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The Shuttle

JANUARY-FEBRUARY 2021

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 49 | No. 1

MALT Founder Remembered For Desire to Educate the Community

by Constance Garcia-Barríos, for the Shuttle



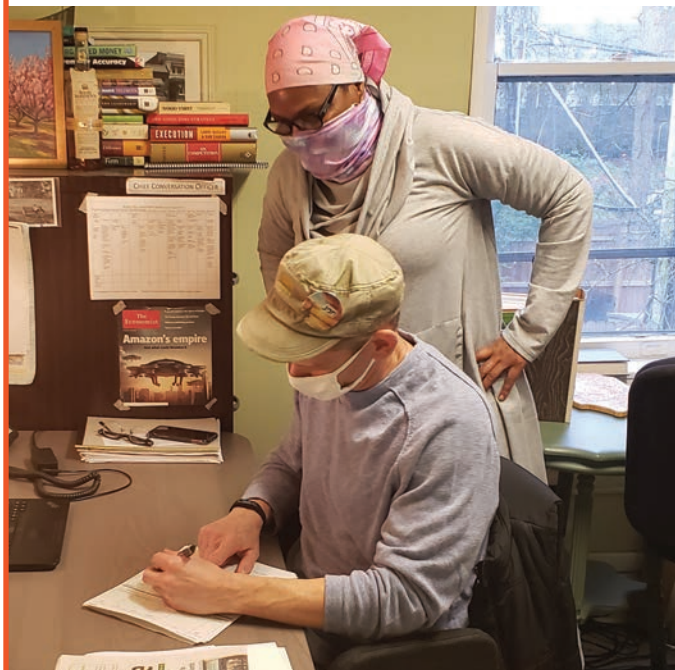
BARBARA BLOOM, COMMUNITY ACTIVIST and long-time member of Weavers Way, died Dec. 7 of complications from pulmonary lung disease at her home in Chestnut Hill. She was 79.

Bloom's passion for sharing knowledge led her to stretch beyond academia and tap the skills of her neighbors to launch Mt. Airy Learning Tree in 1981. She took the organization's name from a novel by the late African American photographer Gordon Parks, who once gave a lecture at MALT.

In 1980, Bloom and a group of volunteers began teaching non-credit courses to fellow residents of Germantown, Mt.

(Continued on Page 22)

Lightening the Loan Load



Jon Roeser, Weavers Way general manager, signs a stack of member loan payment checks while Candy Bermea-Hasan, accounting specialist, looks on. In 2020, the Co-op paid off the final batch of member loans issued in 2010 as part of our expansion to Chestnut Hill and the first batch of member loans issued in 2016 for our expansion to Ambler. Loans from members have been instrumental in supporting the growth of the cooperative economy in the Philadelphia region.



South Philly Co-op Opens its Doors with a Heap of Help from Weavers Way

by Valerie Glauser, for the Shuttle



photo by Valerie Glauser

SPFC General Manager Lori Burge and Produce Manager David Thompson show off the co-op's produce case.

IN 2008, DAVID WOO, FORMER WEAVERS WAY BOARD president and Co-op member, was invited by then-General Manager Glenn Bergman to a meeting with a woman who owned a failed bookstore in the Italian Market which she converted briefly into a food market. She was joined by 40-60 community members who had interest in opening a food co-op in South Philly. Their initial meeting only resulted in a food buying club; however, it left Woo with an email list of about 40 people who were interested in opening a neighborhood food co-op.

Two years later, after Woo was laid off from WHYY, he heard from lapsed Co-op member and former coworker, Alison Fritz. She wanted to replace her broken garlic press with one she liked at the Co-op, but thought she had to be a member to purchase it. She found out that the by-laws had changed so that all community members could shop.

During their reconnection, Woo convinced Fritz to revive the idea of a co-op in South Philly by resending emails to the

(Continued on Page 12)

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

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NOTICE of Election for Weavers Way Co-op Board of Directors

Members may vote online beginning on or about April 1, 2021, through May 2. Voting will end 30 minutes after the the date of the Weavers Way Spring General Membership Meeting begins.

Board positions to be filled: 4 At-Large Directors for 3-Year Terms

Candidate's application and instructions are available at www.weaversway.coop/board-elections

Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



HAD A CHANCE TO CATCH YOUR breath yet? Not really? Yeah, me neither.

To borrow a catchphrase from President Biden, the temperature in the country has lowered a bit. It's certainly gone down since Jan. 6, when we watched via social and mainstream media an insurrection led by fellow Americans at the U.S. Capitol. But while the energy in Washington has mostly shifted to healing and making government function again, I still feel uneasy.

Thankfully, on that Wednesday and in the days before, small groups of honorable people stepped up to steer us away from the brink. Even so, we got way too close. And while that effort failed, the schools of thought that fueled it are still active and out in the open.

In 2021, "see something, say something" has taken on a new meaning. The threat to our republic now comes from within our borders — from those who look like people we know, even if they think far differently. We can no longer afford to take them lightly.

While looking through this month's issue for a story to highlight, I was struck by how many of the articles feature regular folks stepping up to get things done in the community. They include the recently deceased Barbara Bloom, who turned her passion for learning into Mt. Airy Learning Tree; the volunteers who worked for 10-plus years to establish the newly opened South Philly Food Co-op; and Antoine and Samantha Joseph, a Mt. Airy couple who have invested plenty of their own money and are raising more to purchase and renovate the former Philadelphia Sunday Sun building on Germantown Avenue in Mt. Airy. They're aiming to turn it into a community gathering space with two fair-market-rent apartments.

Throughout the pandemic, we've read about and personally observed stories of people taking on challenges in their communities and making things happen — and that needs to continue. No, we can't do it all. But we mostly need to lead the way so our leaders can follow.

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.



Dark and White Chocolate Shortbread Hearts

Recipe by Lisa Zerdes, Weavers Way Member and Professional Pastry Chef

THESE ARE DELICIOUS AND ARE A FUN project to do with the kids. You will need a nesting set of three to four heart-shaped cookie cutters of different sizes. Once your dough is rolled out, use the largest hearts to cut out your cookies, then cut smaller ones out of the largest heart and fit them together like puzzle pieces.

The white chocolate dough will be crumbly at first, but will firm up while chilling. I also recommend that you knead the white chocolate dough for one minute before you roll it out.

If you are looking for a less time-consuming project, you can roll out each dough disk as directed, cut out the large hearts and chill them. Before baking, cut the hearts in half lengthwise and "glue" together opposite colors by pressing them at the seam. Bake as directed in the original recipe.

Tools needed: rolling pin, ¼ inch rolling pin bands, offset spatula, heart-shaped cookie cutters, parchment paper, four baking sheets and two cooling racks.



INSTRUCTIONS

- For the dark chocolate shortbread: In a bowl, whisk together flour, cocoa powder, espresso powder and salt then set aside. Place butter in mixer bowl and beat on medium speed until creamy. Add confectioners' sugar and beat until combined, then add in vanilla and flour mixture and continue beating just until combined. Divide dough in half and wrap in plastic. Flatten into one-inch thick disks and refrigerate until firm, at least one hour or for up to three days.
- For the white chocolate shortbread: In a bowl, whisk together flour and salt. In a mixer bowl, beat butter with melted white chocolate on medium speed until creamy. Add confectioners' sugar and beat until combined, then add in vanilla and flour mixture and beat just until combined. The mixture will be crumbly, but will firm up. Divide dough in half, flatten into one-inch thick disks and wrap in plastic wrap. Refrigerate until firm, at least one hour or for up to three days.
- Remove both disks from refrigerator; let stand for 15 to 20 minutes. Roll out dark chocolate dough to ¼ inch thickness between two pieces of parchment paper. Stamp out heart shapes with largest cookie cutter; transfer to a parchment-lined baking sheet. Gather dough scraps, reroll and stamp out more heart shapes with largest cutter. Freeze cutouts until firm, about 15 minutes. Repeat with white chocolate dough.
- Stamp out smaller hearts from larger ones, starting with second largest cutter and working down to smallest cutter; transfer cutouts to parchment-lined sheets. Refrigerate cutouts until firm, about 15 minutes.
- Preheat oven to 325°, with racks in upper and lower thirds of the oven. Starting with the smallest cutouts and working up to the largest, fit together dark and white chocolate cutouts like puzzle pieces. If the dough cracks or breaks in places, simply press it back together as necessary; once you bake the cookies, you will not see the cracks.
- Arrange completed hearts one inch apart on fresh parchment paper-lined baking sheets. Refrigerate again for 20 minutes, or until firm. Working in two batches, bake cookies, rotating sheets and rack positions halfway through until firm, 15-20 minutes. Transfer cookies to wire racks; let cool completely. Cookies can be stored in an airtight container at room temperature for up to a week. Enjoy!

Dark Chocolate Cookies

INGREDIENTS

- 1 ¾ cup unbleached all-purpose flour, plus more for dusting
- 1/3 cup unsweetened Dutch-process cocoa powder
- 1 ½ tsp. instant espresso powder
- ¾ tsp. kosher salt
- 2 sticks unsalted butter, room temperature
- ¾ cup confectioners' sugar
- 1 tsp. vanilla extract



White Chocolate Cookies

INGREDIENTS

- 2 cups unbleached all-purpose flour
- ¾ tsp. kosher salt
- 1 stick plus 6 Tbs. unsalted butter, room temperature
- 2 oz. white chocolate, melted in the microwave for 15 seconds and slightly cooled
- ½ cup confectioners' sugar
- 1 tsp. vanilla extract



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A Sunday Kind of Love

Recipe by Joan Gigliotti, Weavers Way Member

GATHER AROUND THE TABLE FOR an Italian American-inspired menu featuring baked Eggplant Involtini. As an accompaniment, serve it with Italian antipasto, the elements for which can be found in the Co-op's deli section. And treat the fam to a festive cocktail —perhaps an Aperol spritz. Then cue up nostalgic songs from Frank Sinatra and Etta James and enjoy!

Baked Eggplant Involtini

INGREDIENTS

- 3-4 eggplants (about one pound), trimmed and cut lengthwise into 1/4 inch-thick slices
- 3/4 cup olive oil
- 6 oz. feta cheese, crumbled
- 8 oz. ricotta cheese
- 1/2 cup toasted pistachios, crushed
- 1/3 cup raisins, soaked in hot water until plump, drained and patted dry
- 4 garlic cloves, peeled, minced and divided
- 1 1/2 tsps. each fresh mint and fresh basil, sliced chiffonade style (See notes, below)
- Sprigs of fresh basil for garnish
- 1/2 cup cleaned fresh parsley, chopped
- 1 large egg, beaten
- Finely grated zest of 1 lemon
- Pinch of salt and freshly ground pepper
- 1 26.46 oz. container Pomi chopped tomatoes
- 2 large balls fresh mozzarella, sliced thin
- 1 cup grated Locatelli or Parmesan cheese

INSTRUCTIONS

- Heat oven to 375°. Set up a sheet pan with a cooling rack on top and place it next to the stove. Pour half the box of Pomi tomatoes into a 9 x 13" baking dish and mix in two cloves minced garlic along with the salt and pepper.
- Toss or brush eggplant slices with olive oil and set aside.
- Place a cast iron skillet (or any heavy-bottomed pan) over medium-high heat. Add just enough olive oil to cover the bottom of the skillet. Heat until the oil is hot but not smoking. Working in batches, place eggplant slices in the skillet, being careful not to overcrowd it. Sauté 3-4 slices at one time, giving them a chance to brown on each side. You may need to add olive oil before starting each new batch of eggplant.
- After sautéing the eggplant on both sides, set the slices on the cooling rack with the sheet tray underneath.
- While the eggplant cools, prepare the stuffing. In a large bowl combine the feta, ricotta, 1/4 cup toasted crushed pistachios, raisins, lemon zest, mint, basil, fresh parsley and the rest of the minced garlic. Mix in the egg and season to taste with salt and pepper.
- Set up your working area to roll the eggplant. Spread out the slices on a clean, dry surface and divide the stuffing evenly among them, placing one to two tablespoons at one end of each slice. Roll up the slices tightly to secure the filling, and place in the baking dish snugly in a single layer.
- Spoon out the remainder of the tomato sauce on top of the eggplant rolls. Arrange fresh mozzarella slices down the center of each row. Drizzle with olive oil and top with grated Locatelli cheese, basil and the rest of the crushed pistachios.
- Bake until the cheese has melted and the eggplant is simmering and fragrant, 25-30 minutes. Remove from oven and let stand for five minutes. Serve hot.

Mangiamo & Saluti!

Notes: 1. *Involtini* is Italian word describing various small bites of food consisting of some sort of outer layer wrapped around a filling. 2. *Chiffonade* is the technique of cutting herbs or leafy green vegetables into long, thin strips.



