

Voting is Your Superpower — Use It!

by Sylvia Gentry, Weavers Way Leadership Committee

RECENT ELECTIONS HAVE DEMONSTRATED how much every vote matters, and the Weavers Way Board elections are no exception. Voting for our Board has just started, and our bylaws require 10% of our members to vote for the election to be valid.

As our membership grows, the number of members required to vote grows with

it. As with our national, state and local elections, exercising your right to vote as a member of the Co-op is increasingly important.

The process for voting is easy, and there are several ways of getting to know the qualifications and views of the candidates. Even if you don't personally know any of them, the Shuttle and the Co-op's website will provide

(Continued on Page 10)

2021 Election for Weavers Way Co-op BOARD OF DIRECTORS



as if your Co-op depended on it.

April 1- May 2 online, in stores, by mail or at the GMM

(See Candidate's statements and Ballot on pages 12 & 13)



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The Shuttle

APRIL 2021

Since 1973 | The Newspaper of Weavers Way Co-op

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Produce Buyer Was Devoted, Dependable

by Valerie Glauser, for the Shuttle



PAUL LABESS, PRODUCE BUYER FOR 30 years at Weavers Way Mt. Airy, was remembered for his dedication on the job by former Mt. Airy Produce Manager Jean Mackenzie following his death on Feb. 25 of heart failure. He was 72.

"Paul's whole work life was produce," Mackenzie said. "It was a complicated role he played. We would call in an inventory list at 9 p.m. Paul would pick it up at 2 a.m. and go down to the Philadelphia Regional Produce Market in South Philly around 4 a.m. He would choose all the conventional produce for Weavers Way — he decided what to buy, how much to buy, and what would be a fair price for it. So he was much more than just a buyer. He did this for 30 years four or five days a week, 52 weeks a year."

In addition to buying produce for the Co-op, Labess did the same for Pete's

(Continued on Page 22)

After COVID-Related Delays, Reusables Options Will Expand

by Alisa Shargorodsky and Timothy Moyer, Weavers Way Plastics Reduction Task Force

THE PLASTICS REDUCTION TASK Force is happy to announce the expansion of a current reusable container program and the creation of another at Weavers Way later this month to further our lower waste efforts.

For some time now, the Co-op's Ambler location has allowed shoppers to return their clean, empty Wholesome Dairy glass yogurt jars to that store. Wholesome Dairy, located in Douglassville, Berks County, is owned by dairy farmer Mark Lopez. He periodically picks up the jars, sanitizes and reuses them. Recently, the program expanded to the Mt. Airy store.

Before returning your yogurt jars to either location, please make sure they are washed and have no food residue in them. Even though Mark sanitizes them in a commercial facility, we don't want them getting funky in transport.

Recently, there has been some discussion about having the Co-op offer a deposit on the jars so more will come back to him; a continuing COVID-related national glass shortage has made it difficult for vendors who use glass to keep enough on hand. As of now, no decision has been made about whether or when that will happen.

The Co-op's next container return program is set to debut on Earth Day, April 22, when we will switch out our 20,000-plus plastic quart-sized soup con-



photo by Bonnie Shuman

Alisa holding soup in the returnable jar.

tainers with reusable glass jars. Since the beginning of the pandemic, our Prepared Foods departments have been selling about 2,000 quarts of soup each month, so this change will have a major impact on plastic usage.

When customers purchase a quart of soup, a \$2 deposit will be added to each jar. Once the jar is returned, washed and free of food residue, the shopper gets back their deposit, making no trash in the process.

The buyback is made possible

(Continued on Page 6)

How the New American Rescue Plan Reduces Hardship

by Jack Malinowski, Weavers Way Food Justice Committee



THE NEW AMERICAN RESCUE Plan, signed into law on March 12 by President Biden, includes vital increases in federal nutrition support for millions of families and individuals who face numerous barriers to getting enough to eat.

Overall, \$12 billion is dedicated to addressing food assistance on several fronts. They include:

- Extending the SNAP benefit increase, launched last December as a response to the pandemic, through September.
- Guarding against food hardship this summer by allowing states to continue pandemic support programs for households with children who have lost access to nutritious school meals.

(Continued on Page 6)

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For up-to-date information about new hours visit www.weaversway.coop or sign up for the Farm Market e-newsletter

Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



THERE'S BEEN A BACK-OF-THE-HOUSE change at the Shuttle in the last few weeks that will affect (in a minor way) those who prefer to read the paper online.

Paul Weinstein, our talented webmaster and associate editor, is moving on to a larger, shinier workplace. One of the big parts of his job was to take all the Shuttle articles and make them clickable online. With no one here to take on that task, we're going to start uploading Shuttles to Issuu, a digital publishing site.

Regular online Shuttle readers will notice that you'll be flipping through the pages, traditional newspaper style, rather than clicking on links or scrolling. And if you're of a certain age or are nearsighted, you'll want to zoom in to read the articles comfortably. Also, if you liked the idea of avoiding ads while reading, you're basically out of luck. (Conversely for our advertisers, all our readers will have to look at your ads now.)

As always, I'm interested in your opinions about the new online Shuttle format. Please contact me at kplourde@weaversway.coop or editor@weaversway.coop.

A small operation like ours does a lot of editing and proofing, all the time — the Shuttle certainly, but also the eNews, the bi-weekly eShopper, all manner of signage and the occasional email blast. The volume can wear you down at times.

Paul was a careful second set of eyes for all of that. More times than I can count, he'd catch a proofing error on something I just looked over and thought was fine. In addition, he kept our website updated; whatever needed to be done with that end of the operation, I knew he'd be on it. And oh by the way, he and Art Director Annette Aloe are responsible for giving our website its new look. Pretty snazzy, right?

Thanks, Paul for your technical expertise and calm demeanor. We will endeavor to get our heads around this part of the work and try to keep up to your standards.

Catch you in the pages next month.

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

The purpose of the Shuttle is to provide information about co-ops, healthful food and other matters of interest to Weavers Way members as consumers and citizens.

Weavers Way members are welcome to submit articles (about 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community.

No anonymous material will be published; all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or letter. Submit to editor@weaversway.coop. Articles and letters express the views of the writers and not those of the Shuttle, the Co-op or its Board, unless identified as such.

Advertising

Advertising for each issue is due the 1st of the preceding month, e.g., Dec. 1 for January. Ad rates are online at www.weaversway.coop/shuttle, or call 215-843-2350, ext. 314, or email advertising@weaversway.coop. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

A Sweet and Stealthy Way to Add Veggies to Meals

by Dianne Dillman, Shuttle Contributor, Food Writer, Professional Chef, and Weavers Way working member



MY SONS WOULD NOT EAT VEGETABLES EXCEPT FOR french fries, but I tried to sneak them in where I could. They never knew there were sweet potatoes in this recipe, and they loved them. The biscuits are quick to make for dinner. If time is tight, skip the kneading step and just pat into a rectangular shape.

I often make them in the food processor, and when I do, I use frozen butter cut into half-inch cubes. It's easier to cut the butter while it's at fridge temperature and pop it into the freezer before starting on the rest of the recipe.

If you decide to cut a frozen stick, be extra careful; it's a little dangerous to bang away at frozen things. Put all the dry ingredients in the food processor and mix. Add the cold butter and pulse until the pieces are about a quarter-inch in size. Mix the sweet potato and milk or cream, add to the food processor bowl and then pulse for a second time for two to three seconds until it starts to come together. Finish mixing by hand and proceed with the directions for shaping.

Substitutions: These would be great with 3/4 cup canned pumpkin in place of the sweet potato. You can also substitute honey or coconut sugar for the brown sugar, canned coconut milk, loose yogurt or buttermilk for the milk or cream, Myoko's nondairy butter for the cold butter, and a little milk, cream, buttermilk or coconut milk for the melted butter on the top of the biscuits.

I have not yet tried these with gluten-free flour, and I can't vouch for coconut oil as a substitute for the six tablespoons butter in the dough. It melts at such a low temperature that I believe the oil would leak out before the dough can set.

Dining For Women Keeps Its Focus, Morphs Into Together Women Rise

by Betsy Teutsch, for the Shuttle

NEARLY 10 YEARS AGO IN MY COLUMN FOR THE SHUTTLE, I pitched starting a Weavers Way chapter of Dining For Women. I learned about this organization, which was founded 18 years ago primarily for the purpose of fundraising, when college friends of my daughter received a DFW grant for their new girls school in Kibera, a Kenyan slum. As a board member for that project, I volunteered to speak about the school to local chapters.

That's how I fell in love with DFW. I met members of the Abington chapter, a strongly-bonded group of women who had educated themselves about the challenges of girls and women in the Global South. They emphasized their grantees' strengths and potential to improve their lives when given the opportunity.

The outpouring of interest from that column surpassed my wildest dreams. Within a few months we established three Weavers Way chapters, each of which is still growing strong. We launched an Ambler chapter after the new Co-op location opened there. They are growing and thriving too, and as we hoped, we have all connected. Collectively, our four chapters have raised over \$250,000.

Quite a few of our chapter leaders have been serving since we started, and we've added new talent as well. Thanks to Deborah Wyse, Lynn Doerr, Ann Mintz, Cara Herold, Judith Tindall, Ann DeMerlis and Carrie Eisenhandler. At present I serve on the national board, and several of our members serve on national committees.

Prior to COVID, about 50 of our members attended one of our chapter dinners every month. We learn about the vetted grantee for the month and grew our own friendships and community. We have switched to Zoom since then, but look forward to outdoor gatherings this summer.

By 2017, DFW's leadership realized we were outgrow-

SWEET POTATO BISCUITS

Makes about 16 two-inch square biscuits

- (1) 10 oz. sweet potato, (the orange kind), peeled and baked
- 6 Tbsp. cold unsalted butter
- 1 2/3 cups all-purpose flour
- 1 Tbsp. light brown sugar
- 2 1/2 Tbsp. baking powder
- 1/2 tsp. salt
- 1/4 cup whole milk or cream, chilled
- 2 Tbsp. (28 g) salted butter, melted

Preheat oven to 425° Line a baking sheet with parchment paper or a silicone pan liner.

Mash or puree the sweet potato by hand or in a blender or food processor until smooth and measure out 3/4 cup. Mix the milk or cream and the sweet potato pulp.

In a large bowl, whisk together the dry ingredients: flour, sugar, baking powder, and salt.

Using a pastry blender, two knives or your clean hands, cut in the cold butter until mixture is crumbly, with some lumps the size of peas. Make a well in the center of the dry ingredients and pour in the milk mixture. Stir with a wooden spoon until the dough is just moistened. It should be shaggy but not sticky.

Turn the dough out onto a lightly floured surface and knead gently about 10 times. Pat into a 3/4" thick rectangle. Cut straight down with a knife or biscuit cutter (without twisting, sawing or dragging the blade), into two-inch squares or circles. Divide and place well-spaced on the parchment-lined pan. Brush tops with extra milk or cream if desired.

Bake about 15-18 minutes or until golden brown. Let rest a couple minutes and serve hot. They're great with butter or raw honey!



ing our name. It confused people, didn't telegraph our powerful mission and began to attract men looking for dinner dates. Our knife-and-fork logo felt too country clubbish, at odds with our global commitment.

We began flexing our own power as the largest giving circle in the world, with nearly 500 chapters. While our original goal was to help women in low-resource areas, over time we understood that, month by month, we have all learned an immense amount and have stepped up as global citizens. We are in this together.

We have partnered with UNICEF and the Peace Corps. We have supported more than 200 cutting-edge grassroots projects, empowering women and girls through legal rights training, public health campaigns, schooling, nutrition and gardening, dance, job training, post-trauma counseling and endless other innovative initiatives. We are awed by the resilience and creativity of our grantees.

Our new name, Together Women Rise, reflects our powerful community building from the chapter to the global level. Our tagline, "Collective action for global gender equality," hits the bullseye of our mission

Diane Pierce, a loyal member, loves the new name and believes it better reflects the group's mission.

"I think it really says what we are about and it is so much more inclusive with our grantees," she said. "It is all of us working together that makes a difference."

For more information about our chapters, or help with starting a new chapter (we'd love that!), email me at bpteutsch@comcast.net.

Let's Talk About the Possibility of a Co-op Funeral Service

by Josh Bloom, for the Shuttle

ALL OF US WILL EVENTUALLY DIE, but few of us talk about it. In the near future, though, we will all have the opportunity to participate in an online conversation about cooperatives and sustainable funeral practices. If you think you might like to join in, you'll find contact information at the end of this article.

In a Weavers Way annual member survey some years ago, we asked what kinds of cooperative businesses might interest members. Two of the top responses were a cooperative microbrewery and a cooperative funeral home.

The microbrewery was a no-brainer: Who wouldn't want a cozy little cooperative tavern with its own drafts? But the cooperative funeral home was a surprise. And so it has rested, so to speak, as a survey anecdote that gets retold in meetings from time to time.

Co-op members are likely interested in the concept for reasons that include mitigating our environmental impact and gaining more control over the costs of death care for ourselves or our loved ones. The separate topics of cooperative business and green funeral practices have a natural link. Funeral practices are slow to change, but more people are recognizing the importance of sustainability both in how we live and how we die — and how we are taken care of after we die.

