

A Second Year of Virtually Fighting Hunger

by Megan McCrea, Weavers Way Food Justice Committee

THE FOOD JUSTICE COMMITTEE'S ANNUAL summer food drive, which is once again virtual due to ongoing COVID-related safety concerns, continues through the end of the month, with a goal of \$7,500 slated to be shared among three different area food pantries.

Once again, donors can select the pantry they wish to support: Holy Cross Parish in Mt. Airy, St. Luke's Episcopal Church in Germantown or Mattie N. Dixon Community Cupboard in Ambler. Our last drive raised more than \$6,000 for the three pantries; in addition, the Co-op donated a \$500 gift card to each.

(Continued on Page 13)

5TH ANNUAL

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JUNE 2021

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 49 | No. 5

CRP Program Yields Returns After Launch

by Alisa Shargorodsky, Weavers Way Plastic Reduction Task Force



ON EARTH DAY, THE CO-OP launched the first program of its plastic reduction campaign, stocking quarts of soup from our Prepared Foods department in returnable glass jars in all three main stores. In the two weeks following the launch, Co-op members chose the soup in glass rather than plastic 125 times, preventing those single-use containers from going into the recycling and waste stream.

If we were to project a solid number based on this figure moving forward, 3,000 single-use plastic units a year in one department will be prevented from going into the waste stream. I am confident that as more and more container refund programs hit the Co-op's shelves, we are going to see participation increase. If you enjoy the Co-op's soup, consider purchasing the non-disposable option. Each customer's support of these programs assures their continued success.

When we rolled out the program, I estimated that we would recapture 20%

(Continued on Page 9)

Board Refreshes with Two New Faces, Two Veterans

by Sylvia Gentry, Weavers Way Leadership Committee



Cheryl Croxton



Gail McFadden-Roberts



Toni Jelinek



Esther Wyss-Flamm

THIS YEAR'S WEAVERS WAY BOARD OF DIRECTORS ELECTION was successful, garnering well over 10% of the required level of member participation. The election ended just before the General Membership Meeting on May 2, and results were announced at the end of the meeting.

Those elected this year include Cheryl Croxton, Gail McFadden-Roberts and two incumbents, Toni Jelinek and Esther Wyss-Flamm. Special thanks to the nine qualified candidates who ran for these four positions.

The general election was followed on May 4 by the Board's election of officers for 2021: President, Toni Jelinek; Vice President, Esther Wyss-Flamm; Treasurer, Michael Hogan; and Secretary, De'Janiera Little.

The Leadership Committee, chaired by Hilary Baum, worked throughout the year to assure the success of the elec-

tion, from providing information to encourage potential candidates to run, assuring members had opportunities to learn about the candidates through the website and The Shuttle, and refining the election process.

We appreciate Leadership Committee members Joshua Bloom, Sylvia Gentry, Joan Patton, Sue Zipin, De'Janiera Little. In addition, David Chapin-Loebell of Weavers Way provided us with the essential technical support to run the online election, and Kathleen Casey, Annette Aloe and Karen Plourde provided invaluable communications support.

If you are interested in serving on the Leadership Committee please contact us.

Member participation in the Board of Directors election is essential for Weavers Way's future. Please consider running for the Board in 2022!

Rabb Challenges Members to Work for Economic Justice

by Whitney Lingle, Weavers Way at-Large Board Director

STATE REPRESENTATIVE CHRIS RABB JOINED Weavers Way members as the keynote speaker for the virtual spring General Membership Meeting on May 2 — not as an elected official, but as an expert on economic justice. His talk focused on the role of individuals and institutions in the service of justice as we move through the pandemic.

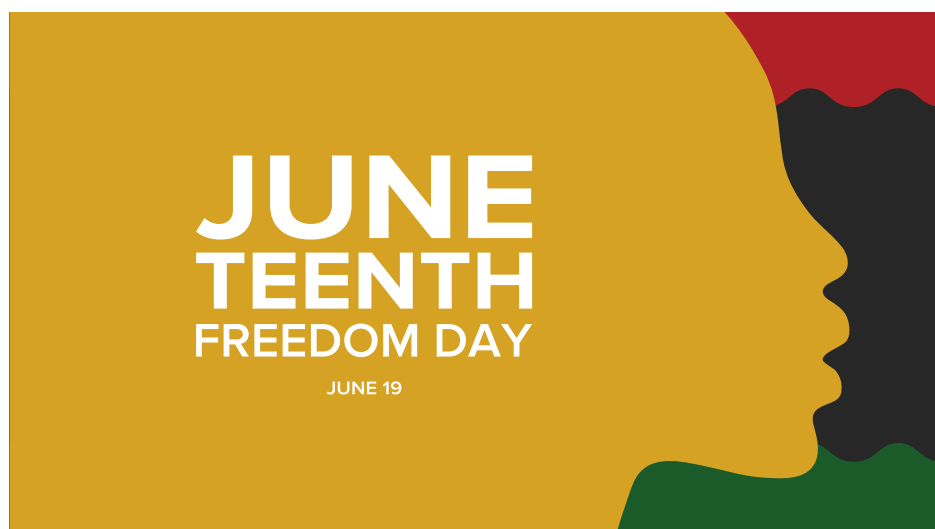
Rabb started off with an excerpt from his 2010 book "Invisible Capital: How Unseen Forces Shape Entrepreneurial Opportunity." Empowering communities for collective benefit rather than profit is at the core of economic justice and dovetails well with the seven Rochdale Principles, which deal with how cooperatives are to operate. He also spoke about the book "Collective Cour-



(Continued on Page 6)

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



RALPH LEVY'S LETTER ("TIME TO Switch to Online?") on page 6 is the result of a couple emails we traded over the last month in response to last month's Editor's Note. In that column, I wrote about the Shuttle's financial constraints, due in part to declining ad revenues, and mentioned our recent Shuttle delivery issues. Ralph emailed to unsubscribe to the paper Shuttle as a cost-saving measure. His letter invites others to do the same and suggested we make that option easier for readers.

Guess what? We now have a link on the Co-op's website to do that. Go to the Shuttle tab under "News & Events" and click on the highlighted "fill out a request" line to unsubscribe from the paper edition anytime, if you want. As someone who subscribes to paper publications and reads physical books, I know the joy of turning pages, especially as an antidote to screen fatigue. But if your Shuttle goes into the recycling bin untouched most months, think about whether you can let it go.

By the way, I was pleasantly surprised by the modest number of emails from members regarding the timeliness of their Shuttle delivery. The responses varied from those whose May issue got to them sooner than those from previous months to those who haven't experienced any delay in delivery. From the Department of There's Always an Exception, Marion Brown reported that their Shuttle is always late. And our own Norman Weiss got his May Shuttle on May 3, along with the December 2020 issue. The following day, he got the January-February paper. Early last month, my Feb. 1 New Yorker finally arrived, so I guess that puts us in lofty company.

The bonus is that those who wrote (and hopefully, many more who didn't) enjoy the paper. As you might imagine, every issue of the Shuttle is a big undertaking, and it's good to know readers value the sweat we put into it.

We're kicking back for July; catch you in the pages in August.

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.

Savory and Spicy STRAWBERRY GAZPACHO

by Bonnie Shuman, Weavers Way Executive Chef

LOOKING FOR A NEW TAKE ON GAZPACHO? FOR A great taste of summer, try our Strawberry Gazpacho. Especially good when you can get local strawberries!

Ingredients

- 3 roasted red bell pepper
- 4 cups strawberries (halved if small, quartered if large)
- 1 cup hothouse cucumber, peeled and diced
- ¼ cup onion, diced
- 2 cloves garlic, smashed and diced
- 1 tsp. cayenne
- 2-3 drops Tabasco or Cholula
- ½ cup olive oil (+more for garnish)
- 1 tbsp. balsamic vinegar
- 2 Tbs. sour cream
- salt and pepper to taste

Method

- Either preheat oven to 450° and set red peppers directly on the rack (25 minutes), or place right over the flame on the stove burner or grill, turning until slightly blackened and charred (3-4 minutes per side).
 - Remove peppers from heat, set in a large bowl, and cover bowl with plastic wrap for 5 minutes to loosen skins, stem, and seeds. (An easy trick is to do this with them submerged in water. It's less messy and tends to be faster.)
 - Put remaining ingredients in a food processor or blender. Process until smooth, scraping down the sides as needed.
 - Pour gazpacho through a wire mesh sieve to remove seeds and any fibrous material. Some like chunky gazpachos but there's no place for that here. Add salt and pepper to taste. Place in the refrigerator to chill.
 - To serve, pour gazpacho into four serving bowls. Drizzle with olive oil and a dollop of sour cream (without this the recipe is vegan).
 - Enjoy with a glass of rosé while lounging in the sun
- Serves four.



by Kieran McCourt, Weavers Way Ambler

From bland watermelon to rock-solid peaches to frequently disappointing cantaloupe and honeydew at a continental breakfast, summer fruit can let us down. Here are some tips for how to pick that perfect specimen.

Melons:

- First, test the weight — If it feels heavy for its size, that's a good sign.
- When possible, the best way to pick a honeydew or cantaloupe is by scent. While scent profiles differ, the best bet is to pick one that smells sweet and fragrant around the stem.
- Aside from weight, watermelon can be weeded out based on the field spot; the bigger the yellow spot, the longer the melon was allowed to ripen on the vine.
- Ripe watermelons should have little to no give



when squeezed. Give it a tap; if it sounds hollow, it is likely overripe.

Peaches and other stone fruits:

- When possible, go local. Since local fruit does not travel as far, they are picked closer to peak ripeness than fruit from across the country.
- Peaches and nectarines should have a little give and smell fragrant. The skin should be vibrantly colored; green spots generally mean it was picked before it ripened.
- For plums, start with a weight test; fruit that's heavier for its size signals a winner. Plums should have some give at the end opposite the stem; too soft = overripe.
- Consider buying stone fruit in varying kinds of firmness if you plan to enjoy it over several days. Hard and not-quite-ripe fruits will continue to ripen and soften at home.



A New Coffee Roaster from Kensington Spotlights Beans from Southeast Asia



THE LOCAL PACKAGED COFFEE scene at Weavers Way now includes an entry from Vietnam via Kensington — Càphê Roasters, available in Ambler.

The company was founded in 2018 by Raymond John and Thu Pham, a Vietnamese American raised in Philly. John is also the cofounder and CEO of 12 Plus, a Kensington-based nonprofit whose mission is to increase educational equity by creating school cultures that foster academic achievement and empower students to succeed in education beyond 12th grade. Pham formerly worked at 12 Plus.

Càphê primarily sources its beans from 38 smallholder arabica producers from the Central Highlands of Vietnam, but also sources beans from Pa Miang, Thailand. The flavor profile of the Vietnamese beans is nutty and floral with a

dash of black tea; the Thai beans are also nutty in flavor, but with notes of cocoa.

Vietnam is the second-largest producer and exporter of coffee in the world. Vietnamese coffee is brewed in a metal filter that sits on top of a cup filled with sweetened condensed milk. The coffee, which tends to be robust, drips into the milk, which balances its boldness.

A portion of Càphê's profits goes to 12 Plus. The company employs students from 12 Plus partner schools.

Currently, the Ambler store carries Càphê's Vietnam Espresso Blend and House Blend beans, the latter of which a medium roast. For pre-ground coffee fans, there's also Fat Milk Humility Blend, a combo of robusto and arabica beans.

—Karen Plourde

COVID-Delayed Recycling Event Nets Eight Tons of Electronic Waste



AFTER MORE THAN TWO YEARS OF postponements, the Environment Committee was finally able to sponsor an electronics recycling event at Chestnut Hill College on April 24. Participants responded by waiting in line to recycle more than eight tons of electronics and 550 pounds of batteries.

PAR-Recycle Works of Nicetown-Tioga received and will recycle the materials responsibly. They are a unique organization which employs those who have served time in prison.

Contributions to the Environment Committee are used to fund grants for environmental projects. This year, the committee awarded grants to Philly

Forests to plant trees in areas of the city which lack them; Chestnut Hill Library Friends, for a garden storybook project; Elkins Park's Friends of High School Park for their native park; Jewish Children's Folkshul and Adult Community of Chestnut Hill, for their education and seed planting project, and Outdoor Gardeners of Chestnut Hill, who are partnering with John B. Kelly School of Germantown to build a children's pollinator garden.

Special thanks to the Sisters of St. Joseph Earth Center at Chestnut Hill College for hosting our event.

