

## Maximize Your Membership by Running for the Board

by Sylvia Gentry, Weavers Way Leadership Committee

**T**HE WEAVERS WAY BOARD OF DIRECTORS IS looking for members who want to become more involved in ensuring our Co-op stays on course to meet our Ends — the guiding policies that define the results and outcomes of all that the Co-op does. (See Weavers Way’s Ends on p. 19)

The Leadership Committee, which oversees elections, is soliciting Co-op members to run for

the Board. Becoming a Board member is one of the most impactful ways you can contribute to the long-term health and vitality of the Co-op. Any member in good standing is eligible to run, so please consider it! Each Board member is elected for a three-year term, with a limit of two consecutive terms. For 2022, as of this writing, there will be three slots open on the 11-member volunteer Board.



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# The Shuttle

DECEMBER 2021

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 49 | No. 10

Part 2 of 2

## Shop Simpler and Smarter, and Be Kind

by Shari Stern, for the Shuttle

**W**HILE I CAN’T SPEAK FOR ALL food companies, the handful I work with are sensitive to the price increases and the impact they have on wallets. They’re loyal to their customers and hope the depth of the pricing pressures are temporary, so several are not passing on the full price increase; rather, they are trying to share the extra costs. They continue to absorb losses and the negative impact to their bottom line, hoping that more stability will return soon, and that they can regain a healthy operating margin. Thus far, I have not seen evidence of any food manufacturer taking advantage of the situation or gouging. They’ve expressed compassion and sympathy about the financial impact that rising food prices bring.

### How You Can Weather the Inflation/Shortage Storm

- Manage your shopping expectations: To help create efficiencies, some brands are prioritizing the production of their top-selling Stock Keeping Units, or SKUs. This temporary inconvenience is good for them in the long term, and anything that helps manage efficiency also helps keep costs down. So you may not get the exact flavor you want in the coming months, but this is the rationalization.

If you are shopping for a recipe that involves artichokes and canned artichokes are wiped clean from the shelf,

(Continued on Page 19)

## OPINION

### Action is Needed by All to Develop Ambler the Right Way

by Michael Frost, for the Shuttle

**A**MBLER’S WHERE IT’S AT. BUT YOU knew that already.

That’s why you moved here. That’s why you moved back here. That’s why you never left. And if you reside elsewhere but shop at the Co-op and patronize our theaters, restaurants, coffee shops, breweries and other establishments, you know that, too.

Why did you choose to live here —or start seeing Ambler on the sly? I’d guess it’s got something to do with the local businesses, that small-town feel, its historic architecture and expanse of open green space. So let’s keep it that way. Let’s preserve our history, protect our environment and prevent overdevelopment. And let’s be proactive about it.

To see what could happen if we don’t, you only need to look across Bethlehem Pike to the Mattison Estate in Upper Dublin, where an historic site with an extensive wooded area and animal habitat was eviscerated to make way for a high-end development. If you are unfamiliar with how all-encompassing the destruction was, a trip down Google Maps Lane will provide a visual reminder.

You would think Ambler would have codes and/or regulations in place to prevent such carnage from happening on this side of the Pike. But we don’t. And despite talking about preserving our historic assets for decades, earmarking 25 specific sites for presentation 15 years ago, and finally taking baby steps in that direction this fall, we still don’t. That



photo by Michael Frost

A sign identifying the asbestos field next to “The Crossings at Ambler Station”, a 114-unit multistory development slated to open next spring.

needs to change.

### From Asbestos Capital to Hot Ticket

Ambler’s history hasn’t always been pretty, as its former nickname of “Asbestos Capital of the World” can attest. Many of the buildings from that era remain and live to tell the story.

The sphere of power and influence emanated from the facade of Lindenwold Castle, which was gilded to look like Windsor and now the last man standing at Mattison Estate. It can be seen in the trail of Gothic architecture, 400 homes in all,

(Continued on Page 13)

## The Days Are Numbered For Single-Use Water Bottles

by Valerie Glauser, Weaver Way Environment Committee

**A**FTER MUCH RESEARCH, study, and discussion among members of the Weavers Way Environment Committee, its subcommittee, the Plastic Reduction Task Force, and Co-op management, it has been decided that, as of February 2022, still water in single-use plastic bottles will no longer be sold in the Co-op’s stores.



For now, the Co-op will continue to sell gallon-size containers of water and seltzer in plastic bottles.

The decision to eliminate the five to 10 water SKUs that fall into the single-use category comes after research has shown how much of the plastic waste stream is made up of these bottles. In addition, there is evidence that plastics pose a threat to public health. An article published last December on the Endocrine Society’s website cites a report published by the Society in conjunction with the International Pollutants Elimination Network that states that such endocrine-disrupting chemicals as bisphenol A, flame retardants, phthalates, dioxins, and toxic metals such as lead and cadmium are known to leach from plastics for the entire life span of the products.

(Continued on Page 12)

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## Editor's Note

by Karen Plourde, Editor,  
Weavers Way Shuttle



RECENTLY, SOMEONE EMAILED TO ask for the current circulation of the Shuttle; potential advertisers often like to know this information before they decide to invest in ads.

But it's a fuzzy number and has gotten fuzzier since the paper went online.

In the days before digital, circulation (really, paid circulation) used to be a clear number: The number of readers/subscribers who spent money on the paper. The weekly I worked at right after college was given out free at businesses (although we also had subscribers). So I guess we relied on the number of papers we printed to determine circulation, regardless of how many were left over the following week.

The Shuttle is in a slightly better position to zone in on our circulation number than other free papers because we mail issues to most Weavers Way members. We also have 1,630 members who get the email reminder that the new issue is available online. But those numbers don't cover the folks who read the online Shuttle without subscribing, and/or share the link with others. See what I mean? Fuzzy.

The analog measure I like to look at (which has nothing to do with circulation) is the number of letters to the editor we receive; the last two months, we've gotten five for each issue. Maybe that's due to shorter, colder days and less time spent outdoors. But I'd like to think it also speaks to the level of engagement in the paper. In these days of instant and often nasty reactions to posts, I'm heartened that people still put down their thoughts in complete sentences and wait a few weeks to see them in print.

Catch you in the pages next year.

Before I cut away, I want to thank the Co-op's art director, Annette Aloe, for zigging and zagging even more than usual for this issue. The same goes for December's proofreader foursome: Marjory, Wendy and the two Vivians. Thanks for adapting to the late-breaking changes while still doing a bang-up job; I'm truly grateful.

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](mailto: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](http://www.weaversway.coop/shuttle), or call 215-843-2350, ext. 314, or email [advertising@weaversway.coop](mailto:advertising@weaversway.coop). Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

## Reds and Greens from the Winter Garden

by Chris Mattingly, for the Shuttle



“FOR EVERYTHING THERE IS A SEASON,” AND while you're lighting lights and bringing light and color into your home for the holidays, don't forget to light up your hearts with reds and greens from the winter garden.

Beets and arugula are two of the most winter-hardy crops. I take special care to sow seeds every year in late summer, and then promptly forget all about them. To my delight and surprise, I stumble upon them sometime in the middle of winter while wandering through the garden.

This simple salad makes use of those winter-hardy survivors, to great effect.

### MARINATED BEET SALAD

#### Ingredients:

- 1-2 bunches of beets
- Olive oil and balsamic vinegar at a ratio of 3:2
- 1 minced shallot
- Salt & pepper
- Arugula
- Goat cheese (optional)

#### Directions:

1. Trim and wash beets, and wrap in aluminum foil, making multiple packets as needed.
2. Roast at 400° for about an hour; don't rush the cook time unless you're a fan of crunchy beets. Make sure a butter knife slips easily through the center of the largest beets before removing from the oven; you can do this test through the aluminum foil.
3. While roasting, prepare the marinade: Combine shallots, oil, vinegar, salt and pepper in a mixing bowl.



4. After cooling, use paper towels to grip and remove the skins.
5. Dice beets into bite-sized pieces and add to a bowl along with the marinade.
6. Refrigerate beet mixture for 30 minutes to eight hours, stirring occasionally.
7. Marinated beets are delicious on their own. You can also toss them with arugula and goat cheese for an earthy seasonal indulgence.

*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](mailto:chris@backyard-eats.com) or visit [www.backyard-eats.com](http://www.backyard-eats.com).*



by Kieran McCourt, Weavers Way Ambler

Yet another member of the Brassica genus, cauliflower shares many characteristics with its fellow members, including broccoli, cabbage, and sprouts, but its flavor is much mellow.

Whether white, yellow, purple, or green, it's versatile as a weeknight side or a showpiece at holiday gatherings. Romanesco cauliflower grows naturally in fractal spirals and is one of many natural examples of the golden ratio at work.

**Roasting** brings out the cauliflower's natural nutty flavor. Start with salt, pepper, and oil, and then dress it up with your favorite spices or sauces. A burnished whole roasted head would work well as a showstopper for plant-based meals over the holidays, and can be carved right at the table.

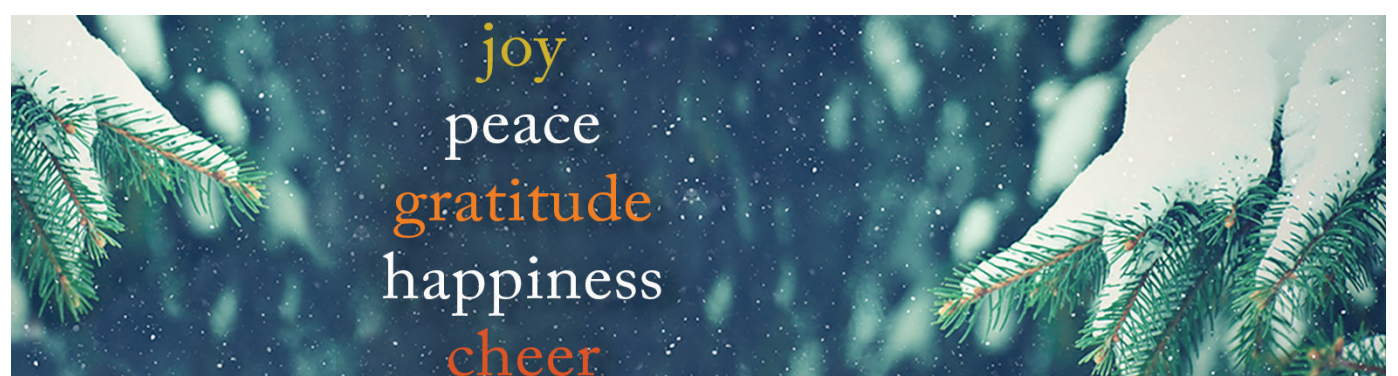
**Steaming, blanching, and sautéing** will make for even milder flavor. You can also stew cauliflower in curry or other saucy simmers. Steamed stems can be



pureed and used as the base for a lighter version of traditional cauliflower au gratin.

**Cauliflower rice** is the latest grain-free alternative that can easily be made at home. Use a standard box grater or the grating disk on a food processor. Sauté the "rice" and serve it in place of your usual grain. It also works well in curries or in fried rice alternatives.

Of course, you can pickle it, too — on its own or as part of a medley of pickled vegetables.



# The Gift of Homemade Holiday Goodness

## Sweet and Salty Pecan Turtle Clusters

Recipe by Katelin Crane, for the Shuttle

CALL ME CRAZY, BUT IT'S NOT THE PRESENTS OR lights that make the holiday season; it's the deserts. If you're looking for a sweet and salty treat to wow guests at your next gathering, or as a gift to yourself, look no further.

### Ingredients for the homemade caramel:

- 1 cup brown sugar
- 1 cup heavy cream
- 1/3 cup syrup
- 1/4 cup butter
- 1/8 tsp. salt

### Ingredients for the clusters:

- 2 cups pecan halves
- 1 cup milk chocolate melting wafers
- 1/2 cup 72% cacao dark chocolate chips
- Prepared caramel
- Flaky sea salt, for sprinkling

### Directions:

**Homemade caramel:** In a saucepan over medium-high heat, stir together brown sugar, heavy cream, corn syrup and butter. Bring to a rolling boil over medium to medium-high heat to allow the mixture to caramelize, stirring occasionally, until a candy thermometer reads 244° (roughly 5-10 minutes).

