

Family and Friends Honor a Young Biker with Tree Sites in the Wissahickon

by Chris Richter, for the Shuttle

SAMUEL OZER WAS 17 AND POISED TO TAKE ON THE world in 2020. He'd recently graduated from AIM Academy, a Conshohocken-based school for bright kids with dyslexia and other processing issues, and was heading off to Banff, Alberta, Canada for a gap year program. He hoped to get certified as a wilderness ski instructor before attending the University of Vermont to study engineering.

But on Father's Day of last year, while riding his bike home from work, he was struck and killed by a car on Henry Avenue.

After Sam passed, his parents, Weavers Way members Mindy Maslin and Sid Ozer, approached Wissahickon Restoration Volunteers to discuss doing something significant in the

(Continued on Page 12)



photo by Mindy Maslin.

Sam Ozer riding his bike in the Wissahickon.



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The Shuttle

AUGUST 2021

Since 1973 | The Newspaper of Weavers Way Co-op

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How Microloans Kept a Local Beekeeper's Business Buzzing

by Peter Winslow, Weavers Way New Economy Incubator Committee

WHILE RAISING THE last of four beehives for installation on the roof of Weavers Way Mercantile in Mt. Airy in June, a rope slipped, one of the hives hit the building, and some of the bees were separated from the hive.

"Please don't blame the bees," said beekeeper David Harrod. "The mishap was my fault, not theirs."

As startling as it was to see lots of bees flying around and clustering outside the Mercantile's window, there was never any danger to passersby.

"These were babies who suddenly found themselves lost and unable to find their way home," Harrod explained. "So they clustered together for comfort the way they would in their hive. They flew around searching for pheromones that would guide them back to their nest."

Alas, many of the bees were unable to find their way home. Nevertheless, no one was stung or otherwise injured, and within a short time, everything was back to normal. If you didn't know the bees were there, you wouldn't have suspected a thing.

So, let's welcome our new neighbors, the bees of the Weavers Way apiary. Although 100,000 or more of them may now be living on the Mercantile roof, you will notice only a few of them from time



Jars of Henry Got Crops Honey, produced at apiaries at the Co-op's Roxborough farm and on the roofs of Weavers Way Mercantile and Weavers Way Chestnut Hill.

to time if you live nearby and they visit your garden.

Bees forage as far as five or more miles from their hive, and for the Mercantile bees, that covers all of Northwest Philadelphia and beyond. The Co-op also has hives at the Henry Got Crops orchard in Roxborough and on the roof of the Chestnut Hill store, and we are planning to install hives at the Ambler store. The resulting honey, produced by Harrod and other beekeepers, is available at all the Co-op's main locations and at Henry Got Crops Farm Market.

The first loan of the Co-op's micro-loan program was made to Harrod last year, just before the pandemic caused a

(Continued on Page 6)

More Reusables, Our Next Forum, and Your Zero Waste Journey

by Victoria V. Napier and Alisa Shargordosky, Weavers Way Plastic Reduction Task Force

THE WEAVERS WAY PLASTIC REDUCTION TASK FORCE is looking for members who are willing to share their zero waste journey. As those who have tried to live a zero-waste life know, it takes a commitment to move in that direction, and requires persistence, creativity and inspiration. Some of us may never get there, but we can significantly reduce our individual weekly pile of waste by setting a goal and working toward it.

Have you begun to move in that direction? If so, what has inspired you? Maybe it's a book, a blog or a particular cause. For example, have you made a commitment to stop buying plastic water bottles? Do you compost food waste? Do you buy returnable products at the Co-op?

Our stories can help us inspire one another; the truth is, we're all in this together. We need to educate, inspire and support one another in taking constructive action to help clean up our planet. I think most of us would prefer to live on planet Earth rather than on a garbage heap.

So send us your story on how you got started with reducing waste. What has been working for you and what has inspired you? Inspire us!