—Sandra Folzer

Plant-Based Philly Picks

Philly Tempeh

(Currently available at Henry Got Crops Farm Market and Weavers Way Mt. Airy)

LAST MONTH, I INTRODUCED you to Keepwell Vinegar's locally produced soy sauces and miso pastes out of York County. Another new, locally fermented product to gush over is Philly Tempeh, a small-batch tempeh producer that's been around since 2019. Ditch the packages of mass-produced, tough and flavorless tempeh and reach for Philly Tempeh's highly nutritious, probiotic and fiber-rich protein cakes.



organic and non-GMO soybeans, chickpeas and lentils used to make it are sourced from family farms within the United States.

No fillers or preservatives are mixed into Philly Tempeh's small, handmade batches and it is not heat pasteurized, so it is best enjoyed within a week of when it has been produced. With limited weekly hours of operation at the market, you'll find it in our freezer, where it can live for months without affecting its quality.



Tempeh, thought to originate from Indonesia, is a dense cake of cooked grains or beans that have been fermented with a special fungus spore. Philly Tempeh's founder, David Milstein, first learned how to make his version from YouTube, and honed his recipe and fermentation methods through conversations with friends who develop plant-based products as well as supportive international online community of homemade tempeh makers. Philly Tempeh is soft but a little chewy, somewhat neutral in flavor but slightly earthy and nutty. It's naturally free of sodium and gluten and easy to digest. The

Once you're ready for a nourishing Meatless Monday meal, the defrosting process is relatively quick, since the block is long and thin. Slice, dice or crumble it, toss it into a stir fry, tuck into a sandwich, wrap, or tacos, or just sprinkle it with salt and snack. It's a versatile vegan and vegetarian protein staple. With the addition of seasonings or marinades, the possibilities are many.

Move over, tofu — there's a new plant-based protein in (our) town.

—Lauren Todd

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FOOD MOXIE We dig what we eat.

Congratulations to 2021 Graduates, Especially Martin Luther King and Saul High Students

by Lisa Mosca, Food Moxie Executive Director

THIS PAST YEAR, ALL THE HIGH SCHOOL STUDENTS FOOD Moxie normally works with in-person at our school farm spaces have continued to participate in remote learning. Food Moxie congratulates all of these students for graduating and enduring through a challenging learning year with stamina, grace, humor, flexibility and patience. Our life skills students affected by autism and other learning disabilities and our horticulture students have continued to remain engaged in Food Moxie hands-on remote learning activities during this time. We also congratulate their teachers and school administrators who have gone above and beyond to keep students positive in the face of uncertainty. And we congratulate the parents who have continued to support students in these remote hands-on learning activities.

We are grateful for the help we have received in providing these opportunities. From March 2020 through June 2021 Food Moxie has been able to provide bi-weekly to monthly seasonal local and regional produce box deliveries to over 160 students at home. These deliveries have allowed students and teachers to scratch-cook, seed, transplant and learn more about seasonal crop planning and varieties (like chioggia beets, hakurei turnips and purple carrots) and post-harvest handling. We have been able to deliver thousands of microgreen, mushroom and healing salve activity kits to engage students in small business development and entrepreneurship.

We are grateful to all the volunteers who have helped make these deliveries happen. Hundreds of Co-op working members have driven all over the City to drop deliveries to our students. Hundreds of Villanova and Penn Charter students, their teachers and families have packed thousands of seed packets, have cut insect netting and rowcover for us, and Powercorps PHL crews

have filled hundreds of root pouches with clean soil to create hundreds of mini grow spaces. They have helped us transplant seedlings and deliver them to our students' doors.

We could not have made it through this year and a half without the help of cooperators, volunteers and donors. We are grateful to all those who have made financial contributions that allow us to provide resources to local students.

June is the end of our fiscal year. Help us close in the black by donating to support our programs at www.foodmoxie.org/waystogive. Keeping our organization financially stable allows us to meet the ever changing needs of our program participants, which has always been critical, but never more than in the past year-and-a-half.

As we look ahead to our summer outdoor Hope Kitchen and Garden Club programs have started again at Stenton Family Manor. Our summer youth internships will start in mid-June and will support community food security efforts for six weeks.



All the photos by Dorene Reggiani, Program Manager!

Paw paws and collard green wrap

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Brandon harvesting with youth at Garden Club.



Garden Club planting strawberries in root pouches.



Hope Kitchen seasonal snack



Drexel Med students wrap up their Garden Club participation for the 2020-21 year.

THANKS TO...

- Linda and David Glickstein and the Lida Foundation
- Penn Charter Center for Public Purpose volunteers
- Villanova University Campus Outreach volunteers
- First United Methodist Church of Germantown
- Henrietta Tower Wurts Memorial
- 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



For Their Support!

MALT Seeks Proposals for Fall Term Courses

After canceling its courses over a year ago due to COVID, Mt. Airy Learning Tree has recently reopened and is planning its fall term, set to begin in mid-September. As part of those plans, the group is currently accepting proposals for courses from potential instructors, according to an email sent last month by MALT.

The fall term is set to begin Saturday, Sept. 18 and ends Sunday, Dec. 19. The organization is accepting pitches for both online and in-person classes.

To submit a proposal, go to www.mtairylearningtree.org, click on **Want to Teach?** and then click on the **Course Proposal Form** button.

The deadline for proposals is Wednesday, June 9.



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6 PRODUCE.

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

Offended by Vegan Story

I'M TIRED OF OPENING THE SHUTTLE and seeing pieces that minimize the impact of COVID-19. "An Intro to the Big Pandemic that's not COVID and has a Cure" by Elise C. Rivers was insensitive and inappropriate.

First, it's deeply offensive to call COVID-19 the "little pandemic." Many Weavers Way staff members have gotten sick, and many in our community have died. I understand that the author is trying to be edgy, but it's cruel and tone deaf. For many, this pandemic is not yet over, especially poor people, people of color, young people who cannot yet be vaccinated and the elderly.

Furthermore, the disdain that Elise harbors toward fat people is disturbing. A plant-based diet doesn't "cure" fatness. There are fat vegans. There are healthy fat people, and plenty of unhealthy thin people. And there are fat people who shop at the Co-op and read the Shuttle! And that is ok; nobody has a moral imperative to be healthy. Stop shaming people's food choices! Instead, let's work on solving disparities in health care that fat people experience due to fatphobia that "nutritarians" like Elise espouse.

I don't want to be part of a community that sees fatness as a problem needing to be solved. And I imagine the lack of empathy for those affected by COVID-19 isn't shared by the Co-op. I would like to gently remind the Shuttle staff that they don't need to publish every piece of drivel that comes their way.

Sammy Lifson

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.

Thanks to DEI Committee

I AM THRILLED TO LEARN ABOUT OUR Racial Diversity, Equity and Inclusion Committee. Thank you to Roz Dutton and Rosa Lewis for your wise leadership and commitment. The examples you gave in your May Shuttle article ("Committee Cofounders Detail Their Inspiration and Goals") about how we need to be aware, sensitive and respectful to everyone who comes into the Co-op and works there were excellent.

I share deeply the sentiments of the committee. When we are truly open to learn how we may be more respectful, with a humble heart, amazing change can and will occur. I am especially excited to understand that this will be an ongoing committee, since everything I learn about racism teaches me that I need to keep open to learning my whole white life long.

Thank you once again for your work. I have faith that your efforts will be fruitful.

Marilyn Frazier

Time to Switch to Online?

THE CO-OP SPENDS SIGNIFICANT RESOURCES, both financial and environmental, to print, mail and recycle the Shuttle. I greatly enjoy reading it each month, but perhaps there is a better way.

I just arranged with Karen Plourde, our fine editor, to stop sending me a printed Shuttle and let me read it online each month. I found it easy to read on my tablet.

Perhaps that option could be offered as a simple checkbox option to our members to reduce the need for printing, mailing and recycling the paper. If I received an automated email when the new Shuttle was posted, perhaps even containing a link to the new issue, I would be sure to keep up to date.

Our Shuttle is an important channel of communication within our community, so please let's not do anything that would reduce the readership. Our membership is more digital savvy after more than a year of COVID, so maybe this is the time.

Ralph Levy

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

While You Celebrate, Respect the Efforts of Essential Workers

by Alice Urbiel, for the Shuttle

THE INFLUENCE WEAVERS WAY has had over my sense of place over the past eight months has been amazing. It has truly been a pleasure to get to know the Co-op and its customers, in spite of how COVID has changed many members' long-standing routines. Navigating this "new normal" as a community has been an exercise in creative problem solving and the building of mutual support among everyone involved.

So I was disappointed to see the blatant erasure of the intersectional effort that is home delivery and curbside pickup shopping in the article titled "Shoppers Happy to be Back to In-Person Co-op Visits" in the Shuttle's May edition.

The act of shopping for food is intimate. We nourish ourselves, our families and our neighbors with what we buy, or if we're lucky, with what we grow ourselves. The trust involved in sending your shopping list to another person can therefore be intimidating. Foregoing the experience of inspired shopping that a Third Place like the Co-op can provide in lieu of a shopping service is jarring. Yet, in a world where intimacy has become a safety hazard, shopping for someone else's food is an important form of labor.

Due to COVID, grocery shopping had to be reimaged. While returning to the stores should be celebrated, the fact that essential services and workers carried us to this moment is a key piece of celebrating that cannot go understated. Home delivery was adopted out of a

pressing need to keep our communities fed.

Utilizing a shopping service is a skill, but so is being that shopper. When you utilize the home delivery and curbside pickup options at the Co-op, you're sending your list to a person like me, or any of the amazing people I work with. At the end of the day, we are doing our best to deftly manage expectations and preferences while working in person during a pandemic at a store where it's difficult to social distance (in the case of Mt. Airy). Our positions existed to a far more limited extent before COVID, and will look different after most people feel safe enough to come back and shop for themselves.

As we've been forced to examine our society's devaluation of labor, it's crucial to speak up whenever that labor isn't consciously and directly attached to the person who is doing it. It is a privilege to take that person's labor for granted, especially when that person is your neighbor.

Thankfully, the cooperative model allows us to cross the rarely-examined boundary between the public and people who provide services for the public (in this case, Co-op members and fellow members who make their living from working at the Co-op). Lest we forget, as the bumper sticker reads, we own a grocery store with our neighbors.

Alice Urbiel is part of the home delivery staff at Weavers Way Mt. Airy

Rabb Challenges Members to Work for Economic Justice

age: A History of African American Cooperative Economic Thought and Practice" by economist Jessica Gordon Nembhard.

"You can't talk about cooperatives without talking about the history of Black leadership in this country related to co-ops," he said. "And also, given that Weavers Way started in Philadelphia and has expanded in a city with a Black plurality that has the greatest poverty of any major city in the country, you can't really talk about the mission of Weavers Way without talking about racial equity."

The mission of Weavers Way is intrinsically linked to racial justice, Rabb added. As stakeholders, Co-op members have a lot of work to do to become a supportive community that makes a positive impact. Part of that work includes defining what community means to the Co-op.

An important aspect of building community includes building household wealth. Rabb cited a statistic that for every dollar of white household wealth, Black households currently have about a nickel. So wealth inequality, which has been written about for decades, is not an issue of the past. Furthermore, it is not really improving and is worsened by events like recessions and the pandemic.

"Even if you look at middle class enclaves such as in Mt. Airy, where there's been a middle class for half a century...the vast majority of that Black middle class is

asset poor and does not have nearly the wealth of their white counterparts," he added.

Rabb cited intentionality as vital to helping close the wealth gap and achieving what Nembhard called "democratic community economics."

"We have to think intentionally about what's working and what's not, and ultimately, we do need to focus on making sure that this extraordinary wealth gap is addressed," he said. "What can help the suppliers? What can help the employees? What can help members? And what can help Weavers Way overall?"

The fact that shared prosperity is built into the infrastructure of co-ops is the reason Black people have played a larger role in the co-op movement, Rabb said. "We have been excluded from all the ways the average American could build wealth and build security for their family for the past 400 years," he said. "So we have to do it for ourselves."

As a co-op, Rabb believes Weavers Way should focus on community wealth — nonmonetary values like a sense of inclusion for all, respect and care for the environment, and upkeep of local infrastructure.

"We have so many things that we need to protect, to restore, to grow," he said. "And if we're not intentional about identifying those different forms of wealth, then how are we going to make sure that we're doing all we can along those lines?"

Rabb thinks the pandemic has increased society's

understanding of community wealth. "We are seeing just what is so essential in our society," he said. "When before we talked about essential workers and first responders as really cops and firefighters. We're laughing at that now...we can't survive without grocery workers, farm workers — folks who are often invisible or otherwise marginalized."