APEROL SPRITZ INGREDIENTS

- 3 ounces prosecco
- 1 ounce club soda
- 2 ounces Aperol
- Garnish: orange slice



This mosaic plaque honoring longtime Mt. Airy Meat and Seafood Manager Dale Kinley, who died last May, now hangs outside the main entrance to our Mt. Airy store. The plaque was made by former Co-op staffer and current member Sara James, at the request of Store Manager Rick Spalek.

"It was an honor to make," said James, who made the tiles in addition to putting together the mosaic. "I worked with Dale from about 1997 to 2005, when I worked in administration. . . She always cared deeply for the members and their needs, and even after I stopped working at the Co-op, she would ask about my kids and my health each time I saw her. . . I tried to capture her warmth and her natural beauty in the plaque."

At some point in 2021, once it warms up and we can start feeling better about larger gatherings, we will schedule a memorial service for Dale outside the Mt. Airy store.

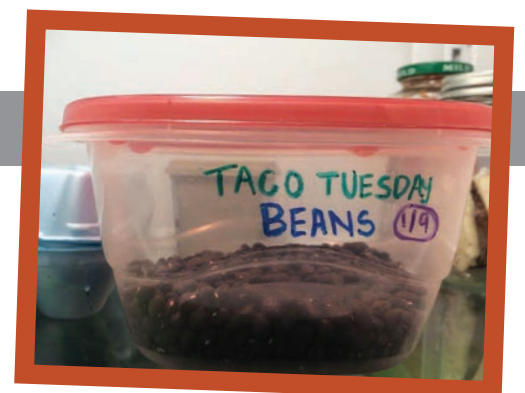


by Kieran McCourt, Weavers Way Ambler

According to the U.S. Department of Agriculture, food waste is estimated to make up between 30-40% of the total food supply, and most of it ends up in landfills. That's a daunting number for sure, and it happens all along the supply chain.

Here are some easy tips for at least limiting the number of sad bunches of parsley that end up in the trash.

- **Prep after shopping** This can be as simple as washing and properly storing fresh produce so that lettuce stays crisp and herbs won't wilt as quickly. You can cut up and portion items for easier snacking or to simplify dinner prep. Consider pre-slicing peppers or breaking down a head of cauliflower or broccoli into florets.
- **Shop smart** Think about what meals you're likely to make during the week and plan accordingly. Make a list — it helps cut down on duplicate purchases.
- **Label everything** Add a description and include the date. Use items closer to their expiration date first before buying or opening something new.



- **Plan meals** That can mean a fully drawn-out plan for the week, or a rough idea. Pay attention to how long certain items last — for example, use salad greens sooner than hardier ones.
- **Make use of leftovers and holdouts** Have a night of leftovers during the week, whether it's a mix and match of meals or components. Use odds and ends like cooked grains and proteins or wilted kale in a soup or stew. Incorporate overripe fruit into breads or smoothies.



An offshoot of Weavers Way Co-op

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FOOD MOXIE

We dig what we eat.

Our Two New Co-Chairs Detail Why They've Chosen to Serve

by Lisa Mosca, Food Moxie Executive Director

WE ARE HONORED TO HAVE THE SUPPORT OF GLENN BERGMAN AND BOB MCWILLIAMS AS OUR NEW CO-CHAIRS OF THE FOOD Moxie board. Many of you know that Glenn is one of our founding members. Bob responded to a call in the Shuttle for new board members in the spring of 2019. We also thank our other amazing Food Moxie volunteer board members: Vice Chair Catherine Kendig, Treasurer Jaime Shechtman, Secretary Liz Werthan, Jean Carne-Wolfe, Michael Clancy, Folasshade Laud-Hammond, Anne Munch-Jensen and Bob Smith.

Glenn Bergman, Food Moxie Board Co-Chair

Many of you who have joined Weavers Way over the last six years may not know who I am. In 2004, I was hired as general manager for the Co-op during a tough financial period. I offered to stay for two years; I stayed for 11, until I left to take the executive director position at Philabundance. I learned that the Co-op was a wonderful place to work.

I stayed longer for many reasons. One, I truly fell in love with the cooperative business model as a way to build community engagement. Two, because we have great members and staff. Three, because we started a farm that today is wonderful to see and support. And four, because the members wanted to give back to the community by providing an educational experience around nutrition, urban farming, teaching kids where their food comes from, and basic co-op principles. So we started a nonprofit.

We started Food Moxie, a/k/a Weavers Way Community Programs, as a way to support the desire of the members to provide community service programs in Northwest Philadelphia. Our first grant (\$7,500) came from the Cooperative Development Fund in Washington, D.C. It enabled us to pay two staff members from the Co-op (Margie Snyder and Stephanie Johnson) for their part-time work with the Marketplace program and at Awbury Arboretum, where they did urban gardening.



Food Moxie has become an important community resource for many children, families, volunteers and other institutions. We started the first major city family shelter garden program at Stenton Family Manor in East Germantown. We run a small farm at Martin Luther King High School, and we have provided educational experiences in conjunction with the teachers at Saul Agricultural High School in Roxborough. When COVID came along last spring, the staff had to pivot and began providing meals and food boxes to families.

As one of its founding members, 14 years ago, I have seen how this little organization can truly do wonderful work and

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FOOD MOXIE

bring together great people. Many of you have donated to Food Moxie and I thank you for your support. I never felt right being the chair of an organization that I helped to start before, but I am so excited to assist Lisa and Bob with raising funds and providing any guidance.

I am looking forward to working on our new strategic plan, raising funds and assisting with identifying new board members from the community. This nonprofit has an amazing "Can do!" attitude that makes a difference.

Bob McWilliams, Food Moxie Board Co-Chair

Have you ever planted a seed, watched it sprout and then savored the fruit of your labor on a lazy summer afternoon? I have treasured that pleasure for over 60 years, and I thank my mother for teaching it to me. In 2019, I read in The Shuttle that Food Moxie teaches children the wonders of growing their own nutrition. The article reported that they were searching for someone with my set of skills to help further their mission. It was a no brainer; I signed right up.



If you want to understand why I serve this organization, I invite you to come and support one of our programs. I have been fortunate enough to have had this experience. It is truly heartwarming to see young adults and children digging, planting and harvesting, ultimately sampling the variety of items that they grew. I realize that many children today have not had the opportunity to engage with whole foods or gardening and therefore think that food comes out of a wrapper or bag. Food Moxie provides an environment that changes that concept in a caring and hands-on manner.

Serving and giving are a part of who I am, but being a part of Food Moxie provided me an opportunity to make an impact in a most rewarding way. Cheers to Weavers Way Community Programs for creating this organization, and I look forward to helping it achieve an even greater impact.



Butterfly on Zinnia



Perennial pollinator plant

THANKS TO...

- AMJ Foundation
- Elisa Greenberg and Drexel Medical student volunteers
- Elizabeth and Arthur Roswell Foundation, Inc.
- Hilda Mullen Foundation
- Patricia Segal and Stephan Segal Family Charitable Foundation
- Penn Charter's Alyson Goodner, the Center for Public Purpose and all the families and students who have been packing pantry bags
- Powercorps PHL for their ongoing volunteer support
- Youthworks
- All our recent individual donors, sustainers, High Five members and volunteers
- All our partners, their staff and teachers
- The Food Moxie board and staff
- Weavers Way Co-op staff and members
- All the Co-op members who have been helping with our workdays and deliveries



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Co-op Workers Need a Living Wage

WITH COVID-19 HAZARD PAY IN limbo, what is the compensation picture for the Co-op's approximately 250 employees? With hazard pay included, they may be reasonably compensated by industry standards but even so, industry standards are low. (With your Amazon Prime membership, you can get a fine deal on Barbara Ehrenreich's "Nicked and Dimed.")

As a value-driven enterprise, equity for workers is built into the core of Weavers Way's mission. But the Co-op does not pay every employee a living wage either in theory or in practice. And after consulting management and the board, I see no plans to do so on the horizon.

A living wage is what someone needs in order to, live. According to the Massachusetts Institute of Technology model which the general manager consults, a living wage does not accommodate even occasional entertainment or prepared

meals or the accumulation of any savings. It's ironic that the average Weavers Way worker in Chestnut Hill probably cannot afford to live there. And I cannot begin to imagine how an hourly employee with a child gets by. I also suspect that People of Color disproportionately comprise the lower wage rungs at Weavers Way.

Up until a few years ago, two board seats were reserved for employees; not any longer. Employees may run for the Board if they wish — or if they dare. A former employee told me he had been "warned" about raising the issue of unionization, intimating the warning had come from management or the board.

Weavers Way culture should be defined by what it actually is and not what it purports to be. I hope 2021 sees the Co-op operating more democratically and more equitably.

Brian Rudnick

Thanks for All your Help

WE'RE WRITING TO ACKNOWLEDGE the Giving Tuesday award that the Co-op sent to the Germantown Mutual Aid Fund, a project of Germantown Residents for Economic Alternatives Together, Weavers Way and its members have helped us a lot. From a recent front-page article in the Shuttle, we received scores of donations. In October, we were thrilled to receive a check for over \$2,000 from September's Giving Tuesday.

A little about the fund: Within our first six months, we've pooled together \$68,000, and response has been such that we are able to continue to increase our goal (our initial goal was \$25,000).

The need is not going away anytime soon. We have, to date, sent over

\$44,000 in financial support to 54 Germantown households, mostly for rent and utility assistance. Checks are written to the vendors (utility, landlord etc.). We accept applications on a rolling basis via www.greatgtown.org and we review applications and make awards twice per month. In addition, we've directed all applicants to additional resources that may be helpful.

The Mutual Aid Fund was created out of the spirit of solidarity and support for our neighbors. It offers a model that differs from traditional charity; we share a bit more about that at <https://chuffed.org/project/Germantown-mutual-aid-fund>.

*Susan Christian,
for the GMAF Committee*

Success of "Controlled Spread" Depends on Widespread Testing

A key ingredient missing from the "controlled spread" strategy espoused by the writer of "Co-op Community Should Be Open to Alternate Approaches to COVID" in the October 2020 Shuttle, whatever else you might think about his views, is that controlling anything about this virus requires widespread, affordable, accessible, and reliable testing — a tool which we still don't have a year later. Absent that, and consistent, high-quality infection data, it's a piece of wishful thinking bordering on sophistry.

Furthermore, the same people who resist acting in ways that might provide us as a society with the means to channel infection away from vulnerable populations are the ones advocating for its spread, and decrying the application of technology to defeat it. Healthy personal choices are a necessary, but not sufficient deterrent for this virus, and many other diseases that defy our natural ability to counter them.

Dan George

Response from Jon Roeser, Weavers Way General Manager

I WOULD LIKE TO PRESENT MEMBERS with facts regarding the Co-op's wages and compensation.

Before doing so, I would like to stress that Co-op management believes we need to raise our minimum pay to \$15 an hour as soon as we're able to do so. At the General Membership Meeting in the spring of 2019, and at all subsequent General Membership meetings, I've given a progress update on our plans for raising our starting wage incrementally over a multiple-year period.

In the spring of 2019, we moved our starting wage from \$10.50 to \$11 an hour. In the fall of 2019, we raised that to \$11.50.

We planned two more incremental increases in 2020, before the pandemic hit. Beginning in the middle of March 2020, we began paying all "front line" employees an additional \$2 an hour in hazard pay. Almost all grocers who paid their employees hazard pay back in the early stages of the pandemic stopped doing so by summer, but we have continued to pay the additional hourly amount.

At the beginning of last month, we moved our starting wage up to \$12 an hour. Currently, all store personnel are earning at least \$14 an hour (\$12.00 + \$2.00 hazard pay) for all hours worked (employees do not receive hazard pay for paid time off).

The Co-op currently has 244 employees. Of them, 98 (40%) earn at least \$15 an hour. Adding the \$2 an hour in hazard pay, 175 employees (72%) earn at least \$15 an hour.

At some point, when COVID-19 is no longer a threat, we will need to roll

back hazard pay. We will then need to decide what portion of hazard pay we will be able to make permanent. We will endeavor to go as high as we're able without putting the Co-op in fiscal jeopardy.

It is also important to consider an employer's total compensation package rather than just hourly rate. Benefits are often overlooked when discussing a "livable wage," and it is not uncommon for some employers who tout their high hourly wages to skimp on non-wage compensation.

Co-op employees receive paid vacation, sick and holiday pay, (as well as paid time off for bereavement and jury duty). We offer our employees three different medical/prescription drug plans and pay a substantial part of the premium for both employees and any dependents they have on our plan. We also pay most of the premium for dental insurance, and we pay the full cost of short-and long-term disability insurance and life insurance.

The Co-op has a retirement plan which includes a 35% employer match, a 15% staff discount (for staff and all members of their household) and, business conditions permitting, we pay an annual staff bonus (In the 12 years I've been with the Co-op, we have always paid a staff bonus).