**Note:** If you don't have a candy thermometer, no worries: Drop a dollop of the mixture into a glass of ice water. Once the caramel clumps together and squishes between your fingers, it's ready!

Remove the caramel from the heat, stir in the salt and pour into a two-cup measuring cup. Set aside to cool.

While the caramel is cooling, preheat your oven to 350°. Spread pecans onto a baking sheet (ideally lined with parchment paper), sprinkle with sea salt and bake for 7-9 minutes. Keep an eye on them — you don't want them to burn. You'll know they're done when they are fragrant. Once they're ready, remove them from the oven and allow them to cool.

To make the clusters: Line two baking sheets with parchment or wax paper. Arrange the pecans on the parchment in clusters of four to six, depending on how large you want them to be.

Once the caramel has cooled, it should be thick but spoonable. If it gets too cool, you can put it in a large bowl of warm water to re-soften it. Dollop approximately one tablespoon of caramel on top of the clusters. Allow them to set for at least an hour at room temperature, or you can let them chill in the fridge to speed up the process.

When the caramel is almost set, melt the milk and dark chocolate over a double boiler: Add an inch or two of water in a saucepan and place a heat-safe bowl over top that you'll use to melt the



chocolate. Set the stove to simmer. You can add in a splash of heavy cream to thin it out. Use two forks to bathe the clusters in the chocolate.

Place the clusters on prepared baking sheets and add a pecan half and a sprinkle of sea salt for garnish. Let them chill for one to two hours in the refrigerator. Then try not to devour them before your guests arrive.

*Katelin Crane is a psychiatric provider and professor whose coping skills include baking and going for hikes. Life's about balance, after all.*

# GIVING TWOSDAY

In 2021, we raised over \$25,000 in small donations at the registers through our "Giving Twosday" program.

*Thank you to everyone who contributed!*

Organizations included in 2021 Giving Twosdays:

- Ambler NAACP
- Asian Americans United
- Food Moxie
- Germantown Community Fridge
- Germantown Radio
- Get Fresh Daily
- Kelly Anne Dolan Memorial Fund
- Lucille's 1913 Conscious Community Collective
- Weavers Way Environment Committee



# REMEMBER YOUR COMFORT and JOY!



## GIFTS & TREATS FOR THE FURRY FAM

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An offshoot of Weavers Way Co-op

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**FOOD MOXIE** We dig what we eat.

# Putting a Bow on 2021, and Looking Ahead to 2022

by Catherine Kendig, Food Moxie Interim Executive Director

**T**HIS YEAR HAS FLOWN BY AT FOOD MOXIE. THIS PAST WEEK marked the end of a year of meaningful programming across all our growing spaces with our annual Winter Wreathmaking Festival. This activity is popular and wraps up our year while bringing some winter cheer to all.

Participants had an opportunity to create their own wreath or centerpiece from foraged greenery while enjoying snacks from the Co-op. Each creation was better than the next! Our year-round quality programming in our growing spaces is invaluable to our partners, and our staff works extremely hard to nurture our community relationships so that we continue to provide the highest level of service to our participants.

As we end 2021, we are looking to a bright future in 2022 and need support to continue to do the work we do. We also hope to expand and innovate to provide more expansive opportunities for our community. It is an exciting and important time for us as we work toward bringing on a new executive director and embark on strategic planning.

Please consider donating to Food Moxie during the holiday season. As always, we are grateful for the ongoing support of this community. Check out our "Ways to Give" [www.foodmoxie.org/waystogive/](http://www.foodmoxie.org/waystogive/) in store and online.

We organized several successful food donations at Martin Luther King High School in East Germantown, including a turkey donation for Thanksgiving. Our last food distribution event for 2021 will take place in front of King High on Stenton Avenue on Friday, Dec. 17, from 2-4 p.m., or until our supplies last. Please check back for updates and more volunteer opportunities to come in the new year.

I want to end with a Thank You to staff, board, volunteers, partners and cooperators who have supported us through another challenging, yet resilient year. Cheers to 2022!



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**JANET AMES**



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Email [farmrentals@awbury.org](mailto:farmrentals@awbury.org) for more information or to make your reservation today!

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An offshoot of Weavers Way Co-op **FOOD MOXIE**



## CONNECT TO TREATMENT

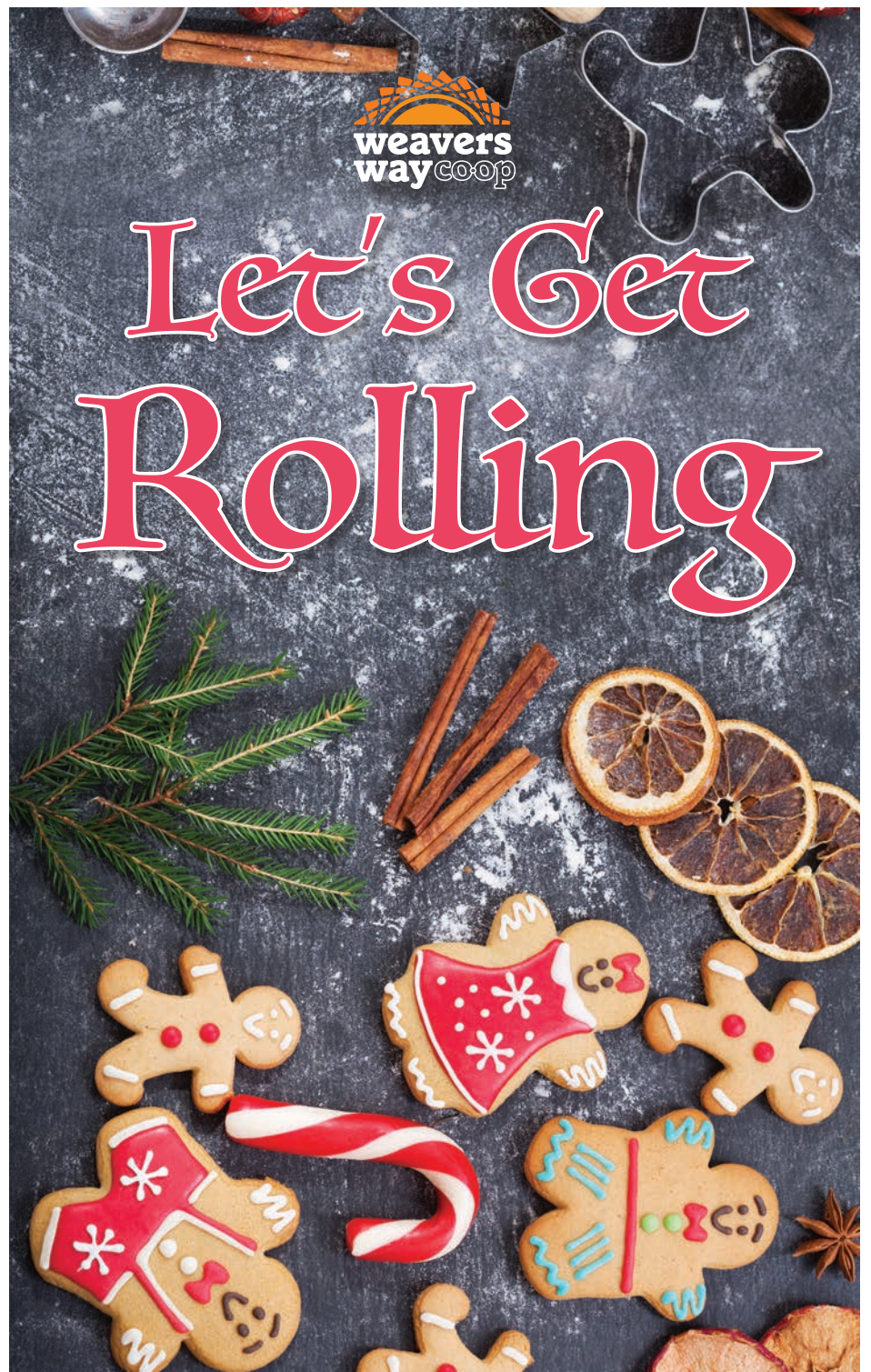
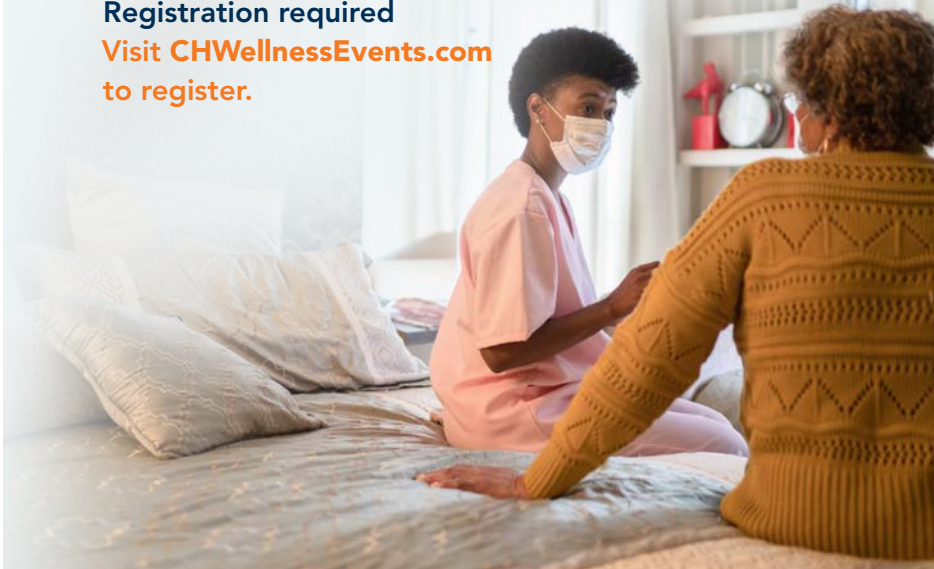
### Recognize the Signs and Symptoms of Substance Abuse

Whether drugs or alcohol, it can be difficult to see the signs of a loved one struggling with substance abuse. That's why it's vital to recognize the signs and symptoms of addiction and know when the time is right to seek treatment. **Dhara Patel, MD**, will discuss drug-specific symptoms and what resources are available so you can be sure to help those closest to you.

**WHEN:** Tuesday, December 14  
Noon to 1 p.m.

**WHERE:** VIRTUAL SEMINAR

Program is **FREE**  
Registration required  
Visit [CHWellnessEvents.com](http://CHWellnessEvents.com)  
to register.



## Rice Going!

**T**HIS IS TO INFORM WEAVERS WAY members that our co-op has been donating 20-pound bags of rice or beans monthly to Project Home and St. Vincent's Church of Germantown for well over a year now, thanks to the facilitation of General Manager Jon Roesser. Recently, Germantown Avenue Crisis Ministry and Whosoever Gospel Mission were added to this list of recipients.

*Lawrence H. Geller  
Bernadette Cronin Geller*

## No Plastic Member Cards

**I**WANTED TO ADD MY PREFERENCE regarding the future requirement for members to show their Co-op ID card when shopping. I wouldn't mind showing a digital card when asked by a cashier who does not recognize me; I would mind having a plastic card issued that I'd need to show whenever I shop. For those who'd rather not use digital, how about a paper card, issued once by mail and sent digitally for re-printing if the paper card is kaput?

*Lynn Mather*

## Where Was the NEI in the Fall GMM Story?

**I**MAGINE MY SURPRISE WHEN I OPENED November's Shuttle, expecting to read about the New Economy Incubator Committee's participation at the General Membership Meeting in October, only to discover that the committee was not even there. I could have sworn that we had set up a display area replete with various types of reading materials, free massages, and products from Fayn Skin, one of our prospective loan applicants.

I also remember presenting an update of our committee's activities that included the launch of a solar co-op, two free loan programs, our partnership with Germantown United CDC to develop the Germantown Farmers Market, and our work with a coalition to advocate for a public bank in the city. While the article gave space to every other Weavers Way committee at the meeting, the New Economy Incubator's participation was conspicuously invisible, which was a shame.