In his closing comments, Rabb challenged the audience to consider a series of questions related to the mission of the Co-op and what they value most.

"What does community mean to you? What does justice look like from a Weavers Way perspective? What are the different forms of community wealth you want to create for and through Weavers Way? When you're making a list of the things you've accomplished, maybe it's something along the [lines] of a well-being index — how you make people feel."

In taking on this challenge, Rabb acknowledged there could be some discomfort and awkwardness among the Co-op's membership. "But that doesn't mean you shouldn't do it," he said. "It means that you should continue to do it in good faith and listen to all the folks who are coming from different perspectives so you can work through it."

"As they say, 'the magic happens beyond the comfort zone.' You have a responsibility in this moment to figure out how you can collectively work in the service of justice through your mission."

(Continued from Page 1)

GM'S
CORNER

The Challenge of Finding and Paying Good Workers

by Jon Roesser, Weavers Way General Manager

LIKE PRETTY MUCH ALL EMPLOYERS THESE days, the Co-op's "Help Wanted" sign has been tacked onto the front door. And as with most Help Wanted signs these days, there are few takers.

As for why so many jobs are going unfilled despite unemployment rates well above pre-pandemic lows, theories abound. They are usually motivated by politics (meaning they are unhelpful), but it comes down to this: There is a disconnect between the jobs that are out there and the people looking for work.

Whatever socioeconomic factors are at play, this disconnect is real, and you'd be hard pressed to visit any retailer, restaurant, warehouse or hotel chain that isn't having a hard time hiring. It sounds like things are particularly bad down the shore, with boardwalk pizza joints and ice cream parlors screaming for help.

From the looks of things, the Co-op is faring better than most. As the Shuttle goes to press, we have 14 open positions, a little more than five percent of our total workforce, which is challenging but manageable, although our openings are disproportionately in our kitchens. (As the pandemic clobbered the restaurant business last year, many culinary pros left the industry for other opportunities, and with restaurants now rehiring on a massive scale, finding culinary talent is particularly challenging).

What's an employer to do? For starters, we need to recognize that expectations may need to be adjusted to reflect reality and holding out for the "ideal" candidate might be impractical. An applicant who's reliable and personable but who doesn't have the level of experience we seek might get the nod, knowing they'll need some more on-the-job training.

We're considering sign-on bonuses, and we've expanded our referral bonus (\$100) to include any member of the Co-op. So if you know someone — that is, someone good! — looking for work, send them our way.

Some employers are offering flexible work schedules and four-day work weeks, difficult accommodations for a retailer like us to make. And while many employers are giving employees the option to work from home, that's not an option for us at all.

“ While much in life is complicated, the Co-op's finances are not. ”

The ultimate enticement, of course, is higher wages, and we expect that we'll be experiencing wage pressure for the foreseeable future. The Co-op's starting wage — \$13 an hour plus benefits — puts us ahead of most retailers, although higher-paying jobs can be found elsewhere. So we figure we'll need to make a couple of incremental increases to our starting wage over the next year.

That might sound simple enough, but unlike the federal government, we've got to ensure our outlays are aligned with revenues. And while much in life is complicated, the Co-op's finances are not.

For every dollar we take in at the register, about 65 cents goes to "cost of goods," that is, payment to our vendors for the products we buy from them and sell to you. Of the remaining 35 cents, about 10 cents goes to various "general operating expenses" — everything from rent and utilities to credit card fees and packaging costs, plus humdrum things like mop heads, cleaning products, copy paper and band aids.

Almost all the rest — 25 cents of every dollar —

goes to labor costs. During the pandemic, it was more like 27 cents, as hazard pay increased labor costs beyond a sustainable level. Labor costs are now aligned with sales, but there's not much wiggle room.

So why not just raise prices? Indeed, many Co-op members have professed their willingness to pay a bit more to ensure the Co-op can meet its obligations, particularly when those obligations relate to things like staff wages and underwriting the Co-op's community endeavors.

Increasing our retail prices is certainly a tactic we utilize as our operating costs rise, but raising prices comes with consequences. For a variety of different reasons, mostly to do with our higher cost of goods, the Co-op's prices are higher than alternatives available in the marketplace.

Other retailers are feeling the same pressure we're feeling, so retail prices are creeping up all over the place. But we must be particularly mindful of what other grocers are charging and be sure not to allow our prices to drift outside the bounds of what the marketplace will bear.

Labor costs are only one of the areas where we are feeling inflationary pressure. Watch cable news for more than half an hour these days and you'll see a scary story about inflation (gas prices, housing prices, utility prices, etc.). What's abstract on cable news is being felt in the real world.

Almost every week we hear from another vendor informing us they are raising their prices. Usually, they politely explain the price increase is due to an increase in their costs: ingredients, fuel, packaging, and yes, labor.

And so it goes. Higher wages, most normal people can agree, are a good thing; higher prices, not so much. Ultimately the Co-op, like the rest of society, needs to get the balance right as we transition into our post-pandemic world. Which starts by getting back to filling those vacancies!

See you around the Co-op.

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An Assortment of Ways to Keep Your Cool All Summer Long

by Jenny Burkholder and Sophie Simpson, Weavers Way Wellness Team

AT THIS TIME OF THE YEAR, THE SUN SETS AFTER 8 p.m., a sure sign that summer is on its way. Summertime conjures different memories and emotions, and this year in particular, we may be feeling an added level of anxiety or joy.

In Ayurvedic medicine, summer is the pitta season, the season of fire. We experience different manifestations of fire, including feeling hot, quick to anger, highly motivated, and/or deeply passionate. All of these are exacerbated in hot weather.

In the hope of avoiding getting overheated, we can balance summer heat with cooling therapies. Many of these remedies can be found naturally, and we can look to warm-climate cultures for food and lifestyle choices that serve us best in summer.

Cooling therapies address our autonomic nervous system, balancing our fight or flight response with our rest and digest response. These can be used throughout the year to bring a sense of calm and ease an overactive body and mind.

Please be mindful that these practices are suggestions; check with your physician if you have concerns.

Cooling Foods

Foods with a high-water content are naturally cooling, and some are hyper-hydrators. By increasing your sea salt and adding moderate spice, you can invoke your body's natural cooling response. Lastly, antioxidant-rich foods combat the harmful effects of the sun.

Examples of cooling foods include:

- Tomatoes, cucumbers, asparagus, Romaine lettuce, barley, buckwheat, sweet potatoes and fruit
- Salty foods like feta cheese, olives and capers.
- Spices with low-to-moderate heat, such as black pepper, cumin and ginger
- Hyper-hydrators like coconut, aloe and sea salt
- Antioxidants such as hibiscus, rosehips, raspberries and blueberries

Summer Chop Salad Combine even amounts of seeded English cucumber, bell peppers, red onion and finely sliced celery. Add fresh ground sea salt and black pepper. Toss in olive oil and add a heavy sprinkle of good quality red vinaigrette. Finish with parsley, feta, and a few olives.

Savory Fruit Salad Combine avocado, strawberries, mango and tomato. Season with salt and pepper. Drizzle with balsamic glaze and lemon juice.



Homemade Electrolyte Drink Combine water, lemon or lime, a half-teaspoon of maple syrup and a sprinkle of sea salt.

Cooling Breath Practices

In yoga, it is understood that each nostril connects to a specific energy channel; the right nostril carries warming and active energy, and the left carries calming and reflective energy. Therefore, breath is a great balancing tool for the nervous system. For some, breathwork can create anxiety; if this occurs, end the practice and return to natural breath rhythm.

Left Nostril Breathing Begin by sealing your right nostril with your right thumb. Breathe in and out through your left nostril for four counts each.

Elongated Exhale Breathing Breathe through both nostrils, inhaling and exhaling for four counts. After a few rounds, exhale for five or six counts, maintaining a four-count inhale.

Cooling Asanas (Shapes)

Yoga postures in which your heart is below your hips (think lying on the floor with your legs up a wall) and/or your arms and legs extend away from your armpits and groin are calming and cooling.

Here are some examples:

Forward Folds These can be done while standing, sitting in a chair, or sitting on the floor. While folding forward on the floor, you can butterfly your legs, extend them out in front or out to either side.

Warrior Two and Variations Any asana with an external rotation in your hips, or in which your arms are outstretched or overhead exposes your hotspots (armpits and groin) to cooling air.

Lifestyle Choices

Color and Clothing Think lighter fabrics, such as gauzy silks and linens in variations of whites and yellows, blues and lavenders.

Play Engage in artistic expressions and play that are methodical, slow-paced and calming to the senses, such as water coloring, wet clay work, jigsaw and/or written puzzles. For your summer read, choose a book that is evenly paced and not overly hot.

Aromatherapy Choose rose, sandalwood, lavender and mint.

Gems and Stones Silver is more cooling than gold; opals and moonstones are considered cooling.

Sound Therapy Violin music is helpful in hot months to soothe both the body and soul.

Sophie Simpson is the founder and co-director of Blue Banyan Yoga Studio and School in Mt. Airy and Germantown. Jenny Burkholder is a teacher at Blue Banyan.

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Philly Public Bank's Role in Co-op Financing Discussed as Part of Zoom Series

by Peter Winslow, Weavers Way New Economy Incubator Committee

EMILY WYNER, CO-OP DEVELOPMENT administrator at the Philadelphia Area Cooperative Alliance, joined Council Member Derek Green on the most recent edition of the "Financing Philadelphia's Future" Zoom series sponsored by the Philadelphia Public Banking Coalition to discuss the challenges that cooperatives face in gaining access to credit and the ways a Philadelphia Public Bank can help them thrive.



Derek Green, Council Member



Emily Wyner



Green, a longtime member of Weavers Way, is a supporter of the cooperative movement and of co-ops throughout the city. He described the unique challenges cooperatives encounter when they seek financing to start a co-op, to convert an existing business to cooperative ownership, or to expand services to members. He went on to observe that such obstacles "are also similar to some of the issues confronting many small businesses, especially those owned by people of color who have not had access to credit or credit enhancement."

Wyner agreed. "Co-ops do face very particular financing challenges," she said. "Consider the various systemic barriers that Black and brown and working class and immigrant communities face in accessing capital to launch businesses. Take all those challenges and compound them when you're talking about a group of people coming together."

"Maybe there is no one person who has collateral to front, so that the group can get a loan," she continued. "And the bank needs to run credit checks on maybe 20 different people. There are few lenders who are equipped to do it and do it well."

Green, a former banker, understands the difficulties that banks encounter in helping "those types of entities that are hard to lend to."

"Having a public bank that can provide credit enhancement will make it easier for banks to lend to cooperatives," he said.

As chair of City Council's Finance Committee, Green can make the public bank happen. Legislation he introduced to authorize organization of the Philadelphia

Public Banking Authority (Bill #210005) is currently pending in his committee. The city recently engaged the law firm Holland & Knight to provide technical advice regarding establishment of a public bank. Moreover, the \$1.4 billion Philadelphia will receive through the American Rescue Plan will eliminate the \$450 million deficit the city had been facing for this year.

"As a result, the City has the capacity to pursue initiatives such as creation of the Philadelphia Public Bank," Green said.

"Financing Philadelphia's Future with Council Member Derek Green" is presented by the coalition from 4:30 to 5 p.m. on the last Tuesday of each month on Zoom. More information, including archives of all "Financing Philadelphia's Future" programs, can be found on the coalition's website: philpublicbanking.org.

CRP Program Yields Returns After Launch

of the units in the first month. I can't express how happy I was when I realized that we doubled that number and of the 125 units sold, 40% of them were returned to the Co-op within a 10-day cycle. That second percentage is important because the more jars we get back, the fewer we have to buy and the more we can keep them circulating.

If you're at all apprehensive about the sanitation of this program, please note that every circulated unit is cleaned in a high-temperature commercial dishwashing unit and is handled with a great degree of safety. Also, if you're hesitant about getting COVID from touching surfaces, a recent report from the Centers for Disease Control shows that it's much harder to get the virus that way than originally thought; it is much more commonly transmitted as an airborne infectious disease. Furthermore, Prep Foods staff wipe down the units to keep everything clean and safe for customers.

In other Task Force news, I thank everyone who took the time to fill out our Pie Without Plastic survey.



(Continued from Page 1)

Of those who responded, 89% said they were more likely to purchase My House pies if they were not packaged in plastic. I shared this data with our vendor, but we are at a standstill. I hope they will agree to make the change soon.

Lastly, we are anticipating our next program rollout, which you will see in the pre-packaged Prep Foods sections of our coolers by mid-June if all goes smoothly. For this program, items such as the Co-op's signature chicken salad, tuna salad, hummus and sesame noodles will be offered in refundable containers.