Putting a dollar figure on all of these non-wage benefits is challenging — not all employees take full advantage of all of our benefits. But for the typical full-time employee, it is approximately the equivalent of \$2.46 an hour.

Members who would like further information are most welcome to email me at jroesser@weaversway.coop.

Bring Back the Chestnut Hill West

THE INDEFINITE SUSPENSION OF THE Chestnut Hill West regional rail line has resulted in persistent overcrowding on the 23 bus, which is one of the busiest lines. SEPTA has also been running fewer buses, resulting in crowding and unsafe conditions for riders and operators. SEPTA says they're cutting service because of decreased ridership, but when transit is less frequent, it becomes a less desirable option, resulting in further decreased ridership.

The Philly Transit Riders Union is a rider-centric grassroots group organizing for better, more equitable SEPTA service. We're calling on SEPTA to increase the frequency of the 23 bus, to restore the Chestnut Hill West line, and to charge the transit fare price aboard regional rail lines within Philly. So far, the SEPTA Board has ignored the rider testimony that we've provided showing dangerous overcrowding on the 23.

Reliable public transit is an essential part of a just response to the climate crisis, and the entire region needs SEPTA to thrive. We need you to get involved and help us advocate for safer, more frequent public transit. Join the Philly Transit Riders Union email list at <https://phillytru.org>, text photos of overcrowding to 267-313-6060, and call your elected officials.

Sam Neubardt

CORRECTIONS

- In "Co-op Filmmaker Mullally to Host Virtual Screening of 'Beethoven in Beijing'" in the November Shuttle, Sharon Mullally's co-director, Jennifer Lin, was misidentified as being the host of WHYY-FM's "Morning Edition." WHYY's Jennifer spells her last name L-Y-N-N and looks like this:



Jennifer Lynn

- The letter "Don't Promote Invasives" was written by Mark Eberle, not Anna Beresin.

The Shuttle regrets these errors.

International Co-op Principles

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

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.

GM'S
CORNER

Until We Turn the Corner on COVID, Please Keep Masking Up When You Shop

by Jon Roesser, Weavers Way General Manager

I'm not a doctor (not that anyone thought I was!), so what follows are the ramblings of an amateur. Nevertheless, I hope you'll indulge me in a quick exercise.

Suppose for a moment that you were forced to be in a small room, say 10 x 10 feet, with someone who had tested positive for COVID-19. You have no choice in this, but you do have some important options to consider before the exercise begins.

First, you could choose whether or not the person has symptoms. The symptomatic person would be coughing and have a fever, shortness of breath and loss of taste and smell. The asymptomatic person would be, well, asymptomatic.

Next, you could choose where the two of you would sit. You could either sit right next to this person in the middle of the room, or the two of you could spread out as far as possible into opposite corners of the room.

After that, you can choose whether or not the two of you would wear masks. They could be simple cloth masks, covering the mouth and nose, or no masks — your choice.

Finally, after 15 minutes of being in this room together, the doors would open and you could choose to leave. Or you could choose to stay longer.

What would you do?

I know, it's a silly exercise. Everyone — everyone! — would choose the asymptomatic person. Everyone would choose to sit as far apart as possible, with masks on the whole time. And the minute those doors opened, everyone would immediately choose to get up and leave.

It's common sense, with no medical degree required, and it's why I have a pretty short fuse when I'm confronted with people who refuse to wear masks when they come into the Co-op. Actually, I should take this opportunity to apologize to any of you who have witnessed me lose my cool as I've dressed down antimaskers. I always feel bad after doing so. Stressful times are no excuse for unprofessional behavior.

“

Have we been successful?

Ask me when the pandemic is over.

”

The mitigation efforts for COVID-19 are really no different from the mitigation efforts we'd employ when dealing with any communicable illness. The tricky part with COVID is that so many people appear to be carriers of the virus without showing symptoms. And this represents the dilemma for places like the Co-op.

Every day, roughly 2,500 people come through the doors of the Co-op's three w. These days most people are shopping only once or twice a week, so over the course of a week, we're seeing between 17,000 and 18,000 different people.

Given what we know, it's impossible to believe that none of these people are asymptomatic carriers of COVID-19. (Hopefully those with symptoms are staying home!) We can only conclude that every week, and probably every day, people with COVID-19 are coming in and out of our stores.

So every day, employees of the Co-op have to go through the little exercise I outlined above. We have to assume that some of the people we're coming in contact with are positive, asymptomatic cases. We just don't know which ones.

Given this reality, early on we considered clos-

ing the Co-op to customers, switching to an exclusive home delivery/curbside pickup model. I trust that most people would agree that this option would have been impractical and unsustainable for anything beyond a few weeks.

Have we been successful? Ask me when the pandemic is over; too much is unpredictable with this virus. New strains keep popping up — the UK strain, the South African strain, the Brazilian strain. (I'm waiting for them to discover the Philadelphia strain: That will scare the hell out of everybody!)

But I do know that workplaces that don't take the virus seriously can become hotspots. Poultry processing facilities were early examples of this, and the White House of our former president will someday make an interesting case study. Yet even workplaces that do take the virus seriously can find themselves with outbreaks on their hands, despite their best efforts.

So far, the Co-op's overall positivity rate — simply the number of positive cases among staff, divided by the number of people who work here — is 3.27%. Pennsylvania's statewide positivity rate is 6.32%. Of course, I have no doubt that some Co-op employees, perhaps a large number of us, had COVID-19 and never knew it.

As we crest over winter's midpoint, spring is visible in the near distance — and with it the promise of warmer and better days. Already about 30 million Americans have been vaccinated; by the spring equinox, that number will have more than doubled.

We're hopeful that by then, many Co-op employees will be counted among the vaccinated. Some already have been vaccinated. And we can all look forward to that day in the more distant future when those masks can come off for good, and we can smile and laugh together and hug each other in the aisles of our stores.

But only if we continue to use common sense.

See you around the Co-op.



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Making Appliances Easier to Repair Can Benefit Businesses and the Earth

by Betsy Teutsch, for the Shuttle

EVERYONE, IT SEEMS, HAS AN APPLIANCE STORY. Usually a small part is unavailable, requiring the household to junk the whole contraption.

Here's mine: customer service, circa 2001:

Me: "I'd like to order new knobs for our cooktop."

Rep: "I'm sorry but we don't carry such old parts."

Me: "Our cooktop is only 15 years old! What are you talking about?"

Rep: "Oh my, you're so lucky your stove lasted you so long! The industry standard is only 5-7 years."

And there you have it — planned obsolescence, brought to you by the manufacturing industry. Now, with luck, you can find a replacement part on eBay or through websites that specialize in replacement parts. However, many appliances large and small still wind up in landfills due to the absence of a small part. They'll be keeping our cooktop company.

As Sandra Goldmark reports in her recent book "Fixation: How to Have Stuff without Breaking the Planet", the absence of policies requiring manufacturers to design products so they can be repaired is a huge gift to manufacturers. When companies create products that cannot be dismantled (hello, iPhone) and therefore must be replaced, it's a big boon for their bottom line. The absence of regulations guaranteeing replacement part availability further pads companies' pockets.

Planned obsolescence is a fancy term for waste. Unavailable or inaccessible broken parts are only part of the story. Sometimes an appliance is not worth repairing; it makes no economic sense if the labor for repair exceeds the value of the item and it's cheaper to replace it.



photo by Sandra Goldmark

A DIY dining chair repair

Goldmark points out that cheap products produced by low-wage companies are almost always more expensive to repair than replace. One of her recommendations is to generally buy less, but make sure it's high quality.

Not only do customers pick up the bill for all these trashed items, so does our planet. All the resources embedded in the now-junked apparatus are wasted, and new resources (water, energy, raw materials, shipping materials, fuel for freight and delivery, etc.) are consumed to replace it.

During COVID, when many of us are nervous about inviting repair crews into our homes, YouTube has become a go-to problem solver. Lots of repairs people would never have imagined undertaking have turned out to be achievable, given available replacement parts and video instruction. By capitalizing on this in the future, manufacturers who want to legitimately claim they are environmentally responsible can make it easier for people to repair instead of replace.

Many of the videos are posted by average Joes showing off their DIY chops. These folks have experienced all the same crappy appliance breakdowns as the rest of us and are happy to share their repair victories with all who are interested.

Laws, regulations, and standards for manufactured products stipulating ease of repair would have a beneficial ecological impact. Possible reforms include:

- Products must be designed to be dismantled into component parts, easing repair as well as recycling of the discarded parts
- Companies must offer replacement parts for 15 years (or more?)
- Manufacturers must provide a video showing basic repairs
- As 3-D printing accessibility expands, manufacturers must provide plans for producing their replacement parts

If this wish list is unattainable, the system could be voluntary, with manufacturers eligible to earn a Green Repair seal. Consumers concerned about quality and fixability could seek out products with this certification.

Goldmark's background as a set designer led her to organize and offer repair cafes in New York City. A few years ago, there were similar initiatives in Northwest Philly; let's revive them post-COVID. Encouraging the option to fix rather than repair will provide income for fixers, save consumers some money, and decrease the flow of dead appliances in our kitchen-counter-to-landfill pipeline.

Betsy Teutsch is the author of a recent book, "100 Under \$100: Tools for Reducing Postharvest Losses."

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Local Couple Petitions Community to Help Them Restore Sun Building

by Brittany Barbato, for the Shuttle

THE FORMER PHILADELPHIA Sunday Sun building sits in a row on the 6600 block of Germantown Avenue in East Mt. Airy, nestled between a violin repair shop and a recently demolished property. Two glass block windows frame an aging front door covered by a weathered navy blue awning with orange text that reads: “The Philadelphia Sunday Sun, the most trusted news voice in the African American community.” Despite its distinct style, you might miss the building amid the nearby commotion of monolithic new construction.

The Sunday Sun is a Black-owned weekly news and entertainment outlet founded in 1992 by Philadelphia activist J. Whyatt Mondesire. It continues to publish out of another location.

Antoine Joseph, an engineer and part-time real estate agent who grew up around the corner from the Sun building and now lives in East Mount Airy, says the building was harder to miss in the 1990s.

“I definitely remember walking by it in the mornings on my way to school,” he recalled. “A big white truck would pull up out front. Two or three older gentlemen would be unloading pallets and pallets of newspaper stacks from a big white truck with the Sun logo on it. They’d use dollies to cart the papers into the building, ready to ship out for the day. It looked like a relay race.”

Today the building is vacant and in disrepair. When the building next door was knocked down last June, Antoine and his wife, Samantha, decided to take action. They felt if they could acquire the property, they could preserve its history, open up a new community-gathering space for all and invite new residents to learn about their new neighborhood.

“We have watched as outside developers come into our neighborhood and purchase historic properties and empty lots to build their massive developments,” the Josephs state on their GoFundMe page. “Although we appreciate



photo by Brittany Barbato

Samantha and Antoine Joseph in front of the former Philadelphia Sunday Sun building.

the investment in our community, we know that many of these projects are solely profit-driven and have no commitment to us, the community members who make up the heart of Mt. Airy. That’s why we decided to be active in deciding the future of our community.”

The Josephs secured funds to purchase the building through their own savings as well as contributions from family, friends and neighbors. “We’re really sacrificing every single penny we have toward this project,” Antoine said.

Once they close on the property, next steps will include securing a building permit from the city and beginning repairs and restoration. Due to the building’s significant age and the water damage it has sustained, getting work underway will require another round of fundraising.

“We’re excited and nervous — excited at the prospect of the opportunity to do it, and the enthusiasm from the neighborhood,” Antoine said. “Nervous at how big of a task it is.”

The best way to support the effort is by donating to the “Save The Sun” fundraising campaign, which Antoine said will help “see the project to the finish line.”

More information and updates about the project can be found on the campaign’s Instagram account (@savethesunbldg) and on the fundraising website (www.gofundme.com/f/save-the-sun-building).

5th Square Circulates Petition to Fully Restore Regional Rail

PHILLY-BASED POLITICAL ACTION committee 5th Square is encouraging those interested in fully restoring SEPTA regional rail service throughout the region to sign a petition it has been circulating since late last year.

SEPTA shut down its six regional rail lines in April in response to the COVID-19 pandemic, and has since restored service to every line except Chestnut Hill West and Cynwyd. The group stated in a press release accompanying the petition that there have since been reports of overcrowding on SEPTA bus lines, including the Route 23.

“Capacity limits to encourage social distancing have led to skipped stops and riders being denied entry,” the release states. “Regional rail can fill this gap, as it serves many of the same areas and can accommodate eight times the ridership. Essential workers should not have to crowd onto slower busses while regional rail trains sit empty.”

The petition calls for SEPTA to restore service to the two lines, lower regional rail fares to match the transit fare for travel within the city, and to accept weekly and monthly TransPasses on regional rail for travel inside the city.

Those interested in signing can do so at www.5thsq.org/rr_petition.