If you would like to be interviewed for a future Shuttle article, please email victoriaenglish tutor@gmail.com to set up a phone interview. If you prefer to submit your responses electronically, please scan the QR code that accompanies this article.



More CRP Products On the Way

Later this summer, we'll roll out the next phase of our Container Refund Program, in which you'll be able to find the top sellers from our bulk departments in reusable and refundable packaging. These items include mango cheeks, organic raisins, walnuts, dried apricots and peanut butter. Please support these programs so that we can keep them going. Your purchasing of reusables indicates to the Co-op's leadership that the community welcomes these changes. By the way, since

(Continued on Page 6)

OUR CURRENT MASK POLICY (AS OF AUGUST 1, 2021)



- The CDC now considers the spread of Covid-19 in the Philadelphia Region to be "substantial."
- All Co-op employees will wear masks until the situation improves.
- We encourage all shoppers to wear masks.

Thank you for doing your part to keep the Co-op and your community safe.

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



DURING THE EXTENDED BREAK WE had from the Shuttle last month, I finally got in touch with a woman from Vermont who left a voicemail for me in March (not my typical response time.) She's from Mt. Airy, is familiar with and impressed by the Shuttle, and wants her co-op to start putting out a newspaper. Unfortunately, many people at her co-op (including members of their Communications Committee), think it can't be done.

As we talked, I thought (but didn't say) that there was no way she was going to be able to put together a newspaper without fellow believers who were equally enthusiastic and willing to work to make it a reality. As I fill out the Shuttle budget for every issue, I wonder early in the game how we're ever going to fill 24 pages. Somehow, we always do, and not solely on the efforts of Art Director Annette Aloe and me. We have our own legion of staff members, advertisers, working members and other contributors who reach out with press releases, poems and story ideas to help populate the paper with meaningful content. Thank you; we couldn't do what we do without you.

In this issue, Audrey Cobbs, a rising 10th grader and Mt. Airy resident, makes her Shuttle publishing debut. Her story, "Germantown Group Works to Alleviate Period Poverty," is about the Germantown-based nonprofit The Spot Period. The group, started by a Black mother and daughter and funded solely through donations, is working to ensure that women and girls can get free menstrual and hygiene supplies, as well as education, therapy and access to safe spaces.

Those who worry that teenagers can only communicate through texts, Snapchat and Tik Tok will be heartened to read Audrey's well-reported, well-written piece. I hope this isn't the last you read from her. And I hope she inspires others her age to write for us, or somewhere else where they can report and write the stories that need to be told.

Catch you in the pages next month.

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

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

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

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

Advertising

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

★ ★ ★ ★ ★ Vegan Gyros ★ ★ ★ ★ ★

A recipe in three parts by Bonnie Shuman, Weavers Way Executive Chef

If you're as big a fan of our sandwiches as I am, and you have not tried one of our recent specials, I highly recommend our new(ish) vegan gyro. We found a new supplier of seitan, and it's off-the-charts delicious.

Here's the recipe, if you're feeling adventurous and want to make it on your own. If not, check it out in the Chestnut Hill and Ambler locations; call ahead for availability.

Email bonnie@weaversway.coop if you have any questions.

VEGAN TZATSIKI SAUCE

Ingredients:

- 1/8 of an English cucumber, finely diced
- 1 small clove garlic, minced
- 1/2 cup vegan sour cream (Note: Vegan coconut yogurt can be used but tends to be too runny)
- 1/2 Tbsp. lemon juice
- 1/2 tsp. extra virgin olive oil
- 1 1/2 Tbsp. fresh dill, chopped, or 2 Tbsp. dried dill
- 1 tsp. fresh mint, chopped
- Salt and pepper to taste
- 6 flatbreads

Directions:

In a bowl, combine vegan sour cream or coconut yogurt, lemon juice, vinegar, salt, pepper, chopped garlic and olive oil. Whisk together. Add cucumber and fresh herbs. Cover and chill 2-3 hours.