*Coleman Poses  
Weavers Way New Economy  
Incubator Committee*

## The Meat Industry and Global Heating

**R**EADERS OUGHT TO HEED SANDRA Folzer's call in the October Shuttle to wake up and take action, but her ideas about how to do so are misguided, consumerist and futile ("Small Actions Can Spell Big, Positive Changes For Our Planet").

Raising animals for food — not the transportation sector, plastics, or clothes dryers, as Folzer implies — is the major cause of climate breakdown and cannot be reckoned with by altering one's shopping choices or any other personal practice. She echoes the falsehoods that the meat industry and "animal science" professors at our land-grant universities perpetuate by keeping climate discourse focused on fossil fuels due to their conflict of interest and reluctance to admit error.

The 2009 World Watch magazine article "Livestock and Climate Change," the definitive article on the matter for non-scientists, debunks commonly used estimates of gases from animal abuse (our species' use of other animals) as far too low. It shows that the meat, dairy, fish, egg and feed industries are the major driver of the climate disaster we now face.

The Shuttle might consider more careful standards for how it frames climate breakdown discourse by showing preference for the political over the personal. In addition, the paper should employ reality-affirming terminology like "climate breakdown" and "global heating" as opposed to public relations euphemisms like "climate change" and "global warming," which minimize and obscure the problem.

Visit the Campaigns section of [www.RPAforall.org](http://www.RPAforall.org) under the title "10,000 Years Is Enough" for more information about the land-grant university problem and other relevant issues.

*Ben Lotka*

## More Background On the Ending of TerraCycle

**I**N THE NOVEMBER SHUTTLE, A MEMBER expressed concern that there was not sufficient information provided to explain the ending of the Weavers Way Environment Committee's participation in the TerraCycle program ("Not Enough Info to End TerraCycle"). In the September Shuttle, I noted some concern about a lawsuit filed against TerraCycle in California; that case has since been settled.

Greater transparency and accountability are required of both TerraCycle and the corporations with which they work. The details of the case can be found at [www.lexlawgroup.com/our-work/results/](http://www.lexlawgroup.com/our-work/results/). Our concern, combined with more research into the challenge plastic creates for the environment, led to the decision to end our recycling program.

Sadly, plastic is economically difficult to recycle right now. Many products include different types of plastic, and separating those parts is often impossible. There are few locations in the United States with the type of machinery that make it possible to break down plastic in order to make new products. Consequently, most of the plastic ends up in landfills or is incinerated, which leads to toxic emissions.

The Environment Committee and the Plastics Reduction Task Force have determined that our energy is better spent on reducing plastic packaging in Co-op stores, our homes and in our communities. For further information about this topic, I suggest exploring the websites [beyondplastics.org](http://beyondplastics.org), [recyclecoach.com](http://recyclecoach.com) and the May 2019 article "7 Ways for Cities to Reduce Plastic Pollution" on the website [meetingoftheminds.org](http://meetingoftheminds.org).

*Leni Dow  
Weavers Way Environment Committee*

### SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to [editor@weaversway.coop](mailto: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.

### Did you know?

You can read the  
**Shuttle  
ONLINE.**

[www.weaversway.coop/  
shuttle-online](http://www.weaversway.coop/shuttle-online)

## Maximize Your Membership by Running for the Board

At Board meetings, we focus on sales trends in our stores, Co-op finances, COVID-related policies, member and staff surveys, member committee reports and strategic planning. Additional meetings may be called to address timely opportunities for Weavers Way, such as the current opportunity for expansion to Germantown.

Board meetings take place monthly, usually on the first Tuesday of the month. Meetings are held in-person, with the option for participating online. All potential candidates are required to attend at least one Board meeting before March before formally becoming a candidate. Upcoming meetings are scheduled for Jan. 4 and Feb. 1 at 7 p.m. Please contact [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop) if you plan to at-

tend. Before attending a Board meeting, it would be helpful to review minutes from recent meetings in the online Member Center ([members.weaversway.coop](http://members.weaversway.coop)).

In addition to attending at least one Board meeting, all interested in running are required to attend one information session specifically for potential candidates. These sessions will take place via Zoom on Jan. 26 and Jan. 29, 2022.

Being a Board member requires a generous time commitment. Board members are expected to use their skills, experience and interests to contribute to projects and special committees in addition to the monthly meetings.

Candidates must submit a ballot nomination form by Monday, Feb. 28

with a written statement and a photo. Specific instructions will be given at the information sessions, in the Shuttle and on the Co-op's website. In March, individual video interviews will be produced and posted on the website to provide opportunities for members to become more familiar with each candidate. In addition, there will be opportunities to meet the candidates during the election season.

Serving on the Board is a significant contribution to the Co-op and to the communities we serve. It's also a great opportunity to get involved in the cooperative model of business.

Additional information is available at [www.weaversway.coop/board-elections](http://www.weaversway.coop/board-elections). You can also email questions to [leadershipcommittee@weaversway.coop](mailto:leadershipcommittee@weaversway.coop).

(Continued from page 1)

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**PLEASE WEAR A MASK WHEN INSIDE OUR STORES.**

GM'S  
CORNER

# While the Pandemic Drags On, We're Mostly Managing Just Fine

by Jon Roesser, Weavers Way General Manager

**I**F I KNEW IN APRIL 2020 THAT IN DECEMBER 2021 I'd still be writing about the pandemic, I'd have headed for the hills. Or Guam.

In truth, while it's a proper Philadelphian's right to complain about everything, all the time, I have far more to be grateful for than I do to gripe about.

The Co-op is doing well. Sales have been exceptional; the week of Thanksgiving was a record breaker, and we've been well ahead of both prior year and budget. Our cash reserves are strong, membership is about to hit 11,000 households, the farm just finished a banner season, and our new Round Up program helped us to increase our needs-based Food for All discount to 15%.

Since the madness of the spring of 2020, much has returned to normal. Our hot bars are still closed, we haven't been able to resume our Friday night community dinners in Ambler, and we still have a customer cap in Mt. Airy. But other than the masks everyone's wearing, it otherwise feels like we're back to normal.

For us, the big difference has been the vaccines; more than 90% of the Co-op's employees have been vaccinated. All newly hired staff must be vaccinated before they can be hired, so the number of staff who are not vaccinated won't get any higher. For most of us, the fear associated with coming to work every day has subsided.

Things have been good enough that we've been able to work on a possible expansion opportunity in Germantown. That's a whole column in itself — next month! But for those who are interested, things are still progressing, although business deals like this are always far from a sure thing until all the papers are signed.

The fact that we're able to consider taking on such an endeavor demonstrates how far we've come since those dark months of April and May 2020. So all in all, things are actually pretty great.

Still, I would be lying if I said there wasn't a simmering feeling of unease. Not a "I'm going to catch

“

**Other than the masks everyone's wearing, it otherwise feels like we're back to normal.**

”

COVID at work and die" kind of unease (most of us got through that phase a long time ago), but the kind of unease that comes from recognizing that the pandemic isn't going away anytime soon. It's the kind of unease that makes me wonder if my Shuttle column in December 2023 might wind up being the latest "Co-op COVID Update."

Blame Omicron, I guess, or whatever the next variant will be, or the one after that. Wearing a mask for six or eight or ten hours for your entire workday isn't just uncomfortable; It's a constant reminder that as good as things are, we really haven't gotten back to normal.

The feeling of unease isn't only about the virus. From supply chain woes to inflation to labor shortages and wage pressure — all of which are directly or indirectly linked to the pandemic — there's a sense of

uncertainty about the future. Too much is unknown.

It makes strategic planning difficult, and therefore it's easy to concentrate on the here-and-now. Who can think about the future when we've got 15 open positions to fill, we're only getting half the Christmas hams we were promised from our meat supplier, and almost every vendor we buy from has informed us their prices are increasing in January?

But enough complaining; this is our current reality. Things are good, business is strong and we're in a much better place than we were before vaccines were developed. At the same time, things are weird, and they'll probably stay weird for a while. After 13 years at Weavers Way, I can say there's no one who does weird better than us.

See you around the Co-op.

And now, a note about Steve Garfinkel, who passed recently. He was a longtime Co-op member, former Co-op employee and a member of our finance committee.

For several years, Steve worked for us as an independent financial consultant, and he was instrumental in helping us get the Ambler store open. We are a healthier, more financially secure business because of Steve's valuable work. He was also an all-around great guy. My colleagues and I will miss him very much.

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# For the Planet's Sake, Consider Replacing Your Gas Cooktop

by Betsy Teutsch, for The Shuttle

**S**ERIOUSLY COMBATting climate change requires that we electrify, electrify, electrify. Simultaneously, we need to clean up power grids so that our electricity is powered by renewable energy such as wind and solar while phasing out fossil fuels. This column is the first of three featuring new technologies to replace gas-powered home appliances and furnaces.

While policies pushing big-scale change will be the most impactful, individual consumer choices drive the market and will cumulatively decrease household emissions.

Back in the day, “cooking with gas” represented an important technological upgrade, replacing wood-burning stoves. Not only was it far more convenient, but it allowed for better regulation of the flame, so less food burned.

What was once advanced is now antiquated. Several forward-thinking cities, including Brookline, MA (the first to do so), Berkeley, CA, and Takoma Park, MD, have enacted gas bans for new construction. No more fracking on their watch!

Some restaurateurs have pushed back; they believe gas flames are essential for their cuisines. Of course, the gas industry would like nothing more than to block these bans and is doing so aggressively. They likely don't care that much about cooking on woks, but they care a lot about protecting their profits.

If you are in the market for a new cooktop, consider an electric induction range, which uses electromagnetism to cook food inside the pot or pan. I was thoroughly aggravated when our conventional ceramic cooktop cracked and needed replacing. Our son suggested we look at induction cooktops; we purchased one and love it.

It is incredibly fast—a big pot of water for pasta boils in a minute or two. In fact, you really need to re-learn cooking sequences, because things heat up quickly.

Another wonderful feature of the induction burner is that it only heats the area where it detects a pot; you're not wasting energy heating a whole burner, of which you're only using a portion. That makes it safer, too.

When I cook on my daughter and son-in-law's gas burners, I hate how slow and wasteful they are, with all those flames going up and around the pot instead of heating its contents. Gas cooking efficiency is only 40%; induction cooking efficiency is close to 90%. This also means your kitchen heats up less in warm weather.

Induction tops are easy to clean, partly because they are a flat surface, and because food doesn't burn on them. Remember, the unused portion of the burner isn't hot. The stove came with a sample container of stovetop cleaner product, and we still haven't used it up a year and a half later.

An induction cooktop is more costly than conventional cooktops, but not by much, especially if you figure



you'll have the appliance for a decade or more. However, there is an added expense: the stainless steel pots they require. This is one of the main reasons induction cooktops haven't become more commonplace – households that are replacing a broken cooktop often don't want to mess around with buying new pots, too.

Cast ironware is fine for induction cooking. There are plates you can buy that allow you to use aluminum pans, but we sprang for new pots. It was hard to say goodbye to our 47-year-old Farberware, but we managed.

Next up: heat pumps to replace air conditioning and heating.

*Betsy Teutsch is a working member of Weavers Way and has long been interested in and written about household greening.*

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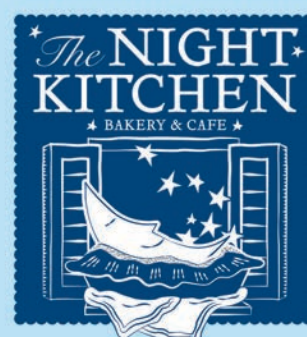
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# Join Us as We Enter a New Era In West Mt. Airy's Development

by Jo Gasiewski Winter, West Mt. Airy Neighbors Vice President of Membership

**M**Y FAMILY AND I MOVED BACK TO PHILLY THREE years ago after living in Los Angeles for 15 years. There was no question in our minds about what part of the city we'd live in, because Mt. Airy has always been the place we imagined ourselves. This diverse, socially conscious, civic-minded, engaging, welcoming community offers what few other neighborhoods do, all nestled a quick bike ride from the Wissahickon and a 20-minute train ride from Center City. Mt. Airy also offers a bustling business and cultural core on Germantown Avenue. You know all of this because you choose to live here, too.