As the Shuttle was going to press, Cameron Adamez of 5th Square reported that SEPTA will restore service on the Chestnut Hill West “on an extremely limited basis” beginning March 7. According to General Manager Leslie Richards, trains will run from approximately 6:30 a.m.-7 p.m. daily, and the interval between trains will be longer than an hour. No further details were available.



photos by Karen Plourde



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Two Local Roasters Gamble on In-Person Coffee Cafes in Ambler

by Sam Scavuzzo, for the Shuttle

DESPITE THE PANDEMIC, TWO WEAVERS WAY COFFEE vendors grew their businesses with new Ambler coffee shops in 2020. Co-op members may be familiar with purchasing whole or ground coffee beans from Wake Coffee and Backyard Beans Coffee Company. Now, fans of their brews can support these family roasters at two new cafes located only blocks away from the Co-op's Ambler store.

Wake, based in Ambler, was born from a married couple's love of coffee. Christina Rizzetta and Alec Satterly met working corporate day jobs and found a shared passion for a cup of Joe. They started roasting for fun and selling their creation at local farmers' markets. "I have a background in science, so I found working with coffee was very similar," Rizzetta said.

Over time, the endeavor grew more serious, and Rizzetta quit her day job to focus on roasting full-time. Wake evolved into an online and wholesale business, with Weavers Way as a customer.

"We looked for people who take pride in what they are serving and how people can contribute to the community," Rizzetta said. "We appreciated that Weavers Way takes pride in its craft and as a member of the community."

The love of community inspired Wake to transform from a wholesaler to a direct-to-consumer operation with a new shop at 133 South Main Street in Ambler. "People liked the coffee, and we wanted them to experience the brand and coffee together," Rizzetta said.

For Laura and Matt Adams, Backyard Beans is similarly a family affair. As the name indicates, the couple began roasting on a Weber grill in their Lansdale backyard in 2013. Over time, they began selling their roasts at farmers' markets and stores, including Weavers Way. The Adamses formerly lived in East Falls, so they were excited to partner with the Co-op as a bulk buyer.

After a few years, Backyard Beans wanted to transition into a direct-to-consumer business. "My wife, three kids and I lived six blocks from the Lansdale café. At the time, there was no specialty coffee shop in Lansdale, and we needed more production space," Matt Adams said.

They opened a shop that gave them more space to roast and serve their own community. "It's extraordinarily advantageous for our brand and business to connect with our community," Matt said. "Buying in person is way more personal than picking up a bag from a shelf."

The Adamses set their sights on expanding to Ambler, a community similar to Lansdale where it already had a footprint due to the Co-op and selling at the farmers' market. The Ambler store, located at 22 East Butler Avenue, opened last November after a COVID-19 delay.



photos courtesy of Backyard Beans and Wake Coffee

Two local coffee roasters bucked the trend to open cafes in Ambler last year. Clockwise from top left, the storefront of Backyard Beans' new operation on East Butler Avenue; Wake Coffee's roasting machinery at their cafe on South Main Street; a Wake iced coffee ready for pickup, and their behind-the-counter setup.

Matt Adams got into the coffee business after a career in consulting that focused on crisis management. "With COVID, it's impacted businesses differently," he said. "In the grocery space, it's been a good year. But in coffee, we had to pivot to adapt to online, preorder and take-out options."

At Wake, Rizzetta said the pandemic lockdown at first was difficult to maneuver. "We had to think fast in order to be safe for our employees and customers. Now we have a plan in place," she said. "Takeout has always

been part of the coffee culture. But we had to figure out how to give everyone the same customer experience with plexiglass there."



Despite the challenges of 2020, both roasters remain hopeful. "It's a different challenge every day with the pandemic," Matt said. "But I think we live in an area where there is a fundamental understanding that you should support local."

Molly Kellogg, LCSW, LDN

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Continued Generosity of Donors Helps Us Protect More of the Watershed

by Gail Farmer, Executive Director, Wissahickon Trails

WISSAHICKON TRAILS DID HAVE one piece of good fortune in 2020: We acquired a 31-acre property in Blue Bell, adjacent to our Briar Hill Preserve. This property, named the Hughes Preserve at Briar Hill, will be forever protected as open space and expands Briar Hill to more than 100 acres.

Acquisition of this property was made possible through a partnership with Tim and Aurora Hughes, Saly Glassman and Ira Berman. This tract of land is especially important because it protects even more of the Prophecy Creek corridor. The Hughes Preserve at Briar Hill and its trails will open to the public later this year.

I recently spoke with Tim Hughes about the project. “My wife, Aurora, and I are passionate about open space, particularly within the Wissahickon Valley watershed, and are very pleased to have been involved in the preservation of this beautiful meadow and surrounding woodlands,” he said.

The Hughes, Glassman and Berman families have been active champions of open space along Prophecy Creek. Just two years ago, they were key partners in acquiring the nearby Cheston Family Preserve at Briar Hill.

“This corner of the world is spectacular, but the land can’t protect itself,” Tim continued. “In order for it to stay this way, active community engagement — at any level — is critical. We look at this stunning expanse of untouched land and are pleased to do our part to preserve its inherent natural beauty for the next generations.”

The Hughes Preserve at Briar Hill is a beautiful property comprised of forest and meadow habitats that are important for many species of insects and wildlife. In the near future, we will create new trails that will connect to the existing trail

system at Briar Hill preserve. They will be more accessible now, thanks to the installation of a new, community-funded bridge at the preserve entrance. In addition, Glassman and Berman donated a trail easement on the property in front of the Hughes Preserve that will allow us to build a trail connection to nearby Camp Woods and Armentrout Preserve.

With the recent acquisition of the Hughes Preserve, there are now 220.92 acres of protected open space in the Prophecy Creek corridor. That number reflects the combined acreage of Briar Hill Preserve, Cheston Family Preserve, Whitpain Township’s Prophecy Creek Park and several easements. Nearby, you will also find our Camp Woods, Armentrout Preserve and Willow Lake Farm.

We have been working with municipal, county and state partners and individual residents for more than a decade to expand protected lands along the Prophecy Creek — which flows into the Wissahickon Creek — through a combination of land acquisition and conservation easements. The protection of these open spaces is part of a strategic prioritization of the Prophecy Creek corridor, which is essentially the vegetative stream buffer along Prophecy Creek. Their effect was demonstrated in a recent analysis of more than a decade of water quality monitoring data from the Wissahickon and its tributaries. Through it, we found that the Prophecy Creek is the healthiest creek in the watershed.

This preservation reflects our long-term commitment to protecting key natural areas in the Wissahickon watershed. As Tim Hughes pointed out, our acquisitions of land wouldn’t have been possible without the operating support Wissahickon Trails receives from donors and supporters at every level to keep us staffed and acting on our mission.



photo courtesy of Wissahickon Trails

Partners in the Hughes Preserve land purchase get together for a socially distanced celebration.



photo courtesy of Wissahickon Trails

Part of the Hughes Preserve at Briar Hill in Blue Bell.



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Wyndmoor Therapist Goes Virtual to Keep Patients Holding Steady

by Stacia Friedman, for the Shuttle

JOANNE FAGERSTROM IS KEEPING OUR COMMUNITY in balance—even during the pandemic. As the owner of Mindful Physical Therapy, LLC in Wyndmoor, she specializes in treating balance issues, bone health and reducing chronic pain for people suffering from osteoporosis and orthopedic problems.

“My classes are live streamed and recorded so participants can watch at any time,” she said.

Unlike ordinary exercise classes, which target building muscle strength, Fagerstrom’s are all about bone strength. She demonstrates how each exercise can be adapted, no matter your current range of movement.

As a licensed physical therapist trained in the Feldenkrais Method and Myofascial release approach, Joanne had a large following for her weekly Strong Bone classes before the pandemic. Now these same classes are available via Zoom. Each class includes back and core strengthening exercises, balance exercises for fall prevention, flexibility exercises, posture education and body awareness training. The focus is on improving bone strength, flexibility, posture, balance and body awareness.

Most online classes only consist of the therapist demonstrating each exercise. But Fagerstrom’s include a running commentary from her on the benefits of each movement, as well as suggestions for those who are experiencing discomfort.

Her agile body motivates her students, especially if they know that she was diagnosed with osteoporosis in 2009. Following her diagnosis, Fagerstrom began to research and develop her comprehensive bone health program.

Before the pandemic, Fagerstrom worked with her

patients both on an individual basis and in her weekly exercise classes. In her annual workshop, “Taking Charge of Your Bone Health,” she presented the latest information on osteoporosis; she’s looking forward to resuming the workshop post-pandemic.

Fagerstrom places a strong emphasis on wellness in her treatment programs. Her training in the Feldenkrais Method helps her look at the whole person. “It’s about mindfully assessing all the many details of your current problem and designing a program that meets you where you are,” she said.

Her loyal following indicates her patients find her approach effective. After less than a year of doing Strong Bones classes, a participant discovered that the bone density of her spine and hip has improved. In addition, Fagerstrom’s suggestions for safe ways to increase core and upper body strength have reduced her back pain flare-ups.

Working from home can result in neck, shoulder or lower back pain. Fagerstrom recommends getting up and moving around for 10 minutes for every hour you are sitting.

“Stand up, support your lower back with your hands and do a gentle back bend,” she said. “Or just lie down on the floor to realign your spine and take some deep breaths for five minutes.”

In addition to classes, Fagerstrom emphasizes the importance of outdoor exercise. “I really encourage people to get outside and walk briskly. Being in green space is helpful for stress and cardiovascular well-being,” she said.

How much is enough? “The CDC recommends walking 30 minutes a day, five days a week,” she contin-

ued. “But anything is better than nothing. It keeps frailty at bay. If you are concerned about losing your balance, hiking poles add a measure of confidence.” Hint: Stretch after you walk, not before.

Give Your Bones What They Need

Contrary to popular belief, milk does not play a role in bone health, which Fagerstrom learned as part of a certificate program in nutrition she completed in 2019 through Cornell University. “Studies found no association between consuming milk and lowering the risk of fracture,” she said. “The countries with the highest intakes of milk and calcium also have the highest rates of hip fracture.”

What about yogurt? “A large, observational study of dairy intake and bone frailty in older adults found that greater yogurt consumption was associated with high hip bone density and a significantly lower risk of osteoporosis,” Fagerstrom said. “Evidence has emerged that yogurt may help dampen chronic inflammation, which has been linked to many chronic diseases.”

For overall better health, Fagerstrom recommends keeping up your daily water intake. “Every organ needs water to function properly,” she said. “Now that we’re into winter, we’re not feeling the thirst. Make sure you are getting five to eight glasses a day.”

Lastly, she encourages seniors to steer away from supplements. “I look at my kitchen as my pharmacy,” she said. “Kale, collard greens, broccoli, tofu, nuts, beans, are just some examples. Sardines (with bones), are also a great source.”

For more information on Fagerstrom and her classes, visit <https://ourstrongbones.com/>.

South Philly Co-op Opens its Doors

people with previous interest. She did, and the group held its first organizational meeting that year. Fritz went on to serve as the first board president of SPFC.

Ten years and many obstacles later, SPFC opened on Dec. 23 as a 2,300 square-foot retail reality. It’s membership includes 1,500 households and is growing daily.

Member-ownership involves a \$300 investment which is paid either as up-front equity, or in installments. “We also have a Community Equity Fund that community members invest in to create a pool of money that is available to offset member-owner equity for those who are on a limited income,” said Lori Burge, SPFC General Manager. “So folks who are on a limited income can join with just \$5 starting out, and then can become a full member-owner with \$25 and a scholarship of \$275.”

SPFC does not have a work requirement or a structured cooperator work program. However, Burge said that it depends heavily on the volunteer contributions for outreach and other outside activities. The co-op does not have a standing member discount; instead, it features “owner-appreciation days” with 10% off all members’ groceries, and “owner-only specials.” You do not need to be a member to shop.

SPFC currently has 13 staff members and doesn’t have the capacity to prepare their own prepared foods. However, Burge said that the co-op will feature a “grab-and-go case from local vendors” once the correct refrigerator case is delivered. “There are always lots of glitches,” she added.

Right now, SPFC’s bulk bins stand empty. Burge

said the co-op plans to pre-package the products that are stored in the scoop bins, but will allow shoppers to use the gravity bins, which require less human contact. Currently, SPFC allows a maximum of 12 shoppers in the store at a time as part of its pandemic safety standards.

Most of SPFC’s local, seasonal produce is organic and comes from the Lancaster Farm Fresh Co-op, which is made up of 150 farms in the region and has a large Community Supported Agriculture network. Originally, SPFC intended to open last spring, but could not because of the pandemic. The leadership felt obligated to keep its promise to open by setting up a virtual store that included a “Basics Box” of bulk grains and other pantry staples, along with boxes of fresh, organic produce, which they arranged through LFFC.