Cremation is probably the most familiar practice as an alternative to traditional burial in a cemetery. Cremation rates have been increasing incrementally since the early 1960s. At that time, about three percent of the population chose cremation; today, the rate is above 50 percent nationally. However, cremation rates vary widely by region of the country, being most popular in the West. For example, in Nevada the cremation rate is 78 percent; in Mississippi, it's 19 percent, and in Pennsylvania, it's 45 percent. Cremation does burn fossil fuels (the rough equivalent to 27 gallons of gasoline, although crematoria generally use natural gas). But unless cremated remains are buried in a cemetery, they do not tie up land in perpetuity.



Other practices that have a lower carbon footprint than cremation are ever-so-slowly becoming recognized and permitted. Most require enabling legislation at the state level. They include:

- Green burials, which are available in one section of West Laurel Hill Cemetery in Bala Cynwyd, the only cemetery in Eastern Pennsylvania that has been certified by the Green Burial Council. Decedents are placed in a linen shroud only, or in a casket made entirely of wood or biodegradable materials, and buried in a meadowlike setting with no traditional stone markers.
- Alkaline hydrolysis, or aquamation, which uses an alkaline solution to reduce remains to a cremation-like state. It uses a fraction of the energy of traditional cremation, but it is not yet authorized for use on human remains in Pennsylvania. (It is permitted for remains of pets.)
- Human composting, which uses an accelerated decomposition process that turns remains into soil over the course of several months. It became available in Washington state last December, the first authorized

use in the United States. (Oregon and Colorado are working on similar legislation.)

- Wilderness burial, which involves shallow interment and is permitted on some land preserves that have received specific authorization.

If a growing segment of the population desires green disposition options, a cooperative business or association might be well-suited to a social-purpose enterprise like this. As of right now, though, there aren't many real-life examples. A group of funeral homes in England are part of a consortium of co-ops across a number of business lines that includes groceries, prescription drugs and insurance. The consortium is member-owned and adheres to cooperative principles.

In the United States in the early 20th century, particularly in the Northeast, Jewish immigrants from Europe formed "burial societies." These clubs (which also had social functions) have some parallels to cooperatives; they were organized so members could be buried with their *lantzmen*, fellow Jews who immigrated from the same community in Eastern Europe. Today, most Jewish burial societies have ceased operations. (England's funeral co-op and Jewish burial societies are not specifically organized around sustainable practices.) In Washington state, Recompose, the first human composting facility, is organized as a public-benefit company.

An online discussion will be organized in May and will include two Weavers Way members, Patricia Quigley and Josh Bloom, who are funeral service professionals. The conversations will be guided by questions designed to understand the needs and barriers to developing a cooperative funeral home or association, and the desires and obstacles involved with choosing sustainable funeral options. There will be no formal presentation.

The discussion is open to anyone of any age, whether you have deep or casual interest in the subject. If you would like to participate, please email cooperativefuneral@gmail.com by May 31.

Asparagus is All Good

by Kieran McCourt, Weavers Way Ambler

This perennial herbaceous vegetable has been well-loved for thousands of years. Images of asparagus were found in the lasting reliefs of ancient Egypt, and recipes for it exist from the Roman Republic. William Penn promoted it as one of the crops that grew well in the Pennsylvania colony.

Asparagus is in season in the United States from February to June, with April being the peak. It can be enjoyed raw or cooked. But whether steamed, boiled, grilled or roasted, it cooks quickly and can easily go from tender-crisp to overdone.

Here are a few tips:

Prepping the stalks: Whether you snap or cut, consider trimming off particularly tough or woody bits of the stalk for a more palatable treat.

If you blanch: Consider how else your pot of water can be put to use. After a quick dunk and ice bath for your stalks, use the water to cook pasta or boil small potatoes.

The joy of grilling: With a lovely bit of char, asparagus's flavor changes as its outer skin blisters. It shines when dressed with pesto, romesco sauce or hollandaise. A grill basket might be helpful for particularly thin stalks but isn't necessary for thicker ones.

Throw a (virtual) pickling party! Whether a quick fridge version or a full water bath, asparagus does well with vinegar and a spiced soak. They're great for snacking on their own, on a sandwich, or as an alternative to yet another cornichon on a cheese board. As always, when preserving produce, use a recipe from a trusted

source like "The Ball Blue Book Guide to Preserving."

Whether raw or cooked, asparagus works well in spring salads. You can swap the green beans from a niçoise with it, or toss other spring items like pea shoots, early radishes or even hearty winter tubers to transition between seasons.

Just for fun: Consider Googling what fully grown asparagus looks like if not harvested for consumption. It's wild.

NEWS

Don't Toss That Glue Stick!

Take it to the TerraCycle Bin

CO-OP SHOPPERS CAN NOW RE-cycle Bic pens, packaging and other supplies at our stores as part of TerraCycle's Bic Stationery Recycling Program.

Products eligible for the program include all brands of empty writing instruments, glue sticks, watercolor dispensers, paint sets, and flexible Bic packaging. Wite-Out correction containers and free ink markers are not accepted.



An offshoot of Weavers Way Co-op

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FOOD MOXIE

We dig what we eat.

We're Thankful for Spring, and All Your Help

by Lisa Mosca, Food Moxie Executive Director

EVERY YEAR, FARMERS AND GARDENERS (ALONG WITH many others in cold climates) look forward to spring. The days are longer, and nature is beginning to provide an endless showcase of beautiful, colorful images as one set of flowers and foliage gives way to another.

The predictability is something to look forward to, even though each year the rainfall and temperature differences make the succession of colorful image combinations a little different and new. But this year is even more special. People are looking forward to seeing their loved ones outside for longer than a few seconds. And for all those who have suffered a loss, spring colors and the ability to finally meet with friends for support will also hopefully bring some solace.

At Food Moxie, we are grateful for all the support we have received this past year. Our mission is “from seed to supper,” and we educate and inspire people to grow, cook, taste and eat healthy foods. We work to empower people as well.

This past year, we were fortunate to be able to give out thousands of pounds of healthy, nutrient-dense local produce and thousands of seedlings to students and residents of emergency housing, as well as to the community. This spring, we have had so much amazing help packing seeds, getting growing supplies ready for distribution, and preparing to get as many people growing and cooking as possible.

We can still use your help! Sign up for one of our workdays through the Weavers Way Member Center and help us make sure as many people as possible can access fresh produce through growing and cooking. We have hundreds of root pouches to fill with clean healthy soil in preparation for plant giveaways. And while you are online, we encourage you to support Pleasant



Lisa Mosca unloads seed packets for distribution.

Playground Community Garden’s current fundraiser for Phase Two of their plan www.gofundme.com/f/pleasant-playground-garden-13000-fundraiser. Without community gardens, many Philadelphians cannot access a space to grow food.

We wish you a happy beginning of spring—and much healing, growing, cooking and healthy eating, as the blooms continue to create a spectacular showcase.

CONNECT TO MOVEMENT

Take steps to alleviate and manage hip and knee pain.

Don't let joint discomfort interfere with your active lifestyle. Depending on the cause and severity of the pain, the solution might be exercise, pain relief medication, surgery, or a combination of these. Join us for our free virtual webinar with **Jeffrey Vakil, MD, orthopedic surgeon**, to discover the latest treatment options available for improved hip and knee health.

WHEN: Thursday, April 8
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WHERE: VIRTUAL SEMINAR

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FOOD MOXIE



Preparing soil for the raised beds at Stention Family Manor's Hop Garden.



Raised beds, including some with row covers, at Stenton's Hope Garden.



An edible rainbow of fresh chopped vegetables.



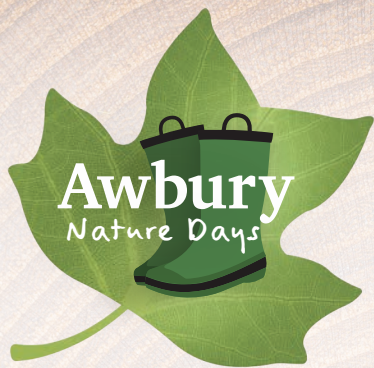
Striped tulips at Hope Garden.

THANKS TO...

- AMJ Foundation
- Awbury Arboretum
- Drexel Medical School volunteers
- First United Methodist Church of Germantown
- Frosted Fox
- Linda and David Glickstein and the Lida Foundation
- High Point Cafe
- Iron Hill Brewery
- Moore Wine and Spirits
- Nararo Foundation
- Night Kitchen
- Penn Charter Center for Public Purpose volunteers
- Real Resources
- The Elizabeth and Arthur Roswell Foundation
- Villanova University Campus Outreach volunteers
- All our recent individual donors, sustainers, High Five members and volunteers
- All our partners, their staff and teachers
- The Food Moxie board and staff
- Weavers Way Co-op staff and members
- All the Co-op members who have been helping with our workdays and deliveries



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ELECTRONICS RECYCLING

WIRED WASTE DAY

Saturday, April 24

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Batteries Accepted.
NO Light bulbs.

Suggested donation: \$10-\$20

Fees for older CRT TVs and monitors and all air conditioning items.

ENVIRONMENTALLY RESPONSIBLE RECYCLING



Donations support Weavers Way Environment Committee's Environmental Grants program. Recycling services provided by PAR-RecycleWorks. For more information go to: www.PAR-RecycleWorks.org

L.E.T.T.E.R.S

Where Did the Giblets Go?

EVERY WEEK, THE HUMANS WHO LIVE in my house buy chicken giblets for me. I allow them to roast (and eat most of) the outside chicken meat. I even let them boil the bones, but the giblets are mine.

Imagine my shock when the humans I own unwrapped my giblets and did not give them to me. I shouted at them until I got locked in the back room. But then I found out that the whole chicken they brought to roast from you was missing giblets — there was only the meat and bone wrapper. I am writing to ask you what happened to my giblets.

The Cat Whose Humans are Mr. & Mrs. Dicker

CORRECTION

IN “ACCOUNTS PAYABLE SPECIALIST Dives into Increasing the Diversity of Co-op Vendors” in the March Shuttle, Candy Bermea-Hasan’s name was misspelled.

The Shuttle regrets the error.

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to editor@weaversway.coop. The deadline is the 10th of the month prior to publication. Include a name and email address or phone number for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. The Shuttle reserves the right to decline to publish any letter.

How the New American Rescue Plan Reduces Hardship

(Continued from Page 1)

- Investing in WIC programs and modernizing and supporting innovative delivery models
- Increasing federal resources for state administrative costs to accommodate wider SNAP participation
- Increasing SNAP aid to Puerto Rico, American Samoa and the Mariana Islands, due in part to their high rates of child poverty
- Most importantly, perhaps, strengthening the child tax credit and Earned Income Tax credit. Studies project that the measure could reduce child poverty by 50%. This could cover more than 93% of children — an amazing turn in what was, before 2021, an unrealistic goal.

Overall, these essential provisions and other aspects of the Rescue Plan will inject additional high “bang for the buck” stimulus into the economy.

The Food Justice committee will continue to monitor this promising piece of social policy. It welcomes your suggestion on how we as part of Weavers Way can do more to build a climate of support for further progress in combating food insecurity in our community.

Reusables Options Will Expand

(Continued from Page 1)

through a partnership with ECHO Systems, a Philly-based environmental consulting, education and design firm. The Co-op will work with ECHO Systems to clean all of the containers in a commercial facility and will maintain the highest level of caution in handling and sanitizing containers to prevent the spread of COVID. According to a statement recently released by Greenpeace International and signed by 124 epidemiologists worldwide, reusables impose no additional risk to public health than single-use packaging.

If you buy soup in the quart containers, we hope you will return your empties to the Co-op when the change is made to redeem your deposit and support us in our plastic reduction effort. Our vendor informed us that the jars are running low in stock, so returning them will help us reduce the need to keep buying more.

These measures represent a resumption of Weavers Way’s efforts to further cut back on its use of plastic. Prior to COVID, the Co-op was planning to roll out the largest plastic reduction campaign in its history, but the pandemic’s arrival forced the postponement of those efforts.

Weavers Way General Manager Jon Roesser instituted these adjustments and the official launch of the campaign. We’re interested in hearing your thoughts about the new initiatives, both positive and neg-



ative. Reach out to us via our Facebook page or email (prtf@weaversway.coop).

In other exciting news, PRTF will host Riverkeeper Maya Van Rossum for our public forum on May 13. Topics to be discussed will include her book, “The Green Amendment: Securing Our Right to a Healthy Environment” and the legal pathways to take on the extractive industries having a field day in Pennsylvania right now. Please follow our Facebook page for more info.

Thank you so much to Weavers Way members and shoppers. You help show the world that a different and better way is possible.

For everyone’s safety

**keep
6ft apart**

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Vaccine Rollout for Employees Signals the Start of a Post-COVID Co-op

by Jon Roesser, Weavers Way General Manager

THE LONG-ANTICIPATED CALL FINALLY CAME ON Monday, March 8. It was 8:30 a.m., and I was actually seated at my desk when a representative from the Philadelphia Health Department called with the news that they were setting aside blocks of time over the next couple of days for Weavers Way employees to get vaccinated.

In typical city fashion, the notice was short and the window of opportunity limited, but no matter. So over the next couple of days, our hard-pressed HR department scrambled and managers got creative with work schedules. By the end of the day that Thursday, well over half of our employees had made the trip down to the FEMA vaccination site at the Philadelphia Convention Center for their first shot.

About 10% of our staff had already been vaccinated, either because of age or underlying health conditions. And since the FEMA site is for city residents only, our employees who live outside the city — about a quarter of our staff — continue to wait for their chance.

A small number of our employees — a little more than 10% — have said they do not intend to get vaccinated or they are unsure. We're working on convincing the unsure.

