy shopper). “It’s very tight in the Mt. Airy and Chestnut Hill stores in the best of circumstances. I feel more comfortable here.”

Harai said he loves the Mt. Airy and Chestnut Hill stores and still shops there occasionally. Not so for Bonnie Mettler, who used to shop at those locations but now goes to Ambler.

“Mt. Airy and Chestnut Hill stores are too small,” she said. “The aisles are too close together. I feel more comfortable shopping in Ambler.”

Mettler said she may return to the Mt. Airy and Chestnut Hill stores, but only when the time is right. “Once everyone has the vaccine, all possibilities are

open, and I might shop in Mt. Airy and Chestnut Hill again,” she said.

Co-op managers are watching shopper patterns with an eye toward the future. Roesser intends to lift the caps on the numbers of shoppers at some point, but admits he doesn’t know what will happen then. “I don’t know how people will feel post-pandemic shopping in the Mt. Airy store, for example when there’s 30 people in there,” he said.

As it is now, shoppers sometimes wait in lines to shop in Mt. Airy or Chestnut Hill stores. Fall is here and winter is around the corner. No one knows when there will be a vaccine. Co-op managers wonder what will happen when people have to wait in line in the cold or in a snowstorm. What happens if the COVID pandemic continues for many, many more months? How long can the Co-op continue to operate at a loss?

“We’re not going to run out of money,” Roesser said. “If it comes to the point where we are concerned about cash reserves, we may have to increase pricing to continue covering costs like battle pay for staff. We would take whatever corrective action we would have to in order to keep our stores running.”

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— Lawrence H. Geller

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 And a little parmesan.
 And I made an espresso
 With just the right amount
 Of foam.

— Barbara Hoekje

LUNAR GAZE

Come hither calls the moon
 With its mournful lunar face
 There's no one else out tonight
 No other soul to see my light
 Just you and I and the deep dark sky
 I'll lead you from your inner maze
 As I've done for those before
 Who've sat with me at heaven's door.

— Kirstie Jones

We're running low
 on poems.
 Please send more!



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1. Poems must be written by you and can contain no more than eight lines.
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 3. The number of poems in an issue is determined by the amount of space available.
 4. Members and nonmembers are welcome to submit.
 5. Email your submissions to editor@weaversway.coop and put "Poetry submission for Shuttle" in the subject line.
 6. Preference for publishing will be given to those whose work has yet to appear in the paper.
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Co-op Member's Latest Effort Zeroes in on City's Democratic Machine

by Janis Risch, for the Shuttle

WEAVERS WAY MEMBER JOHN Kromer's recently published book, "Political Battlefields: Disruptive Campaigns and Upset Elections in a Changing City," unmasks the interecine Democratic party politics that subtly influence and govern our lives as Philadelphians.

Kromer takes us back to the 1951 election when Joseph Clark and Richardson Dilworth upset almost a century of Republican Party rule to become mayor and district attorney respectively, ushering in the new era of the Democratic Party machine.

The original architecture of Philadelphia's Democratic City Committee, which exists largely to get out the vote for its endorsed candidates, lives with us today. It's based on a political map that divides the city into 66 wards, each with their own ward leader who commands a dozen or more divisions; each of those has two elected committee people. Most residents are only dimly aware of this structure, even though they visit the tip of the iceberg twice a year — the polling place assigned to their division. If you have ever had someone try to press a preferred ballot ticket into your hand as you entered the polling place, then you have encountered the inner workings of the DCC and your local ward leader.

While Kromer argues that the ward system has the potential to embody the highest ideals of representative democracy, the domination of local politics by a single party over an extended period of time has not been without consequences. They include the weakening of civic structure, corruption and mismanagement, long-term incumbency, resistance to progressive reformers and, as we saw