A recent study showed that the Co-op released 400,000 plastic units into the community in 2019, and we are working diligently to shrink those numbers. With your support of these container refund programs, we can positively impact our local and global environment.

To learn more, join the PRTF or check out our Facebook page. If you have any questions or comments, please email us at prtf@weaversway.coop.



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Liberate Your Lawn & Garden

Leave the Leaves and Plant Natives to Help Keep Your Garden Healthy

by Sarah Endriss, for the Shuttle

“WHY DO I HAVE TO keep watering the plants?” my daughter asked as she stood in the garden with our hose pointed straight up.

“Because it’s very dry out and the plants need the water more than you do,” I said.

“But I watered them,” she retorted, as she continued to water herself.

“If you stick your finger into the dirt, is it dry just below the top layer?” I asked.

She let out a big sigh and stuck her fingers into the soil. She then stood up and without a word began to water the garden again.

Typically, this is a conversation we might have in August, and only on the hottest days of the month. It was May 23 and a sobering reminder of our changing climate; it should also be a wakeup call.

If this trend continues, and there is reason to believe it will, it would be prudent for our gardens to reflect the soil moisture and light constraints of where we live versus demanding life support in the form of irrigation. Northwest Philadelphia is in Eco-region 64c (Piedmont Uplands), and its soil is schist-based. That means we typically have moist to wet soils in the winter and hard, compact, dry soil in the summer and fall.

Here are two things to contemplate:

1. Soil moisture can be easily preserved and rebuilt naturally, drastically reducing the need to water.
2. Native plants are specialists and there are beautiful dry shade native plant alternatives.

How do we build and protect soil moisture? One thing that would make all the difference is to leave the leaves! Trees are self-contained mini manufactur-

ing plants that produce their own renewable energy source year after year. But every fall, we blow and rake away this reliable nutrient-rich, soil moisture protection barrier. Stop the madness!

Consider that each year, a tree produces exactly what it needs to live. If we leave its leaves, soil moisture is protected and the habitat for insects, fungi and good bacteria is provided, thus allowing organic matter and nutrients to slowly infiltrate as leaf litter gradually breaks down. There’s no need for irrigation, fertilizers or loud, obnoxious leaf blowers, which is a total bonus!

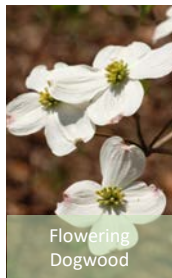
When we take away the leaves, we strip the tree, garden and soil of its natural nutrient cycle and allow the sun to heat up the soil, which exacerbates moisture loss. If you don’t like large leaves in the garden, mulch them and put them back.

Whatever you do, don’t give away the gold in your yard. Even dry shade plants adapted to schisty soil depend on organic nutrients and soil moisture provided by leaves.

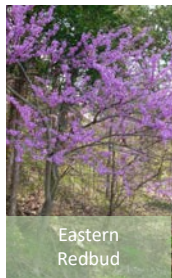
Now let’s talk about native plants for dry shade. From native flowering understory trees to shrubs and herbaceous ground covers, there are abundant plants that are beautiful and thrive in dry soil. Below is an illustrative graphic I compiled to help guide plant choices. This is by no means exhaustive, but the plants here are the hardiest in dry shade. If you choose to leave the leaves, over time your soil moisture levels will increase as organic content increases, affording you a greater range of plant options.

As we head into summer, I encourage you to think differently about your yard. Climate change is real and each of us can begin to do our part — especially in dry shade.

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



Flowering Dogwood



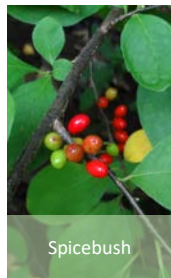
Eastern Redbud



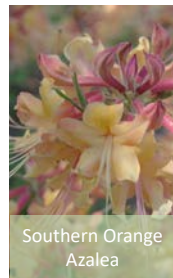
Pagoda Dogwood



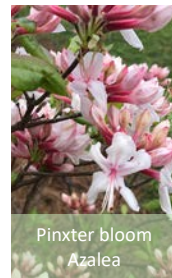
Mapleleaf Viburnum



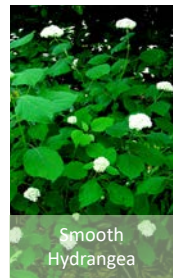
Spicebush



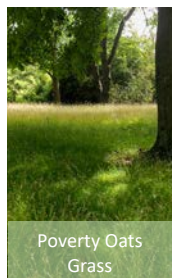
Southern Orange Azalea



Pinxter bloom Azalea



Smooth Hydrangea



Poverty Oats Grass



Pennsylvania Sedge



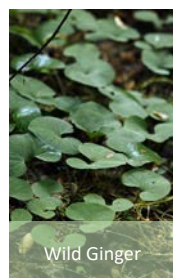
Sensitive Fern



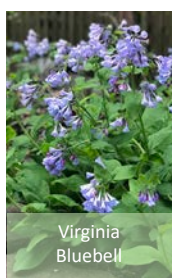
Hay-scented Fern



Allegheny Spurge



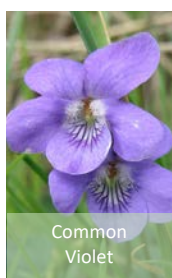
Wild Ginger



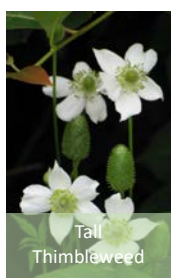
Virginia Bluebell



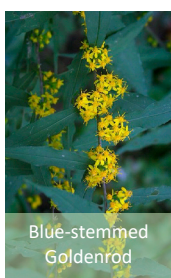
Robin's Plantain



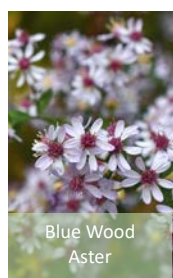
Common Violet



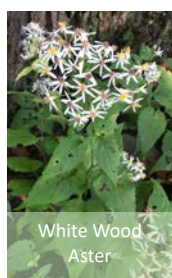
Tall Thimbleweed



Blue-stemmed Goldenrod



Blue Wood Aster



White Wood Aster



Woodland Sunflower

DRY SHADE NATIVES

Eco-Region 64C– PIEDMONT UPLANDS
Eco-Region 84D– INNER COASTAL PLAIN



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North Wales' Tex Mex 5k Returns to Support Open Space Preservation

by Lisa Hansell, Senior Development Manager, Wissahickon Trails

WISSAHICKON TRAILS AND TEX MEX Connection are excited to announce that on the evening of June 23, runners will once again hit the streets of North Wales borough for the Tex Mex 5k Race for Open Space.

Wissahickon Trails is a nonprofit environmental organization that protects open space in the Wissahickon watershed, including the beloved Green Ribbon Trail. Tex Mex Connection, a family-owned, three-star certified green restaurant in North Wales, has been hosting the 5k event since 1989. Over the past 21 years, the race has raised over one million dollars in support of Wissahickon Trails' work in our region.

After taking a break last year because of the pandemic, the race, one of the most popular weeknight runs in Montgomery County, is back. Precautions are being implemented to ensure participants can safely run the race and enjoy the party afterward.

The Tex Mex 5k brings together runners, volunteers, local business sponsors and neighbors to celebrate while raising funds for Wissahickon Trails. We're thankful for community partners like our lead sponsor, Key-Bank, who believe in the heart of our mission of connecting land, water and people.

Join the fun! There are several ways to participate. All registered runners and volunteers get a Tex Mex Connection dinner and one margarita or craft beer (must be 21 or over). Registration is limited, so don't delay; visit texmexconnection.com/5krace to register.

Not a runner? Not a problem. Volunteers are needed to help the race run smoothly — everything from sorting t-shirts to directing runners on the course.

Runners are encouraged to become a Green Ribbon Champions. By committing to raise funds for Wissahickon Trails, participants get exclusive access to the VIP area on race night, which includes seating, a full Tex



photo by Jack McCoy

The starting line of the 2019 Tex Mex 5k Race for Open Space.

Mex Connection buffet dinner and frozen margarita bar. In addition, you will be supporting important community assets — our trails, preserves and waterways. For more information on how to be an individual or team fundraiser, visit wissahickontrails.org/events/tex-mex-5k-race.

Many of us turned to nature to help us through this past year. Show your love and appreciation for your local environment by participating or supporting a participant. All proceeds from the event and donations will directly support Wissahickon Trails' work to protect the land, trails, and waterways of the Wissahickon Valley so they are available for all to enjoy.



photo by David Freed

A team of runners hams it up in the Green Ribbon Tent after the 2019 race.



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Committee Members Outline Their Roles and Hopes for Change

by Brittany Barbato, for the Shuttle

Vanessa Johnson (VJ) she/they

People Operations and Analytics Consultant

Mt. Airy shopper since November 2017



Specific role on the committee

Vanessa has supported DEI with learning and development design and co-facilitation of learning experiences and data analytics, including “Buy Local, Buy Black,” a collaboration between the committee and her data science program project team.

What initially drew you to this committee/work?

I’m drawn to any opportunity to make our world more just and more joyful. I see my involvement on the committee as aligned to these two things. I reject the status quo; I reject passively existing in a world with so much hatred and injustice. I aim to use my talents and work alongside others using their talents to dismantle this horrific system of white supremacy that we’ve all been born into.

Do you have a personal memory or experience(s) you’d like to share as it relates to diversity, equity and/or inclusion at Weavers Way?

I have both positive and negative memories of shopping in the Mt. Airy store. A positive one was running into a former colleague upstairs in the bulk section. We chatted it up and must have looked like fun people because a random stranger decided to join in the conversation. It was a really cool moment where I felt like the Co-op is a place where we can build community, get to know people and feel more connected to one another.

A negative experience happened when this young Black cashier really examined my purchases. She felt on my bulk food through the brown paper bag thoroughly. I’d never had anyone check me out that way at any store in the Co-op or in any store I’ve been in during my lifetime of grocery shopping. It was weird and unsettling.

After feeling on my food, she typed in the code and proceeded to expend a lot of energy comparing what displayed on the register with what she could feel in her hands. She questioned me about the contents of my bag, saying it wasn’t what I thought it was. From my point of view, she turned a genuine mistake – me moving too quickly and writing down the wrong food number – into this very uncomfortable thing where I left wondering if she felt on every white lady’s bulk bags like this. Or worse, was she trained to engage this way about “suspicious” or “inconsistent” bulk purchases? Ugh.

My suggestion is not to fondle people’s food and make it this weird thing. I’ve never had that experience again, but it left a sour taste in my mouth and I feel angry to this day even thinking about it.

What do you hope the committee’s work will achieve (short and/or long-term)?

My hope is that the work we are doing can result in some measurable and observable change. I’m hoping people won’t have these negative experiences or stories to report.

Mira Kilpatrick (she/her)

Assistant Produce Manager and Floral Buyer, Weavers Way Mt. Airy

Co-op member since 2012.



What is your specific role on the committee and/or what projects are you working on?

I am on the committee as an Ambler staff person. I have been involved primarily with the vendor diversity project and have agreed to some Shuttle contributions. I have also loved learning more about mutual aid and hope to get more involved with that.

What initially drew you to the committee and its work?

Racial and social justice have always been important to me, but I wasn’t actively doing much about it. Over the past couple of years, I have been reading more about systemic racism and implicit bias and realizing how pervasive it is. We live in a multi-racial society, yet our schools and neighborhoods are still largely segregated, funded inequitably and policed differently. I don’t feel powerful in terms of changing any of that. But I thought, ok, perhaps I can try to have an impact at my kids’ school and at the Co-op.

I want everyone in our community to feel they can shop at the Co-op, become a member and have a voice here. The Co-op should be a microcosm of a functioning democracy. Unfortunately, food co-ops are often seen as white spaces, even though Blacks and other people of color have a long and rich history of cooperative ownership. I am excited to see a resurgence of food co-ops led by Black and indigent people of color, farm co-ops, farmers markets and the like.

Do you have a particular personal memory or recent experience you’d like to share as it relates to diversity, equity, and/or inclusion at the Co-op?

I don’t know that I’ve ever really felt excluded in a public space as a white woman, but I try to pay more attention now. I noticed a poster at the Co-op that had maybe eight or so shoppers, and they were all white. It’s an easy thing to overlook, but I noticed and thought, how inclusive is this sign? So we changed it.

What do you hope the committee’s work will achieve (short and/or long-term)?