So as the Shuttle goes to print, about 65% of our staff has received at least their first shot, with most of the rest, mostly suburbanites, anxiously anticipating their opportunity. Our goal is to vaccinate all Co-op employees who are interested by the end of April. Needless to say, this has been a huge relief to all of us. We're breathing a little easier — but still through masks.

Despite this good news the pandemic lingers, with local cases on the rise and virus variants springing up like tulips. We have every reason to believe that public health mitigation efforts — primarily compulsory mask wearing and social distancing — will continue for the foreseeable future.

“

Our goal is to vaccinate all Co-op employees who are interested by the end of April.

”

Still, some things are returning to normal. For starters, we are seeing a decline in the demand for home delivery and curbside pickup. That now makes up about 5% of our total business, the lowest percentage since the start of the pandemic.

We're experimenting with small increases to our customer caps (which are still well below public health guidelines). And we're now actually having conversations about things like product demos, self-service hot soup, and small in-person meetings. Even little steps toward normalcy can have a major psychological impact.

From a business standpoint, one of the big upcoming changes will be the end of hazard pay, the extra \$2 an hour we've paid all “front line” employees (that's nearly everyone) since the start of the pandemic last March.

Unlike other essential businesses, which did away with hazard pay after a few weeks or months, the Co-op has been paying this extra \$2 an hour all along. The cost has, for a business of our size, been staggering.

Hazard pay costs the Co-op about \$14,000 a week. That's just shy of \$800,000 paid out so far. Of all the pandemic-related changes we've made over the last year, nothing has come close in terms of cost to the Co-op.

This expense is the difference between profit and loss. For the first half of our Fiscal Year 2021 (July 1 to December 31), the Co-op's net income was a loss of \$204,757. For the same period, hazard pay was \$391,871. Put another way, any profits the Co-op would have realized in the first half of the fiscal year have gone back to employees, and then some.

This is “deficit spending,” when operating profit is exceeded by expenditures and covered by dipping into cash reserves. It's justifiable and necessary in the short term, but not sustainable permanently.

Hazard pay was never intended to be permanent, and with more and more staff getting vaccinated, we expect to end hazard pay later this spring. But we are in a position to make some changes to our wage structure that will result in most Co-op employees receiving some amount of a permanent increase.

We're still working on the finer points of our “post hazard pay” compensation plan. It will include a significant increase in our starting wages, from \$12 to \$13 an hour. Employees earning more than our starting wage will receive prorated increases, phasing out for anyone already earning \$20 or more.

Ending hazard pay and replacing it with this new wage structure will align labor costs with revenue, returning us to the profitability we were experiencing before the pandemic and allowing us to replenish our cash reserves.



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Improving Your Airway Health Can Lead to More Restful Sleep

by Dan Vidal, Weavers Way Wellness Team

YOU’VE PROBABLY HEARD THE ADVICE BEFORE: IN order to get quality sleep, you need to exercise regularly, meditate and refrain from using electronic devices before bed. But what if you’ve tried all of the above and you’re still waking up feeling like you stuck your head in a meat grinder?

Chances are you might have an airway issue.

Data shows that upward of 50% of adults suffer from some form of sleep-disordered breathing, and often it can go undiagnosed. Snoring, sleep disturbances, poor posture, digestive issues, asthma, allergies, anxiety, diabetes, high blood pressure, cardiovascular disease, carb cravings, and/or waking up feeling unrefreshed are all signs that you may be experiencing some sort of sleep-disordered breathing due to an obstructed airway.

Your airway extends from your nasal passages all the way down through your oropharynx (the space in the back of the throat that leads to your windpipe). Obstruction can occur at any point along the airway, and there are a number of treatments that can help.

The most common is a CPAP machine, which essentially forces air past the collapsed soft tissues that are causing the obstruction. This can be helpful; however, it often doesn’t address the root cause of the problem.

For the past 150 years or so, our airways have been shrinking significantly. This is due in part to the fact that



we’ve had more access to soft, processed foods that don’t require much chewing than at any other time in history. The act of chewing (and breastfeeding) creates tension of the bone structures of the face and jaw, thereby molding, shaping and widening our airways as we grow. If we have missed a significant amount of this healthy stimulus, the structures of our airways can’t develop correctly, and therefore we become susceptible to mouth breathing and the resulting range of symptoms that go along with it. Genetics and postural patterns also play a significant role.

Treatments involving specialized mouthpieces and orthodontia can shift the bones of the jaw into better positions, thereby opening up the airway. Dr. Marianna Evans is a world-renowned orthodontist with a practice in Newtown Square who specializes in airway health, and these are often the type of interventions that she uses.

There are many times, however, when airway issues can be addressed with more conservative treatments. For

example, having a deviated septum is another condition that often results in airway dysfunction and is typically corrected with surgery. But did you know that this can be addressed with manual therapy?

In my practice, I use specialized techniques to mobilize the bones of the cranium and nasal passages and bring them into a state of balance and alignment. Often this is enough to correct a deviated septum and open up the airway without surgical intervention.

Manual therapy techniques can be effective for lower airway dysfunction as well. Targeted internal massage to the muscles of the jaw can help decompress the temporomandibular joint, thereby giving the tongue more room to sit comfortably in the mouth and helping to keep the airway open. When this is combined with postural work and improved kinesthetic awareness, this can be a powerful tool for correcting the structural issues that lead to airway dysfunction and the poor sleep quality that goes with it.

Dan Vidal is a licensed massage therapist, certified neurosomatic pain treatment specialist and owner of Paragon Pain Solutions in Chestnut Hill. He helps clients alleviate pain and dysfunction by assessing their posture and creating personalized treatment plans of targeted massage and mindful movement practice.

Spring into Better Health with Seasonal Fresh Produce

by Nicole Schillinger, Weavers Way Wellness Team

SPRING HAS OFFICIALLY SPRUNG, AND NOW IS the time to take advantage of all the seasonal fresh produce available at farmers markets. Boosting our nutrition can help lower our risks for many chronic diseases — and what better way to do that than by eating fresh fruits and vegetables?

There are a couple of reasons to make sure we are eating seasonally this spring. Seasonal produce is fresher and more tasty than food consumed out of season. Eating fruits and vegetables out of season requires long-distance transport and even producing the crops early for them to be shipped and distributed. Eating in season will provide us with peak ripeness and the best flavor.

Not only will seasonal produce be tastier, but you will also be able to save money as well. Do you ever wonder why strawberries are cheaper in spring and summer as compared to winter? That’s

because strawberries are not in season in the winter, which is probably why you are paying twice as much.

Keep a lookout for these fruits and vegetables to help you boost your nutrition this spring:

Asparagus

This vegetable is packed with essential vitamins, minerals, and antioxidants, including vitamins C, A, and K as well as folate. Vitamin K is an important nutrient involved in blood clotting and bone health. Antioxidants also help protect us from stresses such as chronic inflammation and many other diseases.

Try roasting asparagus in the oven or steaming it on the stovetop. Add it to pasta, salads or even stir-frys. See other ideas for preparing asparagus in “Slice It, Dice It, Serve It” on page 3.



(Continued on next page)

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How the Choices We Make in a Game Shine a Light on Our Social Values

by Coleman Poses, Weavers Way New Economy Incubator Committee

DO WE POSSESS A COOPERATION GENE? ARE WE IN some sense predisposed to cooperate with others? We can speculate that humans, in our distant past, had to cooperate with members of their tribes while in competition with other humans. But are these traits transmitted from one generation to the next, either biologically or by learned behaviors?

Some interesting gauges created by social psychologists may shed light on this subject. One of them, social value orientation, classifies people by how they distribute resources between themselves and others.

Social psychologists have identified four such orientations:

- 1. Individualistic:** Those concerned with having more assets than everyone else, whether those assets are dollars, points, toilet paper, prestige etc.
- 2. Competitive:** Those who want more assets than everyone else, but also value how much more they have than others. Competitors may actually settle for less stuff than individualists, as long as everyone else has a lot less stuff than they do.
- 3. Cooperative:** Those who tie their own success into that of everyone else. They are happy when the amount of their own assets is equal to those of others.
- 4. Altruistic:** Those willing to sacrifice their own assets to help others attain their goals.

Researchers have developed different games to determine an individual's social value orientation. One that I have come across is the Triple Dominance Game. In it, a player is asked to choose from columns A, B, or C, as in the accompanying graphic.

An Individualist would be expected to select column A, because of the six numbered cells, that column has more the points in it than any other cell in the table. A Competitor would probably select column B, because the difference of 400 in column B is more than the difference of 250 in column A or 0 in column C. Finally, a Cooperator would choose column C because each person gets as much as he or she gives.

It should probably come as no surprise that all of the people who agreed to play this game with me were cooperators. Other studies, however, including one that appeared on socialdilemma.com, have suggested that the percentage of cooperators in a population may be as high as 46-60%, with the percentage of individualists topping out at 38% and competitors coming in last at about 12% of the population.

However, I observed that subjects who participated in the Triple Dominance Game failed to notice that the total points in the cooperator's column (1,000) were greater than the totals for either the individualist (850) or the competitor (600).

Would the proportion of cooperators, individualists, or competitors change if they played several rounds of



	A	B	C
Points player gets	550	500	500
Points other person gets	300	100	500

In the Triple Dominance Game, players are asked to choose one of three columns that list different point totals for them and for their opponent. Their choice sheds light on their social value orientation. You can play the game here: <https://forms.gle/GRYs2YevkRr19PXP8>

the game and became aware of such peculiarities? What if they played several rounds against each other? How would their orientations change? In other words, could players, over time, see their interests tied to the interests of others? These are all relevant questions. If nothing else, the large number of people with a certain predisposition toward cooperation provides some optimism for those of us interested in creating a more just economy.

(Continued from previous page)



Strawberries

Strawberries are a great immune-boosting fruit. They are an excellent source of Vitamin C and folate and are rich in antioxidants, which can help our heart health and control our blood sugar. They also contain fiber, which can help feed the good bacteria in our gut and promote digestive health.

Enjoy strawberries on their own for a snack or dessert. Add them to a salad or smoothie for a touch of sweetness.

Carrots

Carrots are a root vegetable and provide us with vitamins and minerals such as Vitamin A, which helps promote immune health and good vision. They also are ranked low on the glycemic index. That means they are unlikely to trigger blood sugar spikes, which is especially important for individuals with diabetes.

Enjoy carrots with a vegetable dip or hummus, or try roasting them in the oven.

Apricots

Apricots are low in calories and are a great source of Vitamin A, Vitamin C and Vitamin E, which helps protect our bodies from getting sick. They are also an excellent source of potassium, which can help prevent high blood pressure.

Try apricots on their own, or bake them with cinnamon for a delicious, sweet treat.

Happy produce hunting, prepping and eating!

Nicole Schillinger is a registered dietitian, personal trainer, chef and the owner of Functional Health Center in Ambler. Email her to set up a consult that is most likely covered by your health insurance plan: functionalhealthcenter@gmail.com.

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2021 OFFICIAL BALLOT

Election for Weavers Way Co-op Board of Directors

Voting in the stores will end at 10 a.m., Sunday, May 2.

To vote online: See the instructions in the Online Member Center at members.weaversway.coop (login required) or follow the directions in your election reminder email. Note that the order of the candidates in the online ballot is randomized, rather than alphabetical, as in the paper ballot. **Online voting will end at 3 p.m., Sunday, May 2.**

To vote by mail: Ballots will be accepted by mail if received by **Friday, April 30** at the Leadership Committee mailbox. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.

To vote in stores: Place ballots in the ballot box at the Ambler store, 217 E. Butler Ave., the Chestnut Hill store, 8424 Germantown Ave., or the Mt. Airy store, 559 Carpenter Lane.

AT-LARGE DIRECTORS

Vote for no more than four (4). The top four vote-getters will earn three-year terms and will be announced in an email to all members Sunday, May 2, as soon as the count is completed.

Please note: One ballot per member household. Once a ballot has been cast, it cannot be changed.

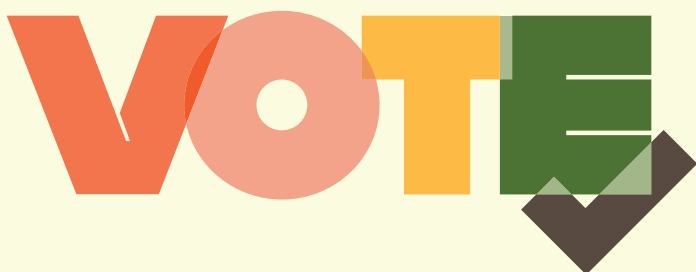
- | | |
|--|--|
| <input type="checkbox"/> Cheryl Croxton | <input type="checkbox"/> Gerald Moore |
| <input type="checkbox"/> Kris Hart | <input type="checkbox"/> Esther Wyss-Flamm |
| <input type="checkbox"/> Jason Henschen | Write In _____ |
| <input type="checkbox"/> Toni Jelinek | Write In _____ |
| <input type="checkbox"/> Stefanie Kitchner | Write In _____ |
| <input type="checkbox"/> Chris Mallam | Write In _____ |
| <input type="checkbox"/> Gail McFadden-Roberts | Write In _____ |

Fold in half for a confidential vote. Every effort will be made to maintain the privacy of each member's ballot. One ballot per member household; the first registered ballot will be the one that counts. Any paper ballots received after an online ballot is cast (by the same household) will not count.

Date _____ Member # _____

Print name _____

Signature _____



Voting is Your Superpower — Use It!