SPFC uses laminated signs throughout the store to promote its locally-grown and produced products and services. The signs describe the evolution, location and ownership of each item and service. Many vendors, including Zsa’s Ice Cream, Crust Vegan Bakery, Dodah’s Kitchen and Bloc Delivery, are likely familiar to Weavers Way shoppers. Other vendors include Oasis Creamery organic cheeses of Ronks, Lancaster County; floral arrangements from Jig-Bee Flower Farm of North Philly, and soaps from Vellum Street Soap Company of Roxborough. Many are owned by women, LGBTQ persons and other people of color.

Burge said that Weavers Way General Manager Jon Roesser and Development Manager Kathleen Casey have been invaluable and generous resources for SPFC.

(Continued from page 1)

“Whenever we need something, I call Jon, and he’ll give me the information, or route me to the right person,” she said. Woo noted that likely every staff member has provided help to SPFC at some point.

When the pandemic delayed SPFC’s opening, the co-op had to raise additional funds, and Weavers Way became the distributor of as many as 48 Basics Boxes at a time. “Without that, it would have been difficult for us to provide that service,” Burge said.

Burge has gotten donations, investment and knowledge support from all the regional co-ops, including Mariposa, Swarthmore, and Kensington. She also has made use of the ample resources of the Philadelphia Area Co-operative Alliance.

In turn, she has already started to give back to the growing community of local and regional food co-ops. She just completed the incorporation paperwork for the new Kennett Square Co-op, which does not yet have a location or opening date.

Burge has been involved in the co-op business sector for 20 years. She started as a volunteer in the produce department of People’s Food Co-op in Portland, OR and was promoted up the line. In 2010, she moved to New Orleans, where she managed the New Orleans Food Co-op for six years. She moved here in 2010 to be closer to family “and because Philly is such an amazing city.”

SPFC is located at 2031 S. Juniper St. and is open every day from 9 a.m. to 9 p.m. A full list of its local products, services and other information can be found at www.southphillyfood.coop.

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weavers way Wellness Team

THE WEAVERS WAY WELLNESS TEAM'S EFFORTS TO SHARE KNOWLEDGE WITH CO-OP MEMBERS AND SHOPPERS hit a wall last spring with the arrival and spread of COVID-19 in the area. In addition, the team had to pivot where possible in order to care for their clients and make a living.

But starting next month, they're back. According to team member Esther Wyss-Flamm, the group recognizes that "this is truly an important time to be reaching out to the Weavers Way membership about wellness." Look for a column from one of the members in future Shuttles, and check our eNews and Calendar of Events for future Wellness Team virtual workshops.

The 2021 Weavers Way Wellness Team



Dana Barron, Ph.D., is a certified health and life coach with seven years of experience in private practice. She specializes in chronic pain and illness, health care navigation and advocacy, eating and body image challenges and mindfulness and self-compassion. She supports people in developing stress resilience and peace with their bodies, exactly as they are. She lives in Mt. Airy and is currently holding sessions via telehealth.

www.danabarronphd.com



Dorothy Bauer spent most of her adult life in Berkeley, CA, with her husband, triplet sons and a wide variety of family pets. She holds certificates from Living Light Culinary Institute, Optimal Health Institute and Premiere Research, and mentored with renowned raw-food chef and author Elaina Love. Healthy food and lifestyle are her passion. She focuses in particular on a gluten- and dairy-free, low-glycemic diet.



Beth Chiodo, MS, RD, LDN, CHWC, is a private practice registered dietitian, certified wellness coach and owner of Nutritional Living, LLC. She has 15 years of experience in the nutrition field and specializes in healthy, sustainable weight loss and taking a functional approach to gastrointestinal conditions like Crohn's disease, ulcerative colitis, irritable bowel syndrome, inflammatory bowel disease, celiac disease and others. As a certified wellness coach, Beth uses principles of behavior change to educate patients and help them find their motivation to move toward change.

www.nutritionalliving.org.



Cindy Corabi is a certified holistic health and wellness coach and graduate of the Institute for Integrative Nutrition. She is also a certified essential oils specialist and doTERRA wellness advocate. She specializes in digestive issues and has a passion for working with middle-aged women. Health goals for her clients include improved sleep, increased energy, balanced hormone levels, healthy weight loss, replacing toxic skin care and medications with natural remedies, and more.

cindycorabi@gmail.com
or www.cindycorabihealthandwellness.com



Trudi Dixon, CST, LMT, offers virtual somatic therapy, intuitive coaching and reiki to help clients relieve physical discomfort, calm the nervous system, improve self-awareness and transform ingrained patterns. These modalities use compassionate contact, empathetic listening and attuned reflection to reconnect people with their body's innate capacity for self-healing.

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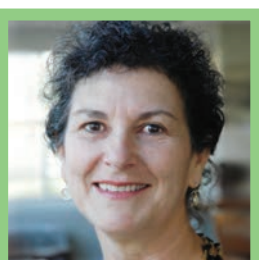
Joanne Fagerstrom, PT, CFP, is a physical therapist, Feldenkrais practitioner and owner of Mindful Physical Therapy, LLC, where she specializes in osteoporosis, chronic pain and orthopedic conditions. She places a strong emphasis on wellness in her treatment programs, and her training in the Feldenkrais Method adds a unique dimension to her practice of physical therapy.

www.ourstrongbones.com



Jennifer Hall, M.S., is a nutritionist and health coach who is committed to supporting her clients' health goals by using evidence-based nutrition and functional medicine to achieve a healthy lifestyle.

For a free consultation call her at: 267-973-5690.



Margaret Kinnevy, RN, Lac., offers integrative acupuncture, qigong, dietary therapy, and counseling from the Yang Sheng tradition of Chinese medicine to treat women through all stages of life. She uses a personalized and collaborative approach to mind, body and emotional concerns, and works to restore function, flow and immune system health.

www.heartmindwellness.com



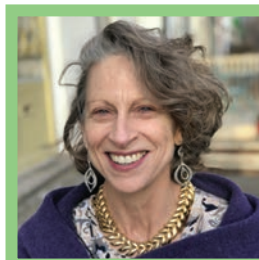
Rachel Kriger, M.Ac., Lac., is a pediatric and adult acupuncturist practicing in Mt. Airy. She seeks to help people of all ages feel more ease in their lives physically, mentally, emotionally and spiritually.

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www.PointsOfReturnAcupuncture.com



Diane McKallip is a certified personal trainer based in Chestnut Hill. She has been in practice for almost 40 years and specializes in working with older adults and dancers and in injury prevention.

www.dianemckallip.com



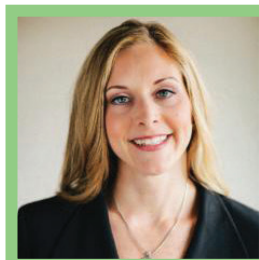
Elanah D. Naftali, DrPH, LMFT, SEP Be the change you want to be. Elanah teaches simple behavior change skills using hypnotherapy. She can help you to rewire stuck thoughts and habits by leaning into the neuroplasticity of the brain. She is trained in nutrition and epidemiology (DrPH), trauma recovery (SEP) and psychotherapy (LMFT), and is a certified life coach and hypnotherapist.

elanah.naftali@gmail.com



Wendy Romig, D.CN., is a doctor of clinical nutrition and a functional medicine practitioner. She owns Sage Integrative Health Center in Mt. Airy, where she sees a wide range of chronic health issues, including digestive disorders, autoimmune conditions, adrenal imbalances, women's health issues, and cancer co-treatment and recovery. She has a subspecialty in plant-based nutrition.

www.sageintegrativehealth.com



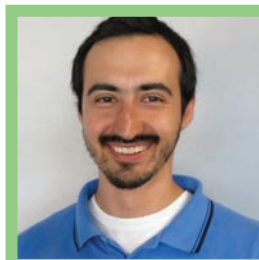
Nicole Schillinger has worked as a clinical registered dietitian for over 10 years in hospitals, nursing homes and assisted living facilities. She is also a certified personal trainer and group exercise instructor. Currently, she directs her own private practice, The Functional Health Center, where she applies medical nutrition therapy to help individuals with diseases improve the quality of their lives.

functionalhealthcenter.net



Michelle Stortz, C-IAYT, ERYT500, MFA, is a certified yoga therapist specializing in the treatment of cancer and chronic illness. She works in numerous medical settings in the Philadelphia area and enjoys designing custom yoga programs that anyone can do regardless of ability. Michelle also teaches meditation, drawing on Buddhist tradition and a mindfulness-based stress-reduction curriculum. She conducts classes, retreats and private sessions.

M@MichelleStortz.com



Dan Vidal, LMT, CNS, is a licensed massage therapist and certified neurosomatic specialist. His treatment philosophy is based on the principle that the structure of the body and its function go hand in hand. Through the use of careful postural and gait analysis, Dan is able to design a treatment plan of targeted massage and manual therapy to correct structural imbalances that underlie many pain and chronic health issues.

info@paragonpainsolutions.com



Esther Wyss-Flamm, PhD, MEd, E-RYT, is the owner of White Flame Yoga and a Kripalu-trained teacher with certification in yoga for chronic health conditions. She teaches yoga, mindfulness, and breath practices to support individuals and groups. Since the COVID pandemic, Esther has been building an inclusive virtual community on Zoom through classes, workshops and retreats that cultivate courage, strengthen inner steadfastness and connect women to their innate vitality and power.

<https://whiteflameyoga.com>

Join the Fight Against the Spotted Lanternfly By Taking Photos of Egg Masses This Winter

by Maureen Tang, for the Shuttle

WAS YOUR NEIGHBORHOOD FULL OF SPOTTED lanternflies this fall? If so, now is the time to fight back! Researchers from Drexel University and the Academy of Natural Sciences are developing technology for early detection of lanternfly egg masses and are looking for citizen scientists to help develop the technology by contributing photographs of the egg masses to a shared photo album.

The gray adult lanternflies that came in swarms this fall died with the frost, but their eggs can survive the cold. When the nymphs hatch in the spring, they will start sucking the sap of many local crops, such as grapes, apples and peaches. Research from Pennsylvania State University has shown that lanternflies reduce fruit yields and can completely kill grapevines. Moreover, farmers and homeowners who use pesticides to kill lanternflies may accidentally poison pollinators.

If lanternflies lay their eggs on trains, car, or cargo, they can spread the infestation over long distances; this is almost certainly how they came to Pennsylvania in the first place. Right now, businesses that travel in and out of the lanternfly infestation area are required to inspect for eggs on their vehicles and cargo. However, it can be difficult or even dangerous for individuals to look in some places, such as underneath vehicles. Using cameras and computer vision to inspect for egg masses could be safer, cheaper and more effective.

Computer vision is the technology behind facial recognition in security cameras and text extraction in online banking. Through this technology, computers learn to recognize objects by being shown many examples. In artificial intelligence research, this is called “training data.” More training data makes algorithms more accurate. Consequently, collecting more pictures of lanternfly eggs increases the odds of developing successful algorithms that can be used by businesses or inspectors.

A cellphone picture of eggs is enough to help. Eggs are often found on the sheltered underside of tree branches, deck railings or shed roof overhangs. Look for red maples (often planted around parking lots), silver maples, birch and tree-of-heaven, which can often be found growing in empty lots or disturbed areas.

Finally, egg-photo hunting can be a safely distanced outdoor activity, and it is a good way to get kids outside and active in the winter. Who knows — participating might even inspire future engineers to environmental action!

You can find out more and get involved at <https://ansp.org/get-involved/science-at-the-academy/spotted-lanternfly/>.

Maureen Tang is an associate professor of chemical engineering at Drexel University. She can be reached at mhtang@drexel.edu.



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Wanted: Citizen Scientists to Walk and Observe in the Wissahickon

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

THERE'S A LOT OF LIFE IN WISSAHICKON VALLEY Park — not just the throngs of people who visit the park every day, but the hundreds of plant and animal species that call it home. Since 2018, one of FOW's top priorities has been to foster ecologically diverse and functional habitats in the Wissahickon. To further this goal, we worked with researchers from Drexel University's Academy of Natural Sciences to develop an Ecological Land Management plan, which will shape how we take care of the park for years to come.

Completed last spring, the plan gave us important knowledge about the Wissahickon's rich biodiversity. The ELM data enabled us to employ best management practices based on current conditions, including invasive pests and impacts of climate change, to inform our future stewardship priorities. As Emily Daeschler, chair of FOW's Habitat Committee, explained, "When we know what lives where, we can be intentional in where we place our restoration projects for the biggest effects on critical species."

An important innovation in the ELM plan was to break up the park's 1,800 acres into 23 hydrologic management units, or HMUs. Each unit identifies key plant and animal species as indicators of its overall ecosystem health and sets guidelines for preferred land management techniques in that area. The ELM also designated areas of priority usage, so that humans and wildlife each have spaces to them-

selves in the categories of preservation, restoration and access.