White privilege allows us as white people to overlook it, because white is the default for everything, which suits us



just fine. Unfortunately, that leaves everyone else under-represented and disenfranchised. I hope to play a small part in changing that, at our little Co-op – in our signage, in the products we stock, in our staff, vendor and member diversity. Hopefully, we will see similar changes on a broader scale – in the media, in health care and in our schools and government.

Frank Torrisi (he/him)

Weavers Way At-Large Board Director

Co-op member for 40 years.



What is your specific role on the committee?

Representative from the Co-op’s Board; member of the Columinate Abolitionist Challenge movement

What initially drew you to the committee/work?

I am retired and wanted to crack open my mind and heart to DEI.

Do you have a particular personal memory or recent experience you’d like to share as it relates to diversity, equity and/or inclusion at the Co-op?

I am a 72-year-old white man who has lived in a bubble of privilege all my life; I never considered the idea that I was a racist. The past nine months have been a deep learning and growing process for me. After the murder of George Floyd [in May 2020], I was walking with a close friend [who is Black] and asked him what I should do or say. He said, “Ask your Black friends how they are doing at this impossibly difficult time.” I began to do this, and it’s obvious that I can’t go back.

What do you hope the committee’s work will achieve (short and/or long-term)?

Diversify leadership, shoppers, members, neighborhoods and products.

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Bloc Pedals a Curated, Sustainable Service that Emphasizes Local

by Alison Cohen, for the Shuttle

MORE THAN A YEAR AFTER I FIRST RODE OUR then-new electric cargo bike out of Indego Bike Share's warehouse in Kensington up to my home in Mt. Airy and started delivering groceries from Weavers Way, the Co-op and my company, Bloc, have officially joined forces to get food and other local necessities to customers in Northwest Philly who want to keep their dollars local while getting delivery to their home.

Our shopping and delivery program began as a six-month pilot during the early days of the COVID-19 pandemic last spring. As a member of Weavers Way, I saw the Co-op and many other local businesses and farmers struggling to get their goods to their consumers, so I offered Bloc's services at no cost. This free pilot with the Co-op continued as a service to support member deliveries through the first part of this year.

In the last year, Bloc has created an online shopping experience (www.blocdelivery.com) with thousands of local products and dozens of vendors; however, it is still a drop in the ocean. In the Northwest, we carry items from High Point Coffee, Wild Hand Yarn and Baker Street Bread, and we're working to add other vendors, including Gaffney's Fabrics, Big Blue Marble Bookstore, Uncle Bobbie's Coffee and Books, Germantown Bike Supply, the Nesting House children's consignment and others.

Bloc's mission is to make purpose-driven shopping convenient. Just as you deeply appreciate the Co-op's curation of products and vendors, we seek to support small brick-and-mortar businesses to keep your shopping dollars local. The goal is to provide an Amazon-like experience that allows you to purchase from multiple shops in one checkout, but with an anti-Amazon mentality that supports local shops and sustainable delivery.

I've spent my career committed to sustainable transportation and see e-cargo bike delivery as the next disrupting technology in last-mile delivery. It helps increase delivery speed, slows climate change and makes communities safer. The pandemic and the partnership with the Co-op gave us the opportunity to pilot Bloc at a time when small businesses were in dire need.

Our vision is to cover all of Philadelphia within a year, so that you can order from a small business in South Philadelphia and get your delivery in Mt. Airy next day via e-bike. We are also striving to highlight minority-owned businesses and will have that as a filtering option on the website so you can intentionally support the businesses you want to support.

We come well recommended; according to Valerie Baker, assistant store manager at Weavers Way Chestnut Hill, Bloc has been "a lifesaver" during the pandemic.

"When we were swamped with home delivery orders and trying to create a user-friendly ordering system, Bloc offered their assistance, no questions asked," she wrote in an email. "They rolled with the punches, and there sure were a lot of them!"

She added that Bloc has been especially helpful with handling orders from nonmembers, who are not eligible



Alison Cohen is a Weavers Way member, the owner of Bloc Delivery and the CEO of Bicycle Transit Systems, the operator of Indego Bike Share.

for the Co-op's home delivery service. "This partnership is a win-win for all those involved," she wrote. "We look forward to seeing all the terrific things that we can accomplish in the future."

We hope to demonstrate our model in Philadelphia and scale nationally within two years. If you live in the 19144, 19118 or 19119 zip codes and want to get next-day delivery and feel good about the employment and climate impact of that delivery, give us a try: www.blocdelivery.com.

A Second Year of Virtually Fighting Hunger

Although the hardships caused by the pandemic may appear to be lessening, activity at the food pantries suggests otherwise. According to Cindy Wedholm, Mattie Dixon's executive director, they continue to serve 300-400 clients per week between their locations in Ambler and North Hills.

The food drive's cash donations help the pantry focus on purchasing their most-needed items. Mattie Dixon publishes weekly lists of their most needed and least needed items (<https://community-cupboard.org>). Their Ambler location is open to clients each Monday and Wednesday between 9:15 and 11:15 a.m.; donations can be dropped off on Tuesdays, Thursdays and Fridays between 9 a.m. and 2 p.m. North Hills is open to clients on Thursdays from 9 a.m. to 11 a.m., and food donations

are accepted on Tuesdays from 8:15 a.m. - 9:45 a.m.

The Rev. David Morris, pastor of St. Luke's, describes the need there as "ever present." However, he observed that food insecurity increases during the summer months, so more community members utilize the cupboard when schools are closed.

The food drive's cash donation helps St. Luke's purchase non-perishable items such as tuna, peanut butter, canned beans and soups. Perishable items such as fresh produce and dairy products are also much appreciated and can be dropped off during cupboard hours, which are currently every Tuesday and Friday from 9-10:30 a.m. Morris added that St. Luke's hopes to reopen for in-person meals (Tuesday breakfast, Senior Lunch Thursday and Saturday lunch) after pandemic-related safety con-

cerns have subsided.

Food insecurity has historically increased during the summer months when kids are out of school. This year, the U.S. Department of Agriculture is trying to tackle that problem head on by expanding pandemic EBT benefits over the summer so that school-aged children do not miss meals. However, the level of need remains, especially among other age groups.

The FJC has been hosting summer food drives for the past four years at the suggestion of committee member and Co-op employee Kentu X, who observed that "hunger does not take a vacation."

The donation link is posted in the Co-op's stores, on the website and included in the weekly eNews.

(Continued from Page 1)

The advertisement features a background image of a sunlit forest. On the left, there is a logo of a tree and the text "THE RESILIENCY CENTER". Below the logo, it says "Your place in greater Philadelphia for Healing, Education, and Community". On the right, large white text reads "Teletherapy and online programs to laugh, write, meditate, and connect!".

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FOW Partners with Leave No Trace to Educate Visitors About Park Use

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

FRIENDS OF THE WISSAHICKON AND Philadelphia Parks and Recreation are ready for yet another busy summer season in Wissahickon Valley Park. Since the start of the pandemic, the park's popularity has skyrocketed. We love that people see the Wissahickon as a retreat, but the influx of visitors brings with it a host of challenges, including litter, dog waste, trail erosion and damage to vegetation, which present long-term environmental impacts, as well as the potential for user conflict.

The Wissahickon may look and feel wild, but with more than a million annual visitors, it's a big job to keep it that way. We all need to do our part to make sure the park continues to be a place where everyone can enjoy recreation as well as being a sustainable habitat for nature and wildlife.

Education is a great way to shape positive changes in behavior. Our seasonal field crew members, five this year, help us engage directly with park visitors at our highest-use locations by sharing FOW's mission and responsible park-use principles. The need for education is



also why we're working with the Leave No Trace Center for Outdoor Ethics, a national organization that protects the outdoors by teaching people how to enjoy it responsibly.

Included in the center's Seven Principles, an accessible framework of minimum impact practices, is a "carry-in, carry-out" philosophy to prevent trash and, ultimately, water pollution; minimizing impact in the park by staying on established trails; and protecting wildlife by leashing pets and giving space to habitat boxes. Read more at lnt.org.

Leave No Trace selects Hot Spots in geographically and environmentally diverse areas across the country that have been severely impacted by recreational use, and provides grassroots education and public engagement service projects on sustainable practices.

Thanks to the nomination by FOW Trail Ambassador Tom Rickards, Wissahickon Valley Park received the

center's prestigious Hot Spot designation in 2019. In so doing, we joined some of the country's most significant parks, including Bridger-Teton National Forest in Wyoming and Joshua Tree National Park in California. Due to the pandemic, however, Hot Spot events were pushed back to this year.

I'm excited to announce an entire weekend of Leave No Trace Hot Spot programming will be happening Friday, July 23 to Sunday, July 25. We're working with community partners and our friends at Leave No Trace to plan a full schedule of educational workshops, volunteer service projects, guided walks and a variety of fun and engaging community events.

For more information and details about participation, visit fow.org/lnt-hotspot.



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Part 2 of 2

The Whys of Switching to a Plant-Based Diet

by Elise C. Rivers, for the Shuttle

IN PART ONE OF THIS SERIES LAST MONTH, I PUT forth the perspective that as bad as COVID-19 has been, the chronic diseases that result from consuming animal flesh, animal byproducts (dairy and eggs), and processed food combine to form a single, truly huge pandemic. Collectively, each year these diseases kill many more Americans than COVID-19. They have done so for many years, and if allowed to continue unabated, will kill the same or more in the future.

Many Diseases, One Cause

Although identified by Western medicine as individual diseases, chronic diseases (especially heart disease, Type 2 diabetes and obesity) are all strongly linked to our collective misconception that meat and dairy are an important and necessary part of the human diet. It's still a radical idea to assert that instead, they are largely the cause of these chronic diseases. They make life miserable and cause premature disability and death to millions of Americans. But this "radical idea" is at last gaining traction, as tens of thousands of people heal themselves by avoiding or limiting these foods in their daily diet.

As a nation, we are beset with these chronic diseases despite 50 years of scientific evidence that exists about the preventative, healing power of a whole food, plant-based lifestyle. Continuing to perpetuate the myth, either personally or commercially, that animals, humanely raised or not, and dairy (organic or not) are part of a healthy daily diet is like the doctors of the 1950s saying cigarettes are healthy and recommending their favorite brands.

How many studies do we need to guide us to consciously choose mostly plant-based eating to avoid the typical (and likely) outcomes endured by so many? We sorely need to update our behavior based on the current science.

Quantity is Key

It is the daily consumption of animal-based food that is the cause of these pandemic levels of destruction to human life and health, animal suffering and planetary disruption. Add the saturated fat in frequently consumed meat and dairy, the constant presence of processed foods and refined sugar and we have a recipe for disaster. Currently, according to the Centers for Disease Control and Prevention, one person dies of cardiovascular disease ev-

ery 36 seconds in the United States — about 655,000 every year.

COVID-19 showed us (and will continue to show us if we do not change) how compromised our nation's overall health is due to our typical diet and lifestyle. With Type 2 diabetes and obesity ever more widespread, I urge you to consider what you can do to avert the typical outcome — to avoid illness, poor quality of life and lifelong dependence on pharmaceuticals to manage the diseases these foods create over time.

Thankfully, the status quo of the big pandemic of chronic disease is being challenged in high places by an empowered group of doctors who have helped their patients prevent and reverse chronic disease and obesity for decades using whole plant food as medicine. One, the Physicians Committee for Responsible Medicine, is now suing the U.S. Department of Agriculture over conflicts of interest related to their Dietary Guidelines for Americans. Specifically, they are calling for the removal of dairy from daily recommendations due to its harmful effects.

Not surprisingly, the USDA's policies are not solely made with our health in mind; it is a political body that is influenced by corporate profits and special interests. This lawsuit is aimed at exposing one of the key reasons why Americans overconsume meat and dairy — we are instructed to do so by our own (biased) government. PCRM has also sued the USDA for ignoring concerns about the potential presence of SARS-COV-2 in meat and poultry products, as well as calling for breast cancer warning labels on cheese due to the high amount of cow estrogens present. Details can be found at PCRM.org/news/news-releases

Where lies the solution and why do it?

If you value your health and the health of children, the planet and the sentient beings that you share it with, reclaim your power to help by taking slow and gentle steps toward becoming a more plant-based eater. Make your Mondays meatless. Make that choice more often, meal after meal, one bite at a time, and it will create better health both personally and collectively. Each non-animal-based bite reduces the animal cruelty inherent in a culture of meat eating and allows us to affect climate change individually and positively.

The Good News Report

Progress is being made; just look at the products on our Co-op's shelves! The vegan section keeps growing, and most major market chains now have one. And because so many of our local eateries are now offering vegan entrees or make vegan versions available, we created Plant-Based Mt. Airy, a website and interactive map (PBMA.info) to make it easier to find these options.