What you may or may not know is that the foundation of our neighborhood is built on a rich history, with purposeful, directed actions by a broad range of individuals and community groups. Few of these groups are more effective and influential than West Mt. Airy Neighbors. WMAN was founded 68 years ago to create and sustain West Mt. Airy as a racially integrated community and remains a community-based volunteer organization committed to preserving and enhancing the quality of life here. At its inception, the founders drafted a statement that began "This We Believe About Our Neighborhood." And although those core beliefs haven't changed substantively over the years, WMAN's vision, cohesion and relevance are ripe for rethinking and renewal. We have an energized, committed new president, a board of invested community members with a wide, deep pool of talent and knowledge, and well-thought-out, exciting plans for the future.

We know that times have been difficult, and that we are all still reeling from the past few years. But that's even more reason to invest your time, energy and maybe even a few bucks in our largest neighborhood organization. While we may not have been on your radar, I guarantee that we will be soon.

As our emerging vision comes to life, be on the lookout for us and ways to get involved, especially in some of these current efforts:

- Public meetings on pending development projects
- Historic preservation
- Housing equity issues
- Streetscape projects
- WMAN/EMAN TreePhilly giveaway
- "Race Still Matters" conversation series
- Reactivation of block captains
- Collaboration with East Mt. Airy Neighbors on the 50th anniversary of Mt. Airy Day
- Online mapping of the characteristics of our neighborhood over time
- Zoning oversight and hearings on requests for variances

You can join WMAN via our website: [www.wman.net](http://www.wman.net). Note that our website is in the midst of a substantial overhaul; we'll have new updates soon.



Also, please take a few minutes to ask yourself what you think about our neighborhood. Then help us co-create the future of West Mt. Airy by becoming a member, joining a committee, attending an event, joining the Board or subscribing to our mailing list. Help make West Mt. Airy flourish! For more information or to join one of our initiatives, please contact us at [wman@wman.net](mailto:wman@wman.net).

*WMAN is a nonprofit, member-supported organization whose mission is to support the flourishing of our social fabric in all its diversity, and to help safeguard and steward the transformations of our beloved physical and natural environments.*



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Photos (top to bottom): Luis Ochoa (Guatemala), Adam Barkan (Florida), Core-Visual (New Mexico), Abdel Kareem Al Reefi (Gaza)

## The Backyard Beet

# Get to Know Terpenes — the Food Compounds That Do Us Good

by Chris Mattingly, for the Shuttle

ONE OF THE FIRST AND MOST VALUABLE COOKING lessons I've learned was that a few finishing touches—namely, salt, ground black pepper, lemon juice and extra virgin olive oil—can go a long way. I want my kids to know how rich and delicious natural foods can be, so as a family, we rarely sit down to a meal without most of these finishing options at the table.

That may sound bougie, but it's easily done and turns something as simple as plain quinoa into an exciting and delicious side dish. If you don't believe me, try putting copious amounts of each onto a bowl of plain quinoa.

An aside about salt: Add it to taste, and unless you have a condition that requires a low-sodium diet, don't be shy. I'm a salt enthusiast; it makes everything better by making the flavors already present much more available for us to taste.

Lately I've been using the pepper grinder more and more, and zesting citrus at every turn. That's because I'm enthralled by the magic of terpenes, which are highly present in pepper, citrus fruits and citrus rinds.

### What Art Thou, Terpenes?

Terpenes are found in ecological interactions at many levels. Plants release them to prevent being eaten by insects and herbivores, and to ward off disease, attract pollinators and talk to other plants. Trees release terpenes in hot weather to seed cloud formation that creates shade and rain. Insects produce and release terpenes for defense as well. One type of termite contains a "gun" or gland in its head. A chemical reaction triggered by jaw movement shoots sticky "bullets" at offenders, causing damage, trapping them, or slowly killing them with a combination of 62% pinene, 27% myrcene, and 11% limonene.

A true wonder and workhorse of the natural world, terpenes are having a big moment in the food and drink world thanks to the growth of the cannabis industry. As a medical cannabis "patient" myself, I experienced this firsthand.

When I got my "card," I suddenly had access to hundreds of named varieties of cannabis—each with a laboratory result listing the cannabinoids and major terpenes by percent weight. Cannabinoids like THC and CBD are usually the focus because they interact with our bodies and minds in interesting and pleasurable ways. But cannabis is loaded with terpenes too, with each strain having a unique terpene profile.

The combined effect of cannabinoids and terpenes produces the "entourage" or net effect of the strain on the cannabis user or patient. This is why some strains can be termed "indica," shorthand for having a mostly sedating

effect, while others are called "sativa" and have an energetic or stimulating effect.

I had always scoffed at the idea that cannabis strains could be so different from one another, although if a street purveyor gave an option, I always preferred to buy sativa, or "get stuff done" weed.

It wasn't until I was able to look at the numbers with medical cannabis while noticing the effects that I noticed how dramatic the difference was between some strains. I even made a list of common terpenes and their relative energy effects.

Still, I scoffed at claims like "acts as a decongestant" for ocimene. But when I vaped a strain called Clementine with a terribly stuffy nose and it cleared right up, I saw that it was one of the few strains out there that's high in ocimene. I'm skeptical, especially when it comes to relying on reports of how people feel. So the purely physiological response was finally "proof" enough.

Convinced of the real effects of terpenes, I went down a rabbit hole. Being less interested these days in consuming terpenes via cannabis (I've had more than my fill), I began to look for ways to cook with them instead. And this is where we come to the terpenes "moment" in food and drink.

### Terpenes as a Finishing Touch to Food

There are a few companies out there harvesting (or distilling) terpenes directly from plant material for use in food production. Maybe this is not a new thing, but it seems to have gotten supercharged by the cannabis industry.

I reached out to True Terpenes, "...an innovation platform for terpenes that enables companies to differentiate their products under the highest safety standards." Jon Lira with True Terpenes told me some of the trends in restaurants include using terpenes in cocktails and to flavor rim toppers like salt or sugar, and spritzing food with them as a finishing step. The quantities for a single serving are on the order of one to two drops.

True Terpenes formulates flavorings like spiced apple and pumpkin spice latte. But they also use their terpenes to reformulate popular cannabis strains to achieve the flavor and effect of the strain it's based on.

Recipes for cooking natural foods with terpenes were few and far between (so far they seem to mostly be used for candy and drinks). So I teamed up with a Wyndmoor local, former employee and culinary artist Christopher Angel, to come up with a menu of ideas. Mostly they involved adding a few drops to dressings, sauces and pickling liquids.



photo by Chris Mattingly

Rosemary contains the terpene Alpha Pinene, which has anti-cancer and anti-inflammatory properties.

From preliminary work with the samples I got, I found it's kind of tricky to work with pure terpenes. I started out by adding them to my fruit smoothies, but the bitterness was overpowering without some added sweetener.

But after testing versions of a fruit salad vinaigrette with the Black Lime, Green Apple Up (think green apple candy flavoring), and Blue Zkittlez terpene strain profiles, the idea of adding these unique flavors to a dressing has quite a bit of promise.

Over the next couple of months, I'll be adding drops to my salad dressings with the intention of noticing the corresponding stated effects—calming, energizing, focusing, etc. I'll report back.

In the meantime, if you want to get started with cooking with terpenes, you probably already are! Here are some of the dominant varieties that make natural foods such powerful agents for holistic health:

- **Alpha Pinene** is found in rosemary and sage, has anti-cancer and anti-inflammatory effects, and is known to be uplifting and energizing
- **Beta Caryophyllene** is found in black pepper, cloves, basil and oregano. It has pain and stress-relieving effects, is antioxidant and anti-inflammatory, and has the unique distinction of binding to CB2 receptors.
- **D-Limonene** is found in citrus fruits, is known as a mood elevator and has antioxidant and anti-inflammatory effects
- **Ocimene** is found in parsley, mint and tarragon. It has stimulant, decongestant, antifungal, anti-inflammatory and antiviral properties.

*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](mailto:chris@backyard-eats.com) or visit [www.backyard-eats.com](http://www.backyard-eats.com).*

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# Co-op Member Pens Novel of Life in Palestine During the Intifada

by Karen Plourde, Editor, Weavers Way Shuttle

**I**N 2010, CURRENT MT. AIRY RESIDENT AND WEAVERS Way member Alison Glick was workshopping an essay at a writing class in Washington, DC, where she was then living. The essay focused on her time in Israel and at a refugee camp in Syria during the First Palestinian Intifada, which began in the late 1980s.

“My instructor turned to me and said, ‘I don’t really know what this is — it’s not an essay,’” she recalled. “I think it might be part of a book chapter, and I think you need to write a book.”

So she did. “The Other End of the Sea,” Glick’s first novel, was published by Interlink earlier this fall. She fictionalized parts of what was to be a memoir on the advice of her editor, who described her writing style as “naturally literary.”

The book traces the story of Becky Klein, a Jewish woman from Cincinnati who first goes to Israel after her junior year of high school. She returns after graduation to do a work-study program, or ulpan, and goes back after graduating college to teach at a Friends school in Ramallah. She meets and falls in love with a Palestinian activist and former prisoner and begins an odyssey of upheaval during which they are frequently apart and face near-constant scrutiny from the Israeli military.

Although the story has been fictionalized, parts of it are autobiographical, including Glick’s and Becky’s hometown and the fact that they both earned degrees at Temple University. When she’s asked how much of the story is real, her standard answer is “Everything that happened did or could have happened to me or someone else.”

After initially resisting the suggestion to fictionalize parts of the book, once she gave into the process, she found it liberating.

“I could create characters — even characters that were inanimate objects — give them character arcs and allow them to help me build the narrative in a way that

I couldn’t have had I had to shoe so closely to ‘what really happened,’” she said. “So it was really an interesting and unexpected creative experience.”

Glick, who was recently hired at The Miquon School in Conshohocken as a substitute teacher and special projects administrator, intended in part for the book to educate people about the Middle East.

“[My editor] told me, ‘You know, Alison...it’s more likely someone will pick up a novel than a piece of nonfiction when it comes to this topic,’” she recalled. “So if you want to reach more people, who basically don’t know much about this topic, it will be fiction that does that. And that got my attention.”

Glick also believes the novel touches on some universal themes, including faltering relationships, “a cruel and opaque immigration system and what that does to families”, and political violence and its impact on relationships. “And it’s a love story at its core,” she said. “And who doesn’t like a good love story?”

The response from readers thus far has been positive; when we spoke in early December, the book had only been out for a month, so no reviews had come out. She appeared at a few book-related events that week, and more are planned for the new year. The founder of the Palestine Museum US in Woodbridge, CT recently reached out to her via Instagram and invited her to do an event there.

“The book is beginning to reach different kinds of audiences — some Palestinian, some Jewish, some neither one of those things,” she said. “...so I’m hoping that



as the book rolls out, as there are events, that it reaches a variety of different audiences.”

Despite having made it through the novel-writing process and getting “The Other End of the Sea” published, Glick thinks she’ll be going back to nonfiction for her next project — a collection of letters she and a friend who also lived in Palestine during the First Intifada wrote to friends and family, describing what they were witnessing.

“We’ve been thinking about how we can use these letters in some way, because not many people know about the First Intifada in this country, and what it meant historically, what it meant politically, what it meant culturally and socially,” she said.

To find out about future events related to “The Other End of the Sea”, check out the book’s Facebook page. Glick is also on Instagram and Twitter @AlisonGlick.

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# Following the Zero-Waste Path One Step at a Time

by Victoria Valadao Napier, Weavers Way Plastic Reduction Task Force

ON BEHALF OF THE PLASTIC Reduction Task Force, I interviewed Weavers Way member Helen Seitz about her zero/low-waste journey. Helen shops most often at the Mt. Airy store and is also a member of the Co-op's Environment Committee.

Helen was inspired to begin her zero-waste journey after reading an email giving four suggestions for lessening one's impact on the planet. The suggestions were:

1. Get solar panels
2. Buy a hybrid car
3. Start composting
4. Save water

She has since enacted all four.

