

Now's a Great Time to Weigh a Board Run for Next Year



by Sylvia Gentry, Weavers Way Leadership Committee

THIS FALL IS AN EXCELLENT TIME FOR YOU TO consider becoming part of the Weavers Way Board of Directors starting in the spring of 2022. Our election season kicks off before the end of the year and ends formally at the spring General Membership Meeting in early May.

According to our bylaws, Board elections are the responsibility of the Co-op's Leadership Committee. We work throughout much of the year to recruit can-

didates and usher them through the process of running, including introducing the final nominees to the membership through a variety of venues. While Co-op members don't usually hear much about the elections until closer to April, when voting begins, the Leadership Committee is planning now for the 2022 election process.

New for the run-up to next year's election will be a "Meet the Candidates" series of events that will give members an opportunity to learn more about each

person who aspires to be part of the Board, including their strengths, motivations and expertise. These sessions will add another dimension to the introductions of the candidates through their written statements and prepared videos.

If you are interested in learning more about running for the Board or participating on the Leadership Committee, please contact us at leadershipcommittee@weaversway.coop.



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OCTOBER 2021

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It's Time to Put the Plug on TerraCycle

by Leni Dow, Weavers Way Environment Committee



A FEW YEARS AGO A FRIEND, KNOWING that I was a member of the Weavers Way Environment Committee, asked if the Co-op was still recycling Brita filters. That turned out to be the start of my journey with the TerraCycle program beginning in 2016.

With the help of former staff members Crystal Pang and Nina Cohen, I began to sort and box recyclable items in the basement of Next Door, fueled by the belief that we were diverting multiple pounds of trash from landfills and the incinerator. As an added incentive, we were able to redeem points we earned for the material we shipped for a bit of money to go toward Environment Committee community grants and other projects.

However, after a lot of thought and research on the realities of plastic recycling, I have concluded that the TerraCycle project is not in keeping with the mission and values of Weavers Way and its membership. I presented my concerns to

(Continued on Page 8)



Is a Fourth Store in Our Future? Some Items for Your Consideration

by Jon Roesser, Weavers Way General Manager

IHAVE WRITTEN IN THIS COLUMN BEFORE about how often we are approached about expansion. Sometimes it seems like just about everyone who doesn't have one wants a Weavers Way in their community. (This, of course, is after they've been shot down by Trader Joe's, as they inevitably always are.)

Our answer has always been the same: No thanks. Having just opened our Ambler store in 2017, and still grappling with all the challenges associated with running a food retail business in the pandemic, expansion has not been something we've considered.

Until now. Recently we were presented with an opportunity that's been hard to ignore. And what was at first a tedious business exercise to determine feasibility has evolved into something that's gotten us pretty excited. For multiple reasons, this opportunity has legs.

For starters, we always need to remind ourselves that, as a consumer cooperative, a principal motivation for expansion is to better meet the needs of our members. The expansion we're considering would give us the opportunity to do that.

It shouldn't surprise anyone that our highest concentrations of members are in the neighborhoods where our stores are located: Mt. Airy (2,679), Ambler (1,343), and Chestnut Hill (1,319). The

Feedback Opportunities for Our Germantown Store Project

With a project like this, member engagement and feedback is essential.

- We will have a table set up at the General Membership Meeting on Saturday, Oct. 2, from 4-5:30 p.m. at Awbury Arboretum's Agricultural Village.
- This month we will hold two virtual member forums on the project: Thursday, Oct. 7, 7 - 8 p.m. and Tuesday, Oct. 19, 7 - 8 p.m.

5,343 households in these three zip codes represent well more than half of our total membership.

The zip code with the next highest number of members? Germantown: 1,018 member households, about 10% of our total membership. By the way, in case you're wondering, the next highest are Glenside (587), Roxborough (479) and Ft. Washington (233). (I could talk about this stuff all day long.)

When they shop at the Co-op, our Germantown members primarily do so in

(Continued on Page 7)

Know Your Terms for Hispanic Heritage Month

by Mira Kilpatrick, Weavers Way Racial Diversity, Equity and Inclusion Committee

Editor's Note: Mira uses the terms "Hispanic" and "Latinx" in this article, because the majority of Hispanic-Americans are from Latin America, not Spain.

THE TERM "HISPANIC" REFERS TO language; Hispanics were descendants of Spanish speakers, while the term Latino/a/x refers to geography — a person with origins in Latin America (Mexico, Central and South America, and the Caribbean.) These terms reference ethnicity, and do not reflect racial identity or skin color.

Hispanic Heritage Month celebrates Hispanic/Latinx culture and achievement, and highlights the history, heritage and contributions of immigrants from Latin America. Hispanic Heritage Month is celebrated from Sept. 15-Oct. 15 every year, and is marked by festivals, parades, art shows, conferences, community gatherings and more. Former President Lyndon Johnson first introduced Hispanic Heritage Week in 1968, and it was later expanded to a month under former President Ronald Reagan in 1988. Festivities begin on Sept. 15, which is Independence Day for five Central American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Right on their heels, Mexico celebrates its independence on Sept. 16, Chile on Sept. 18 and Belize on Sept. 21.

(Continued on Page 8)



Celebrated by cooperatives nationwide during the month of October, National Co-op Month is an annual opportunity to raise awareness of a trusted, proven way to do business and build communities.

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Editor's Note



by Karen Plourde, Editor,
Weavers Way Shuttle

FOR 10 MONTHS, THE POSTER-SIZED wall calendar on the bulletin board above my desk in Mt. Airy has been stuck on December 2020. I'm not being sentimental; the months of 2021 are displayed in smaller type on that page, and with COVID upheaval still in full effect earlier this year, I made the default choice to live with that rather than track down a new one.

Now I'm looking to replace it, even though I'm in 555 only a tad more than earlier in the year. I've lost track of how many times I glanced up at the big sheet to find a date, only to remember I had to look at the smaller month layouts below. Besides, 2022 is only a few more exits up the highway (ready or not), and calendar-buying season is basically upon us. With any luck, I'll be able to score one of those 16-month models, so my month and year orientation can be righted that much sooner.

Does that change qualify as pandemic progress? I'm not sure. That's been an elusive and subjective thing to achieve since early on in COVID times, with plenty of false starts along the way. Hope you've managed to achieve a little positivity and progress back in your lives by now.

I assume you're reading my column on a second pass, after blowing past to read the rest of our front-page story "Is a Fourth Store in Our Future? Some Items for Your Consideration" by General Manager Jon Roesser. "A fourth store? Already?" you may ask, which is valid.

This is big news for sure, and I hope members inform themselves and offer their thoughts in some way if they feel strongly. Reading Jon's column is a solid start, but attending one of our virtual forums this month would make a great next step. This is your Co-op and your investment, and your thoughts will carry a lot of weight as discussions continue around whether to go forward.

Catch you in the pages next month.

**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.

How Honduras Does Tacos

Recipe by Nina Cohen, former Weavers Way Next Door staffer

ADD THIS ONE TO YOUR STREET FOOD REPERTOIRE; USE PREMADE TORTILLAS TO SAVE TIME. FEEL FREE TO ADD IN SAUSAGE or other meat, plantains, eggs, hot sauce and/or chismol, a combination of diced tomato, onion and bell pepper.

Ingredients for the tortillas:

- 2 cups all-purpose flour
- 1 cup water
- 1/2 cup vegetable oil
- 1 egg
- 1/2 tsp. salt

Ingredients for the filling:

- 2 cups refried beans, warmed
- 1 avocado, sliced
- 1/2 cup crumbled queso fresco
- 1/4 cup crema

Directions for making the tortillas:

In a large bowl, add the flour, water, vegetable oil, egg and salt and mix until a smooth dough is formed. Make eight golf ball sized balls from the dough. Cover the balls and set aside for 20 minutes.

After the 20 minutes is up, stretch each dough ball into a thick tortilla. Heat a large skillet on medium-high heat and cook each tortilla for about one minute per side.

Place the refried beans, avocado, queso fresco and any other toppings over each tortilla evenly and drizzle with the crema. Fold each tortilla in half over the filling and enjoy.



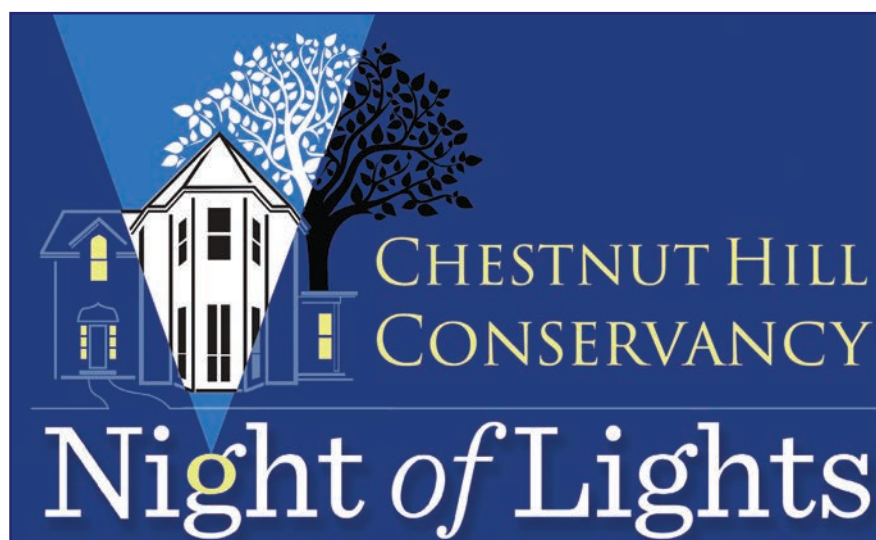
by Kieran McCourt, Weavers Way Ambler

- They make an excellent addition to any pantry. Stored properly in an airtight container in a cool, dark place, most varieties can be kept for 12 months or more. Additionally, drying mushrooms increases the availability of more wild-foraged varieties, which normally have a short season and shelf life.
- They have a more concentrated flavor than their fresh counterparts, and enhance soups, stews, braises, and sauces, along with animal and plant-based proteins.
- Soaking is a must, either in room-temperature water overnight or for 20 minutes or so in hot water. Much like cold brew, the two methods can result in different flavors, but either process works well, depending on the time you have
- **Remember to save the soaking water after straining out the mushrooms!** It's full of deep, earthy flavor, and can be used in place of or as part of the stock of a recipe. If the mushrooms are especially gritty (i.e., morels), a quick rinse under cool water will wash that off. Be sure to allow the soaking liquid to rest so any grit settles to the bottom. It can then



be strained through paper towels, coffee filters or cheesecloth.

- Rehydrated mushrooms can be chopped but should still get a bit of cooking. A quick sauté or simmer in a soup will fully bring out those flavors.
- Dried porcini and chanterelles work well in a quick sauce for pasta or mixed into risotto in the final stages. Morels want to be the star — keep it simple and use them in quick pan sauces.
- Dried mushrooms also work well in weeknight stir fries. They can even upgrade canned mushroom soup! Consider mixing fresh and dried into the same dish for different flavor nuances and textures.



**Friday, October 8 to
Sunday, October 17
7 - 9 p.m.**

One percent of Weavers Way Next Door's sales will be donated to the Chestnut Hill Conservancy. And scavenger hunt winners will get a **10% off Next Door coupon.**

Pickling: The Prescription for an Overabundance of Produce

by Chris Mattingly, for the Shuttle

MANY OF OUR CUSTOMERS ASK “What do I do with all these cucumbers?” Our response? “Pickle them!”

I love a good mindset shift — an idea that only requires you to think differently about a problem or something you want, one that unlocks your potential in an instant — even if true change takes time. I also love pickles.

One healthy cucumber plant, given the room to roam (usually vertically in our gardens), can produce a crazy number of cucumbers. And if expertly cared for, it can remain productive for most of the season. This can leave you buried in cucumbers, and blind to the abundance all around you, or even overwhelmed by it, as you wonder how many raw cucumbers you can really eat or slice into a salad.