Changing habits can be hard, and everyone needs their own motivation. For me, helping other people restore their health by eating this way has brought joy and meaning to my life. My weight and energy level have never been more stable and easily sustainable. I treasure how this choice helps me live non-violently toward all creatures, and I know I am helping my only home, Earth, to fend off destruction. It's a win-win-win feeling. Ultimately, nothing tastes as good as being and feeling healthy. Living a peaceful, grateful, interconnected existence that contributes to the flourishing of life is priceless.

It takes a village to get support in making this kind of change. Fortunately, other people have already blazed the trail for you: They've done the research, created the recipes and developed plant-based foods that can replace the Standard American Diet foods that are harming you and the planet. There are meetups and workshops on YouTube, Ted Talks, and free or affordable annual conferences (in person and on the internet) such as The Real Truth About Health, Better Life Summits or Food Revolution, which happen regularly.

Not to be left behind in this shift in consciousness around our eating habits, major fast-food chains like McDonald's, KFC and Burger King are either offering or developing plant-based options. The world of food is changing for the better and supporting our personal and planetary healing in countless ways; let's help it along. Join the celebration — a plant-based world is already happening! What might you do to become more plant-based?

Elise Rivers is the owner of the Northwest Center for Food as Medicine, a division of Community Acupuncture of Mt. Airy. PBMA.info#HealThySelf.



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Vaccinating a Village: Pelham Pharmacy Gets it Done

by Betsy Teutsch, for the Shuttle



photo by Rachel Marcus

Dr. Idayat Adewunmi, owner of Pelham Pharmacy in Mt. Airy (middle foreground), Rabbi Malkah Binah Klein of Mt. Airy (right), and vaccination clinic staff and volunteers.

PELHAM PHARMACY, AN INDEPENDENT pharmacy in West Mt Airy, recently took on a big challenge: becoming a COVID vaccination venue. Owner Dr. Idayat Adewunmi and her staff have become a much-appreciated community establishment since she opened her business nearly 10 years ago, and it was important to her to offer this service to the neighborhood and beyond.

Vaccinating is a huge logistical snarl, given that while the government provides the vaccine to qualified medical establishments, they do not provide infrastructure, funding or staff to communicate and implement the program. Instead, Adewunmi and her small staff implemented the program, and the people poured in — well over 5,000 so far.

A number of weeks into Pelham's COVID vaccination program, Rabbi Malkah Binah Klein, a Weavers Way member who lives a block from the pharmacy, came in for her vaccination and saw the need for community volunteer support.

Soon Klein and Adewunmi, a spiritual leader and a pharmacist, began a collaboration to create a structure for community members to offer their gifts to the pharmacy's efforts. Klein recruited a team of volunteers, both medical and non-medical. Volunteer nurses and physicians assist with the vaccinations and non-medical volunteers help with greeting, supplies and logistics. Around 60 community members have applied to serve as volunteers. Klein described fig-

uring out how to organize the volunteers as similar to taking a firehose of goodwill and funneling it to create a gentle stream of support for the clinic.

Rabbi George Stern, a Mt. Airy resident who is now organizing the non-medical volunteers, is impressed with how many people have stepped up. At its peak, the pharmacy was vaccinating 200 people a day.

Creating a friendly, low-key atmosphere where people chat with one another before and after their shots helps put people at ease and encourages them to send their friends and neighbors. Stern is particularly impressed by Adewunmi's flexibility and willingness to go out of her way to help all who come, including bringing the vaccine to people in their cars if mobility challenges make it too difficult for them to stand in line.

Rachel Marcus, a registered nurse and medical volunteer, grew up in Mt. Airy and moved back a few years ago. She had just left a job when COVID hit, and has stayed home with her two kids. As a nurse, she was vaccinated early on, and was eager to serve the community. She has become an ace vaccine hunter, securing appointments for 243 Philadelphians. She stepped in as a vaccinator at Pelham and has enjoyed the diverse population. Some come in thrilled to receive their jab; others have been dragged by family members and are full of dread. Reassuring them is part of her mission.



Virtual and Live Events Will Mark Juneteenth in the City

Juneteenth will be celebrated in Philadelphia this year with virtual and live events on Thursday, June 17 and Saturday, June 19.

Juneteenth is a combination of "June" and "nineteenth", and originated in Galveston, TX in 1865. It is also known as Freedom Day, Emancipation Day, Jubilee Day and Liberation Day. It celebrates the "last" group of enslaved African Americans who learned about their freedom from enslavement, two and a half years after the Emancipation Proclamation, the document that freed enslaved African Americans.

The June 17 celebration, sponsored by Temple University Libraries, takes place at 2 p.m. and is virtual. Charles L. Blockson and Valerie Still will mark the 200th birthday of William Still, the Philadelphia-based businessman, writer, historian and activist known as "the father of the Underground Railroad" and talk about his relevance today. They will also discuss connections between the Still family, the Blockson family, and Harriet Tubman, and the fight for freedom.

The June 19 event, also virtual, will start at 2 p.m. that day and is hosted by Temple's Charles L. Blockson Afro-American Collection. The celebration will honor the memory of jazz saxophonist Robert "Bootsie" Barnes, who died in April 2020 of COVID-related complications. The event will feature a video performance of Barnes from 2014; a poem read by his wife, Sandra Turner Barnes, and a live performance from Barnes' grandson, Reginald Lewis, and his band.

For information on the Temple events, go to library.temple.edu.

Philadelphia's Juneteenth Festival will take place on June 19, starting with a Freedom Day March 52nd Street and Haverford Avenue in West Philly. An inaugural Art in the Park exhibit and vendors fair will take place in the afternoon at Malcolm X Park, 51st and Pine streets. For more info, go to juneteenthphilly.org.

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There Oughta Be a Law Against Leaf Blowers, Those Loud, Air-Polluting Scatterers of Debris

by Sandra Folzer, Weavers Way Environment Committee

WHILE WRITING ABOUT NOISE pollution for last month's Shuttle, I decided that leaf blowers should have an article all their own. I don't have to tell you how they saturate the air with their cacophonous noise, which is often inescapable and violates our privacy.

Leaf blowers were first introduced in the United States in the 1970s. Soon after, cities in California and elsewhere began to ban them. Despite the many bans, sales of leaf blowers increased.

The How and Why of Hearing Loss

Some leaf blowers emit 75 or more decibels from 50 feet away and 99 decibels at three feet away, which is enough to cause serious hearing damage. According to Health and Safety International, deafness caused by noise is irreversible.

Hearing is more complex than I realized. For instance, loudness and intensity of sound are not the same. Sound intensity is defined as the amount of sound energy in a confined space as measured in decibels. It is logarithmic, so intensity increases rapidly. The intensity of a sound at 100 decibels is one billion times more powerful than sound at 10 decibels.

Furthermore, sounds with the same intensity may not sound the same in terms of loudness, because loudness is a perception. Hearing damage occurs with an increase in intensity, not loudness.

According to the Centers for Disease Control, if you have to raise your voice to be heard at arm's length, the sound intensity is above 85 decibels, which causes hearing damage over time. Thus, damage to hearing can happen in less than two hours using a gas-powered leaf blower emitting 80-85 decibels. Electric leaf blowers and lawnmowers are quieter.

To understand how hearing loss happens, consider the inner ear that houses the cochlea, the spiral, snail-like structure there. It has nerve cells (cilia) which transmit electrical signals to the brain through the auditory nerve. Loud noises permanently damage these nerve cells.

Manufacturers say that everyone within 50 feet of a leaf blower should wear protective gear for their ears, eyes and nose, but people walking by or sitting

in their own homes have no protection. Even those operating the blower often disregard these precautions. Also, vibrations induced by a blower on a backpack are transmitted up the spinal column to the skull and the inner ear, causing hearing loss.

Dr. Robert Blum from The National Institute of Occupational Safety and Health wrote that vibrations may be more dangerous than noise in terms of hearing loss, and ear plugs do nothing to prevent the damage from vibrations. Furthermore, according to Consumer Reports, manufacturers underreport the level of noise blowers emit.

Leaf blowers originally were designed as chemical sprayers; they were not intended to blow leaves. As Robert Lei (?) observed, some "find it easier to blow dust, dirt and debris from one property to the property next door for a fee. Then a day later, he or another gardener can get paid to blow that debris to a third property (or back to the first property)."

As an alternative, Lei suggests using leaf blowers to suck up leaves.

"If leaf blowers were leaf suckers, the person would suck that one leaf up in two seconds and that person would be forced to find real things to do for the remaining 59 minutes he's getting paid, rather than look and sound busy blowing that one leaf around in circles," he said.

Leaf Blowers and Air Pollution

Carbon monoxide and other noxious gases are residues from burning fossil fuel in the combustion engine of a leaf blower. In addition, blowers raise dust or fine particulate matter, which aggravates asthma and other lung problems.

According to the California Air Resources Board, street dust often contains lead and other carcinogenic elements. CARB states that a leaf blower creates 2.6 pounds of dust per hour of use. That dust, which can include mold, pollen and animal feces (including feces from mice and rats, which can carry dangerous viruses) can then be blown into the air to enter our lungs. The American Lung Association states that one leaf blower causes as much smog as 17 cars. Since



leaf blowers are ubiquitous, any healthy adult or child exercising outside is at risk.

How Blowers Damage Gardens

People using leaf blowers don't realize they are damaging their soil. Wind damage from leaf blowers can reach velocities greater than a hurricane, damaging plants and displacing precious topsoil. They deprive trees and other plants of much-needed mulch, which prevents erosion and water evaporation.

According to an article published on the Highland Park, NJ Board of Health website, leaf blowers stress plants by causing dehydration and interfering with photosynthesis by sealing the openings in the leaves where oxygen and carbon dioxide are exchanged. Also, disease spores, which lie dormant in the soil, are blown back onto the plants. They also flush out weed seeds and insect eggs. In addition, the debris is not used as mulch but is hauled away to landfills, where it creates methane.

Can Blowers Be Banned?

Based on what's contained in Chapter 10-100 of the Philadelphia Code, which deals with Noise and Excessive Vibration, we should be able to ban these dangerous tools, but it's not easy. Many cities have leaf blower regulations but find them difficult to enforce.

Rakes are far better for the environment than blowers; they don't damage hearing, use fossil fuels, emit noxious fumes or destroy topsoil. As consumers, we could demand lawn companies avoid using leaf blowers or risk losing our business.

According to a 2009 article on Oregon Live, The Oregonian's website, a Los Angeles City Council Task Force test-timed a grandmother in her late 50s

eco tip



Don't Toss Your Eggshells — They're Food for Plants and Birds

by Marsha Low, Weavers Way

Whichever way you like your eggs, please don't throw out those shells! They can be put to good use.

After rinsing them out so they don't attract animals, add the shells to your compost pile. Putting them in your compost will add calcium, an essential plant nutrient. Eggshells also provide plants with other essential minerals, including potassium and phosphorus.

If you grow tomatoes, adding crushed eggshells to the planting hole will ensure that they don't develop blossom end rot. Return your rinsed shells to the egg carton and leave the carton sitting out in the open so the shells can dry. (A few gardening websites recommend baking the shells or boiling them if you're concerned about salmonella, but this may be overkill.) When you plant your tomatoes, crush the shells of a dozen eggs over the top of each root ball and then fill the hole with a mixture of compost and soil. The calcium in the eggshells will allow the tomatoes to regulate their water supply, thus preventing blossom end rot.

You can also put your eggshells to good use for birds. Many bird species, including finches, cardinals, swallows, sparrows, martins and bluebirds eat crushed eggshells, both for the calcium they provide to nesting females and for use as grit to help birds digest seeds and insects. To prepare shells for the birds, rinse them out and bake them in the oven for 250 degrees for 10 minutes. This will dry and sanitize them and also make them brittle, ensuring that they can be broken up into small pieces. Spread the crushed shells on a patch of bare ground, a rock or a platform feeder.

as she cleared an area using a rake and broom, a gas-powered leaf blower and a battery-powered blower. Using the rake and broom, she cleaned faster than she did with the battery-powered blower and almost as fast as when she used a gas-powered blower.

Imagine the bliss you would feel in a neighborhood without leaf blowers.

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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

Last month saw the passing of yet another historically important Weavers Way figure, Fred Novin. Our records show Fred and Andrea Novin joined the Co-op in August 1976. I don't remember exactly when Fred got involved at the committee and Board level, but I think it was kind of early on.