Helen has nine solar panels on her house. Although they cost around \$1,000 a panel, they cover all her electricity needs and now produce a surplus. The one big obstacle she had to overcome was to invest in squirrel-proof wiring after she discovered that they were eating through the panel wires.

When a neighbor recently asked her, "What's the payback?" she responded, "political." She no longer has to rely on the big energy producers; she takes advantage of the sun's supply.

Helen now drives a hybrid car, and she composts. To save water, she placed two rain barrels with spigots under two of the downspouts from her roof. On the sides of her roof, she has lined up eight buckets to catch rainwater. As a result, she hasn't had to use a hose to water her garden in four years. The only challenge is to empty all the buckets in the fall before it frosts, which is a big job.

Helen travels a lot and doesn't want to give it up. She enjoys going to Europe and has a trip planned for Barcelona. Nonetheless, she said she is committed to reducing her carbon footprint and is looking into more ways she can "pay back" her trips.

"Were you always so concerned about the environment?" I asked during our interview.

"Yes," she said.

"Why, do you think?"

"My parents were always frugal," she said. "My mother, in 1937, wrote a cookbook on using leftovers. She used to make very nutritional brown bread that fell apart. My father worked for the State Department, and we lived well."

I asked what tips she had for readers, specifically with regard to reducing plastic.

"Everything in jars," she said. "It stops mice. In South Philly there are people who collect glass from jars and bottles and blow it to make products."



photo by Victoria Valadao Napier

Helen Seitz in her hybrid at Allen Lane train station

She's referring to Remark Glass, a zero waste-certified, woman-owned business focused on creative glass reuse. According to their website, two-thirds of all post-consumer glass ends up in landfills. Bottle Underground, a partner of Remark Glass, collects all kinds of bottles, jars, and colored glass. They even allow for volunteers to assist them twice a month. In addition, entrepreneurs can request glass containers for their projects.

Helen believes adopting a more zero-waste culture at the Co-op would mean the end of plastic bags.

"The Co-op could sell mesh bags where there are plastic ones," she said. "Also, no plastic bottles. (See more on this topic in this issue.) They could have a filtered water refill station, and the Co-op could sell a variety of reusable bottles."

## Rabbit Recycling and Other Developments

Recently, Helen joined members of the PRTF for a tour of Rabbit Recycling, an on-demand service that allows households and businesses to recycle, reuse, and upcycle material waste. Rabbit Recycling works with the public's waste and accepts almost everything.

Helen was impressed by the facility, which includes a free "shop" where visitors are welcome to browse. Artists, for example, can make an appointment to look at items they might be interested in using for an art project. Helen saw strollers and baby car seats that might be of use to new parents in need, and laptops for her neighbor to fix and resell.

Rabbit is basically a warehouse that accepts more items than the city's Streets Department. Helen was impressed at the great lengths the company takes to analyze each product's materials; they will

even call a company to verify a product's "ingredients."

According to their website, less than 10% of household and business items are properly recycled. Furthermore, over 97% of the household and business items that end up in landfills are made from a combination or single-source sub-material(s), including rubbers, plastics, metals and fabrics. Rabbit finds manufacturers who will use the "raw" materials and transform them again through various processes to create new products.

It's quite astounding to look at the list of what Rabbit Recycling accepts: everything from plastic tableware to balloons, microwave ovens, luggage, and suitcases to car batteries. For a small fee, they can pick up a bin of recyclables either on-demand or at a monthly subscription rate. The customer purchases a five-gallon or 18-gallon container that they can fill or swap out.

Go to [rabbitrecycling.com](http://rabbitrecycling.com) for more information.

As a side note, many of the major supermarkets in the area accept soft plastic or plastic film for free. Giant, Target, Weis, and ShopRite, to name a few, have a box in their stores where soft plastics are collected for the community. You can learn more at [plasticfilmrecycling.org](http://plasticfilmrecycling.org). In addition, REI's Conshohocken location accepts snack wrappers for the types of high-protein bars that they sell. Hopefully, the list of ways resources can be reused will keep growing as the public gets more involved in responsibly reducing and minding its garbage.

Lastly, the weekly rate of return for our reusable container program continues to grow. As of Dec. 4, 2,030 containers were averted and 1,082 returned, for a 53% return rate.

## The Days Are Numbered For Single-Use Water Bottles

(Continued from page 1)

**weavers way** CO-OP

## Plastic Reduction Task Force

The Environment Committee, the PRTF, and Co-op management are all aware that this decision may result in decreased sales at the Co-op, along with increased inconvenience to some shoppers. They are considering a variety of alternatives to meet the needs of those for whom single-serving containers of water are important. Among those are students at C.W. Henry School across from Weavers Way Mt. Airy, who are not allowed to bring glass bottles into the building. Options under discussion include canned or boxed water, whose containers can be recycled multiple times, and a free-standing filtered water station where shoppers can fill their reusable containers.

A more in-depth article will appear in the January-February 2022 Shuttle and will explain the data that led to this decision and the process that was used, as well as any updates that may occur in the interim.

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## Action is Needed by All to Develop Ambler the Right Way

that Richard V. Mattison, the asbestos king, built for his employees with the help of Italian stonemasons. Many of those homes are still standing.

Since its nadir in the early 1980s, around the time that lawsuits ran the last asbestos company out of town, the revitalization of Ambler has continued slowly and steadily. The “White Mountains” of refuse from the company and other contaminated areas were capped, covered and closed off. Citizens led the way in preventing high rises from being built atop them. The borough managed to avoid the widespread demolition and overdevelopment that have plagued many surrounding towns.

Now everyone wants in, and we have reached the tipping point. Properties at the base of Butler Avenue that house the Pizza Box and several other local businesses are due to be razed to make way for a new mixed-use development. On the other side of the tracks, past the Boiler House and the end of Maple Avenue, a multistory development is rising from the shadow of the former White Mountains. And Montgomery County is pushing for denser housing in the downtown area around the SEPTA station.

Can we trust our borough council to navigate these waters? Hard to say; they’ve been the stewards of the recent uptick in development. I think they mean well, but community involvement is needed to encourage them to ask the right questions and even to say “No” occasionally.

### Keeping Borough History Intact

So how do we best continue Ambler’s fine tradition of community involvement? And how do we get our council to do what is right?

The 2006 Ambler Open Space Plan and its 2019 update identified several historic sites, including the Mary Ambler house, the oldest house in town. Despite its obvious importance to Ambler’s history, the only thing that stands between the house and the wrecking ball is a \$50 permit. Another property identified by the plan is the former Wyndham Hotel in the center of Butler Avenue, whose owner deserves credit for restoring and repairing the building several years ago despite the lack of any regulations or incentives compelling him to do so.

Step One could be to protect the buildings marked for preservation 15 years ago, which included the train station, the Ambler Theater and Deck’s Hardware Store.



Top, the Keasbey & Mattison Co. garage on Butler Avenue, now Classic Coachwork. Bottom, the Wyndham Hotel on Butler Avenue, now Gypsy Blu restaurant. The former First National Bank of Ambler is next to it.

photos by Michael Frost

If the wrecking ball is held back on these buildings, it would prevent the kind of devastation we have seen in neighboring townships. This measure should be easy to implement, and the planning commission is currently working on doing that.

Along with identifying 24 specific properties, the 2006 plan also highlighted the Ambler Borough Commercial Historic District, designated as 1-12 West Butler Avenue and 1-170 East Butler (currently La Provence to NAPA Auto Parts). That area would likely be a main part of any initiative going forward.

The next steps depend on us — the community. If done right, it is possible to promote historical and ecological preservation while respecting property rights, thus helping raise their values. This process should involve residential and commercial property owners and aim for consensus. The pendulum is broad and could

(Continued from page 1)

range from merely regulating the destruction of existing buildings and the construction of new ones to maintaining the overall “character” of specific districts. It could even require property owners to preserve specific features or use certain materials in order to do so. But anything is better than what we have now, which is nothing.

### Taking a Page from Other Towns

For the naysayers who say this can’t be done, neighboring towns have done it. Just hang a left on Sumneytown Pike, where North Wales established an historic district in 2000 that includes an historic architecture review board. Other nearby towns with historic districts include West Chester and Newtown, while Narberth is well into the process of establishing its own.

Yes, I’m saying we should hold back (or at least slow down) the wrecking ball where we can. Let’s limit the scope and scale of major development, and make sure it’s adapted specifically for Ambler. Only approved chainsaw gangs are allowed!

How, exactly, can you help?

- Attend Planning Commission meetings on the second Tuesday of every month at 6:30 p.m. These are not accessible online.
- Attend Borough Council meetings on the third Tuesday of every month at 6:30 p.m. While going in-person provides the most visibility (a/k/a “pressure”), if kids/jobs/life prevent you from doing that, at least watch online to keep abreast of the latest happenings.

- Get acquainted with the Ambler Environmental Action Committee. Take advantage of their shade-tree program, (which was started to offset the devastating deforestation at the Mattison Estate), rain garden and/or rain barrel programs, etc.
- E-mail the president of Council and/or the council members for your respective ward.
- Join a growing number of concerned citizens in an expanding, still-congealing working group. Email me at the address below for the latest details.

Am I saying that the status quo is no longer tolerable? You bet your sweet asbestos I am.

Michael Frost writes about local politics and culture for the freshly-minted online blog *Ambler Jawn*. He can be reached at [AmblerJawn@gmail.com](mailto:AmblerJawn@gmail.com).

## MALT’s Winter Registration Opens Tuesday, December 14

**M**T. AIRY LEARNING TREE HAS A ROBUST WINTER Term with a course catalog filled with over 230 classes. Most of the classes will take place in-person, with approximately 30% being held online, or as we like to say, “from the comfort of your home.” The classes begin on January 15 and run through the end of March.

MALT’s offers an engaging variety of classes ranging from A (Art) to Z (Zumba). From one-day workshops to 8-week courses, there’s something for everyone! Classes are held throughout the community, in local churches, schools, businesses, homes or outdoors in the Wissahickon and at local points of interest. Our new classes will help you master online dating, create a masterpiece with acrylic pouring, make delicious chocolate truffles or play the Renaissance lute! These classes

are adding to the variety of the MALT offerings you know and love.

In this catalog we’re introducing a new section, Across the Creek! Highlighting classes held in Roxborough, Manayunk and East Falls. You can take Glassblowing Workshops at East Falls Glassworks, Rowing at Rowzone Manayunk and Shaken, Stirred and Strained: Gin 101 at the Palmer Distilling Company.

Online registration opens on Tuesday, December 14th, be sure to sign up early! Printed catalogs will begin arriving in mailboxes around December 17th. Visit [www.mtairylearningtree.org](http://www.mtairylearningtree.org) to view classes and register.

Please visit our website at [www.mtairylearningtree.org](http://www.mtairylearningtree.org) to view our classes, register and learn more about Mt. Airy Learning Tree.



# 2

 MEMBER BENEFITS.

# 3

 BULK FOODS.

# 4

 CO-OP BASICS.

# 5

 SUSTAINABLE MEAT & SEAFOOD.

# 6

 PRODUCE.

# Neighbors Gather to Discuss Racial, Demographic Shifts in Mt. Airy

by Lis Bass and Raymond Friend, Mt. Airy Diversity Initiative

A GROUP OF NEIGHBORS IN MT. AIRY, inspired by Black Lives Matter, concerned about the recent spike in property values with demographic changes in the area, has been meeting since the summer to discuss these concerns.

Our neighborhood is widely recognized as one of the first successfully integrated places in the United States. Historically, residents organized to resist practices such as blockbusting, panic selling and redlining that limit racial, ethnic and socioeconomic diversity.

But now the neighborhood is experiencing soaring housing prices that put purchasing a home out of range for many. Those who don't have a higher-than-average household income or access to family wealth (a group that includes many African Americans) end up being left out of the mix of potential buyers.

In addition, we know from census data and from a recent Philadelphia Inquirer article that all the census tracts in Mt. Airy have become whiter, which threatens the diversity that has made the neighborhood a vibrant and thriving community. Our informal group of neighbors from East and West Mt. Airy has come together to learn more and to identify strategies for preserving neighborhood racial and economic diversity.