(Continued from Page 1)

information for you, including videos of the candidates themselves. Viewing these offers you the opportunity to see each candidate talk about their interest in the Co-op.

You can also talk to friends and neighbors, present and past Board members, and staff to get their opinions about who would be a good Board member. In addition, you may have an opportunity to meet perspective Board members prior to the election as you are entering and leaving the stores. Use the opportunity to get to know their opinion about what matters to you.

While incumbents are often better known than candidates who are running for the first time, each candidate has a chance to become part of the Board. As in any election, the voter has the opportunity to judge each person, whether an incumbent or someone who has never been on the Board, on their qualifications.

Voting online is easy! You will receive an email reminder to vote. You can then review the candidates, select no more than four, and click on the link

in your email to cast your vote. In addition, you can still vote by paper ballot. These are available in the Shuttle (see left) and in each store. Paper ballots can be dropped in the locked box provided in each store or mailed to the Co-op at the address provided on the ballot.

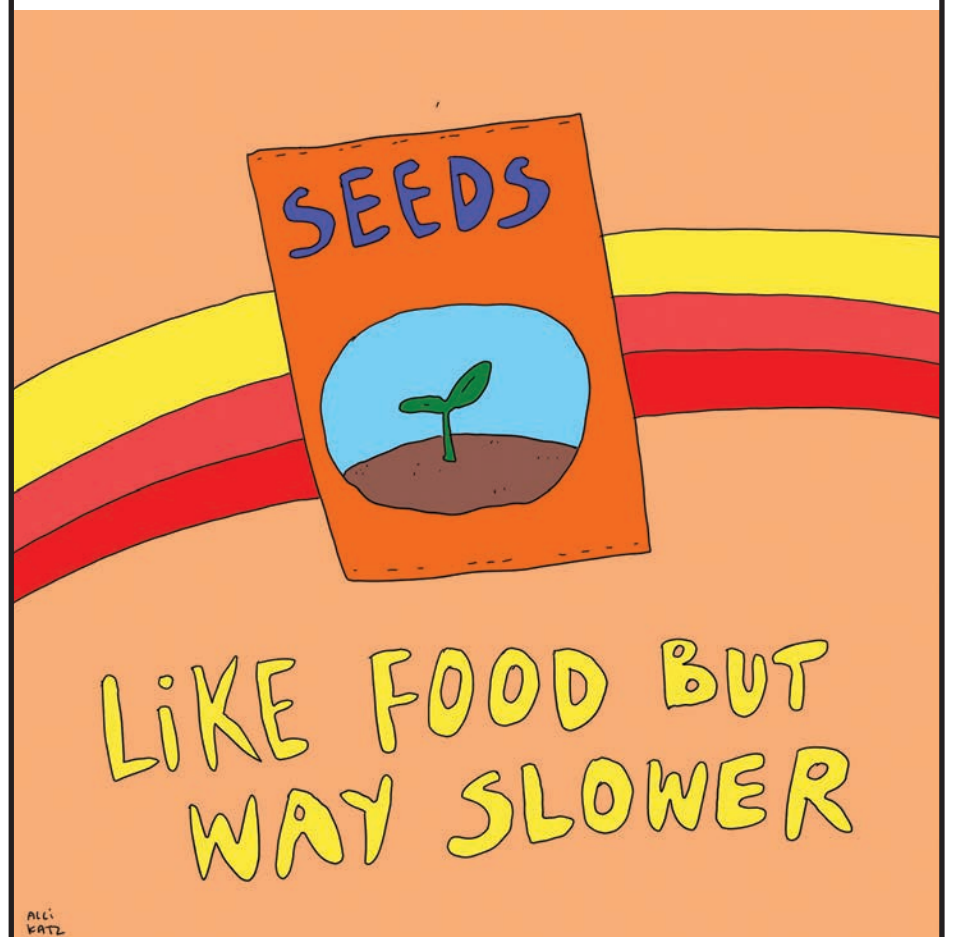
Voting begins on April 1 and continues until May 2. The deadline for submitting paper ballots is 10 a.m. on May 2; online voting will end at 3 p.m. on that day. The winners will be announced at the virtual General Membership Meeting on May 2.

The Board represents you and assures that the Co-op adheres to its mission and values. Each candidate brings a set of skills and interests that can add to the Board's expertise.

It would serve all of us well to review the candidates' information in the Shuttle (see page 12) and online to determine who best represents our values and interests. A robust election will help Weavers Way continue to be a viable enterprise and an important part of the communities it serves.

Locally Grown

Illustration by Alli Katz



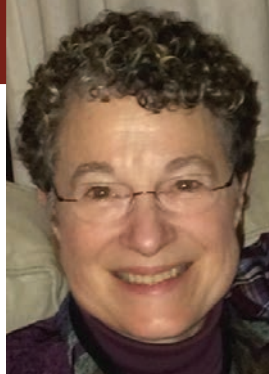
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Hike into Spring on Montco's Green Ribbon Trail

by Madalyn Neff, Communications Specialist, Wissahickon Trails



SPRING IS HERE, AND IF YOU'RE LIKE US, YOU ARE PLANNING YOUR NEXT LOCAL outdoor adventure. A must-visit preserve is the 12.6-mile Green Ribbon Trail, our longest and the most popular of our trails.

The Green Ribbon follows the Wissahickon Creek in Montgomery County and is comprised of diverse wetlands, woodlands and meadows. It begins at Parkside Place in Upper Gwynedd Township, ends at Stenton Avenue in Whitemarsh Township, and shadows the creek the entire way.

The trail offers access points through several towns and boroughs, including North Wales, Gwynedd Valley, Penllyn, Ambler and Fort Washington. While on it, you'll pass through several other preserves, including Timoney Preserve, Penllyn Woods, Four Mills Nature Reserve and Fort Washington State Park. From the Green Ribbon, you can follow trail connections to Crossways Preserve or Natural Lands' Gwynedd Preserve.

For more than 50 years, Wissahickon Trails has worked with individuals and community organizations to gain permission to hundreds of acres to complete the Green Ribbon Trail. But it's more than just a pretty spot; preserving land along waterways such as the Wissahickon Creek positively impacts water quality and habitats for wildlife.

As water moves across the landscape toward the creek, the protected lands that make up the Green Ribbon slow it down and filter it, which is particularly important under flooding conditions. This process traps pollutants that would otherwise end up in our drinking water. In a highly developed area like Montgomery County, having a connected natural stretch of land also means that wildlife have a place to live and are able to safely move through the landscape.

Interested in historic sites? Around mile 2.5, you'll encounter the Evans-Mumbower Mill, a gristmill built in 1745. At mile 3.5, you will see the old fireplace at King's Woods that ice skaters used as a warming hut. And at mile 8, you will find our headquarters, located in the historic Four Mills Barn, built in 1891.

As you travel along the trail, you will experience a diverse mosaic of environments. The area is made up of meadows and distinct kinds of forests. This diversity of plant life also means an array of insects and wildlife can easily be observed from the trail, from dragonflies and butterflies to foxes, mink, deer, frogs and toads. The preserved land is also an important nesting, wintering and migratory habitat for over 100 bird species.

Spring is a great time to get out and see all that the Green Ribbon has to offer, including the first blooming wildflowers, emerging insects and all kinds of colorful warblers making their way north along the creek.



photos by Jamie Stewart

Top left, Wissahickon Creek; top right, part of the Green Ribbon Trail; above, a Great Blue Heron takes a dip in the Wissahickon.



To improve your experience, we have created an online map and are excited to offer a new folded print map. These tools include access information, trail ratings and rules and more. Visit the Green Ribbon Trail page at wissahickontrails.org to view the Google map.

If you would like to receive a copy of our printed map, email info@wissahickontrails.org with your request. We recommend checking our website before you visit for important trail updates and COVID-19 safety guidelines.

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★ 2021 OFFICIAL BALLOT ★

ELECTION FOR WEAVERS WAY CO-OP BOARD OF DIRECTORS



Candidates were asked to provide written answers to the following four questions. Responses were limited to 250 words.

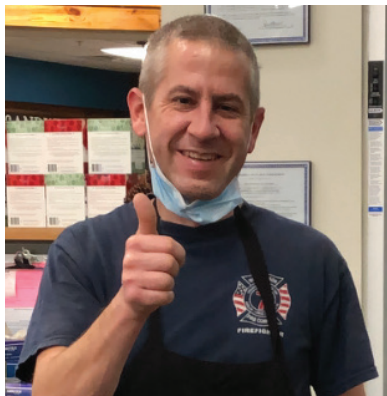
1. What is your current Weavers Way shopping frequency? Describe your involvement in Weavers Way committees, projects, and activities.
2. Describe your experience with financial oversight, particularly of a business or organization's budget and financial performance.
3. What do you perceive to be the long- and short-term challenges facing Weavers Way, and how should we address them?
4. What volunteer or professional experiences have you had with other cooperatives or organizations that will help you strengthen the Weavers Way Board?

Cheryl Croxton



1. I've been a Weavers Way member for over 15 years. My family shops at the Co-op regularly. We enjoy the produce, local dairy and prepared foods options. I have not volunteered previously.
 2. For over 25 years, I held leadership roles with Fannie Mae, a large financial services firm that included the oversight of business partner creditworthiness. I assessed operational and financial performance, mitigated risk exposure and negotiated business terms. I managed sizable teams with budgetary responsibility. My experience also includes serving as corporate counsel and working in stakeholder management with public officials and business partners, among others.
 3. The stores are located in communities where consumers have numerous options. The cooperative structure generates loyalty, but this highly competitive environment also challenges customer retention and increased purchases. I would work to deepen insight into shopper motivation and support agile responses that build upon the dedicated membership.
- I admire the commitment to community. However, blending profitability with community service may be challenging, particularly with a geographically dispersed and multifaceted stakeholder group (Co-op members, employees, vendors, community partners, etc.). I would bring groups together to increase our collective understanding of the complicated business and social impact issues Weavers Way leaders manage daily.
4. Community stabilization motivates me. Neighborhoods thrive when they have financially healthy grocery stores committed to them. I've served on business and community advisory boards. I serve in a large local public service organization. Earlier in my career, I worked in marketing at Procter & Gamble, and I was a Future Farmer of America, having graduated from Saul High School.

Kris Hart



1. I am a recent humble working member (23 shifts for over 46 hours since Nov. 12, 2020). I thoroughly enjoy working at the Ambler store – great employees, great customers/neighbors, great products, great atmosphere. It's a great overall store. I love to sign up for shifts and engage with our clientele – and being on the ground, I learn a lot!
 2. I formerly owned a local grocery store (almost a bodega!) and sandwich shop in Washington, DC called Foggy Bottom Grocery (FoBoGro). As the owner, I did everything, including financials, profit and loss, inventory, staff hiring and training, product selection, vendor management, customer relations, business development, etc. I now enjoy bagging groceries, meeting and greeting members and carrying groceries to cars as much as I enjoyed the demands of running my store!
- I am an educated and trained economist with a degree from George Washington University. I was raised in Blue Bell and happily live in Ambler.
3. I would love to get more engaged and support Weavers Way. I want to help support the team, increase community and member engagement, study the numbers, build on innovation and prosper. This will lead to better growth and increase the return on our investment.
 4. I work from home running two companies; my only other obligations are tending my beloved puppies and volunteering as a Wissahickon firefighter. While in D.C., I served as volunteer president of the Washington Circle Business Association for nine years and founded Round2Fight, an organization to help our homeless friends.

Jason Henschen



1. I have been a working member of Weavers Way since 2006, and served on the Co-op's Environmental Committee from 2007-2010. Currently, my family and I can be found roaming the aisles one to two times a week. It's an institution that I am continually inspired by and I would be honored to serve on its board.
2. From 2012-2014, I oversaw the events division of a nonprofit multicultural center in Washington, DC. I returned to Philadelphia to manage the sales arm of High Point Cafe's wholesale division. In both positions, I was responsible for managing the revenue streams, monitoring departmental budgets and projecting financial futures.
3. The consumer world moves fast and is only picking up speed. Your favorite eco-friendly household cleaner once only found on the Co-op's shelves can now be ordered as a subscription, with refill bottles sent to your doorstep at the press of a button. Keeping pace while maintaining our institutional integrity will prove our greatest challenge for the foreseeable future. Our current highest priority is ensuring the food security of both our members and non-member neighbors as we emerge from this devastating pandemic.
4. My time with High Point Cafe allowed me to build extensive relationships with local food purveyors, co-ops and eateries. This experience, combined with my creative problem-solving strength and commitment to engaging diverse communities, would complement the talent of other members of the Weavers Way Board.

Toni Jelinek



1. I'm completing my first term as a Weavers Way Board member, serving as president since last June. I've learned a lot about the Co-op: the business, our philosophy, our mission and Ends. I value the benefit that the Co-op offers our communities. I love going into my home store in Ambler at least once a week and seeing people shopping for high-quality food.
 2. Like many Board members, I have a business background. Since the Co-op is a business, good business guidance from the Board is important. I've served on nonprofit boards for many years. I know how tight budgets are and how necessary it is to have directors who are committed to the success of the organization.
 3. Short-term: Recover from the business impact of the pandemic. Mandated customer caps and increased curbside and home delivery volume have affected our profitability. We've had to adjust to the closure of self-service bars, packaging prepared foods, and no Friday night \$4 dinners in Ambler.
- Long-term: Our customer base should be more diverse and inclusive. We can start to achieve that by adding vendors and products that reflect the diversity of our neighborhoods. We can also ensure that our employees have the knowledge and sensitivity to operate in an inclusive organization. Lastly, we need to improve our member and community outreach.
4. As Weavers Way Board secretary and now president, I've drawn heavily on my experience in other organizations. I've served on at least eight different nonprofit boards, including in leadership positions.