Makes one cup of sauce. Can be made up to two days in advance and refrigerated.

To assemble the sandwiches:

Brush six flatbreads with olive oil on both sides. Using tongs, place each flatbread over the open flame of a gas burner on the stove for about 10-15 seconds per side. Look for char marks, but be careful not to burn the flatbread. Keep warm in a preheated oven when finished.

VEGAN GYRO DRY RUB AND MARINADE

Use this to season marinated seitan for the gyros.

Ingredients:

- 1 Tbsp. each of granulated garlic, black pepper, dried oregano and chili powder
- 1/4 tsp. each of ginger, allspice, ground cloves, nutmeg and ground cardamom

Combine ingredients. Makes two ounces of rub.

GYRO MARINADE

Ingredients:

- 1/3 cup tamari sauce
- 1/3 cup olive oil
- 1 lb. seitan

Directions:

Mix tamari, olive oil and seitan and toss until evenly coated. Lay the seitan on a sheet pan and sprinkle with dry rub. Bake in a convection oven for three minutes at 350 degrees (6.67% steam). (For a conventional oven, bake at the same temperature for five minutes.)



TOMATO-ONION TOPPING (Make Just Before Serving)

Ingredients:

- 1-2 Roma tomatoes, diced
- 1/3 small red onion, diced
- Pinch salt
- 1/3 tsp. dried oregano
- 4 firm leaves Romaine lettuce
- Toss items in bowl with olive oil until evenly coated.

Preheat a skillet on medium heat for two minutes. Add marinated and dry-rubbed seitan slices and fry on each side for 30 seconds. (The oil and tamari should coat the pieces enough for frying, but be ready to add more oil if the pan seems too dry.)

Lay six slices of seitan on each flatbread, along with a leaf of romaine and the topping mixture. Top with tzatziki sauce.

Yield: Six servings



SLICE IT DICE IT SERVE IT

Branching Off into Shrubs

by Kieran McCourt, Weavers Way Ambler

A/k/a drinking vinegars, possibly the easiest of home preservation edibles to make

- They were popular during the colonial era, the Temperance Movement of the 19th and early 20th centuries, and during Prohibition.
- The sweet, tart syrup that makes up their base can be used in cocktails and mocktails or combined with club soda, seltzer or plain water for an alternative to lemonade

Basic Ratio: One part each of fruit, vinegar and sugar

Cold Process: Mash fruit and add sugar to a sanitized container and allow the combo to sit out. The countertop in a cool kitchen is fine; otherwise, pop it in the fridge for a day or two until most of the sugar has dissolved and formed a syrup.

Strain the liquid, add any undissolved sugar and slowly stir in the vinegar, tasting to get the right balance between sweet and tart.

Bottle in a sanitized jar. Because it contains vinegar, the shrub can keep for months in the fridge. (Mine rarely last a month, if that.)

Important: Make sure the vinegar you use states that it contains five percent acidity. This ensures that there will be enough acid to prevent the growth of harmful bacteria

While any fruit will work, this is an excellent project for fruit that is a little too ripe, bruised or a bit ugly. Berries are easy; cherries and other summer stone fruit work as well. Consider experimenting with pineapple, pears and melons for something unusual.

A few shrubby suggestions:

- Blackberry and vanilla with champagne vinegar
- Plum with a splash of balsamic and red wine or apple cider vinegar
- Peaches and thyme with a white wine vinegar
- Watermelon and basil with cider vinegar



What We Spray and Why at Our Farms

by Chelsea Mackie, Henry Got Crops Farm, Field Manager

GREETINGS FROM THE FARMS! I wanted to take some time this month to share a small facet of the crop production practices at our farms specifically those around spraying. In the past, I always saw spraying as harmful or dangerous, until I got into farming and learned more about it.