While changes in the housing market have contributed to decreasing diversity, the lack of understanding of other factors has also led to a decrease in racial, ethnic and socioeconomic diversity in Mt. Airy. These changes are a significant barrier to maintaining our community.

As part of our process, our group talked with members of West Mt. Airy Neighbors, East Mt. Airy Neighbors and Mt. Airy CDC, as well as with Abigail Perkiss, author of the 2014 book "Making Good Neighbors: Civil Rights, Liberalism and Integration in Postwar Philadelphia." We examined statistics with the help of Professor Guy Thigpen's graduate real estate class at Jefferson University. We also read "The Color of Law" by Richard Rothstein, "The Race for Profit: How Banks and



Dr. Roy Wade (left) and Raymond Friend (right) at the first community conversation of the Mt. Airy Diversity Initiative, which took place Aug. 15 at New Covenant Church in Mt. Airy.

photo by Lis Bass

the Real Estate Industry Undermined Black Homeownership" by Keeanga-Yamahtta Taylor, and tons of articles. We attended forums focused on race and housing in Philadelphia.

While our group is committed to preserving the overall socioeconomic diversity of the neighborhood, our immediate priority is to focus on identifying the best approaches to maintaining neighborhood diversity through supporting current African American residents, as well as attracting new African American families.

Initiatives to promote diversity often exclude the input of people of color and low-income people. We are committed to listening to community voices and to developing an action plan focused on African American residents. Black Lives Matter made it clear that African American voices are often marginalized, and our current listening campaign hopes to address that. In the future, we hope to focus more broadly on housing issues that

low-income residents face.

Our current listening campaign is focused on reaching an economically diverse group of African American residents of East and West Mt. Airy. Our goal is to understand the factors that contribute to retention versus displacement of African American residents, and what initiatives would encourage new African American residents to settle here.

In facilitated community conversations supported by Weavers Way's Racial Diversity, Equity, and Inclusion Advisory Committee, participants are generating a list of factors that contribute to retention, displacement and recruitment. The stories we are hearing suggest that neighbors appreciate neighbors in Mt. Airy and noted how in Mt. Airy there are genuine interactions among neighbors of diverse backgrounds. The diversity among African Americans in the neighborhood breaks monolithic stereotypes and helps our children and ourselves see Blackness through varied role models.

The findings from our planned series of listening small group discussions — we have held three so far — will serve as a basis for developing an action agenda that prioritizes initiatives for maintaining diversity in Mt. Airy. The results and action agenda will be shared with key neighborhood organizations to support the development of community-informed strategies to foster diversity and resilience.

If you have ideas on how to keep Mt. Airy diverse, or if you are an African American neighbor and would be interested in participating in an upcoming Zoom focus group, email us at [mtairydiversityinitiative@gmail.com](mailto:mtairydiversityinitiative@gmail.com). In addition, if you know of families who left Mt. Airy and would be willing to talk to us, please let us know if we can contact them. Finally, let us know if your local organization or place of worship would be interested in organizing a focus group.

For more information or to provide comments, email [mtairydiversityinitiative@gmail.com](mailto:mtairydiversityinitiative@gmail.com).

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Butler Pikes



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curiosity in all times

## “From Bali to Us” Returns to the Hill



AFTER LAST YEAR’S COVID HIATUS, “From Bali to Us,” the bazaar and art show presented by local batik artist, longtime Weavers Way member and Indonesian educator Laura Cohn, is back on Germantown Avenue in Chestnut Hill through Dec. 24.

The event, which is celebrating its 25th anniversary this year, showcases Indonesian handcrafts and treasures for sale, along with Cohn’s own contemporary batik paintings. It originated in Cohn’s living room when she lived in Bala Cynwyd and was called “From Bali to Bala.” (Cohn and her husband now live in West Mt. Airy). From that humble start, the pop-up has grown to fill an 1,800 square-foot space.

Each of the items on display are handpicked by Cohn in Indonesia, where she lived and painted for six years, learn-

ing the language and building relationships. Her 30 years of connections with artisans allow her to buy fair-trade handcrafts rarely seen in the United States. She was able to make virtual-visit purchases during the COVID-19 shutdown, so the show is as abundant as ever.

Last year, Cohn created a new online store, [frombalitous.com](http://frombalitous.com), that lets shoppers browse and make purchases from home. A portion of every purchase benefits Indonesian nonprofits that support women’s health, environmental cleanup and pandemic relief for artisans.

“From Bali to Us” is located at 8532 Germantown Ave. at Evergreen Avenue. The shop is open Sundays through Tuesdays from 11 a.m.-5 p.m., Wednesdays (Stag & Doe Nights in Chestnut Hill) from 11 a.m.-8 p.m. and Thursdays through Sundays from 10 a.m.-7 p.m.

## Act II Resumes Mainstage Shows with “Really Good Tidings”

ACT II PLAYHOUSE IN AMBLER has resumed its Mainstage season with “Really Good Tidings,” a new, holiday-inspired variety show that runs through Dec. 30.

“Really Good Tidings” features sketches, songs and improv from Act II Artistic Director Tony Braithwaite, who also directs the show. Other performers include Renee McFillin and Kevin Toniazzo-Naughton. Daniel Matarazzo is the music director, with

sound design by Alex Dakaglou and lighting by James Leitner.

Single tickets start at \$32 and are available online at [act2.org](http://act2.org), by calling the Act II box office at 215-654-0200, or in person at the box office, located at 56 E. Butler Ave. in Ambler. The box office is open Monday-Saturday from 2-6 p.m. Student tickets are \$15 and group discounts are available. Subscriptions are also available.



Thank You Weavers Way farmers, Farm Market Team and our customers — you made our 2021 season great! See you next spring!





## Good Deals Every Day.

For a full list of Co-op Basics items available in both stores:  
[www.weaversway.coop/coop-basics](http://www.weaversway.coop/coop-basics)



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Visit [frombalitous.com](http://frombalitous.com) for our exciting special events throughout the show and to shop at our online store. Follow us on &

# “Ales for Trails” Allows Beer Fans to Drink Up and Keep Local Water Clean

by Gail Farmer, Executive Director, Wissahickon Trails

**G**OOD BEER REQUIRES GOOD WATER quality, and Wissahickon Trails is thrilled to be partnering with local breweries to support the Wissahickon Creek with our new Ales for Trails partnership.

But first, let’s dig into the science of how water impacts brewing. Despite the fact that beer is 90-95% water, most of us are not thinking about water when we are enjoying our favorite beer. Color, aroma, hops, body, flavor and finish are aspects of the beer drinking experience on which we tend to focus. But all of the characteristics which distinguish a pilsner from a pale ale and/or a stout are derived from specific characteristics of the source-water in the location where that type of beer originated.

In his article “Brewing a Good Glass of Water,” Michael Jackson explains that “the soft water of Pilsen and Munich suited the delicacy of their lagers; that the calcium sulphate beneath Burton and Tadcaster drew out the hop oils that gave the distinctively firm bitterness to their pale ales; and that the calcium carbonate of London and Dublin was best suited to the production of dark textured porters and stouts.” Brewers today make adjustments to the hardness, pH and minerals in their water, depending on what kind of beer they are brewing. Essentially, what the modern brewer is doing when brewing a stout, for example, is adjusting the water to replicate unique aspects of the water chemistry of London and Dublin. A stout won’t taste like a stout if you don’t!

Brewers know how important clean water is to the outcome of their craft. Dave Schloegel, manager at Tannery Run

Brew Works in Ambler said, “Clean water is the base to any good beer and many a brewer is obsessed with their water profiles and chemical contents. Minerals and chemicals can greatly influence the flavor of the finished beer and the quality of fermentation. Chemicals can impede yeast growth, leading to poor fermentation and off flavors, and mineral content can be both a boon or a bane depending on the beer style. We are in an area that has great brewing water and we are striving to do our part to keep it that way. Supporting our local watershed and natural areas is an important part of our mission. We strive to be part of the community and play a role in making it better for everyone.”

I am thrilled that Tannery Run Brew Works and several other local breweries are showing their support for our work to keep the Wissahickon watershed healthy and clean by donating what they do best: beer! And they want to team up with you.

By participating in our Wissahickon “Ales for Trails” partnership, you can drink amazing local beer and your dollars will go straight to Wissahickon Trails and the mission you care about. Make a \$50 donation to Wissahickon Trails and we will send you an Ales for Trails “Brewery Passport.” Then take the passport to each of our participating breweries and they will serve you one of their finest, on the house. If you are interested in participating, please check out our website for more details.

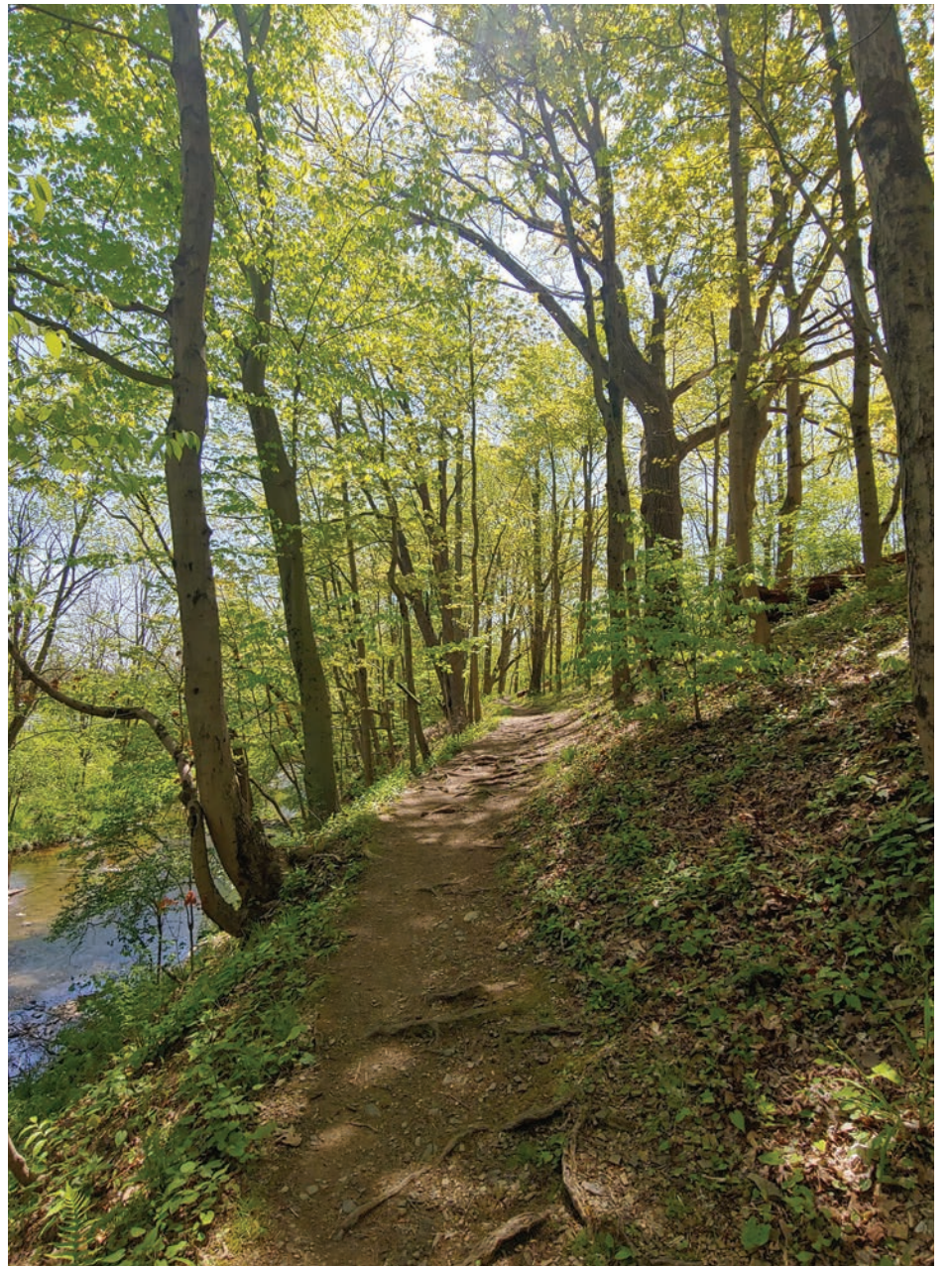


Photo by Margaret Rohde

The Green Ribbon Trail along Wissahickon Creek.



photo by Jamie Stewart

Hikers on the Green Ribbon Trail.



photo by Bernie Wilson

Participants in Ales to Trails enjoy a local brew outdoors.