We expect these area designations to shift somewhat, based on observed trends, new habitat restoration project and new data — one of the most important pieces of ELM going forward. While we now have a lot more data on the Wissahickon's habitats and key indicator species, there are still considerable data gaps in many areas. And as the park's biodiversity changes from year to year, we need to continue assessing the ELM zones to determine the priority of FOW's habitat restoration projects. Luckily, there's an amazing tool to help make this a possibility: citizen science.

You can make the difference

Citizen science is the collection of scientific data by amateur scientists and people like you. Starting this year, FOW will be incorporating real-time seasonal data on indicator species and plants in several HMUs, and we're encouraging all park visitors to assist with data collection.

It's easy and fun — you can submit observations while you're out exploring the Wissahickon this winter. With your help, we hope to have a real-time picture of the park, which will help FOW staff and volunteers make scientifically informed stewardship decisions, such as placement of native plantings and stormwater infrastructure. Together we can conserve the Wissahickon's habitat for years to come!



Interested in Participating in Citizen Science for Ecological Land Management?

The first data collection zone is the Valley Green area during the winter of 2020-2021. FOW's Habitat Committee has compiled a list of seasonal flora, fauna and fungi based on their ease of identification and prevalence at that time.

How can you help FOW monitor the Wissahickon's habitat?

Download the iNaturalist app and explore Valley Green with a purpose this winter. Be sure to stay on the trail and follow all trail designations and park rules.

Using iNaturalist, try to identify the following:

- Trees, tree shapes, tree bark, leaves and buds
- Evergreens: pine, hemlock, spruce, holly and fern
- Late-falling nuts or fruit on shrubs
- Lichen on rocks, trees and fallen logs
- In March: Early spring sprouts of anything green

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Liberate Your Lawn & Garden

How the Earth's Trees Ensure a Steady Supply of Oxygen All Year Long

by Sarah Endriss, for the Shuttle

“I CAN’T BREATHE,” MY HUSBAND SAID ONE DAY as we walked through the Wissahickon.

“What do you mean ‘You can’t breathe?’” I asked.

“It’s winter and it’s always harder for me to breathe in winter,” he said. “Without trees producing oxygen, is it possible there is less of it in winter?”

I looked around at the bare trees and slopes of the Wissahickon and realized I couldn’t answer his question with any authority. It made sense but seemed unrealistic — I was breathing fine!

As our trail wound beneath a stand of white pine (*Pinus strobus*) he asked, “Do evergreen trees produce oxygen in winter?” My instinct was that they did, but I had no idea how that would work. Photosynthesis as I knew it was the conversion of carbon dioxide, water and light to produce glucose and oxygen. If sap doesn’t flow, how does photosynthesis happen?

And there you have it — one walk, two questions and a whole new perspective on trees, about which I knew little. Here’s what I discovered:

First, green plants and trees (on land or in water) are photoautotrophs — living organisms that make their own food from sunlight and carbon dioxide in a process called photosynthesis, which is primarily responsible for producing the oxygen we breathe. Photosynthesis consumes carbon dioxide and uses it to convert sunlight into glucose (energy) within a plant’s leaves. For deciduous trees, this happens during warm weather months.

Photosynthesis is a complex scientific process that happens at the cellular level. According to biologists, it is a mutualistic symbiotic relationship between oxygen-producing plants and trees and oxygen-consuming organisms (us and animals), from which we all benefit.

So is there really less oxygen in the Northern Hemisphere during winter without leaves on the trees? According to multiple articles from National Geographic, Smithsonian and the website Sciencing, the answer is yes! When deciduous trees take a winter vacation, oxygen levels fall and carbon dioxide levels increase. However, the decreased amount of oxygen is negligible for a couple reasons.

First, the earth has plenty of oxygen year round, thanks to the number of trees worldwide. According to a comprehensive tree census conducted by Yale University in 2015, the world has approximately 3.1 trillion trees, or 422 trees per person. This was a huge discovery, since initial studies had estimated tree numbers at



roughly 800 billion. However, it should be noted that this number is less than half of the total number of trees on the earth prior to human civilization, according to scientific estimates. It’s also a reason for concern, given the dramatic increase of carbon dioxide in the earth’s atmosphere over the last 50 years.

Second, by volume only roughly 21% of the air we breathe is oxygen. The number of trees, combined with the fact that oxygen is also produced in the ocean by microscopic algae-like creatures called phytoplankton, means that the amount of oxygen in our atmosphere is fairly stable no matter the time of year. Phew!

Do evergreens photosynthesize in winter? According to Sciencing, photosynthesis is an evergreen’s superpower, allowing conifers to grow in cold northern climates in drier soils. The thick evergreen needle is protected by a cuticle coating that prevents excessive water loss and allows trees to survive extreme cold, ice and limited light conditions.

The smaller surface area of a needle does slow photosynthesis; however, because these needles last for three to four years and can respire any time conditions suit, the metabolic cost of synthesis can be recovered over several growing seasons. According to a German



study cited by Pennsylvania State University, energy production in short-needled Norway spruce (*Picea abies*) trees was 58% more productive than in beech (*Fagus*) trees (which have broad, flat leaves). While beeches photosynthesize for 176 days in a year, Norway spruce photosynthesize for 260 days!

So there you have it. Our oxygen levels are stable, and my husband’s breathing trouble has nothing to do with decreased photosynthesis but instead stems from being highly allergic to dust mites, a problem that requires a greater commitment to housekeeping on our part.

FUN FACT: It takes seven to eight mature trees to supply one human with a year’s worth of oxygen. For more information, check out “How Does Photosynthesis Work?” at Sciencing.com.

Sarah Endriss is landscape planning and design professional specializing in ecological garden and habitat design. She is principal of Asarum LandDesign Group; adjunct faculty at Jefferson University; and a restoration design consultant for WildLawn, an ecological native grass alternative to traditional lawns. She can be reached at Sarah@asarumlanddesign.com

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More Than Slime: The Benefits of Algae, From Earth's Earliest Days to the Present

by Sandra Folzer, Weavers Way Environment Committee

I'VE BECOME ENAMORED WITH ALGAE. They have such a bad rep. Yet, we owe our existence to these early life forms, because they provided the oxygen that made our life possible and now supply 50% of our oxygen.

The alga story started with a single-cell bacteria that was able to produce oxygen through photosynthesis and drastically changed the early atmosphere. If algae had not produced oxygen, other life forms would not have evolved. Fossils attest to the existence of algae/seaweed over one billion years ago.

Phycologists, who study algae, believe there are more than 72,000 species. They differ in means of reproduction, cellular structure and color, but they all have a slimy exterior, which they use to protect themselves from the sun's radiation while they use the sun for photosynthesis.

Algae are not plants. They don't have roots; instead, they have "holdfasts" at the base upon which they rest. Some green algae evolved into the first plant, the liverwort; "wort" means "root" in Old English.

Algae/seaweed are amazingly versatile and healthful. Nori, the seaweed used in making sushi, includes more nutrients and minerals than land vegetables, including vitamins A, B-complex, niacin, calcium, magnesium, selenium, iodine, iron and protein. It also contains amino acids, which are anti-inflammatory and lower triglycerides in blood, thus reducing the risk of heart problems. Eating seaweed gives all the benefits of omega oil, because fish take it in by eating algae.

Some scientists believe that our ancestors developed their larger brains as a result of consuming seaweed. Brain cells need iodine and DHA, a type of omega-3 oil in the membrane of brain cells. Since seaweed is an excellent source of these nutrients, some believe *homo sapiens* originated near Cape Agulhas at the southern tip of South Africa, which is one of the most productive seaweed colonies in the world.

Of course, algae have a downside,

too. Every summer I have to combat it in my pond. Barley straw usually works, but this past summer, we were inundated with a new feathery algae that took over the pond. The state Fish and Wildlife Service recommended introducing sterile grass carp to take care of the problem. They are vegetarian so will not eat other fish.

That solution sounded easy until I learned I needed a permit to buy the fish. I nearly had to promise my firstborn, along with a \$100 fee to get the permit. I imagined they'd be ordinary-looking fish, but my neighbor informed me that theirs have grown to a length of five feet. Imagine me swimming around with a fish nearly as big as I am.

You've probably heard about algae blooms, which are ruining many lakes and seas. One culprit, called a blue-green "algae," is actually a bacteria. Other true algae are problematic because they take oxygen out of the water, kill the fishing.

I wondered how this could happen, since algae produce oxygen. Because of an overabundance of nitrogen runoff from industrial farms and industry, the algae grow too rapidly and crowd out one another. Any oxygen produced is used up during decomposition, causing hypoxia, or lack of oxygen. The algal blooms also prevent sunlight from penetrating the water, which prevents phytoplankton and algae from manufacturing their food from sunlight. As a result, the fish often die from lack of oxygen.

These blooms become "dead areas" where marine life cannot survive. More than 300 dead zones worldwide were reported in 2018, according to *Scientific American*. The magazine also reported that the largest dead zone in the United States is in the Gulf of Mexico, and it occurs every year due to runoff from the Mississippi Basin.

Some types of algae blooms are poisonous to people and livestock. Toxic algae blooms may be difficult to identify. According to the Missouri Department of Natural Resources, they look like pea soup, though they may be of different



colors. Toxic blooms also have a putrid odor.

If you're in doubt about whether a body of water with algae is safe, stay out and don't let pets near it. The most common health effects of algae-bloom contact are rashes, but symptoms may include vomiting, diarrhea, dizziness and respiratory problems.

In 2019, 176 dolphins died from algae blooms near Sarasota, FL. According to the Florida Fish and Wildlife Conservation Commission, many manatees and sea turtles have also been killed.

Scientists believe we can reduce algal blooms by limiting nitrogen-rich fertilizers and preventing sewage leaks and industrial waste. Congress passed the Harmful Algal Bloom and Hypoxia Research and Control Act in 1998 to combat the problem.

It would be easy to condemn algae for all the trouble they cause, but they also are beneficial. Aside from being nutritious and providing half of our oxygen, algae has many benefits:

- Algae are a potential source of fuel.
- Algae are a healthful food.
- Algae may be more effective than antibiotics for boosting livestock growth.
- According to Ruth Kassinger's 2019 book "Slime: How Algae Created Us, Plague Us and Just Might Save Us," algae reduce flatulence (methane) when fed to cows, if we do that we could cut 15% of carbon dioxide emissions.
- Algae are used in many products from toothpaste to lipstick. (Carrageenan, for example, is made from alga.)
- Algae are fed to farmed fish to replace fish, which are becoming scarce.

I definitely have a new appreciation of algae. I recommend reading Kassinger's book if you want to increase your algae knowledge.



How to Stay Energy Efficient Even While Staying Home

by Marsha Low, Weavers Way

Because of the pandemic, many of us are staying home this winter — if we're among those who can. That means we're not turning down our heat during the day like we used to when we went out to work or to do errands, and that means higher heating bills. But we can lower our bills while also reducing our impact on the environment by cutting back on energy usage while still managing to stay warm.

If you set your thermostat at 68° or even lower during the day, you can be reasonably comfortable if you wear a sweater or layer up. I doubt I'm the only one who thinks it strange that some folks like to walk around their homes in winter dressed like it's summer! Don't constantly change the set temperature on your thermostat, because that causes your furnace to stop and start and makes it run inefficiently. Take advantage of solar heating by opening curtains and drapes to let in the sun — it's amazing how toasty a sun-warmed room can feel.

At night, close all drapes and curtains to help keep out the cold. When you go to bed, set the temperature of your home around eight degrees lower for the eight hours or so that you sleep at night. Every degree you lower the thermostat can net you an estimated 1% off your heating bill.

How low is too low? Reducing our energy use is one important consideration, but so is health. According to doctors, the ideal bedroom temperature for sleep is about 65°, so most recommend not lowering the thermostat lower than 60°.

Some argue that it may cost more to bring up your home's temperature in the morning, so you should not lower your thermostat at night. According to the Department of Energy, though, maintaining a consistent higher temperature uses much more energy than maintaining a lower one at night and heating it back to your ideal range in the morning. So go ahead and lower your thermostat those eight or so degrees at night and reap the benefits for your health, your wallet and the environment.



ENVIRONMENT COMMITTEE SEEKS GRANT APPLICATIONS

Once again the Weavers Way Environment Committee invites community groups to apply for grants that will enhance the environment for the community, especially those that address climate change.

Community groups from Mt. Airy, Ambler, Chestnut Hill, Germantown, Glenside, Roxborough, Fort Washington, East Falls, Blue Bell, Elkins Park and Flourtown are invited to submit proposals. Most grants are awarded for public purposes that benefit the environment through education and/or gardening projects. Funds may be used for such projects as planting trees and herbaceous plants, purchasing garden equipment, and enhancing of parks. Some environmentally based educational programs have also been funded through this program.