I know many of you strongly value the fact that our produce is grown without conventional pesticides and herbicides (we do, too!). But did you know that foliar (leaf-applied) sprays aren't always harsh synthetic chemicals? In fact, we spray several things on our crops that are organic-approved and good for our plants, keeping them healthier longer so that we can provide the Co-op stores and our CSA members with more fresh and delicious produce.

One of the sprays that we use around the farm, on seedlings and in the field is an organic fertilizer. Spraying fertilizer on the leaves of plants is a quick and easy way for them to take up nutrients faster than delivering it to the roots. A plant's leaves have tiny pores called stomata that can take in these nutrients. If you do any

home gardening, you may be familiar with fish fertilizer. We use a fish and kelp blend fertilizer which contains all the major nutrients our plants need for a growing boost. We've been using this on our tomatoes to increase yield and keep them healthy and resilient during their long growing season.

The second spray we use in the field is called Surround, an agricultural-grade kaolin clay. Often during the summer, our zucchini and cucumber plants look like they are covered in white paint; that's Surround. Kaolin clay is an ingredient found in a lot of all-natural skin and personal care products. Spraying it on the leaves of squash family plants confuses the cucumber beetle, which likes to feed on the leaves, and by doing so spreads disease to the plants. The leaves aren't as fun to snack on when covered in dry clay! With a consistent spraying schedule, we can keep the same plants alive and producing for a little longer before the bugs overtake them.

So if you visit the farms and see us spraying the crops, it's no cause for concern! We are as committed to our natural growing practices as you are.



photo by Nina Berryman

Field assistant Maddy Ballard takes a pause with the farm's backpack sprayer.

About that Recent Spike in Crab Cake Prices...

MANY OF YOU MAY HAVE NOTICED that the price of our crab cakes has nearly doubled recently. We had to increase our prices because the cost of crab has nearly tripled, primarily due to a shortage in supply. Also, as with every industry post-pandemic, there are labor shortages in the seafood industry.

While we primarily sell our crab

cakes in Chestnut Hill and Ambler, we have limited sales in Chestnut Hill and discontinued sales in Ambler altogether. I spoke to our seafood purveyor rep on July 26, and she said there is no end in sight to the cost increase.

In the meantime, we've put together a cod cake in our Ambler kitchen that's absolutely delicious. We also always

have our salmon cakes available there. I prefer the salmon cake, and at \$4.50 each, they are budget-friendly.

We will continue to monitor crab prices, and hopefully the situation will improve in time.

Email bonnie@weaversway.coop if you have any questions.

coop basics

**Good Deals
Every Day.**

Look for the tag!

Plant-Based Philly Picks

Conscious Cultures Vegan Cheeses

Available at all Weavers Way Chestnut Hill and Mt. Airy and Henry Got Crops Farm Market

VEGAN CHEESEMAKER STEVE BABAKI, who now operates out of the BOK Building in South Philly, generated a lot of buzz when he debuted The Bloomy White, a plant-based version of a brie and camembert, in 2019. Mostly, people rave about how much better his offerings taste than any other vegan cheese they've tried.

The Bloomy White, made of cashews soaked in water and coconut milk, is now known as Maverick and is available in Chestnut Hill and Mt. Airy stores and at the Farm Market. Babaki also makes vegan fresh mozzarella ovalini (available in Chestnut Hill and at the Farm Market).

Farm Market Manager Lauren Todd has joined the legion of Conscious Cultures fans. "Maverick is the most decadent vegan cheese I've ever tasted," she wrote in an email last month. "The thick and luxurious texture and slightly funky bite from the bloomy rind makes me mutter, as I stuff my mouth full of plant-based goodness, 'I can't believe it's not dairy.'"



Since my garden tomatoes started to ripen late last month, I thought I'd try Babaki's fresh mozzarella on toasted sourdough with slices of one of my lovelies and a few leaves of basil. (I'm not vegan, but I try to go plant-based when it works for me!) I tasted silkiness

with a slight tang that made his version even more interesting. I'll be finishing the Conscious Cultures container and likely picking up another as Caprese season continues.