This is the problem Backyard Eats was born to solve, and this recipe does that. Quick pickled cucumbers are as fast and easy as boiling water and a couple other ingredients and pouring it over vegetables in a jar; canning is not required.

Buy a pack of mason jars (or use glass tupperware containers), and you’ll have plenty of quick pickled cucumbers (and any other vegetable you want to include) for you, your friends and family.

To get crispy results, use the freshest veggies. This works for cucumbers and jalapeños. My favorite combination, which I did a few years back, was a super sweet cantaloupe (balled) and a couple jalapeños (sliced). Weird, I know, but delicious!

If you pickle jalapeños, remove all the seeds to make the final product tolerably spicy.

Ingredients:

- Mason jars, or any vessel suitable for pouring boiled water into
- 2 medium cucumbers, thinly sliced (or just about any veggies, about one pound)
- 2 cloves garlic, smashed
- 1 tsp. whole peppercorns, coriander and/or mustard seeds
- 1-2 sprigs fresh herbs like thyme, dill and/or rosemary

Brine Ingredients:

- 1 cup vinegar (white, apple cider or rice vinegar)
- 1 cup water
- 1 Tbs. kosher salt
- 1 Tbs. sugar

Note the brine ratio: To pickle one pound of vegetables, use one cup each of vinegar and water and one tablespoon each of salt and sugar.

Directions:

1. Wash jar(s) with soap and hot water and let dry.
2. Pack veggies, garlic, spices and herbs into a mason jar, leaving at least a half-inch of room from the top.
3. Put the brine ingredients in a saucepan over medium heat, stir to dissolve them, and bring to a boil.
4. Pour the hot brine into the jar(s), leaving at least a half-inch of room from the top.
5. Tap the side of the jar(s) to remove any air bubbles.
6. Let the jar(s) cool to room temperature before refrigerating. Wait 24-48 hours for best flavor.

Depending on how carefully these are prepared and stored, they may last up to two months in the refrigerator. They are not preserved, however, and so cannot be stored unrefrigerated or stored indefinitely.

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.



photos by Chris Mattingly



photos by Lauren Todd

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Changes in Seasons, Programming and Our Leadership

by Glenn Bergman and Bob McWilliams, Food Moxie Board Co-Chairs

FALL IS THE SEASON OF CHANGE, AND AS ASSUREDLY AS THE leaves change, so do organizations. This fall, Food Moxie (originally known as Weavers Way Community Programs) is in the midst of several changes, with more on the way.

As COVID-19 restrictions have eased, we are transitioning from our pandemic programs, in which we've been helping provide families with food security, and are returning to providing in-school programming for children. While we were proud to assist with achieving food security for residents in our communities, we welcome the ability to focus again on our mission: From seed to supper, we educate and inspire people to grow, prepare and eat healthy food.

Speaking of which, Seed to Supper, our annual fundraising dinner, took place on Sept. 30 at Awbury Arboretum's Agricultural Village in East Mt. Airy. We hope those who attended enjoyed themselves. If you missed it this year, keep late September in mind for next year's event!

Lastly, change has come to the main office of Food Moxie as well. After three wonderful years of success and program growth, our executive director, Lisa Mosca, has decided to move back to Boston to be closer to family. We wish her the best and thank her for all that she has done for the organization. In the meantime, Catherine Kendig, a current Board member, has decided to step in as interim executive director until a new replacement can be named. A search committee is currently working diligently to hire Lisa's successor.

We look forward to continued service delivery for our community, and to working with cooperators on our various programs. We also greatly appreciate the generosity of those Co-op members who support Food Moxie and our programs through your donations. Thank you.



Scenes from Seed to Supper 2018 or 2019, which took place at Awbury Arboretum's Agricultural Village. Photos courtesy of Food Moxie.

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Don't Change ID Policy

TWO OF MY FAVORITE CHESTNUT Hill institutions are Morris Arboretum and Weavers Way. Among other charms, they both offer their varied services with a sense of personal warmth that is unusual for large organizations.

Several years ago, the Arboretum marred this by demanding identification from members entering the grounds, but reaction was so negative that the policy was quickly reversed. Now the Co-op is making a similar unwise error in requiring members to dig out membership cards at each visit, no matter how well known they are to the cashier.

I find this inconvenient, personally offensive and counter to what I see as the feeling of community that I value at the Co-op. Please reconsider this foolish policy.

David Traxel

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.



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Government Efforts to Curb Climate Change Are Often Contradictory

by William Hengst, for the Shuttle

MUCH OF THE TIME, WE DON'T know all that the federal government is doing with taxpayer money.

The August issue of the Shuttle included an excellent article by Sandra Folzer, member of the Co-op's Environment Committee, which identifies several federal subsidies and tax loopholes that benefit the fossil fuel industry big time and exacerbate climate change.

For anyone trying to learn more about indirect contributions to climate change, her article is well worth reading. Among the facts she cites are:

- Every year, our government spends \$20 billion to subsidize fossil fuels, with 20 percent going to coal companies and 80 percent to gas and oil producers.
- Many of these direct subsidies are embedded as deductions in the federal tax code, including an "intangible drilling costs deduction," which allows oil and gas companies to deduct the cost of drilling new wells. According to Folzer, this provision cost taxpayers \$1.59 billion in 2017.
- Another provision in the tax code allows deductions for declining production costs over time. She writes that eliminating this subsidy would generate (or save the government) \$12.9 billion over the next 10 years.
- The U.S. Import Bank continues to fund fossil fuel development overseas, despite the Obama Administration's efforts to end this program. Since 2019,

the bank has approved \$5 billion for fossil fuel projects abroad.

- According to a recent report by National Academy of Sciences cited by Folzer, fossil fuel companies would owe about \$62 billion every year if they, rather than taxpayers, had to pay for the problems they cause.

Folzer concludes, "Eliminating subsidies for wealthy fossil fuel companies should become a priority — not only to save billions of dollars, but also to reduce pollution and environmental problems. It's a daunting task, but one that needs to be taken up now."

In an article published in The New Yorker on Aug. 23, Elizabeth Kolbert also wrote about spending by the federal government related to climate change. She stated that while Congress' much-touted bipartisan infrastructure package allocates billions of dollars for climate-related projects, such as upgrading the electrical grid and improving public transportation, key provisions — including standards that would compel utilities to move away from fossil fuels — are missing. Meanwhile, the bill contains a great deal of spending that's likely to increase carbon emissions.

"Senate Democrats have promised to do better in their \$3.5-trillion budget-reconciliation bill, by including incentives for utilities that switch to cleaner energy sources and penalties for those who fail to," she writes.

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Is a Fourth Store in Our Future?

(Continued from page 1)

Mt. Airy. That store is many wonderful things, but it is also overcrowded, difficult (or for some, impossible) to navigate, and its small size limits product offerings.

So to better serve this large group of members, opening a location in Germantown makes sense. And we've been turned on to a building that we believe would best allow us to operate successfully.

As negotiations are active, site specifics cannot be put in print. The location is on a major commercial corridor, easily accessible by public transportation. At about 5,000 square feet of retail space, it would be larger than our Chestnut Hill store, but smaller than Ambler. There's also a small parking lot with 13 or so spaces.

Owing to its pedigree as a grocery store, the building has many of the amenities we would want — ones we often lack in some of our other locations. There's a loading dock, a freight elevator, and ample backstock space, both in the basement and at the retail level.

In other words, what we'd have in Germantown is a store that's relatively simple to operate; one that's bigger than our Mt. Airy and Chestnut Hill locations, has all departments under one roof, is compliant with Americans with Disabilities Act requirements, and easily accessible to anyone shopping on foot, bike, car or SEPTA.

Weavers Way Germantown would be a full-service store open seven days a week, with probably the same hours as our other stores, 8 a.m. to 8 p.m. We would place a particular emphasis on produce, bulk, meat and seafood, and grab-and-go prepared foods.

As currently envisioned, we'd skip the considerable expense of installing a commercial kitchen (and in doing so save precious square footage for more retail). Prepared foods would be transported from either Chestnut Hill or more likely Ambler, whose kitchen was designed to support more than one location.

The store would create about 45 new jobs, two-thirds of them full-time, all paying at least \$14 (our minimum hourly pay rate) and all eligible for the Co-op's comprehensive benefits package.

We would concentrate on filling these new positions with residents of Germantown, so that the staff and management of the store would be reflective of the community it serves. And we would continue our long-standing commitment to hiring returning citizens — our neighbors coming out of prison — and provide for the necessary job and life skills training.

We believe a major component of this store would be food and nutrition education, and to that end we would plan for the store to be a partnership with Weavers Way Community Programs (our affiliated nonprofit, which does business as Food Moxie). Classes around growing food, nutrition, and culinary arts would be programmed into the store's operation.

All this ambition won't be easy. We are, after all, still in a pandemic. The future remains unclear. A new variant, more contagious and lethal than delta, could send us right back to the spring of 2020. Or worse.

Then there's financing. Projects like this aren't cheap, and we're still paying down debt from our previous expansions to Chestnut Hill and Ambler. The Co-op's cash position is strong, but not so strong that we can use much of it to pay for a project of this scope.

There are good reasons to believe we may qualify for some external financing in the form of economic development grants, either from various government sources or private foundations. We are aggressively pursuing these potential sources of capital, but we may have to decide to move forward prior to knowing for sure.

In a nutshell, this opportunity would help better meet our member-owner's needs. The project offers a lot to be excited about, and there are some important challenges we'd have to surmount.

Richard Branson, er, Sir Richard Branson, is fond of saying that business opportunities are like buses — there's always another one coming. True enough. After letting quite a few buses go by the last few years, perhaps this is the one to hop on?

See you around the Co-op.

East Falls' Old Academy Returns to Live Shows Next Month with 'Wedding Band'

OLD ACADEMY PLAYERS OF EAST Falls returns to live performances with its 525th production, "Wedding Band: A Love-Hate Story in Black & White" by Alice Childress, beginning Friday, Nov. 5.

The play, set in Charleston, SC in 1918, examines the consequences of a decades-long romance between a Black seamstress and a white baker. As they confront the impossibility of ever living a normal married life, and as Herman (the baker) falls ill, Julia (the seamstress) gradually reaches out to forge affirming bonds of solidarity with her community.

Performances take place on three Fridays (Nov. 5, 12 and 19) and three Saturdays (Nov. 6, 13 and 20), all beginning at 8 p.m. A matinee is scheduled for Sunday, Nov. 21 at 2 p.m. Tickets for all shows are \$20; special rates are available for groups and students.

The Old Academy is located at 3540-44 Indian Queen Lane. For more information, including the theater's COVID protocols and to purchase tickets, go to oldacademyplayers.org.



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It's Time to Pull the Plug on TerraCycle

the Environment Committee, which supports the decision to end the project effective Oct. 31. Items will continue to be collected through October and we will continue our cooperator shifts this month.

As more information becomes available about the impossibility of recycling all the plastic we have come to depend upon, many of us have become skeptical about the claims of companies such as TerraCycle, which try to convince us that they are transforming the material we send into new products. I recently attended a webinar on TerraCycle featuring Jen Dell, a former chemical engineer from California who founded an NGO called The Last Beach Cleanup. A public interest law center has joined with the NGO to file a lawsuit against TerraCycle due to their failure to provide documentation of how much of the material shipped to them is actually recycled.

An Aug. 4 article from Vox.com goes into depth about The Last Beach Cleanup's efforts and the lawsuit; it also mentions TerraCycle's active promotion of their waste collection boxes at hefty prices. During our participation in the program, we did not purchase any of these boxes. Furthermore, we have only shipped material in boxes rescued from the Co-op or other boxes from home and elsewhere.

This project has succeeded for so many years thanks

to the Co-op's "village" of staff and members. When Nina, a true booster, left Next Door, incoming Store Manager Chris Mallam enthusiastically picked up where she left off. When the basement was no longer an option for sorting and packing for safety reasons, I switched to doing both in my dining room for a time. Development Manager Kathleen Casey worked with us to try to find a place to store the collected material in Ambler and continued to support us. Alisa Shagorodsky, currently the leader of the Plastic Reduction Task Force, then arranged for us to move our sorting and boxing to the Co-op's section of the SHARE Warehouse on Hunting Park Avenue.