★ ★ ★ TO VOTE ONLINE ★ ★ ★

Log into members.weaversway.coop and select "Weavers Way Elections" under My Co-op. Or wait for your email with a custom link so no login is needed.

Stefanie Kirchner

1. Weavers Way is one of my favorite parts of living in Mt. Airy. I became a working member around the time the Chestnut Hill store opened. Though I lived out of the area for some years, I'm thrilled to be back and shopping at the Co-op again! I typically shop twice a week and buy most of my food here, including coffee, which I love grinding fresh each week.



2. Throughout my career, I've overseen the financial decisions of the companies I've worked for or owned and have always taken an ethical approach to them. As the founder and previous owner of Ciao Bella Cakes, I built a successful custom bakery. Currently, I'm the chief business officer for a life safety company. I oversee the finances, including accounts receivable and accounts payable, cash flow, bookkeeping and long-term planning.

3. I believe one of Weavers Way's greatest challenges is and will be to balance growth while remaining focused on the local community. Other challenges include continuing to sell ethical products and presenting the Co-op as a small, independent, local store. Listening to the membership and surrounding communities and doing research on similar co-ops and businesses will keep the Co-op accountable and successful.

4. I've been a working member at the Co-op throughout my membership. I'm also a long-time volunteer at Graterford/Phoenix prison through the Prison Literacy Project, in addition to other volunteer and civic activities. I value community with a sense of responsibility to others. I believe my passion for serving others, along with my business experience, would make me a valuable Board member.

Chris Mallam

1. I like to plan ahead, so I only shop at Weavers Way one or two days a week.

I have been involved with the Co-op as an employee for over six years in our Wellness and Prepared Foods departments in Chestnut Hill and Mt. Airy, as well as working with the Chestnut Hill Business Association to stay engaged with community events. I would be honored to have the opportunity to serve on the board.



2. My business finance experience is based on what I have learned from working at the Co-op, primarily the opening and operations of our Next Door location.

3. The grocery business is challenging on its own, and Weavers Way has been tackling these challenges for the past four decades. A few important challenges we face include maintaining member loyalty, refocusing on sustainability, and using technology to our advantage for an increased positive customer experience. How we approach and resolve them will require a unique and unified effort by all of us.

4. I believe my knowledge of the grocery industry and my passion for what we do at Weavers Way will bring more support and empathy to our Board of Directors.

Gail McFadden-Roberts

1. During the pandemic, I've been shopping once a week; before COVID, we shopped at the Co-op three to four times a week. Our young adult sons enjoy the prepared foods. A Co-op run after church on Sundays for good church behavior treats is a tradition with my twin nephews.

There is a gap in my Co-op involvement. Before I returned to graduate school, I did cooperator hours and served briefly on the Finance Committee.



2. I am a trustee at my church, and financial oversight is a key responsibility of that position. Monitoring sufficiency of income to cover the expenses of the overall ministry is something we monitor and manage. My experience with financial oversight includes working with the board of trustees to devise strategies and solutions to financial challenges that may arise.

3. I perceive two challenges for the Co-op: managing income and operating expenses, and achieving financial stability during and post-COVID. Highlighting what distinguishes the Co-op from other grocery stores should be part of the strategy to increase income and achieve financial stability. Finding a way to soar with the Co-op's strengths is a way to address the challenges.

4. My volunteer and professional experiences as a civil servant include human resources and labor relations (my staff were union members); strategic planning and goal setting in my roles as division chief, senior advisor/special assistant, urban planner and a member of the Ivy Legacy Foundation board. I have knowledge of organizational development through a completed doctoral program in organizational leadership.

Gerald Moore

1. I am a Chestnut Hill Prepared Foods employee, a weekly shopper of the Co-op and a member of the Racial Diversity, Equity and Inclusion Committee. Weavers Way Board members are at-large, representing all of the membership.



2. I am a former retail/food service manager with 10 years experience. As a manager, I was accountable for daily store operations, profit and loss, performance management and finances.

3. The most pressing opportunity facing our Co-op is pandemic hazard pay. As an employee, I know that hazard pay has been essential to survival. It is the right thing to do, but an additional \$40,000 each month is unsustainable. No state or federal mandate requires essential businesses to provide hazard pay, which creates an unequal business-scape. Considering that there is no plan to transition vaccinations to Group 1B (essential workers), the Co-op could be carrying this financial burden for some time.

4. My volunteer experiences include Parkland Fire Company, St. John's Hospice, Love Your Park, and teaching cooking, life skills and mediation at a men's transitional living facility. Currently, I am training to become a volunteer crisis operator.

While at Starbucks, I identified our store as a sales outlier. I worked with regional leadership and the Hotel Marriott to create a labor model that would allow us to forecast and employ staff in response to the varied business of a location situated in the largest convention space outside of the Philadelphia Convention Center. We grew sales from \$25,000 a week to between \$35,000-\$65,000 per week.

Esther Wyss-Flamm

1. I am honored to currently serve as vice president of the Weavers Way Board and am running for a second term. As a board liaison on the Co-op's Wellness Team and the Racial Diversity, Equity and Inclusion Committee, I have helped organize numerous meetings (in-person and virtual!) with the Board, staff, our amazing members and neighboring communities.



The Co-op continues to be our family's most frequent shopping destination, even now (fewer trips, larger basket size!).

2. As Board member, I've been steeped in the financial oversight of the organization and have connected with Co-op management as needed, especially given the shifting sands we've experienced during the pandemic. My related experience includes professional work as program development advisor with UNICEF, teaching business school and managing the finances of my business.

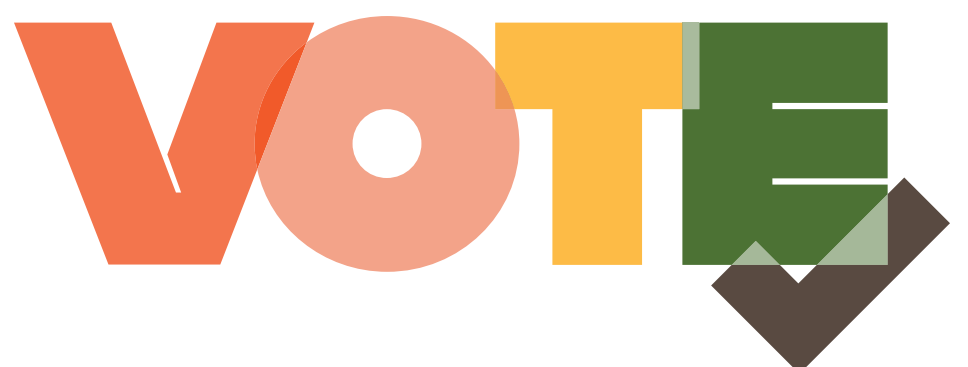
3. Our current most pressing challenge is supporting Co-op management efforts to keep the organization financially steady during COVID. When we emerge from these trying times, the challenges will shift to ensuring a living wage for all Weavers Way employees and addressing Diversity, Equity and Inclusion (DEI), food justice and climate change issues, along with member engagement.

4. I have loved bringing my skills in leadership training, strategic planning, group process management and mindfulness to the Board and believe they are important assets, along with my experience in community action (Peace Corps, environmental and social-justice activism); teaching and training in organization development, and owning a wellness business. I also chaired the University of California, Berkeley Village Residents Association, which was committed to meeting the needs of over 800 economically and culturally diverse families.

For their video statements, candidates were asked:

1. Why do you want to be on the Weavers Way Board?
2. What skills, knowledge, and experience do you have that would be an asset to the Board?
3. What could Weavers Way look like in five years?
4. Is there anything you want to say about yourself that would help members vote?

To view the candidates' video statements, visit www.weaversway.coop/VOTE-2021



SEE PAGE 10, FOR A PAPER BALLOT.

Place ballots in the ballot box at the Ambler store, 217 E. Butler Ave., the Chestnut Hill store, 8424 Germantown Ave., or the Mt. Airy store, 559 Carpenter Lane, by 10 a.m. Sunday, May 2, 2021.



Make Ambler a Shade Better by Adopting a Park Tree

by Jill Sanchez, Ambler Environmental Advisory Council

THE AMBLER ENVIRONMENTAL ADVISORY Council has launched a new way for families and individuals to take care of its public and park trees: An Adopt-A-Tree program, in which residents commit to watering the borough's young trees.

The trees planted last year, with more arriving this month, each need a dedicated adopter. Those interested in the program can locate a tree in need of adoption by viewing the interactive Google map on the EAC website, www.amblereac.org. Last year's trees each have their own name; adopters can also name the tree they choose.

Trees need 10-15 gallons of water every week (when it doesn't rain) from May to October. The EAC recommends either transporting water from home in several kitty litter jugs with lids (provided upon request), or by bringing empty buckets after getting permission from a neighbor to use their outside faucet. Care also involves removing occasional weeds from the mulch apron and reporting if the tree has any damage or health issues.

Among the groups who purchased a tree last year was Girl Scout Troop 72140. They bought theirs for Ricciardi Park last fall with a portion of the money they earned from cookie sales. Buying the tree made them eligible to earn an Urban Forestry patch, which requires planting and caring for a tree for two years.

"Many of the girls in our troop will walk past this tree in Ricciardi Park daily," said their leader, Erin Endicott. "They'll enjoy watching it grow as they do. They already show a sense of ownership and pride about the tree and its impact on the community."



Members of Girl Scout Troop 72140 planting their tree in Ambler's Ricciardi Park last fall.

Ambler will receive eight additional young trees on Earth Day, April 22. PlumbPRO Services donated five for Ricciardi Park to shade walkers along the walking loop. Another two were donated by Rachel McGinn and Tammy and Lou Orehek. These will be planted at the Senior Adult Activities Center in the borough. In addition, the Oliver family of Ambler donated a tree that will be planted in Knight Park.

All of these new additions to the community need to be adopted, and they don't have names yet.

Enroll in Adopt-A-Tree by visiting www.amblereac.org/adoptatree/ to choose your tree. After making your choice, email the Ambler EAC at amblereac@gmail.com.

Stenton Museum Seeks Participants for Healing Stories

STENTON MUSEUM IN LOGAN IS seeking participants interested in sharing a story for an upcoming virtual program, "Healing Stories: Healing our History, Healing Ourselves" on Saturday, April 24 from 2 to 4 p.m.

The program will draw on the tradition of African griots, with stories that originate from each family's trove of tales or from an individual's own life. The goal is to help heal history by affirming and sharing our roles in shaping the past.

Historically, limited access to literacy often meant that people of color left few written records of their lives. That fact heightens the value of stories passed down in families.

If you are interested in sharing a story at the event, contact Rachel Corma at programs@stenton.org or 215-329-7312 by April 9. Stories should run five minutes or less. Those who want to workshop their stories are welcome to contact members of the Keepers of the Culture, Philadelphia's Afrocentric Storytelling Group, for assistance.



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Everyday Stewardship Will Help Keep the Wissahickon Healthy

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

RAIN, SNOW, OR SHINE — EVEN during a pandemic, concern for the environment and the impacts of climate change are a daily priority for Friends of the Wissahickon. Our capital projects revolve around erosion control, stormwater management and habitat conservation.

We work with partners such as Chestnut Hill Conservancy on preserving green open space with conservation easements.

A crucial part of FOW’s mission is partnering with other watershed groups and municipalities to represent Philadelphians who use the Wissahickon watershed for recreation and drinking water. FOW, often with our partners, advocates for policy initiatives that protect the health of our environment and citizens.

But it’s important that each of us as friends of the Wissahickon live in better harmony with the land, water and wildlife of the park. Individually, we have the power to help conserve the fragile urban forest and habitat, and prevent contamination of our water supply.

Establishing good personal habits, like regularly flossing or eating vegetables, comes with commitment, practice and repetition, until they become routine. Think of environmental stewardship for the health of the Wissahickon in the same way.

There are so many ways you can make a big difference in the Wissahickon and beyond on Earth Day and every day. Below are a few of them. They’re not meant to be restrictive but are reminders about the potential for positive change when we all do our part.

Keep it Clean

All those ice cream wrappers and water bottles (even discarded mattresses!) add up. The impact of trash goes deeper than sight and smell – literally. Water carries everything downhill, and pollution, especially from single-use plastic water bottles, bags, straws and Styrofoam food



containers, gets carried into the Wissahickon Creek. This litter ultimately makes its way into the ocean, creating huge floating trash islands and poisoning animals that mistakenly consume the waste. So please be sure to carry out what you carry into the park, and don’t throw trash out of car windows or into stormwater drains.

It may not seem like a stormwater problem, but dog waste that’s not properly disposed of is a source of pollution that can add up to big problems. It doesn’t decompose and adds harmful bacteria to the creek, which affects water quality and the health of humans and habitat. After your dog goes, so should the waste. Wrap it up and carry it out!

And speaking of dogs, please remember to leash yours. Dogs off-leash disturb the many ground nesting birds and mammals in the park and can scare or injure runners, bikers and riders as well as horses.

Stay on the Trail

The best place to be on a hike or ride in the Wissahickon is always directly on-trail to protect the surrounding habitat. FOW works to improve the park’s trails so they are sustainable, easy to maintain and minimize impact on the species that call the park home. Straying off them can damage native plants that have taken years to grow, and disturb animals living in the cover. Repeated off-trail use can create rogue trails that are unsafe and contribute to erosion.