—Karen Plourde

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FOOD MOXIE

We dig what we eat.

A Summer Filled with Growing, Cooking and Tasting Activities

by Lisa Mosca, Food Moxie Executive Director

AS YOU MAY KNOW BY NOW, FOOD MOXIE EDUCATES AND INSPIRES people to grow, cook, taste and eat healthy foods. This summer, we are offering in-person activities, including our Garden Club programming for five- to 11-year-olds who live in emergency housing.

Our Garden Club summer camp provides a seasonally-themed snack that includes the fruit, vegetable and herb of the week as well as a garden-related activity. Another program, Hope Kitchen, gives adult caregivers in emergency housing similar opportunities to create scratch-cooked meals and snacks for their children using the same fruit, vegetable and herb themes for the week. We incorporate the beautiful Hope Kitchen outdoor cooking space and garden into program activities.

Our summer youth crew of students from W.B. Saul Agricultural High School in Roxborough has been helping with biweekly community food distribution. The crew has learned about urban agriculture, including what constitutes healthy soil, how irrigation works, and harvest and post-harvest handling. They are planning a youth conference to cap off the year. As part of that event, they'll share agricultural activities with other youth, including scratch cooking demos and entrepreneurial discussions.

While we're busy implementing our summer programs, the talented Bonnie Shuman, Weavers Way's executive chef, is planning the menu for Seed to Supper, our fall farm-to-table event to honor Food Moxie champions scheduled for Thursday evening, Sept. 30. All proceeds from the event will benefit the children, parents and students who learn and teach us about growing, cooking, tasting and eating nutritious food.

Bonnie is planning an amazing meal this year; her menu will focus on vegan dishes that highlight local seasonal produce. For tickets and to learn more about this year's honorees visit www.foodmoxie.org/seedtosupper/.



Growing Spaces Manager Brandon Ritter is surrounded by an array of our home-grown veggies.

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An offshoot of Weavers Way Co-op

FOOD MOXIE



Youth crews pack food boxes for community distribution.



Hope Kitchen greens and potatoes



Fresh food prep at Hope Kitchen



Sunflower planting



Making smoothies at Hope Kitchen



Summer grilling

THANKS TO...

- Mia Bevilacqua, Drexel Co-op Fellow
- Blooming Prairie Foundation
- Elissa Goldberg, Bridging the Gaps Fellowship Coordinator
- Hazel Iashmolkina, Bryn Mawr Fellow
- Gentry Joite, Powercorps Fellowship Coordinator
- Danny Joseph, Bridging the Gaps Fellow
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- Patricia Kind Family Foundation
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- Dominic Speach, Powercorps TRUST Coordinator
- Lauren Tanel, Haverford Fellow
- Wyncote Foundation
- Kevin Yu, Bridging the Gaps Fellow
- April Zeng, Haverford Fellow
- All our recent individual donors, sustainers, High Five members and volunteers
- All our partners, their staff and teachers
- The Food Moxie board and staff
- Weavers Way Co-op staff and members
- All the Co-op members who have been helping with our workdays and deliveries



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L•E•T•T•E•R•S

“Pandemic” Piece Has a Point

THE SHUTTLE IS A JOY TO READ; your articles are timely, informative and entertaining. I especially like the “Suggestions” to get a peek into the world of running a grocery, and reading about the searching, shopping and preparing that goes into the running of a successful store.

Elise Rivers’ article “An Intro to the Big Pandemic That’s Not COVID and has a Cure” (May 2021) grabbed my attention. As terrible as the pandemic has been, she notes the five chronic diseases created by a poor diet have resulted in an even larger, hidden pandemic for many decades. No vaccine is required: Its cause is our mostly animal-based and processed food diet.

Fact: The food industry designs meals to be addictive and to be profitable, they often don’t contain much nutrition. With our demanding lifestyles, it may seem difficult or costly to find time to search for, shop and prepare successful, delicious, healthy meals.