After the Ambler store got up and running, my fellow Environment Committee member, Denny Whalen, joined me in the monthly sorting and boxing with our legions of friendly and enthusiastic cooperators. Denny kept us fed with doughnuts, and the sessions have been a wonderful sounding board for me.

At the warehouse, Bill Quern, warehouse manager, set up our sorting tables, and Co-op truck drivers Neal Fordham and Paul Fry picked up the bags from the three stores to bring them to the warehouse. The store managers provided space for our collection bins, arranged for pickup of the bags and had logos placed on product shelves. Throughout the years, Membership Manager Kirsten Bernal made sure our cooperator shifts were list-

ed and managed the periodic date changes with grace. Art Director Annette Aloe created signage and put up with the various changes as TerraCycle programs closed or new ones were added, and Shuttle Editor Karen Plourde helped me navigate getting TerraCycle news into the online eNews and eShopper.

When we decided to include the Ambler store in the project, a member craftsman built us the bin that has lived in the front of the store. This past summer, another member volunteered to make carpentry repairs on the bin, which has withstood the elements for several years.

My deep appreciation must also go to my husband, Dick, who has helped me in so many ways. Lastly, I wish to thank General Manager Jon Roesser for being responsive and supportive all these years to help smooth our hiccups, and to all the Co-op members who cleaned their toothpaste tubes, dried their Brita filters and collected all the material we hoped was going to be recycled.

Going forward, let's support all the efforts the Co-op, the Environment Committee and the PRTF are making to reduce plastic use and packaging. Let's do what we can to make "good trouble" for our elected representatives, the fossil fuel industry and corporations, all of whom are profiting from the continued avalanche of plastic on this earth.

(Continued from page 1)

Know Your Terms for Hispanic Heritage Month

Latinx are the second largest immigrant group in the United States, after Asian Americans. Mexicans make up the largest percentage (approximately 60%) of the Latinx community in this country; the next largest group are Puerto Ricans (approximately 9.5%).

During the pandemic, we realized how important essential workers are to keeping things running day to day, and a large percentage of essential workers are Latinx. According to the U.S. Census Bureau, Latinx account for 85% of all farmworkers, 59% of construction workers, 53% of food service workers, and 39% of the nation's total workforce.

While the contributions of Hispanic Americans are too bountiful to list, here are a handful of influential Hispanic and Latinx Americans whom we can honor and perhaps learn more about:

- **Jovita Idar, Mexico:** Journalist, suffragist and activist who fought against racism and for women's and immigrant rights in the early 1900s.
- **Cesar Chavez and Dolores Huerta, Mexico:** Labor leaders who organized thousands of farm workers so they could earn a living wage and be treated fairly by growers. In 1962, they launched the National Farm

Workers Association, which preceded the United Farm Workers of America.

- **Roberto Clemente, Puerto Rico:** All-star Black Latino outfielder who played for the Pittsburgh Pirates for 18 seasons. He was discriminated against due to his race and his ethnicity. He did charity work in Latin America and the Caribbean in the off-season and was the first Hispanic inducted into the Baseball Hall of Fame.
- **Sonia Sotomayor, Puerto Rico:** First Hispanic Supreme Court Justice of the United States.
- **Dr. Ellen Ochoa, Mexico:** First Hispanic woman in space, as well as the first Hispanic director of the Johnson Space Center.
- **Alexandria Octavio-Cortez, Puerto Rico:** The youngest woman ever elected to Congress (age 29); her win was historic for women in government, particularly women of color.
- **Silvia Rivera, Puerto Rico and Venezuela:** Trans activist and an LGBTQ+ rights pioneer. Rivera participated in the Stonewall Riots in 1969 and later went on to co-found the Gay Liberation Front.

(Continued from page 1)



- **Rita Moreno, Puerto Rico:** First Hispanic to win an Academy Award, for her role in "West Side Story."
- **Lin-Manuel Miranda, Puerto Rico:** Composer, lyricist, actor, writer and activist, known for his groundbreaking hip-hop Broadway musical, "Hamilton."

For a guide to Hispanic Heritage Month programming on PBS, go to <https://www.pbs.org/specials/hispanic-heritage-month/>



Silent Hikes Offer A Different Way to Be With Yourself

by Neil David Beresin, for the Shuttle

A COUPLE OF MONTHS AGO, MY WIFE and I decided to go on a silent hike in the Wissahickon. We wanted to experience nature without comment or distraction, and find a way to settle into our unique experiences more easily. Armed with water only, we walked for two hours. I was deeply moved by the walk and wanted to briefly describe what transpired.

Much like a sitting meditation, being free from having to focus on the give and take of a conversation led to an easier way toward being with myself. (Note: I have some experience of sitting meditation, and this guided my intentions.) I noticed thoughts beginning to accumulate, and responded by coming back to my breath and the immediate experience of the landscape and the sounds within my sensory awareness. I observed the pattern of naming things in my mind, “Oh, that sounds like a cardinal....” and again found a way to return quietly to my breathing and present experience. I aspired to experience with little thought, even if it only lasted a few seconds. I also knew that my thinking mind would be unremitting, and that returning or coming back would be redemptive and comforting.

During the walk, I noticed a range of emotions emerge — most notably sadness, despair, love and joy. Often, the emotions were generated by bird sounds (calls and pecks), the shape of trees, the colors of flora and fauna, and scents. I experienced a heightened peacefulness, in part based on a more elevated presence.

In her recent book “Ordinary Wonder, Zen Life & Practice,” (Shambhala Press, 2021), Charlotte Joko Beck writes:

“To maintain awareness is to be alive as a human being. There isn’t something special called Zen practice. We just try to maintain an awareness, as much as we can. By awareness, I mean awareness of our mental activities, awareness of anything in our own body that we can notice, and awareness of the environment in terms of the air temperature, cars, the heat, anything that you can pick up outside yourself. Awareness; awareness; awareness.” (p.18-19)

I have written on my website, griefandlosssupport.com, that “...next to radical listening, attentiveness, and compassionate presence, healing work requires some form of silence to be effective.... Silence allows our embodied experience — what is “sensed” in our head, heart, bellies, limbs, in our whole body — to more easily emerge. This is a necessary precondition for making meaning of what is sensed there.”

Arriving at our physical home signaled the end of our silent hike. My partner and I talked about the experience, its respective meaning and significance, and our mutual desire to repeat it soon.

In the spirit of our adventure, I would like to offer an invitation for anyone in our community to meet outside Weavers Way Mt. Airy on the second Sunday of each month starting Oct. 10 through the end of 2021. We’ll start at 9 a.m., walk for one hour and end back at the Co-op.

Neil David Beresin is a counselor and interfaith chaplain in private practice specializing in grief, loss and transition. He can be reached at 610-742-6419 or neil@griefandlosssupport.com. More information is at griefandlosssupport.com.



photo by Oran Kaufman

A boulder with leaves in its crevice from woods in Leverett, MA.




photo by Oran Kaufman

Dried Queen Anne's lace from Leverett, MA.

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How a Village Banded Together to Preserve Penllyn Woods

by Suzanne Bush, Wissahickon Trails Board Member

IN THE 1840S AND 1850S, QUAKER ACTIVISTS IN Penllyn kept runaway slaves safe in a cave near the original Gwynedd Quaker Meeting House, known as the “Orthodox Cottage,” in Penllyn Village before they were moved to the Foulke Mansion nearby. The mansion is gone, but the Orthodox Cottage remains; it’s been expanded and is now a private home.

One of the Village’s residents, E. Gloria Stewart Jones, chronicled the historic connections between the Underground Railroad, Bethlehem Baptist Church and the people who settled in Penllyn Village in “Penllyn Village: Lest We Forget.” The book combines history with personal memories from residents of the village. One of the chapters details residents’ fight to save Penllyn Woods from development — an historic David-versus-Goliath battle that ultimately preserved 55 acres of woods and trails.

Jones’ niece, Carol Jones, has a million stories about Penllyn Woods, and each of them begins with a recollection of family and community.

“We grew up in the woods,” she recalled. “My dad was a hunter. Unlike most people who got to shop in the grocery stores, we ate what my dad brought home from the woods. When you’re poor, that’s what you do.”

She remembered how Penllyn Woods brought the community beyond Penllyn Village together, including equestrians, scouts and hunters. Her memories are awash with anecdotes that feature the people who wove the fabric that made Penllyn Woods irreplaceable.

“Karl Sacks had the hounds,” she said, referring to the legendary leader of the Highland Hunt. “And there was a rifle range, too. On Sundays, the local people who hunted would go up and shoot clay pigeons.” She and her friends camped in Penllyn Woods with the scouts, and even the family’s Christmas trees came from the woods.

Carol has lived in Penllyn Village all her life, and in her 60-plus years, she has watched and made history. “In the early ‘70s, my dad sat us down and told us things were going to change,” she recalled. “Mr. Ingersoll said the family was going to put the woods up for sale.”

Development seemed inevitable, but the residents of Penllyn Village decided to fight. Her father went to the township to plead the case for preserving the village, but Carol said he didn’t get much support; soon after, a developer purchased the property for \$250,000. “That included both sides of the railroad track,” Carol said. “He immediately built the Polo Club, so we knew Penllyn Woods would be next.”

Since the only entrance to the Woods was the Penllyn Village playground, residents foresaw profound and unacceptable impacts on their village and on the larger community. Former State Representative Kate Harper credited the Penllyn Village residents for raising the alarm. In a 2019 blog post celebrating the 25th anniversary of Penllyn Woods’ preservation, she pointed out that the effort to preserve the Woods was a seven-year battle.



A group of Penllyn Woods residents and supports march in the 1990s to protest proposed development of the village.

“Candidly, the group knew they had to ‘keep the pressure on’ with the local township supervisors when setbacks and lawsuits threatened to derail the preservation effort,” she wrote. “But they also publicly supported the township officials, too, in spending the money to buy the land, in letters to the editor, and in answering the critics.”

According to Carol, Dave Froehlich, former executive director of Wissahickon Valley Watershed Association (now Wissahickon Trails) then brought his group into the picture.

“The Watershed printed materials for us,” she said. “We had soul food dinners, meetings at the church, just to keep people updated. And the Watershed purchased the ‘Save Penllyn Woods’ signs. That’s when the township started to listen.”

Carol said that Wissahickon Trails provided information to the township about how the ecological sensitivity of this parcel of land. “The land didn’t need to be developed,” she said. “You would have destroyed a neighborhood, the ecology.”

The Penllyn Woods and Wissahickon Trails team recruited like-minded citizens to work with them, including Saly Glassman, Debbie Simon, Phoebe Driscoll and Kate.

“It was a time there were no partisan politics involved,” Carol said. “Lower Gwynedd was much smaller then. It was the first time in my lifetime that we saw Lower Gwynedd working together for the common good



photo by Suzanne Bush.

Carol Jones, a lifelong resident of Penllyn Woods, who fought to keep the neighborhood out of the hands of developers.

for all. Lower Gwynedd (township supervisors) put their butts on the line for this.”

She stopped for a moment to think about the magnitude of what a group of motivated citizens achieved in preserving Penllyn Woods. “It’s not just the ball fields, it’s the land, too,” she said. “It’s a gem that has been sitting there for years and years.”



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A Co-op Staffer Does Plastic-Free July, and News About Reusables

by Victoria Valadao Napier, Weavers Way Plastic Reduction Task Force

KIARA JACOBY, A CASHIER AT WEAVERS WAY Mt. Airy, recently volunteered to recount what it was like to participate in international Plastic Free July. This grassroots campaign, started by Rebecca Prince-Ruiz in Australia, has been gaining steam since 2011, with an estimated 326 million participants so far.