Grant amounts range from \$100 to \$500, depending upon the available funds and the number of qualified applicants. Funding has largely been made possible thanks to donations at our Electronics Recycling events and Giving Tuesdays.

An application and guidelines are available in the Environment Committee box on the second floor of Weavers Way Mt. Airy at 559 Carpenter Lane, as well as in specially marked folders in the Chestnut Hill and Ambler stores. They also may be downloaded and printed from the Co-op's website at weaversway.coop.

Applications must be received by Wednesday, March 3, 2021. Anyone requesting a grant will learn before the end of the month if they have been selected. Grantees are then obliged to submit a report by Nov. 1, 2021 with receipts describing exactly how the money was spent.

ELECTRONICS RECYCLING

POSTPONED

COVID Concerns Lead Committee to Table Electronics Recycling Again

DUE TO COVID-RELATED ISSUES AND OTHER EXTENUATING CIRCUMSTANCES, the Weavers Way Environment Committee will once again postpone its electronics recycling event until mid to late spring.

The event, which in the past has taken place in the spring and fall, generates revenue that enables the committee to award annual grants of \$100-\$500 to community groups based in Northwest Philadelphia or Ambler. The grants fund environmental projects such as planting trees and enhancing parks. Past recipients include the West Philly-based Philadelphia Orchard Project, which plants community-owned organic orchards in neglected spaces throughout the city.

The committee partners with PAR Recycle Works, a Germantown-based organization that deconstructs electronics responsibly and gives transitional employment to those returning from prison.

By May or June, the committee hopes that the pandemic will be more under control so that an event can take place safely. In the meantime, anyone interested in recycling their electronic items can contact PAR at info@par-recycleworks.org.

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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.

Don't forget: We're now take suggestions by email. Please send your ideas to suggestions4norman@weaversway.coop.

"Trend-forward" is a buzzword I see frequently, in food marketing as if being "trend-forward" was a desirable product attribute in itself. In New Guinea, cannibalism was probably once "trend-forward." Recently, I saw some products in a trade publication featured as "most creative trend-forward appealing and poignant items," one of which was a chicken and donut sandwich from a well-known chain. Seeing things like this warms my heart, as it further reinforces my perception that much of our modern food system is ridiculous and almost nothing about it should be taken seriously.

Speaking of our modern food system, it is interesting to note that the infrastructure to manufacture and deliver tens of thousands of food products, many per-



ishable, has existed for decades. Almost anyone anywhere in the U.S. can pick up their phone and get a hot pizza delivered to their house in 30 minutes. 7-Elevens will deliver Ben & Jerry's ice cream. This is the country that can't get vaccines to people? Maybe the vaccines should be a pizza topping.

suggestions and responses:

s: "What is the difference between 'vegan,' 'plant-based,' and 'vegetarian?'"

r: (Norman) The term "vegan" was created in 1944 by Donald Watson, an English animal rights advocate, to describe a person who avoids using animals for ethical reasons, more of a lifestyle choice than diet only. In the 1980s, Dr. T. Colin Campbell introduced the term "plant-based diet" to define a low-fat, high-fiber, vegetable-based diet that

(continued on page 18)



“

EMAIL YOUR SUGGESTIONS TO
suggestions4norman@weaversway.coop

”

Norman Says:

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

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- Offering compost collection at Weavers Way Ambler now through April 2021.
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(Continued from page 18)

focused on nutritional health without getting into ethics. “Vegetarian” is a dietary choice that typically excludes the bodies of animals but can include animal-derived products such as milk, cheese, and eggs. FYI, “plant-based” is considered “trend-forward” in the processed food world these days.

s: “Since the Co-op is about fairness and community, I’m wondering if the Co-op could take an official stand with Fairmount Park asking for examination of the rule that requires dog owners to pick up their dog’s poop, but the same rule does not apply to horse owners. I find this unjust.”

r: (Norman) It turns out not all animal poop is created equal. Horse poop is mostly water, and the solids are mostly grass and vegetation (horses eat a “plant-based” diet), easily processed by nature. Since dog food is a manufactured product and typically meat based, it has things like phosphorus and nitrogen that can contribute to pollution, not to mention pathogens that are not present in horse poop. We appreciate your concern for fairness.

s: “Any chance to replace those very heavily salted bulk cashews with unsalted or lightly salted (at Chestnut Hill)? I have to shake them in a strainer each week after purchase. Thanks.”

r: (Norman) Thanks for your feedback, we’ll look into it.

s: “I know that Weavers Way is a mem-

ber owner of a cooperative group of co-ops, if I’m stating that correctly. However, I really feel that this is counterproductive in some respects. I know one of the goals of the Co-op is to support local producers. I always see major brands of yogurt, for example, advertised as specials. I resist buying them because I am very satisfied with Seven Stars organic yogurt that is produced about 20 miles from here. If I didn’t like that, Pequa is another option that is local. I believe it is within the goals of the Co-op to promote local businesses. I’m okay with providing options — for example, we are not so fond of Merry-mead Farm milk, so I will buy Organic Valley. But why are we actively promoting a more corporate product that has to be trucked across many states rather than finding some way to support these local producers? I’m sure this is something that has been considered, but I really think that we should double down on supporting local producers of quality products.”

r: (Norman) You are right about Weavers Way being part of National Co-op Grocers (NCG), the organization that produces the biweekly flyer of large regional and national brand sales we offer. We (and all NCG co-ops) are basically required to participate. NCG sees their flyer as a way for co-ops to compete with Whole Foods and other competitors. I am not a fan, but that’s a whole other story, and it doesn’t matter, as we don’t have any choice. We



Much of our modern food system is ridiculous...



did come up with our own Fresh Deals flyer, which offers us the ability to feature local brands. The problem here is twofold, though: For one, we mainly want to feature products available in all three of our stores, and you’d be surprised how often that is not possible. The reality is, as we learned after opening Chestnut Hill and even more after Ambler, what sells at one store may or may not sell in another store. The other issues involve pricing and availability; we don’t want to ask the small vendors to give up too much margin to put items on sale, nor do we want to give up too much margin. Ideally, the

theory is, you make it up in increased sales, but there are questions about whether that’s really true. Plus, some small vendors — Zsa’s was good example — can’t even produce enough to sell more. Order cycles are also a factor: We can get most of the national brands in the NCG flyer three times a week, whereas we can only get most of the more local vendors once a week or less. It’s a bit of a balancing act to pick items that check all the boxes we need checked. After reading your comment, though, now I’m wondering if maybe we should create a sub-section of the Fresh Deals for local products. I’ll see what we can figure out.

s: “What would happen if a vote at a Weavers Way membership meeting was disputed? Are results audited?”

r: (Norman) Yes, results are audited by a novel process where dogs sniff the ballots and alert if any two smell exactly the same, or if one ballot carries the smell of two different people. We have a one-ballot-one-scent standard. If a dog alerts, that dog will trace the smell to the author of the ballot, and an investigation is launched by detectives doing their cooperator hours. This same system was in use in ancient democracies, it just wasn’t well documented because every person didn’t have a camera in their pocket like they do today.



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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.

The Backyard Beet**Changes to Our Garden Menu for the New Year**

by Chris Mattingly, for the Shuttle

IN MY DECEMBER ARTICLE, I INTRODUCED THE ANNUAL garden planning system we use for our clients' gardens. This month, I'll share some of the things we learned about how our plants grow and which varieties we're offering to our clients this year.

Perennial Herbs in Pots

For most of our clients, we planted sage, rosemary, thyme, etc. in pots. The most successful herbs were the ones that had plenty of room to grow. Plants with adequate soil to draw water and nutrients from also had less drought stress in the middle of the summer.

At home, we were happily surprised with the performance of some self-watering planters on our covered front porch. These have reservoirs in the base to reduce the frequency of watering. However, it's still possible to forget about filling self-watering planters long enough to do damage.

Quick-Maturing Spring Crops

We removed dill and cilantro from our midsummer offerings. These are cool-season crops, and they go to seed quickly in midsummer. What's more, they're typically broadcast-sown directly into the garden by hand, like you would with grass seed. A thin layer of vermiculite goes over the seed to retain moisture for successful germination, but even so, germination of broadcast seed is spotty due to periods of intense heat and drought. There are ways to get some cool-season crops to germinate and grow in summer, but it requires more intense oversight than we can provide our clients on a weekly basis.

Likewise, we removed baby greens like arugula, spinach and kale from our midsummer offerings. Baby greens are broadcast sown and therefore prone to poor germination in summer. We are instead offering three varieties of the most heat tolerant lettuces: Romaine "Sparks," and green and red summer crisp lettuces "Muir" and "Magenta," which we'll grow as full-size head lettuces. With full-size head lettuce, we can plant starts (seedlings) instead of sowing seed.

Slow-Maturing Spring Crops

Instead of offering a full-size head broccoli that is sensitive to stress and provides a single harvest, we are offering a multi-cut Italian variety called "De Cicco." Our gardeners have noticed they can harvest smaller florets (side shoots) from a single plant week after week. This way, broccoli can be on the menu for our clients over a longer period with just a couple plants and without the need for succession planting.

Snap peas have always been a favorite, and last year we offered "Super Sugar Snap." This long vine variety of pea (growing to six feet long) was tough to manage on our pyramidal bamboo trellises, so this year we are going with "Sugar Ann," a short vine variety. The vines are 20 inches long, and it can be grown with or without support. We will place stakes and twine around each crop to provide some support and make it easier to harvest. From 20 inches to six feet — who knew there was such diversity in vine length among peas?

All-Season Mature Greens

Kale, collards and Swiss chard remain our all-season workhorses for mature greens. While collard greens remain one of the least popular choices for our clients, they are nutritious and versatile in the kitchen. And like kale and Swiss chard, you can pull lots of huge leaves from an early spring planting from May through December.

Summer Fruiting Crops

Despite low popularity and difficulty with growing them in small spaces, we decided to continue offering potatoes for the flavor and especially the mind-bending experience of digging up food from under the ground. "Yukon Gold" is our choice for reliably delicious yellow potatoes; we specify a minimum order of 12 square feet to grow them successfully.

The "fairy tale" baby eggplant has made an enemy of one client due to the sheer volume of its production. Marybeth couldn't give away enough of these to her friends, and certainly couldn't stand to cook or eat any more. While she won't be ordering them again this year, they will still be on the menu — they're just so cute!

We added a poblano pepper to our lineup and replaced our full-heat habanero with "numex suave orange," a mild variety. It captures all of the tropical and fruity flavor of the habanero with none of the suffering!

Despite its propensity for critter predation, its low sprawling habit, and impracticality as a food staple, the "Goldie" husk" or ground cherry remains on our menu. These small, sweet tropical fruits are concealed in a cream-colored paper husk and are only ready to eat when they drop to the ground. They've earned their spot by being unique in their flavor and presentation.

I often sell the ground cherry as a delight for children, but it also elicits a childlike sense of wonder from even stolid adults. Everyone should try growing this plant once or twice before hanging it up.

Hate to say it, but I haven't met a grape tomato I really liked. Even the varieties from our seed supplier with



Fairy tale baby eggplant, a prolific producer.

the most superlatives in their descriptions are inferior to any cherry tomato.

Grape tomatoes are thick walled or thick skinned, and lack sweet, juicy goodness inside. This year, I've decided to offer "cocktail plum" tomatoes in their place. Salad lovers may have to slice them, but hopefully the sweet and meaty flesh will outweigh any negatives.

Both summer squash (zucchini, pattypan, yellow) and winter squash (pumpkin, butternut, acorn, etc.) plants can fall victim to the squash vine borer, which can damage and destroy plants in short order. The only varieties of squash not affected by it are the butternut and the tromboncino, or zucchetto. Both of these are actually of a different species from most other squash (*C. moschata*), and have more solid vines rather than hollow tubular ones, giving them resistance to the pest. The tromboncino can be harvested early (at about a foot long) and eaten as a summer squash, or left to mature and harden for use as a winter variety.

A Basil That Doesn't Bolt

Finally, there is a variety of basil "Everleaf" that is extremely slow to bolt. When watered and fertilized adequately, it will produce basketfuls of leaves. Two plants are typically adequate for my family for the whole summer — and we love Caprese salad and freeze pesto for the winter. We plant them one foot apart, so each plant has plenty of room to branch out.

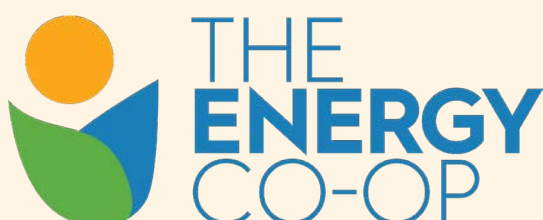
At Backyard Eats our service offerings and team are shaped by the needs of home gardeners. If you'd like help with your garden plan, we start with a consult you can book online. We'll cover all the essential elements of a successful garden.