Be a Clean Water Advocate

Stay on top of local water-related issues. Voice your support with elected officials who have positive influence over policies that affect our watershed, and vote on relevant election ballot initiatives and referendums. Follow FOW on social media @FOWissahickon for the latest park news and information on how you can get involved.



photo by Eric Steinhauer

FOW Wissahero Charlotte Steinhauer picks up litter from the Wissahickon Creek.

Join FOW

Membership dollars help FOW create a sustainable trail network in the park, protect the fragile forest habitat, improve the water quality of the creek, and enhance the user experience throughout the park. You can join online at www.fow.org

Volunteer

Whether through FOW’s Wissahero program for individual stewardship or in small group cleanups, extra hands are always needed and appreciated.

Join us for these upcoming Super Saturday Service Days:

April 10 – Philly Spring Cleanup
(<https://fow.org/event/21-sat-08-09/>)

April 24 – Earth Day Creek Cleanup & Planting
(<https://fow.org/event/21-sat-11-12/>)

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Liberate Your Lawn & Garden

Consider Converting Your Lawn into a Nature-Friendly Habitat

by Sarah Endriss, for the Shuttle

“KISS THE GROUND!”

That sounds like something I yelled when, in a fit of anger at the age of 12, I went after my younger brother and tried to wrestle him to the ground.

But this “Kiss the Ground” is a documentary released in January on Netflix and narrated by Woody Harrelson. The film explores regenerative agriculture and the possibility of a future that could balance our climate, keep our water and soils healthy and feed the world.

“Kiss the Ground” shines a light on the importance of soil health and carbon sequestration and offers regenerative agriculture as a potent, soil-based solution in the fight to reverse global climate change. The data, interviews, and global efforts highlighted invite us to look newly at the soil under our feet, the food we buy, and the part we play in a healthy future. So how do we do our part?

The current number one crop and industry in the United States isn’t corn, soy or wheat; it’s the highly toxic American lawn, which covers between 40 and 50 million acres of this country, according to the Habitat Network of the Cornell University Lab of Ornithology. In order to change that statistic, we don’t need to be farmers; we can apply the principles of regenerative agriculture to our own property by honoring soil, water and plants as a system. There is no better way to do this than by eschewing the antiquated practice of monoculture (or single species) turf grass lawns, and instead opt for a wide variety of native grasses and wildflowers that respond to local environmental conditions such as soil type, light and moisture levels.

Planning and planting a beautiful, resilient alternative lawn requires an understanding of local ecologies and sustainable plants. Working with a firm such as WildLawn, an ecological restoration firm specializing in the growth and use of local indigenous grass and wildflower species, ensures that the species selected are compatible with your property and are meant to grow there.



This makes your lawn an invaluable asset as a foundation for the habitat restoration of your community’s local ecosystem.

WildLawn’s roots started with a desire to help restore ecologically damaged environments back to their natural, beautiful conditions. This year, WildLawn (with whom I consult), is working in the Philadelphia region to restore properties to their authentic, ecologically sound levels. The company is a partner of “Homegrown National Park,” University of Delaware Entomologist Doug Tallamy’s grassroots call to action to restore biodiversity. As part of their work, they plan to consult with homeowners to reestablish local habitat that invites birds, butterflies and bees back to their yards.

So what is a WildLawn? It can be any native plant community, but as a lawn, it is the ultimate short meadow. Growing from six to 12 inches in height, a WildLawn can add seasonal color and interest, generate biodiversity, infiltrate and improve overall water quality and save time and money. With minimal mowing required and no pesticides or fertilizers needed, a WildLawn helps restore ecosystem function and is the ultimate family and pet-friendly lawn alternative. In a nutshell, it is an opportunity to contribute to the future beyond ourselves.

As we head into spring, I encourage everyone to look newly at the soil under our feet and in our own backyards. Lawns can be more than personal space and a convenient carpet for our own play: They can be habitat that surrounds us with the sights and sounds of nature and contributes to the health of our shared environment.

Sarah Endriss is principal of Asarum LandDesign Group, adjunct faculty at Jefferson University and a restoration design consultant for WildLawn, an ecological native-grass alternative to traditional lawns. She can be reached at Sarah@asarumlanddesign.com For more information on WildLawn, visit www.WildLawn.com

This month’s column includes contributions from Mark Brownlee, owner of WildLawn and Archewild.

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How a Book Inspired Me to Change My Energy Choices

by Vivian Lehrer Stadlin, for the Shuttle

I RECENTLY FINISHED THE SINGLE most important book I've ever read: "The Overstory," the Pulitzer-Prize-winning novel by Richard Powers. It's a compelling, beautiful read — if you get no further in this article, here is my strongest book recommendation.

Without spoilers, I can say "The Overstory" catalyzed for me a worldview shift that was more healing and clarifying than years of therapy. I feel it now in my heart as much as my head: The natural world, of which we humans are just one part, is far more intelligent and alive than I realized. And the individualistic, commodifying mindset predominant in our society — in which we see the rest of the natural world as "our resources," think of humans as the source of all meaning, and endlessly aim for convenience, growth and material affluence — is unsustainable to the point that our species may cease to exist, sooner rather than later.

I was surprised to be so gobsmacked by this book, as I already considered myself fairly savvy about climate change and the existential crisis we face. But by helping me see from the expanded time scale of trees, the book reframed "normal" for me. The "ordinary" cities, highways, strip malls and backyards I've seen since birth are, in fact, stretches of clear-cut forest just a few hundred years old — a bare microsecond, evolutionarily speaking. Amazing as Weavers Way is, there is nothing normal about being able to get food and goods from anywhere in the world delivered to my doorstep in two days.

"The Overstory" suggests that if the earth's four-billion-year history were a 24-hour day, anatomically modern humans don't come onto the scene until four seconds to midnight, and the first cave paintings don't appear until one second is left.

"And in a thousandth of a click of the second hand," Powers writes, "life solves the mystery of DNA and starts to map the tree of life itself. By midnight, most of the globe is converted to row crops for the care and feeding of one species. And that's when the tree of life becomes

something else again. That's when the giant trunk starts to teeter."

Over the past few hundred years, he continues, we've been "cashing in a billion years of planetary savings bonds and blowing it on assorted bling."

A character in "The Overstory" reflects that the "greatest flaw of the [human] species is its overwhelming tendency to mistake agreement for truth.... We're all operating in a dense fog of mutual reinforcement. Our thoughts are shaped primarily by legacy hardware that evolved to assume that everyone else must be right."

Taking this cue, I want to signal-boost Power's insight that now feels obvious: "We've been looting natural capital and hiding the costs. But the bill is coming, and we won't be able to pay."

Many people don't realize that the current pandemic is part of our looting bill. In a recent GQ magazine interview, Powers was asked how it was that he'd been able to predict this pandemic. He explained that for both the current pandemic and the SARS-1 pandemic in 2003, the vector was animals whose behaviors had changed because of habitat loss. "It's not prophecy; it's memory," he said.

As we continue decimating forests and other animal habitats, we will shake free further novel viruses. Powers added that we're lucky COVID-19 hasn't proven even deadlier. "Not many people realize we've dodged a bullet," he said, referring to other human-unleashed viruses and blights that had 100% mortality rates for plant and animal species.

Do I really believe any action I take will be able to slow, let alone stop, our belief in human exceptionalism and human dominance? The world's population is rising by the population of Des Moines each day, according to World Population Balance. Humans aren't evolved to think on long time scales. Species, forests and potable water continue to disappear. Fossil fuel use continues to climb. We have forgotten how to live in this world.

But I like Bill McKibben's philosophy in the intro to his new book, "Falter:

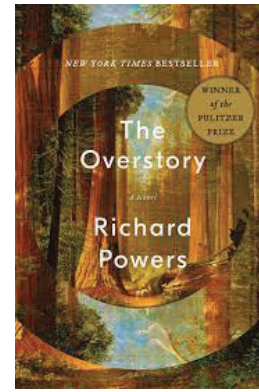
Has the Human Game Begun to Play Itself Out?" He writes, "I live in a state of engagement, not despair."

One personal silver lining to the pandemic, which I acknowledge comes from my tremendous privilege, has been a shift from commodity culture — where success is largely defined by what we own, and we receive messages of, "Be all you can be! The world is your oyster!" — to a way of living more where I am. I'm enjoying cooking meals, being with family, and walking in the woods. The more meaning I can derive from community and connection, with people and other life forms, the more fully human I feel.

This is why my family and I switched our utilities suppliers from PGW and PECO to The Energy Co-op, so that the gas and electricity in our home comes from more renewable sources. We're investing in gentler, more hopeful technologies.

The odds for our species may be increasingly long, but I consider the human game to be worth playing as inclusively as possible. Joining the Energy Co-op is one of the more impactful actions I can take in this direction. And I like that switching was extremely easy. I signed up on their website, but I still get my bills and autopay from PGW and PECO. There are no new online accounts; and there's no increased risk of service interruptions or other issues.

What makes "The Overstory" ultimately healing, even in the face of bleak truths, is how it helps us feel our place in the larger family of beings and in a larger scope of time. So I aspire to use my Energy Co-op energy in line with this idea from the book: "When you cut down a tree, what you make from it should be at least as miraculous as what you cut down."



eco tip

Lower Your Clothing Carbon Footprint By Opting for Secondhand Apparel

by Marsha Low, Weavers Way

Now that spring is here, you're likely happy to put away your bulky winter clothing and bring out your summer clothes. Hopefully, the change of seasons doesn't inspire you to buy a whole new wardrobe, because the textile industry has a major negative impact on the environment.

Clothing is the second largest source of pollution in the world, and the pollution happens throughout the entire process. Conventional farming for fibers like cotton relies on heavy pesticide use, and manufacturing synthetic fabric relies on the use of petroleum.

At the end of its life cycle, when clothing is worn out or unwanted, the majority of it heads to landfills, where it releases greenhouse gases and leeches toxins and dyes into the surrounding soil and water. As a result, the industry has a huge carbon footprint and is responsible for 10% of global carbon emissions.

As if that weren't enough, the industry is the second largest consumer of water globally, and it's responsible for water pollution due to the use of toxic dyes and the washing of synthetic clothing, which introduces tiny, non-biodegradable fibers into the water supply.

So when you need another pair of jeans or a t-shirt, consider buying secondhand clothing rather than new. There are good deals to be had at consignment and thrift stores.

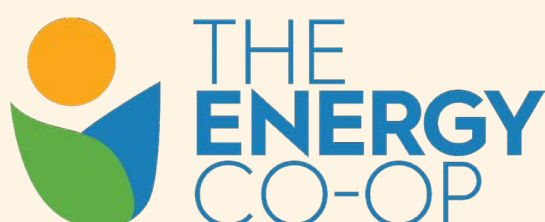
If you must buy new, consider purchasing clothing made with organically-grown cotton, which costs more but tends to last longer and is more often ethically produced, another important consideration. The feeling you get by purchasing something healthier for you and the planet is priceless!

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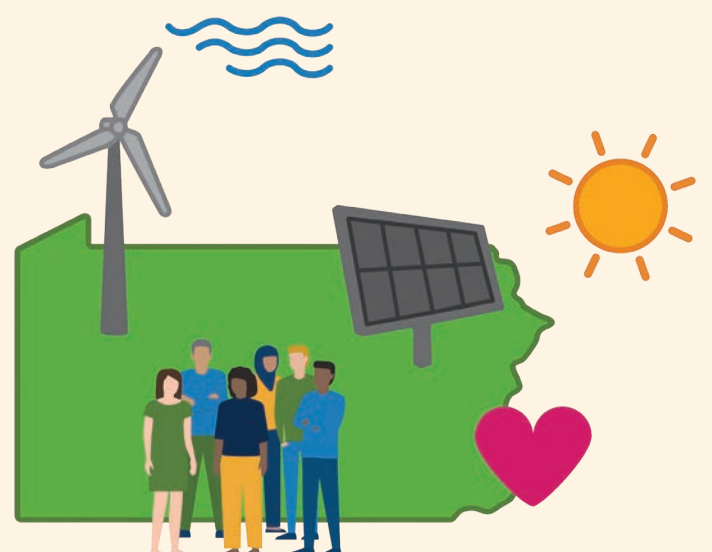
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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR writing. Email suggestions to suggestions4norman@weaversway.coop. As usual, suggestions and responses may have been edited for brevity, clarity and or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

Coming soon is the start of our effort to reduce plastic packaging by creating a program where shoppers buy products packed by us in returnable, refillable containers. They will pay a deposit to cover the cost of the container, which will be refunded upon return. We're starting with quarts of soup, which should be on our shelves by the end of April or so.

Fortunately, it seems many of our members share our concern about the need to reduce or even eliminate plastic packaging, as do some manufacturers in the food industry. One misleading non-petroleum plastic solution we see sometimes is packaging with compostability claims.

A few packaging manufacturers are switching to materials that are "certified compostable", which are typically certified by an outfit called the Biodegradable Products Institute. Often these products are made using bio-plastic, which is made from plant resins, as opposed to petroleum. While this might be a better material and process on the production end,



on the waste end they are problematic. Almost none of these plant resin products are biodegradable or compostable outside of commercial composting machinery, to which few people have access. They also are not recyclable, so the reality is that the majority of these packages are destined for the landfill and/or incinerators, like regular trash.