Even though Kiara, 23, takes a bag to the grocery store and reuses plastic containers, she found Plastic-Free July “changed the game” for her. She found the experience both rewarding and challenging, and felt it had an impact on her life.

Sometimes, she failed. But she stressed the importance of being honest with herself and others, especially since she was sharing her journey on social media. “No one is perfect, but all small efforts can add up to make a big difference,” she said.

Throughout the month, Kiara reflected on the gains and challenges she experienced. It was easy to refill and reuse containers and jars, and she appreciated the extensive bulk section at the Mt. Airy store, which helped her avoid single-use plastic.

But she soon discovered her biggest challenge was with getting quick prepared meals from the Co-op and then having to deal with the plastic packaging afterward. On those nights, she said it was a choice of getting the quick meal or not eating.

Kiara began to feel a sense of responsibility for the waste she made. During July, she saved all her plastic in a box. She also learned from a friend about “ecobricks”, reusable building blocks made of PET bottles that contain plastic waste. She did additional research on ecobricks.org, an NGO committed to reducing the amount of plastic refuse entering the waste stream.

Kiara stuffed her favorite drink bottle with loose pieces of plastic that can’t be recycled or reused. She now has a few bottles collected, and would like to replace an everyday object with something built out of ecobricks; for example, a plant stand.

The use of ecobricks has taken off worldwide. As Co-op member and frequent Shuttle contributor Betsy Teutch describes in her book, “100 under \$100: One Hundred Tools for Empowering Global Women”, ecobricks have been used for housing projects, schools and much more. Kiara, who did Plastic Free July by herself, was excited when her family joined in on making ecobricks while they were on vacation.

She also said she enjoyed discovering Ray’s Reusables at the High Point Sunday Market on Allen’s Lane, where she could bring her own container to get refillables like dish soap or laundry detergent.

Assessing Her Plastic-Free July Performance

Upon reflection, Kiara saw how Weavers Way helped her efforts. She discovered the Co-op’s TerraCycle program, where she could return her Brita cartridges. As a cashier, she sees how the container refund programs are making a difference at the Co-op and have a receptive audience among shoppers. She recalled one shopper who expressed dismay about having to buy soup in a plastic container because the glass ones had sold out.

After the pandemic, Kiara is hoping the Co-op can return to offering prepared food buffets in which shoppers can fill their own containers. She is also eager to see Styrofoam removed from the bottom of chicken trays and noted that the plastic salmon liners have been replaced with paper ones.



Jason Rusnock and Emily Rodia of South Philly’s Good Buy Supply.

In the end, Kiara realized that Plastic Free July turned her onto the challenges and the easy aspects of being plastic free. In addition, it changed her eating habits for the better and helped her to audit her personal habits and the trash she created.

Our Upcoming Forum and Other News

On Thursday, Oct. 14, please join the Plastic Reduction Task Force for the next in our series of online forums. You’ll hear from Ray of Ray’s Reusables and Emily Rodia of Good Buy Supply, who are both in the vanguard of providing waste and plastic-free everyday products. Both opened businesses in November 2020; Goody Buy Supply operates out of a storefront on Passyunk Avenue in South Philly, and Ray’s Reusables from a van at farmer’s markets and popups around the city. Both have been featured in such local media as Grid magazine.

Ray started out making items from recycled denim, then expanded to a

wide range of products, including cleaning and personal care supplies, handmade textiles and reusable storage containers. Visit raysreusables.com.

Good Buy Supply’s goal has been to provide everything needed to live a zero- or minimal-waste life under one roof — products with no packaging, refill stations, a variety of reusable and refillable containers, (none of which are plastic) and advice and encouragement for those who are just getting started. You can browse the wide variety of offerings at goodbuysupply.co, and order online to have items delivered.

During the forum, Ray and Emily will each give a presentation about their business, followed by time for Q & A. Join us to meet some young entrepreneurs trying to make a difference, and to learn more about reducing your own waste. To learn more, go to the Event Page at www.weaversway.coop/events.

Finally, PRTF Chairperson Alisa Shargorodsky is happy to announce that the Co-op is testing compostable paper wrapping for many of our cheeses in order to limit



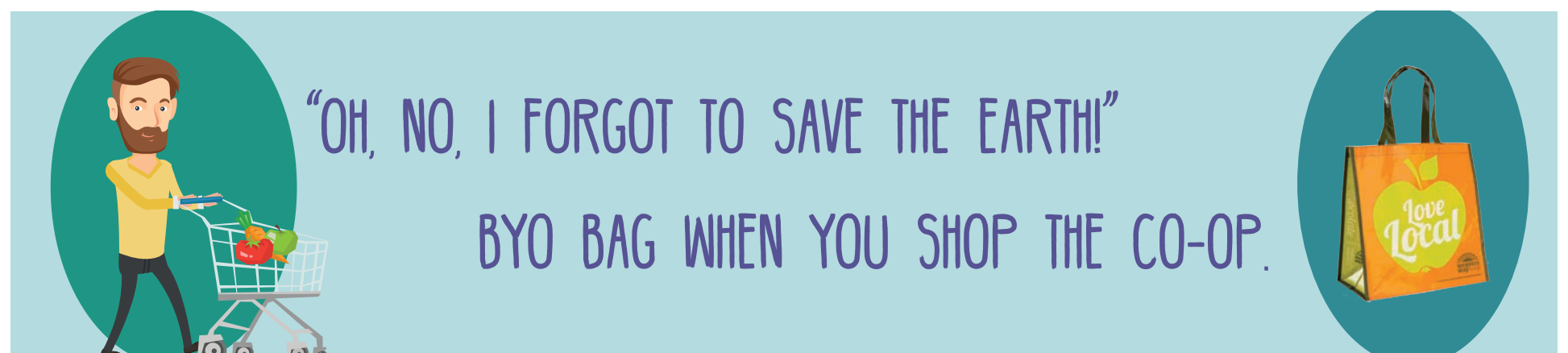
our dependence on plastic film. The company Formatticum makes a fully backyard-compostable paper called Zero which even breaks down in 100 days. However, because the Co-op is required by law to label all our products, and those labels do not share the same composition as the paper, please be sure to remove all stickers and labels before putting the cheese paper into your compost.

You can now find Container Refund Programs items in the grab ‘n’ go sections of our bulk departments. The current list of items available includes raisins, mango cheeks, peanut butter, walnuts and apricots. If you love house-marinated olives and you shop in Chestnut Hill, you can now find CRP containers of them in that store.

Please be sure to return your containers to make this offering as sustainable as possible. If you do not, the Co-op takes a hit, because they cost more than the deposit.

On the horizon, reusables are set to debut in the produce department at the Ambler store. You’ll be able to get your microgreens prepacked in a returnable container, and pre-cut watermelon will soon be packed out in glass deposit containers.

Lastly, please only return jars and containers acquired at the Co-op for our specific programs. Recently, we had a few folks dropping off cases of Solebury applesauce empties. We ask you to only return the jars that you purchase through CRP with a deposit, or Whole-some Dairy jars. Thank you.



An Installation Built to Bridge Barriers between People and Nature

by Tina Plokarz, for the Shuttle



photo by Robert Zeverina

The "AI Mudhif" kickoff ceremony, which took place on Memorial Day.



photo by Ricky Yanas

The "AI Mudhif" art installation, built out of thatched invasive reeds.



photo by Ricky Yanas

A bench at the Schuylkill Center partially constructed of phragmites, built by Sarah Kavage.



photo by Tina Plokarz.

Phragmites tied into the mudhif.



photo by Ricky Yanas

The gallery installation accompanying "AI Mudhif" at the Schuylkill Center.

A HOUSE BUILT ENTIRELY OF THATCHED INVASIVE reeds sits in the woods at the Schuylkill Center for Environmental Education in Upper Roxborough. Its crossing arches, stretched over knotted joists and lattices, make up a breezy and light-flooded space that invites guests to relax and intermingle on carpets and pillows.

"AI Mudhif" – Arabic for guesthouse – is a recent art installation by Iraqi designer Yaroub Al-Obaidi and environmental artist Sarah Kavage. Although the structure was adversely affected by Hurricane Ida's arrival last month, it is holding up, inviting contemplation and conversation in times of pandemic isolation and social division.

The mudhif is a ceremonial house of welcome and sanctuary made in the ancient tradition of Sumerian architecture from the southern Iraqi wetlands. It is also a symbol for building connections across communities and cultures.

According to Al-Obaidi, who came to Philadelphia from Baghdad in 2016, "AI Mudhif" is a way of building bridges between places, people and cultures. By sharing a part of his culture with Philadelphians, he hopes to contribute to the diversity and richness of indigenous traditions in our region in a way that reaches beyond political borders and cultural differences and emphasizes the world's sociopolitical and environmental interconnectedness.

The Foundation of the Guesthouse Structure

The connecting material between the Delaware River watershed and the Mesopotamian Marshes in Iraq is an abundant and common wetland grass called phragmites. This plant, which was intentionally introduced and, over time, invaded landscapes in this country over the last century, is culturally and environmentally important to marshlands around the world.

Kavage, who's based in Seattle, is particularly fascinated by the plant's contradictions: It offers ecological benefits of water filtration for distressed landscapes, yet is vilified in environmental stewardship circles. She has immersed herself in fields, wetlands and woods throughout the Delaware watershed for the last two years, building "Water Spirit," an array of site-responsive art installations, such as "AI Mudhif," that are created by using found natural materials. By applying typical conservation methods to invasive plants, her installations have the potential to approach these materials in practical and metaphorical ways.

"And that's the beauty of art," she said. "Similar to demonizing immigrants and anything that is sort of out of place in our culture, I would love for this work to rather provoke a more nuanced understanding of the language around displacement and the movement of plants and people."

The accompanying gallery exhibition in the Cen-

ter's visitor center is a reflection on these questions of belonging and sanctuary. Through the lenses of creative activism, war experience and indigenous resilience in Lenapehoking (the land of the Lenape people), the exhibition features an array of creative voices from Iraq to the Delaware, offering a place for encounter, reconsideration and community.

"AI Mudhif" is part of the larger art initiative "Lenapehoking~Watershed" that aims to activate our watershed region in the public's imagination through art, education and playful engagement. As a spatial and metaphorical vessel for living with nature, particularly in our current disastrous climate, the Schuylkill Center hopes to open eyes to the wonders of nature around us and help heal people's relationship to the natural environment and with each other.

"AI Mudhif – A Confluence" is open to the public Monday to Saturday from 9 a.m. - 5 p.m. through Oct. 31 at the Schuylkill Center, 8480 Hagy's Mill Road. To learn more about the project (including videos, audio stories, and pictures of the construction) and related event programming taking place until November, please visit www.schuylkillcenter.org/art.

Tina Plokarz is director of environmental art at the Schuylkill Center for Environmental Education.



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Make an Honest Assessment to Break Your Cycle of Depletion

by Dana Barron, Weavers Way Wellness Team

IF THE FUEL LIGHT GOES ON IN YOUR car, do you go to the gas station or do you keep driving until the car stalls, on the side of the road? Most of us would stop to fill the tank. And yet, when it comes to refueling ourselves, we often let the gauge go to “E” and below.

Many of us are chronically depleted; we expend more energy than we can sustainably generate. And depletion is like debt — the longer you run in the red, the deeper the hole you dig yourself and the harder it is to recover.

Depletion goes beyond fatigue, though fatigue is a sign. Other signs include mood changes, cognitive challenges, physical pain, headaches, frequent illness, digestive problems and sleep disturbance.

We get further depleted when we struggle against or try to “push through” depletion rather than accept and take care of it. Depletion is not your fault. Our culture stigmatizes fatigue, saying no, and setting limits, along with rest, self-care and self-compassion. It celebrates achievement, performance and appearance. Ours is a culture of depletion.

Breaking the cycle requires an honest reckoning with the conditions of our lives. Do an energy inventory – list what consumes energy and what depletes it for you (note: some things may do both – you have to net it out).