# The U.S. Military's Larger-than-Life Carbon Footprint

by Sandra Folzer, Weavers Way Environment Committee

**W**HEN YOU WORRY ABOUT USING fossil fuels, you may turn your thermostat down and turn off lights. But what if you leave your front door wide open at the same time? That is exactly what the United States is doing when we ignore our military's contributions to climate change.

According to an article published on earth.org last month, if the U.S. military were a nation state, it would be the 47th largest emitter in the world. It uses more fossil fuel than 140 countries combined, according to the Costs of War project, a group of scholars at Brown University.

It's horrifying that we have the largest military in the world. During fiscal year 2020, the U.S. spent \$725 billion on national defense, which amounts to 11% of federal spending, according to the Office of Management and Budget. Why so much? Because our congressional representatives receive large campaign donations from the defense sector — about \$45 million in 2020, according to opensecrets.org.

Due to a large loophole in the 2015 Paris Climate Agreement, governments aren't required to provide full data on greenhouse gases that are emitted by armed forces, according to an article published in The Guardian last month. Oddly enough, the loophole was a slight improvement from the 1997 Kyoto Protocol, when the United States successfully lobbied for and won an automatic exemption for militaries from the CO2 targets laid out in that treaty.

According to a 2019 study conducted by the Cost of Wars Project, the U.S. military produces 1.2 billion metric tons of greenhouse gas emissions annually — as much as 257 million cars, or every car registered in the United States. Not only does the military use huge amounts of fossil fuels, but they also support the entire arms industry, which depends upon fossil fuels. According to a December 2020 article from the Stockholm International Peace Research Institute, arms production in 2019 increased by 8.5% from the year before, causing carbon emissions

from the extraction of raw materials to the final disposal of weapons.

## Soil Remediation Needed for Military Installations

In addition to its tremendous fuel consumption, the military uses a large amount of the Earth's land surface for military training —between one and six percent, according to a June 16 article published on the Conflict and Environment Observatory's website. The United States has 750 foreign installations and 400 in this country. Since this land is closed to the public, it is sometimes undisturbed, which means it could be used to reduce carbon.

In other areas where the soil has been damaged by military exercises, sustainable remediation is needed. Training exercises in fragile environments like deserts degrade the soil. Wildfires on military lands from Scotland to Alaska and Australia show the need for better emergency response, since there is increased risk of fire from live fire exercises.

## Poor Waste Management, Little Transparency

Waste management is important to lowering the degree of global emissions. Unfortunately, waste disposal practices in the military have been poorly managed. As recently as March 2019, burn pits were still used in Afghanistan and the Middle East to destroy equipment and munitions, according to militarytimes.com. These open burn pits cause ground contamination and release noxious air pollutants, adding to greenhouse gases and leading to long-term health impacts for veterans.

We know little about emissions and waste in the U.S. military. The data appear in multiple departments, so exact figures are unknown. Last month, U.S. Rep Barbara Lee of California introduced a bill "Expressing the sense of the House of Representatives that it is the duty of the Department of Defense to reduce the overall environmental impact of all military activities and missions, and for other purposes"(HR 767) to try to end the

lack of transparency. Lee, incidentally, cast the lone vote in Congress opposing the invasion of Iraq after 9/11. She sponsored another bill, the Victims of Agent Orange Relief Act (HR 3518) to compensate victims in Vietnam for our use of Agent Orange, which devastated their environment.

When individuals expose our country's hidden agenda with regard to climate change, they sometimes end up targeted by our government. Julian Assange could serve 175 years in prison for publishing secret documents exposing sabotage at prior climate summits. For example, he exposed Shell executives bragging about infiltrating every aspect of the Nigerian government to shape their climate policy. Wikileaks also found that the United States spied on activists and journalists and bribed delegates at the 2009 UN Climate Change Conference in Copenhagen to urge them to water down their policies.

According to a September article from Yahoo! News, the Central Intelligence Agency, under former Secretary of State Mike Pompeo and President Trump, planned to kidnap and assassinate Assange, using false information to support their actions. Over 167 government figures, including some heads of state, and 189 lawyers and academics, oppose criminalizing Assange for his investigative journalism.

## Words By Themselves Don't Do Much

This past June, President Biden said in a speech in the UK that the Pentagon told President Obama in 2009 that the "greatest danger facing our security" was climate change; it was described as the "single greatest concern for war and disruption in the world, short of a nuclear exchange."

While there is some debate over whether climate change is the greatest danger we face, there isn't much question that we need to make significant changes, and soon. That's especially true for our government and institutions like the military, whose impact on the planet is so much greater than our own.

  
weavers way CO-OP  
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Committee**

eco tip 

## Give the Earth a Gift — Recycle Your Christmas Tree

by Marsha Low, Weavers Way  
Environment Committee

The colorfully decorated holiday trees that currently grace and illuminate our homes will, within just a few short weeks, be stripped of their finery and put out to pasture, so to speak. But you can make sure that your tree stays out of the landfill and has a second life by having it turned into mulch.

Nearby suburban municipalities, including Springfield Township and Ambler Borough, have curbside Christmas tree collections. Details can be found on their websites: [www.springfieldmontco.org/departments/public-works/leaf-yard-waste/](http://www.springfieldmontco.org/departments/public-works/leaf-yard-waste/) and [boroughofambler.com/departments/trash-recycling-yard-waste/](http://boroughofambler.com/departments/trash-recycling-yard-waste/)

For those residing in Philadelphia, you'll have to take an extra step (or trip) to make sure your tree doesn't get trashed. The Streets Department has several city-run drop-off sites where you can take your tree. In addition, several community organizations have collection events. A few even offer pick-up services. As of the writing of this eco tip, the schedule for January 2022 hasn't been posted, but it likely will by the time you read this. Go to [www.phila.gov/services/trash-recycling-city-upkeep/residential-trash-and-recycling/dispose-of-christmas-trees/](http://www.phila.gov/services/trash-recycling-city-upkeep/residential-trash-and-recycling/dispose-of-christmas-trees/) You'll find information on both city-run drop-off sites and community collection events listed there.

Make sure your tree is untied and that all decorations, including tinsel, are removed before putting it on the curb or taking it to a drop-off site or event.



## COMMUNITY GRANTS AVAILABLE THROUGH WEAVERS WAY

Once again, the Environment Committee of Weavers Way is offering small grants to community groups. This year we are giving preference to those grants which attempt to counteract climate change, such as planting trees and replacing lawn and/or turf with native plants, which benefits pollinators and birds.

Local community groups are invited to apply, with preference given to those close to Co-op stores and in underserved neighborhoods.

Grant funds are awarded each year for clearly identifiable education and/or gardening projects that result in a tangible

environmental improvement for the community. Funds may be used for planting native trees and herbaceous plants, garden equipment, and enhancement of parks. Some environmentally-based education programs, especially those focused on climate change, may also be funded through this program.

Grant amounts range from \$100 to \$500, depending upon the available funds and the number of qualified applicants. The Environment Committee hosts electronics recycling events to raise funds for these grants. Since electronics recycling is our main source of income, the committee is grateful to those who have contributed to these events.

Applications may be downloaded and printed from the Weavers Way website at [weaversway.coop](http://weaversway.coop) (scroll down the home page for the link). Applications may be put in the Environment Committee mailbox on the second floor of Mt. Airy store or sent to Environment Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.

Applications must be received by Tuesday, March 1, 2022. Anyone requesting a grant will be informed within a month of the deadline if they have been selected. Grantees are then obliged to submit a report with receipts describing how the money was spent by November 1, 2022.



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## Part 2 of 2 - Shop Simpler and Smarter, and Be Kind

(Continued from page 1)

it's probably due to an artichoke shortage. Keep in mind it's temporary, and either do without, or substitute with another ingredient such as palm hearts or pickled radishes. There is a chance that artichokes will be back on the shelf in a few days, or it may take a month or even longer. Weavers Way (or any retailer) may not know whether what they ordered will show up on their delivery. Just be flexible and understanding.

- **Minimize Food Waste:** Reducing food waste is always on our minds, but now is the time to be extra creative. I admit that sometimes our bread molds before we get through the loaf, so now I am instantly freezing half of it to minimize the chance of having even a few slices get moldy.

Plan meals to maximize your use of ingredients. Substitute dried herbs for fresh or start an indoor herb garden in a sunny window. Save veggie scraps, throw them in the freezer and use them for soups later. Cube tofu and freeze it if it's getting close to its sell-by date. Deli items can freeze, too.

Schedule a leftover "nosh night" in your weekly meal plan and eat the leftovers in your fridge; my kids love the randomness of leftover night. Do a share with neighbors — if you bought too much of something, trade for another ingredient. Actions that can help reduce food waste will help your budget and our food supply. Look for more ideas on how to reduce food waste in blogs and on social media sites.

- **Reduce Packaging:** Anything that eases the cost and demand for packaging will help your wallet, the environment and the supply pressures. Buy from the Co-op's abundant bulk section and remember to bring your own containers. Also bring reusable produce bags.

Now is a good time to try out your baking skills; making homemade granola


bars, cookies, crackers, etc. uses a lot less packaging. But let's get real. In my case, we are a full time-plus working household with way too many hobbies and curiosities, like many of you. Not everything is going to come from scratch, and I am not going to feel guilty if I buy a box of cookies or save time with a frozen pizza. But I am aware it may cost me more.

- **Buy Local:** I cannot stress this enough; reducing food miles is vital. I prioritize buying local over organic. The organic industry can argue with me about the impact; it's a hotly contested subject. But in today's environment, anything that eases food miles gets bonus points. Plus, the food arrives fresher with longer shelf dates, which means less waste. Thankfully, the Co-op has an abundance of local suppliers.

Unfortunately, we all need to prepare for rising prices, and we tend to notice it more in our grocery purchases, because we shop for groceries more than for anything else. In general, don't panic; don't hoard (please — this will only make things worse); be flexible with ingredients and flavors; think of ways to reduce food and packaging waste; smile, and be courteous to employees when they don't know when your favorite tea variety or whatever will be back in stock.

If you can afford it, offer financial support to those who have no room in their budgets to accommodate rising costs — for example, Weavers Way's Food for All roundup program. Share your food or make a meal for someone else. We are (still) all in this together.

*Shari Stern Sonta lives in Flourtown and has worked in the natural/organic products industry for a whole score. She is also a certified life-cycle celebrant for End of Life ceremonies and loves to turn anything — including boring dissertations on pricing economics — into flavorful stories. You can learn more about her musings at [www.thisishowmystoryends.com](http://www.thisishowmystoryends.com)*



“

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[suggestions4norman@weaversway.coop](mailto:suggestions4norman@weaversway.coop)

”

**Norman Says:**

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

## International Co-op Principles

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

# Meet Childspace, Northwest Philly's Worker-Owned Childcare Center

by Coleman Poses, Weavers Way New Economy Incubator Committee

WITH WORKERS JUGGLING CHILD-care to accommodate their families' needs during the current pandemic, there has been a renewed realization about the importance of the day care industry in this country. But childcare centers are also businesses that depend on employees who have families of their own, and whose COVID-19 problems mirror those in the outside world. Childspace, a day care center with locations in Mt. Airy and Germantown, has found itself in a unique position to tackle these problems.

The center was founded in the late 1980s by Teresa Mansell, Cindy Coker and Karen Guyton. These women were seeking childcare for their own young children, but also wanted to assure that the daycare workers themselves had a say in how such a program should run.