Or is it? Poor nutrition is often far more costly when it results in heart disease, obesity, diabetes, kidney disease or even cancer. As a nutritionist, I’ve seen how a nutritious diet has reversed these diseases. Let’s get back to eating like our grandmothers did – more plants, fewer animals — for ourselves and the planet.

Kirsten Puskar

Thanks for the Laughs, Norman

IHAVE NOTICED DURING THIS LAST tough year I really look forward to hearing/reading things that make me laugh out loud. This happens almost every time I read Norman Weiss’ “Suggestions” column in the Shuttle.

In the May issue, his comment about which mid-century furniture The Mercantile wants (any century, just not early or late century in order to avoid extremism) has kept me laughing since I read it. Thank you, Norman, as always.

Lyn Davis

SHUTTLE LETTERS POLICY

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

How Microloans Kept a Local Beekeeper’s Business Buzzing

(Continued from page 1)

temporary suspension of the program. The \$1,080 that he received to expand his beekeeping operation in March of 2020 was repaid last September from the proceeds of honey sales, exactly as planned. The New Economy Incubator Committee has provided another no-interest, no-fees loan of \$1,000 to Harrod this year toward the expansion of his operation to the Mercantile roof.

“One use for these funds will be to buy a better ladder and hoisting system for tending to the apiaries,” Harrod said. Hopefully, that will assure safety for the beekeepers and will avoid another mishap for the bees.

We are currently accepting applica-

tions for the microloan program, which is an initiative of the New Economy Incubator Committee and is administered by the Free Loan Association for Germantown. Loan amounts depend on venture needs and the capacities of the fund; the typical amount ranges from \$500-\$1,500. Applications can be obtained from the FLAG website at www.PhilaFLAG.org and submitted either through Germantown United Community Development Corporation or any member of the New Economy Incubator Committee.

For more information on the committee, check out the Co-op’s website: www.weaversway.coop/committees-clubs-and-community-groups.

Your Zero Waste Journey

(Continued from page 1)

beginning the CRP program for 32-ounce soups, we have diverted more than 700 single-use plastic containers from the waste stream.

In other news, Philadelphia’s plastic bag ban went into effect on July 1. It’s been a long road and the industry has not made it easy. The City of Philadelphia, the boroughs of West Chester and Narberth, and Lower Merion Township filed a lawsuit on March 3, asking Pennsylvania Commonwealth Court to declare that the General Assembly’s preemption stripping local communities of the ability to enact ordinances addressing waste and litter from single-use plastics violated the

state’s constitution. Penn Environment and the Clean Air Council subsequently joined this lawsuit, along with the City of Pittsburgh. The preemption has ended, but there is still a lot to do to protect our state from polluters.

We will discuss these developments and others at our next public forum, which will take place on Thursday, Aug. 12 from 6:30-8 p.m. Our guest speaker that evening will be Stephanie Wein of Penn Environment. Register for the forum on the events page of the Co-op’s website: www.weaversway.coop. And be sure to follow the PRTF on Facebook so you can stay up to date on all our activities.

International Co-op Principles

- 1** Voluntary and Open Membership
- 2** Democratic Member-Owner Control
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- 4** Autonomy and Independence
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GM'S
CORNER

The Beginning of Decoupling Discounts, and Why We're Doing It

by Jon Roesser, Weavers Way General Manager

A SIGN OF THE TIMES: LAST MONTH, FOR THE first time ever, the Co-op purchased cyber security insurance.

Russian hackers might grab headlines by stealing data from government agencies or locking the servers of big corporations, but they are not beneath trying to disrupt smaller operations like Weavers Way. And while our cyber security is state of the art, an insurance policy gives us a bit more peace of mind.

I bring this up not just to inform you as member-owners that management is taking this new threat to our business seriously, but to also point out another example of increasing operational costs.