I recommend that people start with their non-negotiables — structural/external forces and the obligations that must be met for your own well-being or that of others. (Hint: we almost always overestimate these!) These form a kind of baseline of daily energy consumption that you can’t change much.

Then look closely at the things that add energy — sleep and rest, food, pleasure, relaxation, connection, quiet time, self-care. Are you cutting corners here in order to get more done? How can you add just a tiny bit more restorative time to your day? Start with small changes – they are more likely to stick.



What’s negotiable? What are you saying yes to and why? What do you fear would happen if you said no? The fear is real — we’ve internalized it since childhood. But the story behind the fear is not real. We fear rejection or failure, but in the cold light of day, how likely are those things to happen if we say no here and there? Or do just a little bit less? Or accept good enough rather than perfect?

The cold truth is that depletion is not sustainable. It is a zero-sum game. Something has to give — your body, your relationships, your mental health. We crash. It’s happened to me and I see it all the time with my clients. Notice the signs, the whispers. The sooner you catch it, the better your chances to recover.

In an ideal world, we could all have access to the radical rest that’s necessary to restore ourselves. In the real world, we have to do the restoring in bits and pieces, taking away from column A and adding to column B. Reach out for support on this. It’s hard and fraught, and it’s countercultural. We really need a societal shift. But restoring is essential — eventually the bill will come due.

Dana Barron, Ph.D., is a health and life coach and a 30-year resident of Mt. Airy. Her areas of expertise include chronic pain and illness, food and body image, stress and burnout, mindfulness and self-compassion, and health care advocacy. Learn more, read her blog, or schedule a free intro session at www.danabarronphd.com.




AMBLER COMMUNITY FRIDGE

Weavers Way Co-op, 217 E Butler Ave., Ambler
Supported by community spirit, Weavers Way Co-op and Germantown Academy

PICK UP AN EXTRA ITEM OR TWO WHEN YOU SHOP

The Ambler Community Fridge, located near the side entrance of Weavers Way Ambler, has been up and running for nearly six months. We have experienced and survived our first summer and have observed a steady growth in the use of the fridge and the pantry.

In fact, it is becoming hard to keep up with the needs of the community with our current stream of donations.

We have amazing community volunteers who help us with the maintenance of the fridge and report back when it needs supplies. If Co-op shoppers, especially those who regularly shop in Ambler, can buy an extra container of milk or a loaf of bread for the fridge, it will go a long way toward helping us stay stocked for our neighbors who need fresh food.

We are always in need of the following items:

- Milk, especially 1% or skim milk
- Eggs
- Sliced bread
- Yogurt cups
- Salad greens
- Sliced cheese
- Avocados
- Tofu or seitan
- Sticks of butter or margarine
- Orange juice or lemonade
- Fresh vegetables like broccoli, tomatoes and peppers
- Fresh fruit like apples, mandarin oranges and pears

The Top Six items that are most requested for our pantry are:

- Regular coffee (drip or instant)
- Macaroni & cheese dinners
- Corn tortillas
- Pasta and pasta sauce
- Peanut butter
- Rice



—Nima Koliwad, Weavers Way Community Programs Coordinator

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Meet Taylor the Rain Gauge — a Vital Tool for Our Farmers

by Megan Nguyen, Farm Distribution Assistant, Henry Got Crops Farm

THE PHOTO THAT ACCOMPANIES THIS story shows me with “Taylor,” the orange rain gauge you may have noticed nestled in the grass by the U-Pick mint at our Roxborough farm.

When I joined the farm team in late April, I asked if we had a rain gauge. I had a farmer friend who used it regularly in her work, and I wanted to know if it was a widely used tool. To my surprise, we did not! Our farm managers Nina Berryman and Chelsea Mackie were quick to rectify this, and made sure one found its way from the hardware store into my cubby. “We wanted you to find a place for it, since you were so excited about it,” they chirped, empowering me with what has become a joyous learning tool for my first year of farming.

As the newly dubbed keeper of the rains, I put together a simple spreadsheet to track inches of precipitation at our Saul site and committed to keeping it updated throughout the season. The data we collect helps our farmers devise their irrigation plans week to week, and allows us to understand how the year’s precipitation measures up to regional climate patterns at large.

“I absolutely use the rain gauge,” Chelsea said. “I often consult the rain gauge readings whenever I’m not sure how much we got at the farm. If I see that we got less than an inch and it’s not going to rain again that week, I know that I need to plan to irrigate.”

I feel so much more attuned to the region’s weather and ensuing climate patterns since I started tracking rainfall with our rain gauge. I get excited for big, extended downpours, knowing that rain can bring a palpable sense of relief, both from the heat and from the haunting spectre of irrigation.

On a farm field trip in June, I learned from the folks at The Good Farm in Lehigh County that it takes about four inches of irrigated water to get a comparable effect to a single inch of rainfall in your fields. For those who are familiar with nature’s laws of equilibrium, you know this occurs because the water you’ve irrigated diffuses out from your fields into the surrounding dry lands.

Thanks to Taylor the Rain Gauge, I’ve learned that rainfall from a thunderstorm can be extremely hyperlocal — on more than one occasion this summer, it has rained buckets in

East Mt. Airy (where our Awbury site is located and where many of our farmers live), yet nary a drop would be found in the rain gauge at Saul.

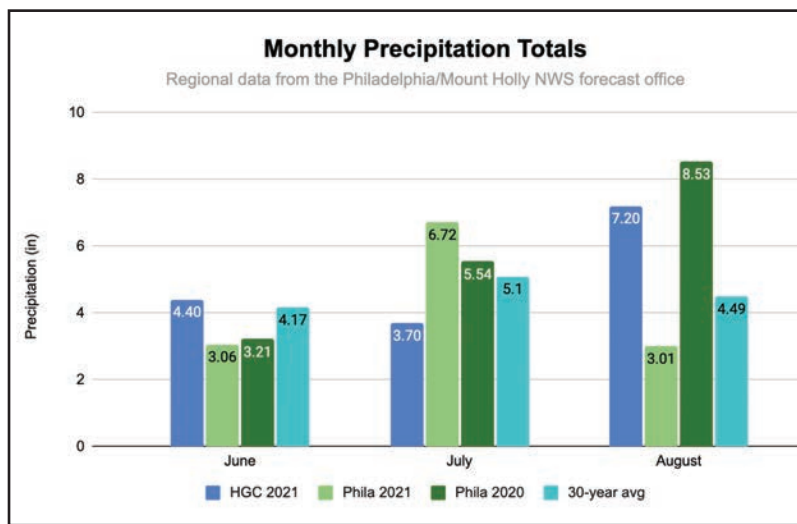


Chart comparing precipitation at our Saul farm location with regional precipitation from this and last year, plus the regional average over a 30-year period.

“It’s always interesting to see how my perception of how much it’s rained compares to reality,” said Mort Brooks Memorial Farm Field Manager Alessandro Ascherio. “Sometimes it even varies from corner to corner in our fields — that’s how spotty thunderstorms can be!”

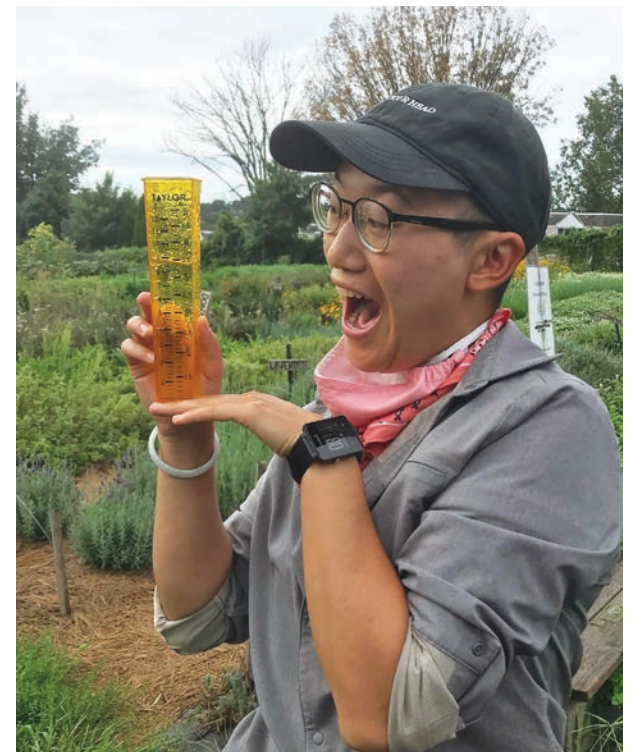
You can see this for yourself in the chart — the precipitation measured at the Philadelphia/Mount Holly National Weather Service office in Mount Holly, NJ varies tremendously from what we measured at our farm site in Roxborough.

Making the Most of Our Rainfall

Rain gauge excitement aside, it’s not enough to simply measure precipitation — we must also employ methods to extend the benefits of a good rain, while simultaneously ensuring it won’t wash away the nutrients in our soil.

Our soil is classified by the Pennsylvania Sustainable Agriculture Association as a “sandy loam,” meaning our soil has a high proportion of sand (65% sand, 23% silt, 10% clay, to be exact). As you might imagine, having this much sand in our soil’s composition is not conducive to peak water retention. That’s why we employ a handful of strategies to build what’s called “aggregate soil stability” in our fields, which is improved by using no-till methods like cover cropping and tarping.

Cover cropping refers to the practice of utilizing non-cash crop plants to keep our beds covered, especially throughout the winter. Cover cropping can help suppress weeds, retain or replenish soil nutrients (we use vetch to fix nitrogen back into the soil), and prevent runoff. We use a combination of rye and vetch as our cover



Megan with Taylor the rain gauge after Henry Got Crops Farm received a whopping 3.4 inches of rain overnight from Tropical Storm Fred in mid-August.

crops, and sometimes even use daikon radish to help aerate the soil with their super-deep taproots.

Tarping is a method we use when it’s time to turn over a bed, or when we need to replace one crop with another. It involves covering a bed with an opaque plastic tarp that, when left for a few weeks, deprives the weeds and their germinating seeds underneath of sunlight. Both strategies ensure we keep as many roots in the ground as possible, preserving the soil structure and building sponge-like organic matter into the soil to help water and essential nutrients stay put. And like any good gardener, we also use copious amounts of leaf mulch to prevent our precious water from evaporating out of the soil.

So next time you’re at either of our farms, take a moment to notice the field conditions. When’s the last time it rained? How does the soil feel when you’re pulling up a weed? What visible strategies are in place for managing water for our crops?

As the climate shifts due to global warming, we will come to see more extreme weather events. As a result, it is essential that farmers stay in tune with our regional weather patterns and restorative farming practices so we may continue providing beautiful produce for our neighbors. Nature has always been resilient, and so are we.



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Bigger, Badder Storms Will Continue to Challenge Our Conservation Efforts

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

LAST MONTH, HURRICANE IDA'S historic rain totals in our area caused the Wissahickon Creek to peak at about 15 feet above normal, according to the U.S. Geological Survey gauge in Fort Washington, causing extensive damage around Wissahickon Valley Park. The storm washed out several areas, including Wisers Mill Road where it meets Forbidden Drive, and the driveway leading to the Wissahickon Environmental Center. It also left behind downed trees, overturned benches that found their way into the creek, sediment, mud and exposed utilities beneath the Drive.

Volunteers and crews from Friends of the Wissahickon, along with Philadelphia Parks and Recreation, were out almost immediately, assessing damage and beginning the painstaking work of clearing debris and swale drainage areas, repairing fences, and more.

The next storm event will happen sooner rather than later, based on the frequency and intensity of the extreme weather we have seen this summer and in recent years. Regardless of why the water keeps coming, it continues to do so, and that's what FOW is focused on — whether it's remediating damage from storms and high use or building resiliency against these increasing impacts.

At FOW, we talk a lot about conserving the park's natural beauty and ecological health in our communications and fundraising activities. It's why we rely on volunteer engagement to help clear trash from the trails and drains and scrape sediment and debris out of filtration basins. It's hard work that must be done by hand, given the park's unique rocky and steep terrain in many areas, which make them inaccessible to machinery. It's a never-ending job, with storm after storm continuing to dump debris almost as soon as volunteers clear it out.