With that vision in mind, several factors converged to launch what materialized into Childspace. A Mt. Airy church offered a space that could house a facility at a reduced cost, in the hope of possibly growing the congregation at the church. Mansell and Coker used their experience with the Philadelphia Area Cooperative Enterprise, which helped to convert some of the Philadelphia markets in the bankrupt A & P grocery chain into worker-owned businesses, to draw up the plans for the day care center. Cindy's husband, the late Sherman Kreiner, was a lawyer

for PACE, and he took charge of the legal aspects of the business.

Mansell continues to be involved with Childspace as president of its board. Susan Kavchok, who began working at the center soon after it opened, is their CEO.

Childspace's status as a worker-owned business sets it apart from other childcare facilities in the area. After the first year of employment, workers are given the option to buy a share of ownership for \$250. Becoming an owner gives these employees a vote in business decisions. Although worker-owners have voted from time to time to receive bonuses, more often, profits are poured back into the business.

Total employee compensation (salary and benefits) is the same for owners and non-owners at similar pay grades, which has created a more amiable workplace for both workers and families. Although Childspace remained closed during the early days of the pandemic, family donations helped to supplement income they received from the Federal Payroll Protection Plan and state subsidies. As a result, unlike most other centers in the area, Childspace was able to weather the pandemic without layoffs.

The company's locations in two different neighborhoods represent a wide socio-demographic mix of families and workers. Having a dual organizational

structure of for-profit (worker-owned), and nonprofit sectors has made the administration of such diverse populations more manageable. Through the nonprofit, Childspace has been able to garner funds from the Pew Charitable Trusts, the Campaign for Human Development, the William Penn Foundation and government contracts.

Although government subsidies have been crucial for some of the families at Childspace, many are ineligible because their income is a little higher than what is allowed. Janet Filante, the center's quality and advocacy coordinator, explained in an interview last month that the pending Build Back Better legislation could help to close this gap, since it would limit childcare costs for families to no more than seven percent of their income for families earning up to 250% of the state median income.

Childspace has found itself in a leadership position over the years, advocating for various types of legislation and succeeding in its efforts. The center was part of a successful coalition that resulted in the creation of a city ordinance requiring businesses to provide sick leave to their employees. Although such a policy benefits many employees in the city, daycare centers are the big winners, since there is less likelihood of a child coming to the center sick because a parent can't take leave from work.



**New Economy  
Incubator  
Committee**

Childspace's founders had a vision that their model would eventually pepper the country. But that vision is contingent upon more government aid becoming available for early childhood programs.

Countries such as Canada have given more government support to co-op development. In this country, there is public support for early childhood education, and investing in it could cut costs for special education once preschoolers enter kindergarten and grade school. There is also evidence that such an investment is a powerful crime prevention tool.

As Childspace demonstrates, a combination of proper funding and the cooperative model can provide stability, cost effectiveness and a nurturing environment for workers and families alike.



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## 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.

MAKE IT A

# LOCAL HOLIDAY

from LOCAL FARMS to LOCAL FINDS



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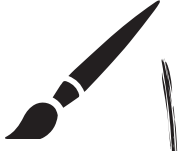
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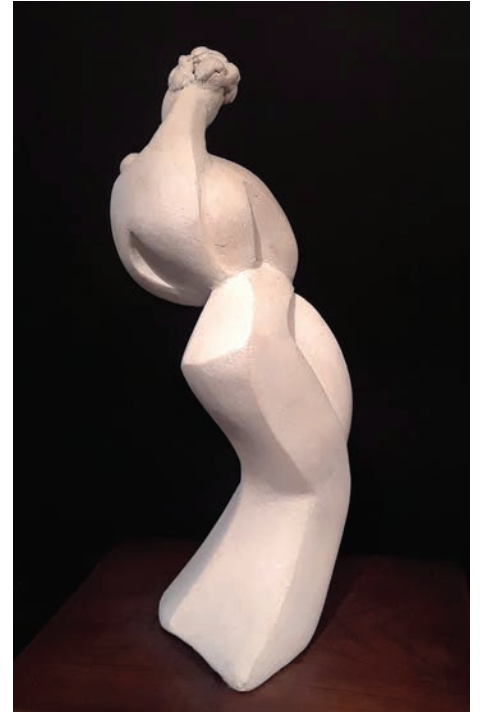


# Artists in Our Aisles



## Henrietta Edelschein

Henrietta graduated from Temple University's Tyler School of Art in 1952 and studied with Paulus Berensohn from 1965-67. In the last 20 years, her works have been exhibited at the Philadelphia Sketch Club, Zeidler Gallery, The Plastic Club, Salon Des Amis in Lafayette, LA, the Tyler School's ceramics show, Allens Lane Art Center, Woodmere Art Museum and the Philadelphia Art Alliance.



### Artist Statement

I strive for simplification and the essence – never – details of forms. I'm interested in the rhythmic character of the line – the ways it moves, defines the form and gives it movement, cohesion and expression. I am influenced by, but never copy, ancient civilizations, most notably African art, Cycladic Greek art and Asian art. I am heartened that people find my sculptures not only original but profound, and that my work reaches deep into the spirit of those who view it.

### We want to feature your art in the Shuttle!

Please submit the following to Richard Metz  
([thembones2@hotmail.com](mailto: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

## SO MUCH RAIN

So much rain and wind here  
that the rest of the world must have emptied out.  
We flood and whirl;  
everywhere else is hanging in loose, dry folds.

—*Shulamith Eagle*

## SEASONAL

Pear and apricot have fallen.  
Milkweed pods have come unsewn.  
Leaves are gathering at the sidewalk,  
and the butterfly has flown.

Evergreen is insubstantial.  
From their branches, nuts let go...

and the bush that flamed with roses,  
now bares thorns to greet the cold.

—*Jan Jee Bean*

## AGAIN

after wind  
rustles the trees  
a flock of blackbirds resume their  
important meeting.

—*Dagmar Iris Holl*

**WE'RE IN NEED OF MORE  
POEMS FROM NEW VOICES  
— TAKE THE PLUNGE!**



### 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](mailto: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.

# What FOW Members Mean to Us and the Future of the Park

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

**W**HAT DOES IT MEAN TO BE A MEMBER of something — a book club or a gym, an organization or house of worship? Membership is a way of belonging, of being connected with others who share similar interests or beliefs. And it's a great way to learn new things and meet new people.

Through their collective support, members of an organization can make it stronger and create positive change. That's how FOW was started in 1924, when a group of concerned Philadelphians came together to restore Wissahickon Valley Park after a damaging winter storm destroyed more than 200 trees. Over the next decade, they raised thousands of dollars to plant native trees, shrubs, and wildflowers. Today, our more than 2,600 "friends" still get together to help repair storm damage caused by more frequent, severe rains in our area, and to build resiliency against future storms. But they help achieve so much more.

Being an FOW member means you are directly helping to improve trails, restore habitat and keep the creek clean for all visitors (and the more than 250,000 Philadelphians who rely on it for drinking water). The Wissahickon's increasing popularity — nearly two million visits annually — means more trash and wear and tear, especially in the park's more popular areas.

FOW is addressing the park's challenges through active conservation, thoughtful planning and steadfast advocacy, but we can't take care of our 1,800-acre natural treasure alone. A significant portion of the stewardship resources we need to accomplish our goals is made possible through membership contributions.

This year alone, support from our friends allowed us to:

- Increase our impact through free environmental education. This summer, the Greater Valley Green area was designated a Leave No Trace Hotspot by the Center for Outdoor Ethics. FOW and Leave No Trace staff engaged with and educated hundreds of park visitors about how to responsibly share outdoor spaces. We're excited to incorporate the Leave No Trace principles throughout our educational programming.
- Improve infrastructure for all park visitors. Over the past year, FOW has been conducting a comprehensive park user and visitation survey. The results will inform a master plan for additional restroom facilities throughout the Wissahickon, and help FOW secure



Photo by Charles Uniatowski

funding and plan projects over the next 10 years. Feedback from the community will help shape the future of Wissahickon Valley Park.

- Conserve a diverse ecosystem. FOW staff and volunteers recently transplanted hundreds of native herbaceous plants to benefit Northeast monarch and pollinator species near our field headquarters. This pollinator habitat was established in partnership with the Xerces Society and will help displace invasive species as well as reinforce the banks of critical green stormwater infrastructure. A diverse, native habitat supports hundreds of wildlife species that reside and migrate in the Wissahickon.

Of course, everyone is welcome to visit and enjoy all that the Wissahickon Valley Park has to offer. But members contribute to preserving our priceless green space for future generations. They even support tomorrow's stewards through our partnership with Let's Go Outdoors and the School District of Philadelphia on the Little Friends of the Wissahickon program, which invites our youngest explorers to the world of nature that can be found blocks away from their own homes.

FOW is proud of its many community partnerships, but members are among our most valuable partners. As we head to our century of service in 2024, they play an increasingly crucial role with FOW in advancing our mission to "conserve the natural beauty and wildness of the Wissahickon and stimulate the public interest therein."



Consider FOW membership for yourself or as a gift for someone who shares a love of the Wissahickon (for the holidays, birthday or another milestone). Members receive such perks as 10 percent off at Valley Green Inn (Monday through Friday); Cedars House Café, and Chestnut Hill Brewing, and 10 percent off FOW park merchandise, first access to FOW events, our annual FOW calendar and more. Visit [fow.org/member](http://fow.org/member) to learn more.

Thank you to everyone who supports FOW, whether through membership, donations or volunteering. Together we can keep improving the park experience and conserving its beauty and sustainability into our next century and beyond.

May you enjoy a peaceful, joyful and healthy holiday season and New Year.

**shop bulk**  
save money  
& reduce waste

**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.

**The best things come in little packages!**

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## STAFF CELEBRITY SPOTLIGHT

### Bonnie Hay

**Joined Weavers Way:** 1973, with her husband, Jim. They aren't founding members of the Co-op but are among the first few hundred members.

**Lives in:** Wyncote, Montgomery County

**Former job:** She was a part-time environmental educator for the Schuylkill Center, Awbury Arboretum and the Wissahickon Valley Watershed Association (now Wissahickon Trails). For 20 years, she served as program director for the Gratiot Lake Conservancy in Keweenaw County in Michigan's Upper Peninsula, where she's from and now spends part of the year.

**Why she joined:** "We lived close by (they were in Mt. Airy at the time), we were discovering the area, and it seemed like Weavers Way was a really good place to go to get healthy food.... but ultimately, it ended up being much more in my life than that."

**Co-op job history:** She has almost exclusively earned her working member hours through her involvement in the Environment Committee; she believes she's the longest-standing member. She also did two stints on the Weavers Way Board of Directors and served on the now-defunct Product Selection Committee.

**Other Co-op connections:** She's a longtime member of Together Women Rise (formerly Dining for Women), a group of women and allies who seek to achieve global gender equality. The Co-op has four chapters of the group.

**Favorite Co-op products:** Local produce, including items from Weavers Way Farms; products from the bulk department. She estimates she does half her shopping at the Co-op.

**Thoughts on the Co-op:** "It's not just a place to shop; it's a community, and it's a community where I've met a lot of friends....Weavers Way, and I think other co-ops, too, because they're looking beyond just being a food store...they build community. And we really need that."

—Karen Plourde



# Happy Holidays

AND A JOYFUL NEW YEAR ❄️



TO THE WEAVERS WAY STAFF

## 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](http://www.weaversway.coop/board). Board members' email addresses are at [www.weaversway.coop/board-directors](http://www.weaversway.coop/board-directors), or contact the Board Administrator at [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop) or 215-843-2350, ext. 118.

#### 2021-2022 Weavers Way Board

**President:** Esther Wyss-Flamm

**Vice President:** Cheryl Croxton

**Treasurer:** Michael Hogan

**Secretary:** De'Janiera B. Little

**At-Large:** Danielle Duckett, Jason Henschen, Whitney Lingle, Gail McFadden-Roberts, Sarah Mitteldorf, Frank Torrisi.

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[www.weaversway.coop/shuttle-online](http://www.weaversway.coop/shuttle-online)



### VIRTUAL NEW MEMBER ORIENTATIONS

Look for new meeting dates in 2022!

To register visit: [www.weaversway.coop/events](http://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!

Weavers Way's

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