Fred was chairman of our Merchandising Committee in 1989 and 1991. In those days, most committee chairs also had a seat on our Board of Directors. Fred was business-minded, and in the pre-policy governance days, some Board members were pretty hands-on; Fred was in that group. He created displays, stocked shelves, and hounded management about prices, competition, and product selection. In general, Fred spoke out when he saw issues and opportunities in the store in addition to attending Board meetings and chairing Merchandising Committee meetings.

An early purchasing staffer of ours, Noah Powlen, remembered that Fred gave him insight into purchasing large




quantities of discounted items and selling them quickly.

"I found a special on something called Fruitful Day juice," Noah recalled. "I think I told Fred about it and he pushed the idea of buying like 60 cases and marketing the hell out of it. We sold it for like 75 cents a quart and it sold like crazy. He was always interested in the quirky items like Arabic Cheerios. And he definitely took an interest giving me pointers about business."

Back in the '70s and '80s items like Fruitful Day juice and Cheerios with Arabic packaging were available at deep discounts because Philly had a few salvage/odd lot-type wholesale food distributors we would regularly visit and buy from. Those places were always a bit of an adventure — you never knew what you would find, but we usually found things to sell.

I have vague memories of canned cat food being a big salvage item, but I don't remember why. Often there were mainstream products meant for export that

(continued on next page)



EMAIL YOUR SUGGESTIONS TO
suggestions4norman@weaversway.coop

Norman Says:

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

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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(Continued from previous page)

never got exported, hence the packaging with foreign languages. Our founder, Jules Timmerman, was an expert at finding these kinds of items and this is part of why Weavers Way became known as a place to save money. I suspect these days most of these salvage-type products find their way to food banks, not retailers.

Guess what product appeared in a recent food trade news publication that is suffering yet another pandemic-induced supply chain shortage? It's an item no one actually consumes, but almost everyone depends on being readily available. On top of that, it is probably one of the most re-used items in daily life that few people come in contact with or even see; yet, they benefit from them on a daily basis.

Here's a hint: Most are the exact same size and shape — 48 by 40 inches. Next hint: They are typically made of wood, although some plastic ones exist, too. Give up? Think about this: Once an agricultural crop is harvested (and/or processed), to some extent, it is now freight, meaning it is probably going to be moved from Point A to B to C to D on a truck. How is all this freight moved around from trucks to buildings such as warehouses and stores? It's stacked on wooden pallets, shrink-wrapped or otherwise stabilized, then moved using forklifts, pallet jacks, etc.

In May, the country faced a shortage of these pallets; this drove up the cost of transporting freight, which in turn puts upward pressure on prices. Seems like this time it hit mainly hit the produce part of the food supply chain, with product shortages and increased prices as a result. There have even been reports of some companies hoarding pallets for upcoming harvests. So for people interested in getting rich quick, forget investing in cryptocurrency — the real action is in pallets.

With wood now becoming a hot commodity, I hope this doesn't mean we are going to see illegal logging in Fairmount Park. Maybe we can deputize some deer to keep an eye out.

Speaking of reusability, in case you haven't heard about one of our plastic reduction efforts, we're selling



Forget investing

in cryptocurrency

— the real action is

in pallets.



quarts of soup in returnable and refillable glass containers as a first step in reducing plastic use. More products are on the horizon for this program, so keep an eye and ear out for them. And please try the program and give us feedback. We expect refillable deposit system containers to be the wave of the future in our stores and at other retailers in the coming months and years.

suggestions and responses:

s: “I wonder if it would be possible to stock Amy’s frozen Three Cheese and Kale Bake, which is delicious. I’d prefer buying this at the Co-op than at Walmart or Target! Many thanks.”

r: (Norman) Thanks for the suggestion. We are stocking it at our Chestnut Hill store, and can consider it for Mt Airy and Ambler.

s: “Why don’t we sell roasted tortoise? I hear it’s Paleo-diet friendly.”

r: (Norman) We used to sell roasted tortoise, but it was kind of a fad, like oat bran. Its popularity faded as

many young adults who consumed it started developing shells into which they’d routinely withdraw. As a result, they had less social interaction, which resulted in less mating, which in turn resulted in fewer people with a taste for roasted tortoise.

s: “Can we carry duck eggs?”

r: (Norman) Mt. Airy doesn’t have room, but we are stocking them in Ambler, Chestnut Hill and at our Farm Market at Saul High School in Roxborough. By the way, if you haven’t visited our farm market, it’s worth a trip. We stock all-local items, curated by Farm Market Manager Lauren Todd, formerly of Chestnut Hill produce and Next Door fame.

s: “Arrowroot powder?”

r: (Norman) Doesn’t sell that well, but we should have Bob’s Red Mill arrowroot starch in the grocery section of our Chestnut Hill store.

s: “Does Weavers Way have an official position on the climate crisis? If so, what is it?”

r: (Norman) There is no climate crisis in Mt. Airy, Chestnut Hill, Ambler or at our farm market. All four locations experience weather daily without the difficulty or danger typical of a crisis. They all experience a stable climate, no crisis, and nothing requiring an official position.

s: “With mask mandates, store shopper limits and social distancing ending soon, what do we do if we realize we’re in line next to someone we now recognize and don’t like?”

r: (Norman) Woodstock in 1969 had like 400,000 people in attendance and everyone got along. They were all crammed together for days; you should be able to tolerate a few minutes in line. You might even choose to re-evaluate your relationship with that person, look for the good in them, and try being cheerful, friendly and accepting of others instead of being curmudgeonly.



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WEAVERS WAY ENDS

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

AS A RESULT OF ALL WE DO:

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

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

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

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

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

END 6 The local environment will be protected and restored.

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

The Backyard Beet

Food Forests Provide Edible Offerings and Beauty, Too

by Chris Mattingly, for the Shuttle

ONE WARM JUNE morning, I made my daily stop in my front garden in Chestnut Hill before going to the office. To call it a “garden” doesn’t do it justice; it is an equal mix of orchard, berry patch, annual veggie garden and retaining wall. In the words of my passionate and industrious employees, it is a tiny urban “food forest,” or in more plain terms, “edible landscaping.” When we planned it out, my wife Allison and I called it the “Willy Wonka” concept, because everything was edible, although none of it was candy.



Whatever you want to call it, I had just plucked and gobbled up a couple handfuls of blueberries from my two-year-old bushes. The experience of closely observing the emergence and ripening of the berries, having the freedom to try them at different stages of ripening, comparing the flavor, marveling at the beauty of it all, led to one thought: “I have to share this.”

I shared my gardening adventures on Facebook and Instagram, and grabbed anyone passing by for a conversation about, and sampling of, my front yard edibles. Dinner guests were treated to a mandatory garden walk, even if, or especially if, it was dark out. There was so much magic to share that when I was laid off from my consulting job, I jumped at the chance to start what is now Backyard Eats.

Since that day in 2016, I’ve been joined by other professional foodies, artists, foragers, and plant nuts intent on making a living from sharing the transformational power of homegrown food. Together we’ve perfected the process of designing, installing and maintaining raised beds. Our knowledge around annual veggies is unparalleled, and our plants rarely fail to produce.

Despite the success of our venture (and this year we’re finally hitting our stride!), my team has a hunger to grow in a new direction. They’ve been building on their knowledge of edible perennial plants and volunteering and training with the Philadelphia Orchard Project to get hands-on experience over the years. As I did a couple years ago, they’ve become certified ur-

ban orchardists; our lead installer is now completing a permaculture design course. What’s more, they’ve stocked up on hard-to-find edible perennial plants, and have completed some perennial installations and maintenance, all to our clients’ delight.

Now we’re officially ready to help you select, install and provide seasonal maintenance for perennial edible plants, a/k/a “food forests.” Of course, we’re still installing raised beds as well.

We’ve developed a simple process for helping you make your perennial food plant selections. Because the plants are perennials, there’s no need to replant each year. In addition, our process ensures you have a mix of large and small plants, supporting plant and insect diversity, and access to the full experience of bathing in edible food forestry right in your backyard. Late summer and fall are the ideal times to start such a forest, and we are booking consults now for late summer installations.

Here are some of the main reasons to grow a food forest in your yard, other than having lots of delicious fruits year after year.

Aesthetic Value

Think edibles can’t be attractive? Not so! Many of the plants we offer stay beautiful throughout the seasons, including blueberry plants, whose leaves turn fire red in fall and whose branches turn red as well

through the winter. They’re reminiscent of the highly sought-after red twig dogwood shrub.

If you’d like to add a sharp-looking structural feature, think grapes, hardy kiwi, fig or an apple tree on a trellis. A row of raspberries on a wire trellis can help define a space. These can be grown in-ground or in a handsome raised bed.

Living in Harmony with Nature

Plants hold many secrets from the days when they co-evolved as part of a functional ecosystem. Now, as urban transplants, we can help restore a semblance of their glory days and put plants in service of each other and the animals and insects around them (including us!).

There’s no better example of this than comfrey. It’s a secondary plant with a reputation for growing an abundance of green leaves that can be used as supplemental fertilizer when chopped and mixed into the soil, or as a compost activator.

Medicinal Value

Comfrey also has a long history of being used as a medicine. As published in an October 2012 article in the journal *Phytotherapy Research*, “multiple randomized controlled trials have demonstrated the efficacy and safety of comfrey preparations for the topical treatment of pain, inflammation and swelling of muscles and joints in degenerative arthritis, acute myalgia in the back, sprains, contusions and strains after sports injuries and accidents.”

Elderberry is another native perennial plant, which could easily stand in for a hydrangea due to its bounty of small white flowers. The flowers precede small black fruits whose extract has been credited with significantly reducing the duration and severity of the common cold.

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

Stacia Friedman

I received my fine arts degree from Temple University and worked as a fashion designer in New York City before pursuing graduate studies in writing at Temple and UCLA. In 2016, an introductory watercolor workshop at Abington Art Center reawakened my interest in painting. Since then, I have studied watercolor at Woodmere Museum, the Art Center at Ambler and Fleisher Art Memorial. My work has been exhibited at Le Bus East Falls, Center on the Hill in Chestnut Hill, Ludington Library in Bryn Mawr, the Art Center at Ambler, Fleisher Art Memorial, Gwynedd Estates in Ambler and Rydal Park in Jenkintown.

I am drawn to the ethereal, translucent qualities of watercolor and to subject matter which allows me to balance realism with abstraction. I like to leave areas unfinished, or merely indicated, to permit the viewer to fill in them with their imagination.

www.staciafriedman.com



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Weavers Words

The wind blew through
the pumpkin

I was cold

I closed the door

—Doug (age 13)

Before days became time

And the hour was known,

I cleaned,

I did nothing,

I wept,

In wait for the moon

To console the stars.

—Kathy Bridget

WIND SO SUBTLE, WIND SO STRONG

wind so subtle, it doesn't shake the trees
wind so strong, it brings you to your knees
wind so subtle, you can't see it with your eyes
wind so strong, the destruction makes you cry
wind so subtle, you doubt it's even there
wind so strong, you can't repair the tear
wind so subtle, it whispers in your ear
wind so strong, it forces you to fear
wind so subtle, it dances on your skin
wind so strong, you know it's gonna win

—Patty Brotman

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.

Found a Litter of Kittens? Don't Just Call; Help Care for Them

by Brenda Malinics, for the Shuttle

SINCE EARLY MARCH, BRENDA'S CAT RESCUE HAS seen a daily increase in the number of calls for help after individuals discover kittens, with or without a mom. Unfortunately, there is no simple or standard answer on what to do, since every such situation is unique. We may not be able to take every litter of kittens that we are contacted about, but we are willing to educate and to share our years of experience until a solution can be found.

Cats are prolific breeders and can have as many as 16 kittens annually; gestation is approximately two months. There are two types of cats born outdoors: ferals (who avoid humans) and domestics. A feral mom is easy to assess — she will run from a human — while a domesticated cat often will not. Never attempt to pick up found kittens without knowing their disposition; even the friendliest mom can become aggressive and bite or scratch if she feels her family is threatened.

Before you make a phone call to a rescue or shelter (a rescue is a volunteer group without a building that utilizes foster homes, whereas a shelter has a building, paid staff and is supported by counties or cities), be aware that often there are not enough spaces or people to help every litter of found kittens. Furthermore, retrieving litters is not as simple as it seems because there are many moving parts: Is the mom feral or friendly? How old are the kittens? Are they healthy? Are they handleable, or must they be trapped?

Trapping can take days and sometimes requires special traps. Too often, there is nowhere to take the kitties. Some shelters euthanize to make space, while rescues do not. When a no-kill shelter is full, it cannot accept any more admissions.