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.

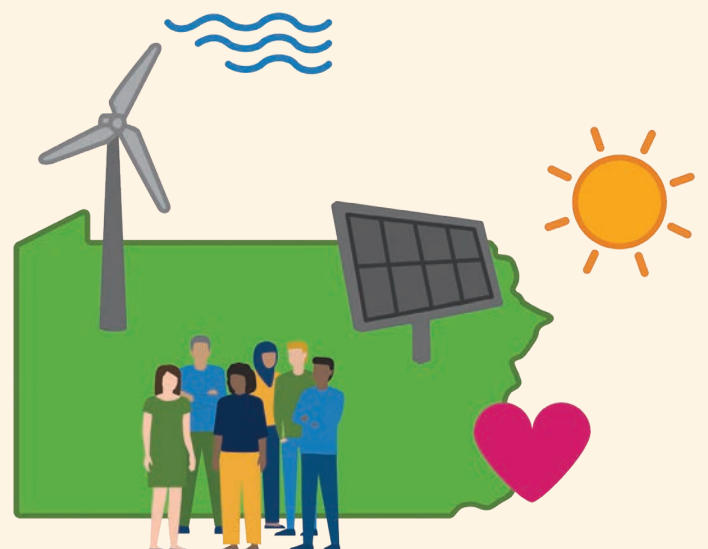
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Weavers Words

MT. AIRY NAMASTE

On every corner, we greet each other here,
 Eyes twinkling above our masks. The smoke
 Of this year fogs not our connection but rather
 Gathers our glee in finding neighbors
 Also out on a walk. From six feet, we fold
 Hands, nod a quick bow, fill
 To the brim, carry on –

—C.A. Durham

PRACTICE

I can't describe the paradigm
 to quench the heart and float the mind.

 But what I think it best to do
 is fit the foot into the shoe
 that suits it like a soft, suede glove
 and train the foot to practice love.

—Jan Jee Bean

THE LONG AND SHORT OF IT

Jane was short
 But our friendship long
 She lived long
 But her life was too short
 She died in the longest night
 Of the year
 Her smile was sweet
 My tears, salty.

(R.I.P. Jane Thomson 12/22/2020)

—Evan Meyer

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



Feeling Inspired? Here Are Our Guidelines:

1. Poems must be written by you and can contain no more than eight lines.
2. The Shuttle editor has the final say as to whether a poem is suitable for publication.
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.

Thanks. We're looking forward to your creation!

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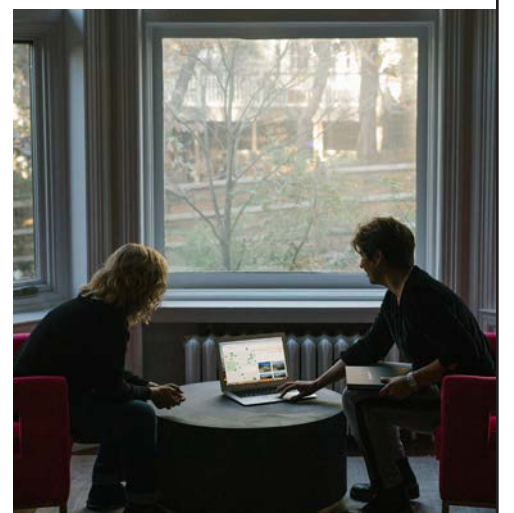
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MALT Founder Bloom Remembered

(Continued from Page 1)

Airy and Chestnut Hill. Classes ranged from basic plumbing to belly dancing. On one occasion, Bloom co-taught a class on Wonder Woman with a 12-year-old girl “who knew more about the comic-book character than I did,” Bloom said. “Over 40 years, MALT has helped thousands of people grasp hundreds of topics.”

A shrewd diplomat, Bloom chose locations belonging to different ethnic, racial and cultural groups to host classes, an approach that ensured contact among people from a range of backgrounds. She also made sure that MALT’s board included a cross-section of her neighbors.

MALT offers classes for children, but Bloom also addressed the needs of young people, many of them of African heritage, through a tutoring program she established in the early 2000s. As part of the program, volunteer tutors work one on one to strengthen the reading skills of students at Mt. Airy’s Henry H. Houston public elementary school.

Bloom returned to Denver, her birthplace, twice a year for meetings of the Sam S. Bloom Foundation, which makes grants to organizations that provide transitional housing and other services in Colorado.

She came east to attend Wellesley College, a private women’s liberal arts college in Wellesley, MA. She graduated with a bachelor’s degree in English in 1963, then earned master’s degrees in

American civilization and adult education from the University of Pennsylvania and Temple University, respectively. She went on to direct Temple’s regional continuing education program for women and later served as an associate professor of English at Community College of Philadelphia.

A woman of both conscience and courage, Bloom wrote of dysfunction in her family of origin in “Ephemeral Blooms: A Memoir with Roots in Colorado,” published by Amazon in 2018. The memoir considers why she lived to become the last member of her immediate family after her parents died of natural causes and her brothers, Marshall and Alan, her only siblings, committed suicide years apart.

Last August, the Historic Germantown partnership inducted Bloom into its Hall of Fame for her contributions to community life.

She is survived by her husband, Robert Rossman, and in Rossman’s words, “also by the Mt. Airy Learning Tree. Barbara had no children, but MALT was her child.”

Donations in Bloom’s memory can be made to MALT, 6601 Greene St., Philadelphia, 19119.

A memorial service will take place in May of this year, when Bloom would have turned 80.

Artists in Our Aisles

Rebecca Hoenig

I grew up in Germantown and have lived in Mt. Airy for over 30 years. For several decades I taught students of all ages at the Philadelphia Museum of Art before retiring in September 2019.

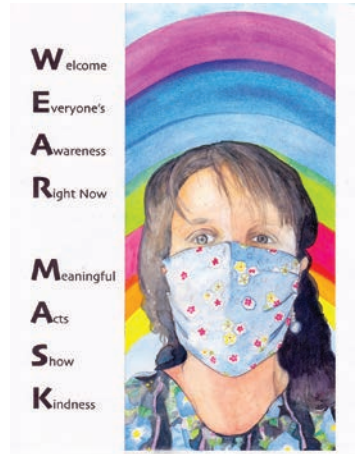
Most recently, I taught watercolor at Allens Lane Art Center (through Mt. Airy Learning Tree) and collage at the Center on the Hill in Chestnut Hill.

I have participated in dozens of juried art shows including several solo exhibitions.

Through a wide array of media including drawing, painting, photography, printmaking and mixed media sculpture, I am continually drawn to the spiritual aspects of art and the essential mystery inherent in all natural and artistic creation.

www.rebeccajanehoenig@gmail.com (illustration)

www.rebecca_hoenig.com (all other art work)



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STAFF CELEBRITY SPOTLIGHT

Zach Thomas

Job: Cook, Mt. Airy Prepared Foods and interim Mt. Airy meat and seafood staff

Since when: April 2019

Age: 30

Where he's from/where he lives now: West Mt. Airy/East Mt. Airy, with his parents, Paul and Tana

Education: He graduated from Julia R. Masterman High School in 2009 and spent three years as an electrical engineering major at the University of Virginia, in Charlottesville, VA. He left school in 2012 because "I didn't like math and science as much as I thought I did."

What happened next: He stayed in Charlottesville and started working at various kitchens in the area. He was working in the kitchen at Violet Crown Cinema, an art house movie theater that served prepared food, in 2016 and thinking of returning to Philly because his lease was up. The Unite the Right protests that took place in Charlottesville in 2017 cemented his decision.

How he got to the Co-op: He was working in the kitchen at Top of the Hill Café in Chestnut Hill and realized he needed to find something else. He found out about openings at Weavers Way through Mt. Airy Cleaner Andrew Dragoni, who's a longtime friend. He started out part time at the Chestnut Hill and Mt. Airy stores, then eventually came back to Mt. Airy full time.

The Mt. Airy kitchen work strategy: "You have to know exactly how much space you need...but we're all pretty good about it."

Favorite Co-op product: Prep Foods' caramelized french onion dip

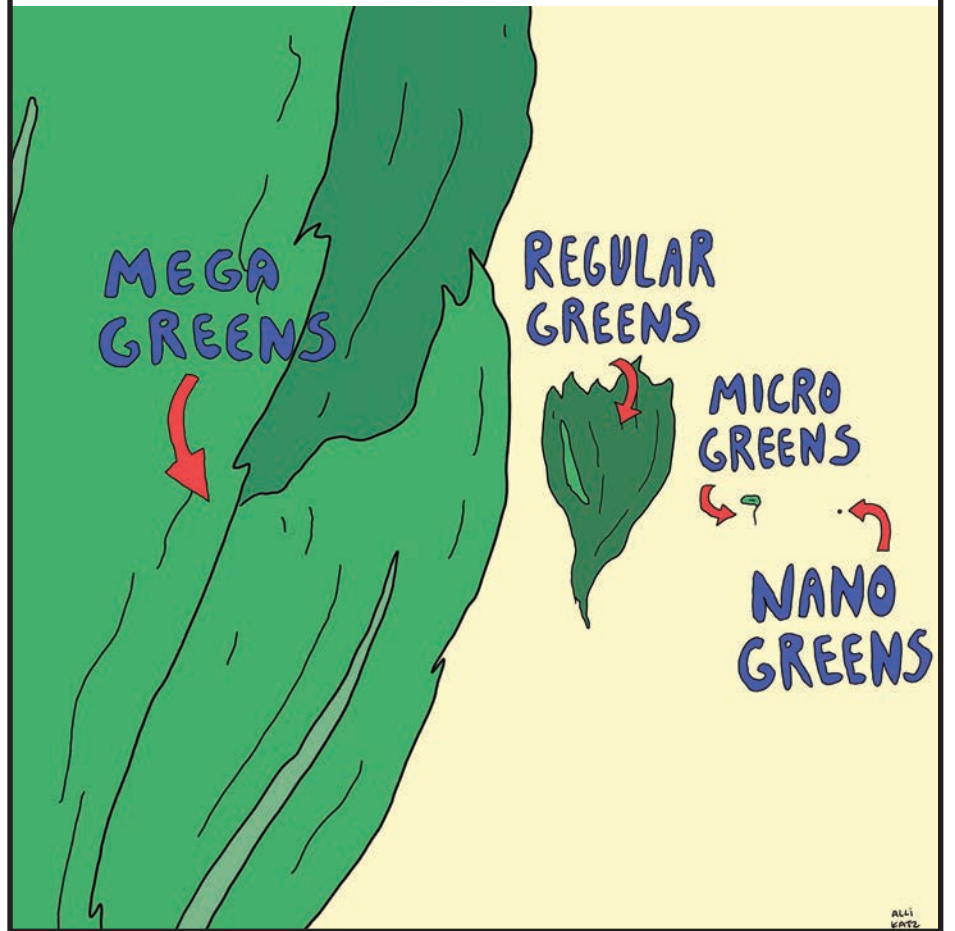
Long-term plans: "I'm pretty content here. I'm not planning on anything in the future right now. I'll probably get back to school at some point, but...I'm learning new things, working meat and fish, so it's like I'm still expanding my horizons."

—Karen Plourde



Locally Grown

Illustration by Alli Katz



PLEASE WEAR A MASK WHEN INSIDE OUR STORES.

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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. Meetings are taking place online during the COVID-19 crisis. Check the Co-op's Calendar of Events for the date of the next meeting.

For more information about Board governance and policies, visit www.weaversway.coop/board. Board members' email addresses are at www.weaversway.coop/board-directors, or contact the Board Administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

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Weavers Way Across the Way

610 Carpenter Lane
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Weavers Way Chestnut Hill

8424 Germantown Ave.
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Weavers Way Ambler

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

Weavers Way Next Door

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

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Outreach Coordinator

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Executive Chef

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Ambler

Store Manager

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Grocery

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Produce

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Prepared Food

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Meat, Poultry and Seafood

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Bulk

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Bakery

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Wellness

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Chestnut Hill

Store Manager

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Assistant Store Manager

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Produce

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Prepared Food

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Meat, Poultry and Seafood

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Bulk

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Bakery

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Next Door

Wellness Manager

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Mt. Airy

Store Manager

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Grocery

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Produce

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Deli

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Prepared Food

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Meat, Poultry and Seafood

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Bulk

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Bakery

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Across the Way

Wellness Manager

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Pet Department Manager

Anton Goldschneider, ext. 276
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DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



New Member Orientations are postponed during the COVID-19 crisis.

Become a Member

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

Good Vibes

from the Co-op: 2020 Edition



57,783 lbs
Farm Produce
Harvested



300+
Local Vendors
Supported



\$33.3K
Raised for Area Non-profits
and Food Cupboards



10,409
Member-households
Strong



16,077
Co-op Member
Volunteer Hours