It's why we plan and conduct campaigns such as the Sustainable Trails Initiative to create a trail network that manages stormwater, limits erosion, and protects the fragile forest habitat while enhancing recreational experiences throughout the park. Trails that are stable and resist erosion help reduce sediment and nutrients from washing into Wissahickon Creek. They drain runoff properly off the trail surface and provide safe footing for all trail users.

It's why we educate our community about these improvements; the good news is that our preventive efforts are proving successful. I'm happy to report that, despite the fury of Hurricane Ida, all three of the former streambank collapse sites that were stabilized with soil lifts, rock armoring, and extensive native plantings through the Forbidden Drive Streambank Stabilization Project performed the way we intended.

It's why we work with local and regional partners to reduce the impact of stormwater runoff in Wissahickon Valley Park and improve the health of the Wissahickon watershed. For example, in collaboration with the Chestnut Hill Conservancy and Philadelphia Water Department, the Protect Our Watershed program focuses on the acquisition of conservation easements on significant properties adjacent to the watershed and the education of citizens about the landscape of their property and how it impacts the watershed.

FOW works closely with our upstream partners, Wissahickon Trails, to educate neighbors on the many challenges facing the creek throughout the upper and lower portions of the watershed. We

speak and testify on behalf of clean water initiatives that protect the health of our waterways and our citizens, and work side by side on cleanup days to clear trash and debris in the creek from top to bottom.

Finally, it's why we host activities such as the All Trails Challenge, now in its sixth year, through Nov. 30, to support FOW's conservation efforts. Plus, it's a great way to explore the park's 1,800 acres and 50-plus miles of trails. Find out how to participate at fow.org/alltrailschallenge—and keep up with the ATC fun by following @FOWissahickon and #FOWAllTrails on Facebook, Twitter and Instagram.

We continue to be indebted to our members, funders, sponsors and others, whose generous support helps us continue to carry out our mission.



photo courtesy of Friends of the Wissahickon

The arrival of Hurricane Ida in the area on Sept. 1 caused the Wissahickon Creek to crest over the wall across from the Valley Green Inn, washing out the stone path and overturning benches. Fencing blown from the Inn's event staging area added to the debris.

WEAVERS WAY EVENTS

Fall General Membership Meeting

Saturday, Oct. 2, 4-5:30 p.m.

Awbury Arboretum
6336 Ardleigh St.
Please park on Ardleigh Street or Washington Lane and walk in.

How to Shop Bulk

Tuesday, Oct. 5, 6:30 - 7:30 p.m.

Virtual Workshop
Lynn Mather will share tips and tricks she has developed for shopping in the bulk department at the Co-op. She'll show us how to choose, clean, and store containers at home so they are ready to go. You'll learn how to identify which containers will best suit your staple bulk foods, how to label them for long-term food use, and how to save time by creating a list on your cell phone. Lastly, you'll learn how to properly use bulk bins to reduce the risk of spillage and how to properly transport containers home.

Virtual Member Forum — Co-op Store in Germantown

Thursday, Oct. 7, 7-8 p.m.

Visit www.weaversway.coop/events for more information.

Awbury Harvest Fest 2021

Saturday, Oct. 9, 11 a.m. - 3 p.m.

Awbury Arboretum
6336 Ardleigh St.
Please park on Ardleigh Street or Washington Lane and walk in.

Invisible Cities: Photographs from Latin America

Virtual Event

Tuesday, October 12, 6:30 - 7:30 p.m.

For National Hispanic Heritage month, go on a photographic tour with scholar and photographer Nicholas Wynia.

Plastic Reduction Task Force Public Forum: Sustainable Shopping with Ray's Reusables and Good Buy Supply

Thursday, Oct. 14, 6:30 - 8 p.m.

Virtual Forum
Visit www.weaversway.coop/events for more information.

Virtual New Member Orientation

Friday, Oct. 15, 12:30 p.m. - 1:30 p.m.

Sign up on the Member Center.

Philadelphia Grocery Co-op Day

Tuesday, Oct. 19, all day

All Weavers Way stores
See phillygrocerycoopday.com for more information.

Virtual Member Forum - Co-op Store in Germantown

Tuesday, Oct. 19, 7-8 p.m.

Visit www.weaversway.coop/events for more information.

Vendor Diversity Fair

Saturday, Oct. 23, 11 a.m. - 3 p.m.

Weavers Way Ambler
Meet some new hyper-local vendors and taste their products!

Virtual New Member Orientation

Monday, Oct. 25, 6:30 - 7:30 p.m.

Sign up on the Member Center.

For more info: www.weaversway.coop/events

Small Actions Can Spell Big, Positive Changes for Our Planet

by Sandra Folzer, Weavers Way Environment Committee

I'M OLD ENOUGH NOW THAT I SHOULD be able to "prepare" for death, whatever that means. I find keeping death in my consciousness is slippery; I can't hold the thought for long. And given the denial of death that's rampant in our country, I know I'm not alone.

With the decline of our world due to climate change imminent, I suspect the same phenomenon is occurring on a national level. The thought of the annihilation of the world as we know it is so daunting that few can hold it in consciousness. The result is denial—putting those dark thoughts on the back burner

for another day. Meanwhile, 2019 had the highest number of global emissions ever recorded (59 billion tons), setting us on the path to raise the temperature by 5.4 degrees Fahrenheit this century, according to a 2018 report by the UN World Meteorological Organization.

We need to wake up and take action to avert the worst catastrophe. Staying positive without acting is not productive. I believe everyone needs to make a commitment for change, small or large, and I hope each of us will make some sacrifice to reduce climate change. Here are some ideas:

- **Hang out your wash.** According to the Environmental Protection Agency, clothes dryers are the biggest energy "hog" in the house, even more so than your refrigerator. Sunshine is free, so consider overcoming any biases. You will enjoy the extra time outdoors and your clothes will smell fresh.
- **Drive less.** This is a no-brainer. Question if every car trip is necessary; we can all drive less. I usually combine shopping trips, which also saves time. If you can afford it, think about an electric car or a hybrid.
- Support our transportation system. Take the train or bus whenever possible, even if you must wait. You'll be able to relax and read more books.
- **Buy less plastic.** Plastic is made from fossil fuel. It is also cluttering the earth, so avoid it whenever possible. Buy your lettuce and other vegetables loose when possible, not in plastic cages.

Sometimes you can't avoid plastic when you must have those organic strawberries; do the best you can and be aware

of every purchase. God forbid you ever buy small plastic water bottles, which are strewn everywhere. Remember, only 8.7% of plastic gets recycled, and putting plastic in a recycling container doesn't mean it's recycled. Most goes into our landfills or oceans.

Scientists are learning that whales play a part in reducing carbon dioxide because of their feeding habits, which move nutrients around the ocean. Unfortunately, the number of whales is decreasing because they ingest plastic in place of food, according to a 2019 article in National Geographic magazine.

- **Cut back on air travel.** We all have dreams of flying to Europe or exotic places, but consider alternatives, like taking a train to Savannah, GA or to the Grand Canyon (which I did and loved).
- **Replace grass with native plants.** Mowing grass emits pollutants unless you use a hand mower, which is a great form of exercise. If you have a wild yard with native plants, you'll attract birds and supply oxygen rather than deplete it.
- **Plant a tree—or two or three.** Trees are the best means of curbing climate change; they preserve the soil, reduce drought, cool the air and produce oxygen. If you see areas devoid of trees, plant them. Contact the Philadelphia Horticultural Society Tree Tenders program at 215-988-8800 to help with planting trees.
- Contact your legislators. Call them to show support for a green infrastructure and to request the end of fossil fuel subsidies.
- Talk with friends and family. Help each other discover creative ways to fight climate change. Inspire others to make changes. Change depends on all of us making an effort.

The Relationship between Wealth and Climate Change

If you have any wealthy friends, you might start by talking with them. According to a report published last fall by Oxfam International, the wealthy one percent account for more than double the emissions as the poorest 50%; that's a huge difference. It makes sense when you think about how much fuel is wasted in heating or cooling a large McMansion.



The occupants might consider turning down the heat or not cooling the house when not home. I hate seeing huge, energy-wasting houses being built in Chestnut Hill and elsewhere.

Another reason why the wealthy account for the bulk of emissions poisoning our planet is that they tend to fly more, drive larger cars and purchase more products. Spending money involves producing things and transporting them, all of which use more fossil fuels. Because someone can buy more should not give them the right to pollute more.

The wealthy can afford air conditioners and are mobile, so can therefore avoid the worst effects of climate change. The poor don't usually have those options, so they suffer the most.

It is unfair that the poor suffer the consequences of the lifestyle of the wealthy. The United States is second only to China as the world's largest emitter of carbon dioxide gas. The rest of the world emits 21% of the CO2 emissions, as compared to China's 28% and 15% by the United States, according to a report published in August on Investopedia.com. We must change our lifestyle, for we are harming vulnerable people around the world. Because we can't see the harm we do doesn't mean the pain isn't real.

So what can the wealthy do? Aside from buying less and traveling less, they can invest in green companies and divest from the fossil fuel sector. Over 1,100 organizations and 59,000 individuals, with combined assets totaling \$8.8 trillion, have pledged to divest from fossil fuels through the online movement DivestInvest.

Our future depends upon these small acts of kindness for the Earth. We can't wait for some invisible authority to make changes for us; that is magical thinking. We must do it ourselves.

eco tip 

Don't Trash That Pumpkin — Repurpose It for People or Animals

by Marsha Low, Weavers Way Environment Committee

With Halloween just a few weeks away, walk down any street and you're likely to see many houses decorated with pumpkins on steps and next to front doors. Sadly, of the two billion pounds of these colorful symbols of fall grown in the United States every year, most (about 1.3 billion pounds) end up being trashed after Halloween.

It doesn't have to be this way. Whether your home is decorated with an uncarved pumpkin or a jack-o'-lantern, there are ways to use it after the trick-or-treaters have come and gone.

Uncarved pumpkins: Halloween pumpkins are nutritious and perfectly edible if they haven't been carved (and haven't been left outside so long they get hit by frost and start to rot). Pumpkins of almost any variety have flesh high in fiber and beta carotene, so whether you chose to bake, steam, sauté or turn your pumpkin into pumpkin pie, it will be perfectly fine to eat. And don't trash those seeds—they're highly nutritious. Pumpkin seeds are a great source of protein and unsaturated fats, including omega-3s. They also contain iron, selenium, calcium, B vitamins and beta carotene. So roast them and enjoy a highly nutritious snack.

Jack-o'-lanterns: A carved pumpkin is not suitable to be cooked and eaten, but can still be put to good use. If you have a compost heap, remove any wax from the inside of the pumpkin if your jack-o'-lantern was candlelit, then compost the rest (it's best to chop it up so it will decompose faster). Even if you don't have the space for a compost heap, but do have a garden, you can bury your chopped-up pumpkin. It will then decompose and enrich the soil.

Finally, many animals eat pumpkin, including backyard chickens. Birds also eat them and their seeds. And if you live near a natural area visited by wildlife such as deer, foxes and squirrels, you can put out your cut-up pumpkin for them to enjoy.

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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR WRITING. Email suggestions to suggestions4norman@weaversway.coop. 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.

Last month's column included a mention of an old display freezer and the thousands of people that opened its door. Display refrigeration with doors is a bit of a pain; like so much equipment in a grocery store, the apparent simplicity is belied by a lot going on behind the scenes. The doors have gaskets, heaters, hinges, closers, insulation and handles. Most of these fail over time and need service. Even something as simple and passive as a handle can fail and need service.

However, as an example of how technology can be driven by marketing, the once mundane and passive door handle is now viewed as an opportunity for shopper engagement and marketing. We've recently been pitched on a display door handle that includes an electronic display panel that would allow yet another place in a shopper's field of vision for ads and marketing messages. The devices don't appear to have speakers yet, but I could see that if they did, and also had Bluetooth or some other way to communicate with your phone, that freezer door with




ice cream will know when you are walking past, and based on your data profile, audibly and visually pitch you products that are behind that freezer door.