Kittens are born with their eyes closed and their ears flat. They make little cooing sounds. Their eyes open around seven to 10 days, and their ears begin to stand after three weeks. Newborns need to nurse every two hours and cannot regulate their body temperatures.

If you find a litter of kittens with a mom in your yard, assess the kittens without touching them and decide if the area is safe, dry and sheltered from rain, sun, et cetera. If the temperature becomes cold at night, you can put straw (not fabric, which will absorb moisture and freeze and can also become moldy) into a large plastic

or Styrofoam container set on its side near the family. Mother cats will relocate their kittens if they feel unsafe, so offer this shelter quickly.

A nursing mom needs plenty of good quality wet food and water; she can eat multiple cans of wet food daily. Dry kitten food, which is high in calories, can also be offered. Do not give any type of milk, which will cause gas and diarrhea. If you are willing to feed the mom, do so in the morning, midday and early evening. Never leave food out at night, when foxes, coyotes and raccoons will be attracted to the smell and may kill the kittens.

If you find a solo newborn kitten, it has likely been dropped when mom was moving her family; it is unlikely that she will return to retrieve it. This is an emergency; if the kitten is not retrieved after 30 minutes, get it to a local shelter. Do not attempt to bottle feed, which is a special skill.

If you find a litter of kittens without a mom, you should observe them for an hour or two, because the mom will return to nurse; she must leave the kittens to find food for herself. If the mom does not return after several hours, she may have been killed and the kittens will be hungry, cold and in distress. If you see flies hovering or what appears to be sawdust on the kittens, get them to a shelter immediately. Fly eggs hatch and become nasty flesh-eating maggots quickly.

Finding kittens in one's yard is always a surprise, but female cats birth in places they deem safe and secure. Often, humans are unaware of what's going on until the kittens appear.

Kittens ambulate at around five weeks old, the time that they start to eat solid food and to play. Kittens' eyes are blue until around six weeks old. If they are feral, they will imitate their mom's reaction to humans and may run, spit and jump when approached. Even these adorable little furballs will scratch and bite if you try to pick them up; never attempt to pick up a feral kitten without leather gloves and a thick towel and have a carrier nearby to quickly and safely confine them. The longer kittens stay with a feral mom, the harder it is to socialize and adopt them.



Most people react or trap cats and kittens without a plan and without the necessary research as to what they will and should do with the family. A rescue or shelter may not be able to remove these cats and kittens, but they can help individuals and homeowners devise a plan. People who are allergic to cats can still feed them outside, and dog owners should keep their pooches away from the feline family for at least four to six weeks.

The reality is that there are too many homeless animals and not enough animal resources in Philadelphia. Sterilization is necessary for all animals. Even if the mom is feral, it is essential to get the her spayed after the kittens have been weaned at about eight weeks, or this situation will repeat itself in two months.

Please note that during kitten season it can be days before phone calls to rescues and shelters are returned; we are busy vetting and caring for animals and dealing with unexpected emergencies. Other helpful resources include veterinary offices, pet food stores, grooming and pet sitting businesses and the internet.

If every person who is willing to make a phone call would also be willing to assume a little more short-term effort and responsibility, it will help to relieve overwhelmed animal organizations. In that way, we can truly make a difference in the lives and future of Philadelphia's animals.

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Locally Grown Illustration by Alli Katz

Alli Katz

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Kayla O'Mahony

Job: Mort Brooks Memorial Farm field assistant

Since when: April 2021

Age: 25

Where she's from/where she lives now: Maynard, MA/Cedar Park, West Philly

Education: She has a bachelor's in studio art and art history from Ursinus College in Collegeville.

How she got to the Co-op: She was living in an intentional community, Poplar Place Community, in Lancaster City, where she learned to garden and developed deeper passions for the environment. When the pandemic struck, she left Poplar Place and returned to Massachusetts to be with her family. While there, she did an intense apprenticeship at Siena Farms, a 50-acre for-profit farm in Sudbury, MA. While she enjoyed that experience, the practices there did not fit her core values, which is what made her seek out the Co-op.

Thoughts on farming: "I identify as a farmer in the same way I identify as an artist—it's a vocation that I was meant for." As a child, she listened to her grandmother's stories of growing up on a farm in rural Ireland. "I found her early life to be enchanting—idyllic, even."

Favorite Co-op products: Bulk textured vegetable protein; "It's one of my favorite things to creatively cook with, and it's relatively affordable meat alternative."

Thoughts on the Co-op: "I am incredibly grateful and excited to be a part of the Co-op. I have loved my first several weeks working at our farm at the Arboretum and I look forward to the rest of the season and perhaps many more to come." "several weeks working at our farm at the Arboretum and I look forward to the rest of the season and perhaps many more to come."



COOPERATOR OF THE MONTH

Cheryl McLaren

Lives in: Elkins Park

Joined Weavers Way: 2018. She belonged to the now-closed Creekside Co-op and was involved in trying to get it off the ground.

Why she joined: "I grew up going to co-ops in the '70s with my parents in Boston, so I know the importance of co-ops and I like co-ops."

Why she's a working member: "I know the importance of getting involved, and I have a garden, so I like to do all my work hours [at the farms]. I like to be outdoors; I've learned a lot since I've been here."

Former job: She's a retired chef. For 13 years, she worked as a private chef for a family on Long Island, but before that, did catering and worked in corporate dining rooms.

Favorite Co-op products: All the Weavers Way Farm products and Co-op produce in general, nuts and grains, and plants, especially those from Peace Tree Farm. She does 60% of her shopping at the Co-op.

Thoughts on the Co-op: "I think it's great—all the different things that they do, all the different programs that you can get involved in...it's a bit overwhelming. I've encouraged my friends to join the Co-op for that reason."

—Karen Plourde



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.

2020-2021 Weavers Way Board

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Vice President: Esther Wyss-Flamm

Treasurer: Michael Hogan

Secretary: Sarah Mitteldorf

At-Large: Hilary Baum, Larry Daniels, Danielle Duckett, Whitney Lingle, De'Janiera Little, Frank Torrisi.

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Weavers Way Mt. Airy

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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

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Prepared Food

Alisa Consorto, ext. 374
aconsorto@weaversway.coop

Meat, Poultry and Seafood

Mark Baker, ext. 361
mbaker@weaversway.coop

Floral Buyer

Mira Kilpatrick, ext. x377
mkilpatrick@weaversway.coop

Bulk

Ken Kolasinski, ext. 379
kkolasinski@weaversway.coop

Bakery

Deb Evans-Hunger, ext. 376
devanshunger@weaversway.coop

Wellness

Andrea Houlihan, ext. 378
ahoulihan@weaversway.coop

Chestnut Hill

Store Manager

Dean Stefano, ext. 212
dstefano@weaversway.coop

Assistant Store Manager

Valerie Baker, ext. 215
vbaker@weaversway.coop

Grocery

James Mitchell, ext. 217
jmitchell@weaversway.coop

Produce

Marlise Frame, ext. 211
mframe@weaversway.coop

Deli

Ann Marie Arment, ext. 208
aarment@weaversway.coop

Prepared Food

John Adams, ext. 218
jadams@weaversway.coop

Meat, Poultry and Seafood

Ron Moore, ext. 205
rmoore@weaversway.coop

Bulk

Len Mears, ext. 214
lmears@weaversway.coop

Bakery

Kriss Walker, ext. 217
kwalker@weaversway.coop

Next Door

Wellness Manager

Chris Mallam, ext. 221
cmallam@weaversway.coop

Mt. Airy

Store Manager

Rick Spalek, ext. 101
rick@weaversway.coop

Grocery

Matt Hart, ext. 140
matt@weaversway.coop

Produce

Seth Murley, ext. 107
smurley@weaversway.coop

Deli

Shawn O'Connell, ext. 134
soconnell@weaversway.coop

Prepared Food

John McAliley, ext. 102
jmcaliley@weaversway.coop

Meat, Poultry and Seafood

Mike Lawrence, ext. 104
mlawrence@weaversway.coop

Bulk

Chelsea Crovetto, ext. 142
ccrovetto@weaversway.coop

Bakery

Heather Holmes, ext. 305
hholmes@weaversway.coop

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

Friday, May 14, 1 - 2 p.m.

Tuesday, May 25, 7 - 8 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!

VENDOR TASTING

Friday, June 11
2-5 p.m.

Mt. Airy Axis
520 Carpenter Lane

Featuring samples and information from members of the Co-op's Vendor Diversity Project, including:

- Alicia's Bakery
- Caphe Coffee Roasters
- Chill Moody Kombucha
- Hank's Cinnamon Buns
- Jaylin's Gourmet Foods
- Peter's Peppers Hot Sauce
- Reveal Avocado-Based Tea
- Vicki's Candles

local

Social distancing guidelines in effect — outdoor eating space available on the Axis patio



For more info, contact Candy Bermea Hasan, Vendor Diversity Project coordinator: candy@weaversway.coop



Talk All Things Co-op

with Jon Roesser
Weavers Way General Manager

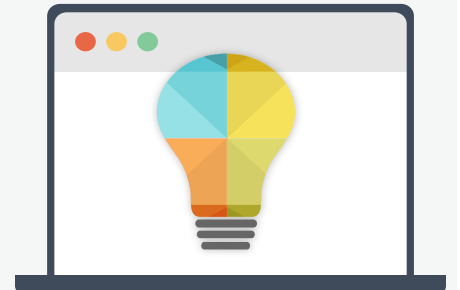
- › BYO Happy Hour in the Chestnut Hill backyard First Fridays, 5 - 6 p.m.
- › Coffee and Tea at the outdoor tables in Ambler First Mondays, 10 - 11 a.m.



We'll bring the snacks. No agenda, just a chance to talk about the Co-op, ask questions, or provide suggestions. No RSVP required.

WEAVERS WAY Virtual WORKSHOPS & EVENTS

To register, visit www.weaversway.coop/events



More Plants, Less Waste: How Our Diet Affects Climate Change

Thursday, June 3, 7-8 p.m.

Host: Mary Ann Boyer

Learn how taking two steps to reduce your food footprint: limiting food waste and eating a plant forward diet can have an impact on our climate. Why a plant based diet? What does that mean? What is the carbon print of our food and what can we do to reduce it? Understand the answers to these questions and practical solutions that we all can embrace.

Food Moxie presents Malik Yakini, of the Detroit Black Community Food Security Network

Wednesday, June 9, 5:00 p.m.

Yakini will speak about D-Town Farm and his community food security work in Detroit.

Tasting Event with New Co-op Vendors

Friday, June 11, 2-5 p.m.

In-person event at Mt Airy Axis
520 Carpenter Lane

Find samples and information from members of the Co-op's Vendor Diversity Project. Featuring eight new vendors you should get to know! Social distancing guidelines will be

in effect and outdoor eating space will be available.

Reiki as First Aid

Tuesday, June 15, 6:30-7:30 p.m.

Host: Rae Whately

Most people who have heard of Reiki think of it as a relaxation technique or as an adjunct to massage. Hardly anyone thinks of Reiki as the "go-to" for small injuries. In this workshop Rae Whatley will discuss how she has used Reiki as her personal, everyday solution for minor issues like hay fever, bug bites headaches and indigestion and for more painful issues like burns and toothaches.

Modular Origami – Learn To Make Animals and Other Fun Objects From Paper

Tuesday, June 22, 6:30-7:30 p.m.

Host: Linda Schatz

Enjoy the Japanese art of paper folding! With a square piece of paper, you will be guided to make beautiful animals, birds, fish, and other colorful objects. No experience is necessary. Beginners and those experienced with origami are welcome.

Geometric Origami - Learn To Make Fun, Intricate Geometric Objects

Saturday, June 29, 6:30-7:30 p.m.

Host: Linda Schatz

Enjoy the amazing art of modular origami and create colorful geometric, 3-dimensional structures. They are made with units of paper that are folded the same way and interlock with one another. No tape or glue is needed to join the folded papers together. No experience is necessary.

Grow Your Own Food!

Sunday, July 10, 10-11 a.m.

Host: Nicole Schillinger

Have you ever wanted to grow your own food? It could be more achievable than you think – even if you have limited space. There are also many great benefits to growing your own food. You can save money on groceries, reduce your environmental impact, reduce waste and maybe even improve your overall health. Nicole Schillinger, registered dietitian, will present from her sustainable greenhouse made of tires and bottles and show us the various crops that she grows. She will also share tips on how you can start your gardening journey, what tools are needed and the tricks of the trade.

MORE INFO & TO RSVP: www.weaversway.coop/events or email outreach@weaversway.coop