Speaking of single-use packaging, recently in new product news I saw a company producing a travel-friendly plastic-packaged bowl of water for dogs called Waggin Water. Waggin states "we are removing twice the amount of plastic waste out of nature as we use", which seems like a good thing, although it does make one wonder if this is a solution in search of a problem. Of course, given the nature of product development in our economy, it's only a matter of time before we see flavored and supplemented dog water. I can see it now: liver-flavored water, boosted with probiotics, vitamins and everyone's current favorite additive, CBD.

(continued on next page)



“

EMAIL YOUR SUGGESTIONS TO
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”

Norman Says:

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

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(Continued from previous page)

suggestions and responses:

- s:** “In this week’s eNews (March 25) there was an updated list of recyclables, including “flexible packaging.” I think I may not be the only person wishing for more information. Does it include the thin plastic wrap surrounding fresh meat, etc.? I presume it does not include thin Styrofoam from meat packages, etc., although strictly speaking, that Styrofoam could be considered flexible as well. Sorry to be tedious about this, but a little bit of clarification might save Weavers Way or TerraCycle a good bit of trouble.”
- r:** (Norman) Sorry for the confusion, but in this case “flexible packaging” is what TerraCycle is calling the bags/pouches that hold the Bic Pens and such. In general, TerraCycle only takes specific brands and/or items they specify. As far as we know, there is no recycling of foam trays or plastic wrap. Thanks for pointing out the potential confusion.
- s:** “Summer is coming and I really miss the Ben & Jerry’s frozen yogurt we used to have. My favorite was Cherry Garcia (but not the ice cream!). Any chance we can carry it again?”
- r:** (Norman) Sorry but for reasons we don’t know, our supplier no longer stocks Ben & Jerry’s frozen yogurt. Sorry to disappoint.
- s:** “This shopper wants mochi back!”
- r:** (Norman) Looks like the only mochi stocked by our suppliers is Eden Sweet Brown rice mochi. It’s shelf stable and available from our supplier in eaches, so any of our stores can special order you a package. Contact the grocery manager at the store you shop at to order. Cost is about \$10.35.
- s:** “Can we sell ice?”
- r:** (Norman) We can get local (from our hemispherical quadrant), fair trade, organic paleo ice. It’s chopped from pristine glaciers by indigenous people who use

traditional tools and earn a fair wage. The ice comes packaged in biodegradable whale skin from naturally beached whales who died of old age while surrounded by kin.

- s:** “Since Kashi crackers disappeared, we have been looking for a replacement. I think we found one with three ingredients that’s recommended by Consumer Reports — Triscuit Thin Crisps (Original). Is this a possible product for the Co-op?”
- r:** (Norman) Thanks for the suggestion; we’ll see if either of our two main grocery suppliers have them. By the way, I have long held crackers are overpriced, overpackaged and unnecessary, since it’s so easy to make crackers by leaving slices of bread out for a few days. For thin crackers, you need to slice the bread thinly. Incidentally, crackers are one of the few foods named for the sound they produce. They were invented in 1801 in Massachusetts by Josiah Bent. His burnt biscuits led to crackers, and also to the popular saying and strategy “crack, don’t bend” when facing difficult situations.
- s:** “When will the loose teas in the bulk section be replenished? I use loose tea almost exclusively, and I don’t know of anywhere else to purchase it other than Reading Terminal. I prefer to buy tea at Weavers Way. Additionally, it appears that the herbs are in short supply. Is this part of the loose tea shortage?”



It’s only a matter of time before we see flavored and supplemented dog water.



- r:** (Norman) Our suppliers are basically week to week with availability; this is true for many items these days. Information on an individual item’s stock status can be hard to come by. We order most of the bulk items a couple times a week but don’t know if we’re really getting them until the delivery arrives. Items that don’t come in get reordered for the next delivery. You can always call the store to ask if an individual item is in stock that day.
- s:** “Here is feedback on two premade salads/spreads made by the Mt. Airy Co-op:
 1. The potato salad is a reliable classic, consistently delicious and simple.
 2. The chicken liver pate, on the other side, is not edible. Actually, it is disgusting. Why on earth would anyone eat sweet chicken liver?

For the love of god, please, anything but sweet chicken liver.

If you want to add something to basic chicken liver, trim it from its connective tissues, roast it, then add minced onions, lots of garlic, thyme, pepper and salt. Puree the whole thing. You are done and it is edible. Please remove the sweet chicken liver from the list of regular Co-op food products. The world will be a better place for it. Thank you.”

- r:** (Norman) Thanks for the feedback and desire to share your opinions to make the world a better place. Seems like the world needs the help, especially Brazil. Since we want to help make the world a better place too, we’re swapping out the chicken liver pate for Brazil nut pate. Once people start eating this, the world should be a better place in a few weeks. Thanks.

Weavers Words

THE CO-OP LINE

Seniors get priority on Sunday
 on a path over painted diamonds
 starting at the Big Blue Marble
 ending at the red tarp sky
 This line seems ordained
 A masked figure bids welcome
 You climb three stairs to a refuge
 where the hungry are never denied

—Daniel Siegel

SPRING AGAIN

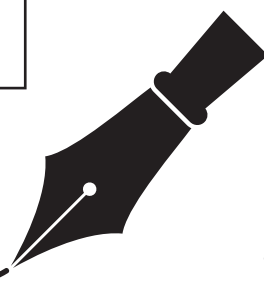
Wind
 gentle and hard
 blows the changes.
 Hard earth gives way
 to beauty from below.
 unseen tendrils
 reaching from below the cement
 where feet have lost their senses.
 Above the ground
 beauty captures the imagination
 momentarily turing hearts soft.

—Dagmar Iris Holl

Cows say moo
 Birds say peep
 The sky says blue
 The ocean deep
 Fish go plop
 Caterpillars creep
 Pigs like slop
 The night says sleep

—George Luks

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



Feeling Inspired? Here Are Our Guidelines:

1. Poems must be written by you and can contain no more than eight lines.
 2. The Shuttle editor has the final say as to whether a poem is suitable for publication.
 3. The number of poems in an issue is determined by the amount of space available.
 4. Members and nonmembers are welcome to submit.
 5. Email your submissions to editor@weaversway.coop and put “Poetry submission for Shuttle” in the subject line.
 6. Preference for publishing will be given to those whose work has yet to appear in the paper.
- Thanks. We’re looking forward to your creation!

The Backyard Beet

How to Get the Most from Your Baby Greens this Spring

by Chris Mattingly, for the Shuttle

THIS SPRING, WE PLANTED OVER 1,000 SQUARE feet of greens in over 50 gardens. I never got excited about greens until I started growing them; such is the magic of homegrown food!

In the early years of Backyard Eats, a client told me she wanted a boatload of greens because she ate a salad every day. I couldn't fathom that, since my personal diet was more like eating two Wawa breakfast burritos a day.

Anyway, I started lots of plants for my client, and started lots for myself so I could better understand how to grow them. I fell in love with the plants as they grew, and soon made my first harvests of crunchy, refreshing leaves. From there I went on to make unique blends of greens and herbs, along with fresh and delicious homemade dressings. The salad mixes, because they were garden fresh, stayed fresh and edible in our refrigerator, even if we forgot about them for a month.

Here's what I've learned about growing and harvesting baby greens.

Sowing Seed and Harvesting

Baby greens are not a special variety. Some varieties may be better suited to growing as baby greens, but each individual greens seed has the ability to grow into full size if given the space and time.

The most popular varieties for growing as baby greens are arugula, kale and spinach. When we started looking at our supplier's (Johnny's Seeds) options, we found tasty blends like spicy, frilly and "premium" greens mixes, which include seriously flavorful types like mizuna, mustard and tatsoi.

Baby greens are typically grown by sowing seed directly into a prepared seed bed, which is an area that's been cleared, flattened, scarified (roughed up), and moistened. They can be grown from nursery starts, but it isn't economical.

The seeds are sown a quarter to a half-inch apart. We use a technique called broadcasting, which is similar to seasoning meat with salt. By making a minimum of three passes of the entire area with our hand seeding, we make sure the distribution is uniform. And by using a pre-measured quantity of seeds per square foot, we make sure the density is appropriate.

Of course, we hang our hats on precision and repeatability. You could probably just grab a handful of seeds, cast them like you would grass seed, and have plenty of success. We always finish with a light fingertip massage to ensure the seeds are making contact with the soil, then add a thin layer of vermiculite,

which retains moisture without preventing the emergence of new seedlings.

Most baby greens grow in less than a month. They are "cut and come again," which means you can have multiple harvests from a single patch. Harvest them when they're three to six inches tall.

New baby green leaves emerge from a growing point at the base called the basal plate. Cut using a sharp, serrated knife or scissors above the basal plate, leaving enough room for the plant to regrow new leaves. I prefer to grab a handful of leaves from the top, and bend them back to reveal the stems. That way I can throw the handful of cut leaves right into my salad spinner.

You should be able to return for harvest two to three times, with one to two weeks between harvests. This means you can eat from the same patch of green, or alternate patches, for a period of one to two months. The fun will be done when you notice you're harvesting more stems than leaves.

Baby greens carry with them an advantage that can help you get the most out of your garden. If you're packing your garden full all season, you'll find yourself looking for space to put your summer fruits (tomatoes, peppers, cucumbers etc.). If you have a viable patch of baby greens where you want to put one of these fruiting plants, you can simply dig up enough space to plant the plant. Over the next couple of weeks, you can harvest more of the greens, and pull up the roots of those plants to make way for the new roots. Do this until your fruiting plant has plenty of soil real estate to thrive.

Greens You Can Harvest as Needed

You may have heard the term "cut and come again" in a different context. That's because there are many plants that you can take leaves from, and expect them to keep on producing. I call it "continuous harvest." Plants like lettuce, kale, swiss chard and collard greens are great for growing to medium or full-grown size, while taking two to three leaves at a time.

When taking large leaves from a full-grown plant for continuous harvesting, take the leaves from the outside and bottom. Those are the largest, oldest leaves, and they'll be first to turn brown and brittle when the plant decides to let go of its oldest growth to support new growth. If you're too late and the oldest outermost leaves are already brown or unpalatable, just pull those off until you're into green leaf territory.

To keep production ticking along, never harvest more than one-third of the plant's leaves. We use this method specifically for kale, swiss chard and collards,



which we call "all-season" plants, because they'll produce this way until (and even a little bit past) the first frosts. They're able to do this because they have no desire to produce flowers in their first year of life (they are biennial). Lettuce isn't able to produce this way forever because it is an annual, and will go to flower as soon as it is ready. This is called bolting, and will occur when the plant is mature or stressed enough (hot and/or dry).

These elements can make the difference between a garden that makes you crazy and one that's successful. If you would like help achieving your garden goals, we have a team of brilliant gardeners and builders for that purpose. To learn more, visit our website and book a consult online.

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

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Artists in Our Aisles

Jerry Schurr

I'm a graduate of the Pennsylvania Academy of the Fine Arts and received the prestigious Thouron Prize for Painting in 1966. In 1977, I was awarded the Eugene Feldman Memorial Prize from the Philadelphia Print Club.



My paintings and serigraphs have been exhibited in innumerable galleries throughout the United States and appear in both private collections and the collections of museums and corporations, including the Minneapolis Institute of Art, Standard Oil of New Jersey, Scott Paper Company and the Philadelphia Museum of Art.

I'm now in my eighth decade and continue this wonderful adventure of unraveling the complex and delightful panorama of nature's color and harmony in my studio in Wyncote.



My love of nature has led me from an overview of a vast pre-historic landscape to a study of the exquisite creatures that inhabit the nooks and crannies of that space. My latest images are three-dimensional constructs of Mother Nature's vast panoply of animals and plants. Each of these present color renderings are consistent with the earlier layered approach of my landscapes.

The subjects are constructed using color overlays and linear complexities derived directly from the actual specimens or their scientific photographic images. Each is a celebration, in the tradition of Plato's concept that there is an ideal, a priori form, for all things in the natural world. My creations are as close to perfectly symmetrical in their color and construct as I've been able to achieve.

Email: jerschurr@aol.com
 Website: jerryschurr.com/the-art-shop



We want to feature your art in the Shuttle!

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

- (Two) 4"x 6" high-resolution images (300 dpi)
 - A short statement about the work • A short bio
 - A head shot • A link to a website if you have one
- Thanks. We're looking forward to your creations.



WEAVERS WAY ENDS

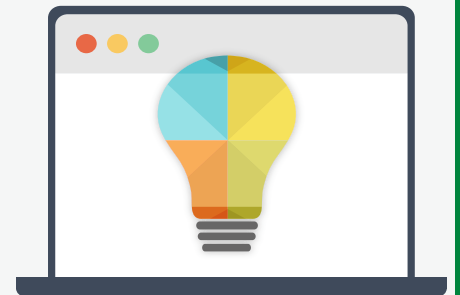
Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy.

AS A RESULT OF ALL WE DO:

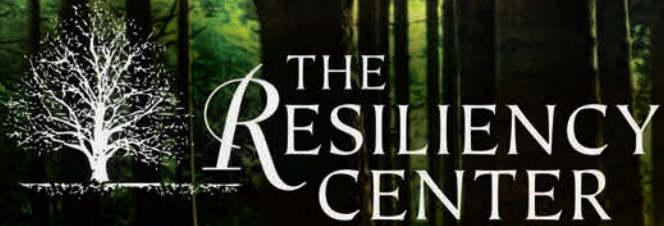
- END 1** There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.
- END 2** Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.
- 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.