Speaking of pitching food products, I have a bit of a hypothesis about food consumption. Like some mathematical principles related to measurement and quantity, it involves a constant. I remember from high school math and science that the universe has some constants — pi, acceleration due to gravity, Planck's constant, etc. I also remember from algebra the concept of variables.

Looking at the world from a food consumption perspective, i.e., what people eat on a regular basis, it seems to me that what people eat is often variable, but the amount they eat is a relative constant over time. All food can be measured by factors such as calories (carbs, protein and fat), weight, and volume — some combination of these three is what I mean by "amount." While you may eat many different foods in a week, and you might even change what foods you eat week to week, and get that food from different

(Continued on next page)



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Norman Says:

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

(Continued from previous page)

places and eat it in different places, it seems to me the amount of food you eat each week does not change that much, at least for adults.

Why does this matter? From a food system perspective, especially from the functional/logistical viewpoint, and within categories (like perishable food vs. non-perishable food), it's the amounts of food that determine a lot about our food system — the labor, equipment and operations needed to supply food. If a given community has 100,000 people, and each person likely eats an average of three pounds of food per day to meet their daily caloric and nutrient needs, that community is consuming 300,000 pounds of food per day, or as measured in tractor trailer loads, probably in the 400- to 600,000-pound range, depending on the density of the food (almonds are way more calorically and weight dense than romaine lettuce).

The “what” of food consumption products being variable plays out in a lot of ways, and if this idea of a food consumption amount being constant is true, it means food suppliers (farmers, processors, wholesalers, retailers, restaurants, institutions, etc.) are basically participating in a zero-sum game, each providing some portion of the 300,000 pounds to the community. Since our food system evolved and exists as part of a competitive business marketplace, consumers have many choices of food products and food companies.

As these companies compete for their share of the food dollar, they innovate products (plant-based ham), services (Amazon Go, Door Dash), store formats (Giant Heirloom, Chick-Fil-A), etc. All products and all formats are competing for that same marketplace demand of 300,000 pounds of food per day. So from the food system quantity perspective, which products are purchased from which companies is sort of irrelevant. If a family purchased a dinner from Chick-Fil-A, then they likely bought that much less food from a market or other restaurant. If you bought pasta sauce because it was on sale for \$1.99 at Target, you likely didn't buy pasta sauce somewhere else.

Maybe you ate more pasta dishes that week to use up the sauce since you opened the jar and now the perishability clock is ticking, which means you didn't eat (or purchase) something else that week.

I think about this food consumption constant when I see all the marketing and promotions in our Co-op and at other retailers around us. All the sellers are trying to get consumers to buy food from them, using whatever tools they can muster, including pricing, messaging, sampling, loyalty programs, etc. Since it's competitive, there are winners and losers, with products and companies appearing and disappearing. But as we look to create a healthy



It's the amounts of food that determine a lot about our food system — the labor, equipment and operations needed to supply food.



food system, people should consider the role and nature of relative quantity when it comes to food.

suggestions and responses:

s: “Hi Norman. When I was a kid, we always bought our orange juice as frozen concentrate. It seems like it would be better for the environment to purchase cardboard cylinders and skip the plastic juice containers, not to mention that the frozen concentrate is less expensive. But I never see frozen concentrate now (at Weavers Way or elsewhere). Do you know what's up with that? Is it a Southern thing? I'm from Atlanta, and Kroger has lots of frozen concentrate. Are consumers turned off by thinking that the juice concentrate will taste watered down? (The cartons generally say they are made from concentrate.) Thanks.”

r: (Norman) Hi. Interesting point about concentrates: We used to sell a ton of Minute Maid orange juice concentrate, and we had Cascadian organic concentrates, too — grape, apple, orange, maybe some others. Gradually, they all became harder to get, until finally, our main natural foods supplier stopped stocking any concentrates. I assume the cause was dwindling sales of juice concentrates, but I have no idea why.

Growing up in Philly, concentrates were a staple in our household; we always had a few cans in our freezer. Concentrates make sense, since they save packaging and the trouble of moving water around; plus, they're inexpensive, as you noted. But for whatever reason, they dropped in popularity. I think that juice in general is less popular than it used to be. Our Ambler store has

a supplier that still has some of the classics — Seneca Apple, Minute Maid orange juice, Welch's grape juice. But there have been no requests for them, so we're unlikely to carve out slots for them. Sorry to disappoint you.

s: “Last night, while chewing beef jerky purchased at the Co-op, I bit the inside of my mouth and it still hurts today. I'm suffering because of food I bought at Weavers Way and think the Co-op has some accountability. What can I expect in compensation for my pain and suffering?”

r: (Norman) We have retained a witch doctor for situations like yours. Assuming you can still walk and talk, we've set up an appointment for you. The office is in the sub-basement of Temple University's Dental School; look for the doctor wearing a necklace made of teeth. Be sure to take your mask and vax card.

s: “Two product suggestions: As a lactose-intolerant individual who also cares about quality butter, I have recently fallen in love with Fair Life milk. It is one of these new “ultrafiltration” types and is also lactose-free, but it honestly tastes exactly like lactose-full milk. There's no extra yucky sweetness that gives away its lactose-free status and prevents you from finishing a glass. My second recommendation is for Kate's butter. As a native Mainer, it's just about the best butter I've ever had. When I was living in Center City last year, it was surprisingly available at South Square Market down the street from me. Now that I'm a happy Mt. Airy resident, I would love to be able to buy it closer to home (my current method is to walk to South Square after work and stuff my backpack with several boxes).

r: (Norman) Thanks for the suggestions. Fair Life milk would be difficult for us due to the fact there is no good supplier, plus it appears Fair Life has had some animal welfare and other issues. James Mitchell, our grocery manager in Chestnut Hill, said he'll consider the butter. Mt. Airy doesn't have the room, and Ambler already has lots of butter choices.

s: “Why doesn't Mt. Airy have music playing in background?”

r: (Norman) Mt. Airy is run by a dictator who only likes country music, and we're not sure country music is cool enough for Mt. Airy shoppers, although rumor has it country music may be cool again. So there may be hope.

s: “Can fruit leather be juiced?”

r: (Norman) Not in normal gravity, but one of the upcoming SpaceX tourists said they would try it during their next trip. So we'll see.



WEAVERS WAY ENDS

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

AS A RESULT OF ALL WE DO:

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

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

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

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

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

END 6 The local environment will be protected and restored.

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

Reforesters Work to Keep Invasives at Bay at Pennypack Trust

by Carrie Ogorek, for the Shuttle

ISIGNED UP FOR A WORKING MEMBER shift at the Pennypack Ecologic Restoration Trust in Huntingdon Valley, Montgomery County this cycle. The two-hour shift was requested by one of the Trust's reforesters, Heather Bishop, to help with storm damage recently inflicted by the overflowing Pennypack Creek.

While I was familiar with the Trust from having walked through it many times, I wasn't familiar with its mission or generous and spirited staff. Their mission is "to steward the Pennypack Preserve natural area as an important component of the region's natural areas network, and to educate and encourage people to appreciate, enjoy, and protect native ecosystems."

Most of the Piedmont north of the Potomac River has been settled for over three centuries. The natural areas that remain have a history of heavy and repeated disturbances from encroaching urbanization, air pollution, acid rain, and ground- and surface water pollution.

Deforestation results as well from the presence of large herds of white-tailed deer. They feed in fields and meadows, then retreat for cover into the forest. Large herds of deer prevent forest regeneration because they selectively graze on native vegetation first and leave many non-native species undisturbed. This often results in a vast proliferation of many non-native plants, including vines that prosper in disturbed conditions and direct sunlight. The vines can quickly overwhelm and destroy a forest once they become established.

Several Weavers Way groups have donated their time to the PERT volunteer

programs, particularly "Free a Tree." This is a monthly volunteer group that meets in fall, spring, and summer. The volunteers, typically 12-30 people, and PERT staff work together to remove invasive vines from native trees. Free a Tree helps make a large impact in a short amount of time by reducing heavily invaded areas so they can be restored with native vegetation.

The long-term individual volunteer commitment is the Reforesters program, in which an individual can adopt a plot of forest and continually visit the site to care for the trees that were planted to regenerate the Trust's native forest. The planted trees are enclosed in cages or tubes to protect them from browsing deer.

Reforesters primarily help by removing invasive vines that would otherwise strangle or smother the trees. Reforesters with larger plots (like Bishop, with whom we worked) recruit some volunteers (like the Co-op) to help them, but this isn't a common occurrence. Reforesters are asked to visit their plots for a minimum of two hours a month, but most are able to do more.

As the coordinator of the program, Maria-Paula Mugnani trains them and offers support for all their questions and needs. They document their progress and the health status of the planted trees during the month and submit it as a report at the end of the month. There is no end date for the program. A reforester's availability may fluctuate from month to month, but the sessions are self-scheduled and run until the volunteer has to permanently leave the program.

During my shift, I and another co-operator learned firsthand about the re-



photo by Michael Frost

Armed with pruners, reforesters remove invasive vines from a field at Pennypack Ecological Restoration Trust in Huntingdon Valley.

forestation program's efforts to help reclaim many of the 850 acres of the PERT. The area we worked on was "adopted" by Bishop, owner of HSB Design, a primarily native landscape design company from Glenside. Bishop brings her all-female crew to work every other week in an effort "give back" to the Trust's native reforestation project.

The type of trees planted are selected by Chris Dartley, head horticulturist for the Trust. Dartley is a graduate of Temple University Ambler's School of Horticulture and interned at the Morris Arboretum of the University of Pennsylvania.

For further information, please view the Trust's website, which includes their board of directors, staff, and funding information: <https://pennypacktrust.org>.



photo by Michael Frost

The Pennypack Creek tumbles through the land trust's woods, not long after heavy rains caused the creek to overflow.



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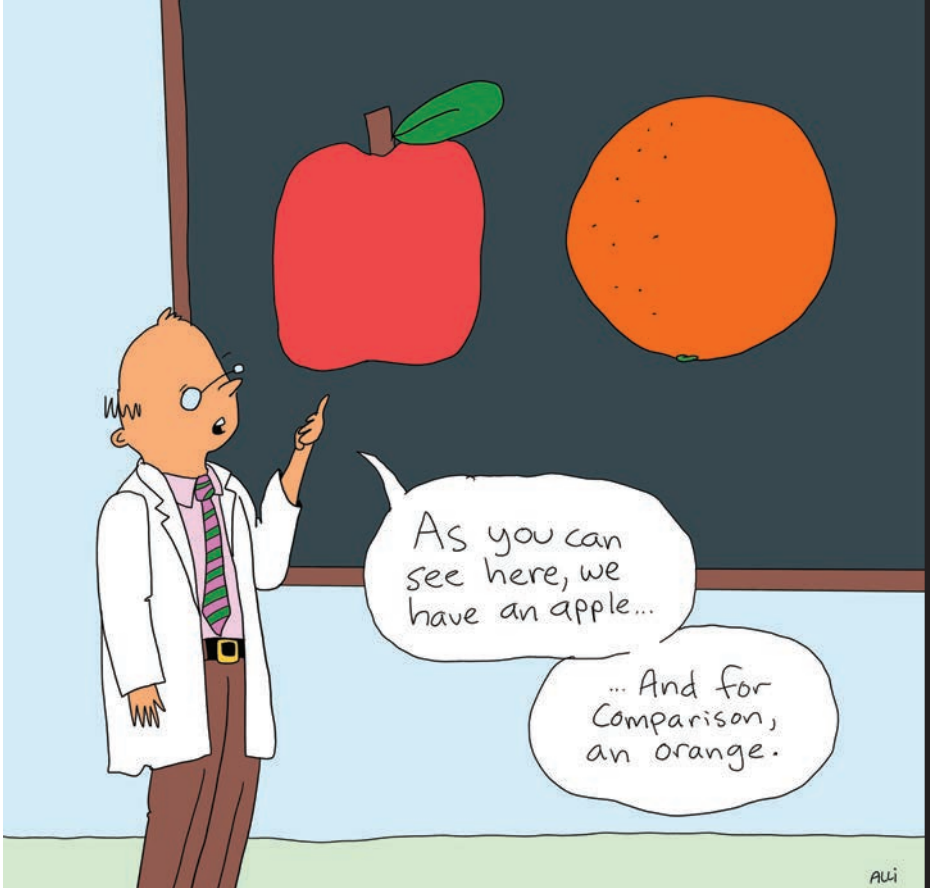
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www.weaversway.coop/shuttle-online

Locally Grown Illustration by Alli Katz



As you can see here, we have an apple...