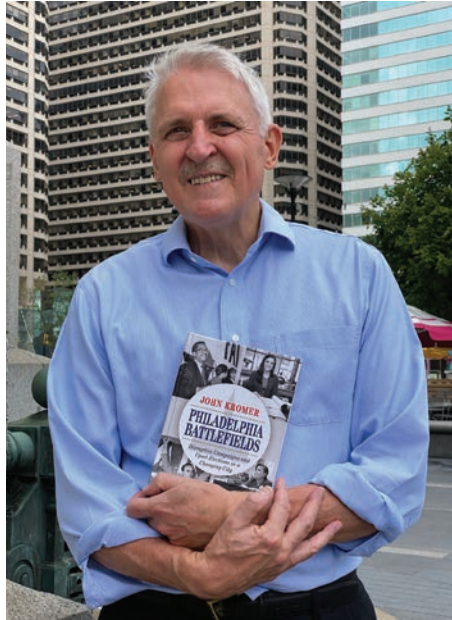


photo by Lauri Nelson

John Kromer

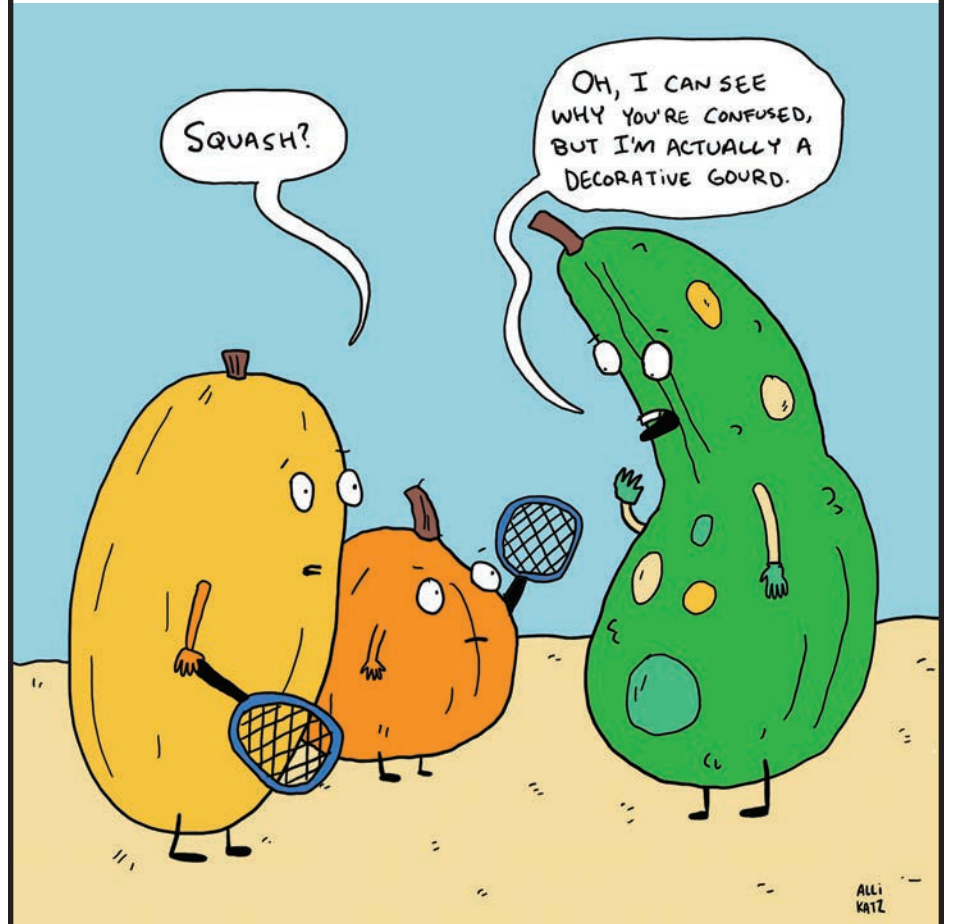
in the 2016 presidential election, reduced voter turnout.

At the heart of Kromer's hopeful book, however, is an analysis of dozens of instances in which ambitious, strategic outsiders defeated the DCC to win elections at the most granular level of committee person and ward leader, as well as citywide and regional positions such as mayor, controller and congressperson. Presented through engaging stories based on first-person interviews, "Political Battlefields" reveals the varied strategies of a compelling roster of Philadelphia's activists and elected leaders.

The book is a good resource for any Philadelphian who wants to understand our city better. But if you want to challenge the status quo — whether as an outsider working to influence policy and political leaders, or by aiming for public office — "Political Battlefields" is essential reading.

Locally Grown

Illustration by Alli Katz



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