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A Trio of Women Who Stepped Forward to Effect Change

by the Weavers Way Racial Diversity, Equity and Inclusion Committee

THIS BELATED WOMEN'S HISTORY MONTH TRIBUTE celebrates three powerful women who struggled to achieve equal rights for the groups they represented.

Fannie Lou Hamer was born in Montgomery County, MS on Oct. 6, 1917. She grew up witnessing the inhumane treatment of Blacks in Mississippi, and in 1962 was inspired to attend a meeting of civil rights activists. She became an organizer, and led a voter registration drive at the Indianola, MS. courthouse on Aug. 31, 1962. The registrants' right to vote was denied, and Hamer was fired from her job.

The following year, she ran a voter registration program in Charleston, SC. On the way home, she and several other Black women were arrested for sitting in a "whites-only" bus station restaurant in Winona, MS, and were beaten in jail. Undeterred, she co-founded the Mississippi Freedom Democratic Party, challenging the local Democratic Party's efforts to block Black participation.

During a Harlem rally to support the Freedom party, she said, "All my life I've been sick and tired. Now I'm sick and tired of being sick and tired." In 1964, she lobbied the credentials committee at the Democratic National Convention in Atlantic City, NJ for representation. By 1968, she was a member of the first integrated convention delegation.

In 1971, Hamer helped found the National Women's Political Caucus. She also launched the Freedom Farm Cooperative, buying up land that Blacks could own and farm collectively. With the assistance of donors, she purchased 640 acres, launched a co-op store, and ensured that 200 units of low-income housing were built in her town of Ruleville, MS. The co-op operated until the mid-1970s and was among the largest employers in Sunflower County. She died of cancer in 1977 at age 59.

Barbara Gittings laid the groundwork for the LGBTQ movement about a decade before the Stonewall Riots of 1969. As editor of *The Ladder*, published by the Daughters of Bilitis, an early lesbian activist group which she helped found, she provided pride of identity and blasted stereotypes.

Gittings was instrumental in getting the American Psychiatric Association to stop classifying homosexual-



Fannie Lou Hamer



Zitkaka-Ša ("Red Bird")



Barbara Gittings

ity as a mental illness. When she died in 2007 at age 74 (in Kennett Square), the *New York Times* obituary noted that she was vocal and visible at a time when gay individuals feared coming out.

For many years, Gittings headed the American Library Association's Gay Task Force (known today as the Gay, Lesbian, Bisexual and Transgendered Round Table.) She oversaw and edited the association's comprehensive bibliography of literature by and about gay men and women. She grew up in Wilmington, DE and later lived in Philadelphia.

Gittings wrote that her interest in library books stemmed from not being able to find enough literature to help her understand herself. The Free Library of Philadelphia named its gay and lesbian collection for her, and Philadelphia officially named the intersection of 13th and Locust streets "Barbara Gittings Way." She called for annual picketing at Independence Hall for LGBTQ rights. Her obituary quotes her partner, Kay Tobin Lahusen, who described their last activist event as coming out in their assisted living residence newsletter.

Native American activist Zitkaka-Ša ("Red Bird") was born on the Yankton Indian Reservation in South Dakota in 1876 and was a member of the Yankton Dakota Sioux. At age eight, missionaries took her to a residential school in Wabash, IN, and gave her the name

Gertrude Simmons. She learned to read, write and play the violin there, but she mourned the loss of her culture.

After studying at Earlham College in Richmond, IN and the New England Conservatory of Music in Boston, she was hired to teach music at the Carlisle Indian Industrial School. She began writing for national magazines like *Atlantic Monthly* about Native American life, portraying it differently than the stereotypes that persisted. In 1901, she wrote a piece about her loss of cultural identity and was fired.

Zitkaka-Ša returned to the Dakotas to work at the Bureau of Indian Affairs at Standing Rock Indian Reservation, and later at the Uintah-Ouray Reservation in Fort Duchesne, UT. She collaborated on writing "The Sun Dance Opera," the first written by a Native American.

She and her husband, Raymond Talephouse Bonnin, moved to Washington, DC in 1916 and she became increasingly vocal about the treatment of Native Americans. She edited *American Indian Magazine*, published by the Society of American Indians, and advocated preserving Native American culture. She also advocated for citizenship rights for all Native Americans and was instrumental in the 1924 passage of the federal Indian Citizenship Act. In 1926, Zitkaka-Ša founded the National Council of American Indians, serving as its president, fundraiser and spokesperson until her death in 1938.

Paul Labess

Produce Market (in West Chester?), the now-closed Ecology Co-op in West Philadelphia and Swarthmore Co-op, as well as several local orchards. Some of those orchards now serve Weavers Way through his connection with them.

Mackenzie noted that for most of that time Labess worked, PRPM was an outdoor market, "where he was out there whether it was 100 degrees or two degrees," she said. Today, it is all indoors, and temperature controlled at 55°, the largest food distribution center on the East Coast.

Labess' role as produce buyer ended in 2005, when the Co-op sought out a buyer with a larger trucking capacity. His widow, Leslie Labess, said he was sad when he was replaced, but Mackenzie was clear that it was not because of the quality of his work. She said that Paul was both intelligent and knowledgeable about the quality and prices for produce.

"He was on top of the seasons," she added. "And he bought local for us before local was a thing."

Mackenzie credited Labess with single-handedly keeping the Co-op's produce accounts viable during its 2002 financial crisis.

"We were able to continue to keep our accounts open with vendors at the produce market based on his reputation," she said. "That did a lot to keep the business going at the Co-op."

Leslie Labess agreed with Mackenzie about her late husband's integrity. "He was scrupulously honest," she said. "He would never take even an onion from a client."

Leslie described Paul as "a curmudgeonly guy." "He did not suffer fools at all," she added.

Mackenzie agreed. "He was crusty, with a wonderful sense of humor," she said. "He didn't have a lot of patience for ineptitude, but I found him fabulous to work with. He was incredibly dependable in a job that required

(Continued from Page 1)

incredible dependability."

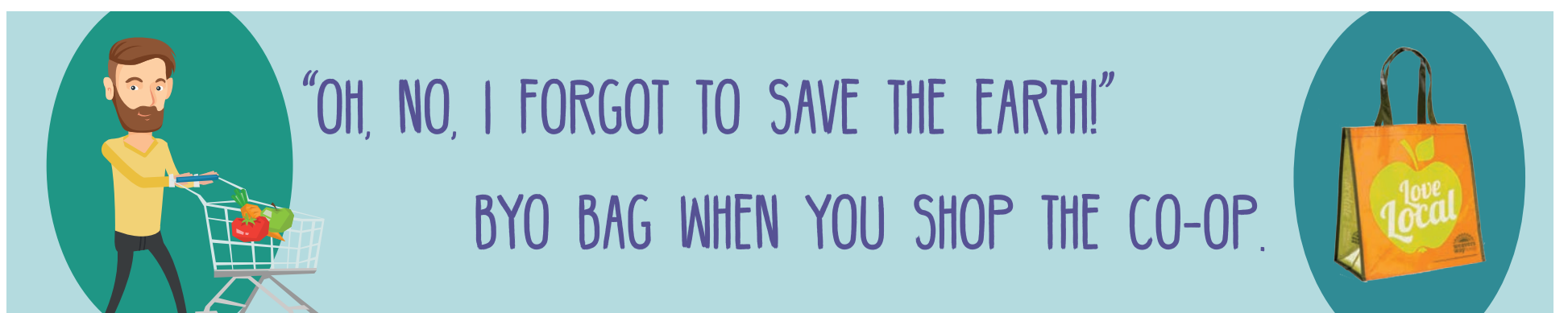
While Leslie described Paul as a homebody, she noted that he had an unbridled curiosity about a wide range of subjects and a memory that would retain information.

"He knew everything about music," she recalled. "He was at Woodstock, the Electric Factory, Geno's Empty Foxhole on Penn's Campus. He used to go to Swarthmore College to listen to ethnic music."

She added that Paul was constantly ordering books from the library. A library staff member once told her, "Your husband is really good for circulation."

As far as Leslie is concerned, Paul is irreplaceable — and she's not the only one in that camp. "Even our family doctor said, 'When they made Paul, they only made one,'" she said.

Paul is also survived by his adult son, Sam. A Zoom memorial took place on March 21.



A Board Member Gains Fresh Insights From Taking the Abolitionist Challenge

by Frank Torrisi, Weavers Way At-Large Board Director

AS A NEW MEMBER OF THE WEAVERS Way Board, as well of the Racial Diversity, Equity and Inclusion Committee, (also, newly retired with lots of free time), I jumped at the opportunity to join the Columnate Abolitionist Challenge when it was offered last summer.

The Abolitionists Challenge is presented by LaDonna Sanders Redmond, a diversity, equity and inclusion trainer and coach for Columinate, a national consulting cooperative that serves mission-driven organizations. The challenge is designed for anyone who identifies as a cooperator and is interested in gaining an understanding of how they can commit to eliminating white supremacy in cooperative spaces and in the broader society.

As part of the movement, members in The Abolitionists Challenge meet monthly for a guided discussion around books that explore issues of oppression and white supremacy in America. Redmond offers a program of directed readings, self-reflection and participation by cooperators to help make cooperatives more actively engaged in strengthening their shared work in diversity, equity and inclusion. This is a focused space in which cooperators discuss the systematic structures of racism and the work peo-

ple can do to dismantle them individually and in their communities.

The webinar program runs 90 minutes once a month for six months. The first “season” ran from last August to January of this year. All sessions are recorded and available for later viewing.

Three members of the Board (Esther Wyss-Flamm, Hilary Baum and myself) have moved on to the second season, which started in February.

The presentations by Redmond are extremely well done. Topics run the gamut from the history of slavery, abolition, and the African American roots of modern-day co-ops, to examinations of how race is perceived in our minds and hearts and how it affects our thoughts and actions.

There is an abundance of complementary material that is posted regularly by members of a platform called Slack. Educational articles and videos on Slack provide excellent additional learning and inspiration.

Redmond also provides a well-curated reading list. These are mostly recommended readings and this is definitely not a book club. I have found many of these books (which I probably would not have

read in the past) to be informative, inspiring, essential and transformative.

One of the books, “Collective Courage” by Jessica Gordon Nembhard, “chronicles African American cooperative business ownership and its place in the movements for Black civil rights and economic equality,” according to a description on the Penn State University Press website. This book was especially on point for me and essential reading for anyone serious about cooperatives and working for racial diversity, equity and inclusion in our country. It can be ordered from Uncle Bobbie’s Coffee and Books in Germantown. The book will be highlighted in the keynote presentation by State Representative Chris Rabb at the Co-op’s virtual spring General Membership Meeting on May 2.

Any Co-op member can join the current season of The Abolitionist Challenge. The first two sessions are available by recording for any member. As a white male, I am asking my fellow cooperators to consider joining this movement. We must all work to become abolitionists.



International Co-op Principles

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

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

Weavers Way Board

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

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

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

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Weavers Way Mt. Airy

559 Carpenter Lane

8 a.m.-8 p.m.

215-843-2350

Weavers Way Across the Way

610 Carpenter Lane

8 a.m.-8 p.m.

215-843-2350, ext. 6

Weavers Way Chestnut Hill

8424 Germantown Ave.

8 a.m.-8 p.m.

215-866-9150

Weavers Way Ambler

217 E. Butler Ave.

8 a.m.-8 p.m.

215-302-5550

Weavers Way Next Door

8426 Germantown Ave.

9 a.m.-8 p.m.

215-866-9150, ext. 221/222

HOW TO REACH US

www.weaversway.coop contact@weaversway.coop

General Manager

Jon Roesser, ext. 131
jroesser@weaversway.coop

Finance Manager

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Purchasing Manager

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HR Manager

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Membership Manager

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Outreach Coordinator

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Executive Chef

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Farm Manager

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Floral Buyer

Ginger Arthur, ext. 317
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Ambler

Store Manager

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Grocery

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Produce

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Prepared Food

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Meat, Poultry and Seafood

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Bulk

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Bakery

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Wellness

Andrea Houlihan, ext. 378
ahoulihan@weaversway.coop

Chestnut Hill

Store Manager

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Assistant Store Manager

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Grocery

James Mitchell, ext. 217
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Produce

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Deli

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Prepared Food

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jadams@weaversway.coop

Meat, Poultry and Seafood

Ron Moore, ext. 205
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Bulk

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Bakery

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Next Door

Wellness Manager

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cmallam@weaversway.coop

Mt. Airy

Store Manager

Rick Spalek, ext. 101
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Grocery

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Produce

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Deli

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Prepared Food

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Meat, Poultry and Seafood

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Bulk

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Bakery

Heather Holmes, ext. 305
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Across the Way

Wellness Manager

Sarah Risinger, ext. 114
srisinger@weaversway.coop

Pet Department Manager

Anton Goldschneider, ext. 276
petstore@weaversway.coop

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



VIRTUAL NEW MEMBER ORIENTATIONS

April 21, 2 p.m.

April 29, 7 p.m.

To register visit: www.weaversway.coop/events

Become a Member

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

Every day, the average American produces 4.5 lbs. of trash.

OUR YEAR-LONG PLASTIC REDUCTION CAMPAIGN

begins on **EARTH DAY** and includes:



Offering our house-made soups in returnable glass containers



Wrapping our sandwiches in paper



Changing our local pie packaging to paperboard boxes



Eliminating polystyrene meat and seafood trays



Replacing plastic packaging with returnable containers in more departments



ON A MISSION to help you buy food **minus** the trash