... And for comparison, an orange.

Alli KATZ



Artists in Our Aisles

Ruth Broadbent

I was born and raised in Philadelphia and had a 20-year career as a public school teacher before my husband and I moved to Pittsburgh and then to Long Island, where I had a second career managing the restoration of 19th-century homes. While on Long Island, my husband signed me up for a ceramics course at the college where he worked. That changed my life!



For five years I studied with Woody Hughes, a graduate of the New York State College of Ceramics at Alfred University. Recently, I studied with Peter Quinn, a graduate of the Tyler School of Art.

My sculptures have been exhibited at the Atticus Paine Gallery in Cheltenham, the Audubon (PA) Center at Mill Grove, the Islip Art Museum (NY), the Sayville Art Gallery (NY) and Dowling College's Anthony Gordano Gallery in Oakdale, NY.



Artist Statement

A growing concern for the ethical treatment of animals led me to begin sculpting endangered species. My first ceramic creations were of unusual-looking animals that people did not know existed and are at risk of extinction. I sculpt them in the hope that people are intrigued by their appearance and become more concerned about their endangered status.

Through my ceramic art, I hope to be another voice for animal rights and for the need to cause as little suffering as possible to all living things. I donate the proceeds from sale of my work to the World Wildlife Fund.



We want to feature your art in the Shuttle!

Please submit the following to Richard Metz (thembones2@hotmail.com):

- (Two) 4"x 6" high-resolution images (300 dpi)
- A short statement about the work • A short bio
- A head shot • A link to a website if you have one

Weavers Words

SHARING

In this together
Will you give it to me? Or
from myself to you?

—Fern Zeigler

AND

You too!
No need to exclude.
It's so much easier to step aside and
make room for more and not war
There's always room for more
There's enough for everyone
Kindness is built into the &

—Juanita Vega DeJoseph

THOUGHTS (FOR CLOVER)

Clover, maybe you don't want
to be in poems, to be known.
Clover, I am sorry:
that's what happens
when your aunt is a poet.

—Awilda Vile

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.



Considering an EV? Our Reporter Kicks the Tires on a Few Models

by Michael Frost, for the Shuttle

HEY. I HEAR YOU'RE LOOKING FOR A NEW car. You weren't planning to buy a gas-powered car, were you? Because those really are a thing of the past.

For starters, gas emissions are killing the environment. Literally. Humans release 162 million tons of carbon dioxide a day, about half through transportation.

Yes, electricity still comes from power plants, which have their own issues. But electric vehicles have zero emissions. That low hum that allows you to sneak up on people is also not belching pollutants into the atmosphere.

What's that? You're not that concerned about the environment? You have a houseful of kids and their sports and activities and appliances and bills? I get it — long as the old jalopy is still cranking, you don't have to run out and buy an EV right now. All else equal, it probably makes sense to wait at least a year until this whole semiconductor thing plays out and they hopefully start ramping up production again. But think about it.

Let's look at the cost/expenditure angle: If you can afford a new gas car, you can afford an electric one. The government is providing a \$7,500 tax incentive to buy one; that pretty much covers the current markup in price, at least for the base models. Couple this with the savings on gas you'll get, and it'll end up paying for itself.

This guy Rick Denizen I've been talking to estimates he saved \$15,000 since he made the switch eight years ago. He's a self-titled "zero-emission musician" based in Ambler. He went on an 8,000-mile concert tour (when?) with his wife, Debra.; turns out it was 20,000 miles all told. The charging network's good enough for that these days.

Batteries? No, they don't have to end up in a mountain of toxic waste. That's just a fossil fuel talking point.

The batteries are reusable, as in reduce, reuse, recycle. While companies used to dump them, and still aren't doing much recycling, that's where the future lies. Old car batteries are being used to back up the electrical grid and even private homes as we speak; when they degrade past that point, they're learning how to disassemble them into their basic components.

Sizing Up the EV Selections

I've been trying out some of the EVs, including the Volkswagen ID.4. A friend from the gym was obsessed with it, so I checked it out. First EV I'd ever driven. I looked up at the salesman and said, "What the hell do I do?"

I liked it, though. The interior seemed a little tinny to me, but I came to terms with that when Tim (the friend from the gym) said it was stripped down like a race car. Made me feel better about having office-chair handrails instead of a console. I still don't know what to make of the iPad kinda taped up in there, though. I mean, can I get a knob or two?

I was sorta sold on the two-tone pleather package with panoramic roof until I realized that the \$7,500 discount was staying put for any upgrade I might get. Actually, I'm holding out for the all-wheel drive model. This is Philly, y'all!



photos by Michael Frost

Three of the latest EVs you can take out for a spin: Top to bottom, the Volkswagen ID.4, Ford's Mustang Mach E and the Volvo Recharge Pure Electric P8.

The ID.4 could have used a little more pep, too; it accelerated, but it didn't exactly throw me against the back of my seat. The AWD model is supposed to get a second motor and more horsepower; that oughta make the difference.

I went around the corner to Volvo USA for my second test drive. They've come a long way since that maroon rectangular prism that used to be their flagship back in the day. It was literally Grandma's car.

One thing I like about them is that they're making their primary cars and SUVs available in electric versions. I want my car to look like a car. No offense to the Prius drivers snooping on this conversation, but a futuristic Gremlin is still a Gremlin. And Toyota thus far has stuck all-in with hybrid, not full electric. Ride or die.

Anyway, there wasn't a showroom; just a bunch of desks. It looked kinda Spartan —Scandinavian, if you will.

Volvo's model is the Recharge Twin Pure Electric

P8. It felt a little more solid than the VW, and I did get thrown back in my seat when I hit the gas. In a Volvo.

The screen also appeared to be built into the dash, rather than folded-masked-taped onto it. Of course, it's also 15 to 20 grand more.

Then it was time to go full-on 'Murican with Ford's electric version of the Mustang. I like the Mustang — the original. This version doesn't look anything like a Mustang. It's like they're trying to sap the name of any meaning. They call it the Mustang Mach-E. I call it the Mock-E.

It had decent acceleration, but it kept making this roaring sound right after I pressed on the gas. I was thinking I'd have to ask the salesperson what up with that when I noticed the "Propulsion Sound" button on its iPad was on.

I did find the controls easier to follow and use. You could turn up the volume — literally; there was a knob. Granted, it was stuck on country music, and I didn't know how to change the channel — station? — but...

I finally got the courage to try one-pedal driving with the Mustang, which is kinda weird. You take your foot off the gas and it's like you're braking. Problem is, you keep thinking the damn thing is gonna take off and ram the car in front of you; it's a little nerve-wracking at first. I guess the automatic braking recharges the battery. Ok, not automatic braking. Automatic slowing down?

They called that "Unbridled" mode. Just like the name of the car, though, it was the opposite. I felt bridled.

What About Tesla?

You're not going to get the \$7,500 credit from the Feds through Tesla; they're so dang popular, they long ago used up their allotment. As the industry leader, though, I had to check them out, even if Elon Musk thinks he's Tony Stark.

As a matter of fact, you can't even get a test-drive now. I tried, and they told me it'd be a month and a half. You can put down a deposit today, though.

That's the hype machine at work. Why let people try it out if they're already going to buy it? I don't like that kind of hype or that type of salesmanship.

That Cybertruck, though! I don't care if a metal sphere would take out the windshield; I'd take that risk. When it finally gets here, it's going to be a tad over my budget, though — even if I could get another \$7,500 off. Plus, with the weather we've been having, it wouldn't surprise me if it started raining metal spheres.

Anyway, my friend Deb's already put down a deposit on it. She's from the gym too — that's my social life these days. She's all in; she's had/had several letters of their alphabet. And a number, too, plus solar on her house: panels, batteries, the whole nine yards.

There's a bunch of other models out there too, but some of them aren't selling here yet. Hyundai, for example. Want a Kona All-Electric? You gotta go to Jersey. They've got better solar programs, too, and more people taking advantage of them. But it's still Jersey; gotta pay to get out.

Anyway, I'm leaning toward the VW.

Pick up a Weavers Way sandwich loyalty card from the cashier.

Buy 10 and the 11th is on the Co-op!
See card for details.



shop bulk
save money & reduce waste

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COOPERATOR OF THE MONTH

Karin Czaplicki

Lives in: Ambler, with her husband, Dan
Joined Weavers Way: A couple years ago. When she joined, she inherited the number of her deceased mom, Krista Schwartz, who was an early member of the Co-op. "I would have joined in Ambler anyway when they converted the Bottom Dollar, because it became so convenient then."

Former job: She's a retired microbiologist who worked for Glaxo Smith Kline.

Co-op job history: Prior to the pandemic, she enjoyed doing bulk packing in Ambler. Now she prefers doing shifts that happen outdoors, such as the Farm Market greeter job she had the day we talked. Dan has done a lot of work at Henry Got Crops Farm and at the Co-op's potato field outside Ambler.

Favorite Co-op products: Produce, cheese, house-marinated olives, Stryker Farm pulled pork, bulk items. "I never had anything from the Co-op that I didn't love." She estimates they do 50-75% of their shopping at Weavers Way.

Thoughts on the Co-op: "I like the size of it, I like the people who work there, I like the people I meet there. I always find something new and interesting... I think it's fabulous; I tell all my friends to shop at the Co-op."

—Karen Plourde



The Weavers Way Board of Directors

on behalf of the Co-op's membership, salutes General Manager Jon Roesser for guiding the Co-op through the past year and a half of the COVID pandemic with both steady hand and heart.

Thank you for your dedication — your leadership has benefitted our members, vendors, and our communities. Your knowledge of and fervor for the Co-op are truly impressive.

Your ability to balance the big picture with an extraordinary attention to detail is the hallmark of a great manager. You are respected by those whose lives you touch, and we are honored to work with you.

Even through these tough times, our Co-op is as strong as ever.

Hilary Baum	Jason Henschen	Gail McFadden-Roberts
Cheryl Croxton	Michael Hogan	Sarah Mitteldorf
Danielle Duckett	De'Janiera B. Little	Frank Torrisi
Esther Wyss-Flamm	Whitney Lingle	

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 Mt. Airy

559 Carpenter Lane

8 a.m.-8 p.m.

215-843-2350

Weavers Way Across the Way

608 - 610 Carpenter Lane

8 a.m.-8 p.m.

215-843-2350, ext. 6

Weavers Way Chestnut Hill

8424 Germantown Ave.

8 a.m.-8 p.m.

215-866-9150

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. 221/220

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www.weaversway.coop/shuttle-online



VIRTUAL NEW MEMBER ORIENTATIONS

Friday, October 15, 12:30-1:30 p.m.

Monday, October 25, 6:30-7:30 p.m.

To register visit: www.weaversway.coop/events

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!



MEMBER APPRECIATION

Members get an extra 5% off!

Pick a shop at a main store, the Mercantile, Across the Way or Next Door and the Farm Market during the 2-week period and get an **extra 5% off** (on top of your other member discounts)



OCTOBER 1 - 15, 2021

MEMBERSHIP DRIVE

Let's Reach 11,000 Member Households!

New members who join during the Drive will earn a **\$30 EasyPay credit to the Co-op!**