As if you haven't noticed, these days almost everything costs more, and that's as true for businesses as it is for households. Business-to-business costs, for everything from mop heads to mousetraps, are rising at a pace we haven't seen in years.

And yes, this has meant higher prices at the Co-op. You've undoubtedly seen our shelf prices increasing in recent months. To be clear, the shelf price increases you see are entirely the result of increases we receive from our vendors.

The Co-op determines our shelf prices by applying industry standard markups to the cost of goods we're charged by our vendors. We use rounding rules to adjust prices to neat retail numbers – for example, if a standard markup calculates a retail price of \$4.04, we'll round down to \$3.99 – and we also keep a close eye on what the marketplace will bear.

The result isn't perfect, but it allows us to generate sufficient gross profit to cover our operating costs, including payroll, utilities, packaging costs, bank fees and all those mop heads and mousetraps. But with operating costs rising, finding ways to make even small improvements to our margins is essential.

To that end, we are planning to address a long-standing issue — the coupling of discounts with items that are already on sale or set at an everyday low price.

The Co-op's discounts – 5% for working members, 10% for seniors; 10% for Food for All, etc. – are integral to our business model; they drive patron-

“

**An item put
on sale for
30% off could
wind up costing
us money.**

”

wage (at least in theory). But when those discounts are stacked on top of a sale price or an everyday low price, the result can be a retail price that is lower than our cost of goods.

When we put an item on sale, we are taking a reduced markup, usually shared about 50/50 with the vendor. But when determining a sale price, we must factor in the discount stacking: many members will pay the sale price, plus 5% off or 10% off. The result can be a money loser.

As a result, we find ourselves in a position in which we are offering sale prices that are less robust than they could be otherwise. An item put on sale for, say, 30% off could, after stacking discounts, wind up costing us money. So we put the item on sale for less

—20% off or whatever. This makes the sale less compelling and, ultimately, less successful.

The same is true for items in the Co-op's everyday low-price program, those marked with the purple “Co-op Basics” tag. Everyday Low Price Programs (EDLPs, in industry parlance) are fairly common in the grocery biz. Co-op Basics, our EDLP, contains a few hundred items, scattered throughout the store, which have been marked up at a lower percentage than our standard.

Again, because of discount stacking, when some members buy items in the Co-op Basics program, they are paying not the everyday low price, but 5%, or even 15% less, resulting in a final retail price that is, in some cases, below our cost of goods.

It is one thing to take a reduced margin in order to drive sales, as the increased sales make up for the lower margin percentage through higher margin dollars. It's a whole other thing to charge customers less for something than you paid for it.

So beginning this month, you will see us “decoupling” – that's the inelegant word we've landed on – sale items and Co-op Basics items from discounts. Shelf tags will be updated to reflect this change.

As consumers, we are all accustomed to signage stating “Everyday Low Price — no further discounts apply” or “Sale Price — cannot be combined with any other discount” or something along those lines.

The result will be beneficial to all of us as member-owners, because it will help ensure our long-term sustainability. It will also benefit many of us as consumers, because we'll be able to be more aggressive on sale prices and keep the shelf prices on Co-op Basics items lower than we otherwise could.

If you have questions or comments about this change, please reach out. You know where to find me!

See you around the Co-op.

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Tasty Ways to Enjoy the Summer While Keeping Your Gut Healthy

by Beth Chiodo, Weavers Way Wellness Team

I REMEMBER MY LAST SUMMER EATING full-fat dairy ice cream. It was 2018, before one of a few bad Crohn's disease flares. Butter pecan was my flavor of choice, and I enjoyed every minute.

Since then, I've removed dairy from my diet and have focused on improving my gut health and reducing overall inflammation in my body. Different times of the year can bring different challenges for someone in my shoes, but one of the most challenging times for me by far is the summer.

While fruits and veggies are plentiful, finding frozen summer treats that satisfy while also promoting gut health can be difficult. Many frozen treats contain harmful ingredients like artificial colors, flavors, sweeteners, gums and preservatives, all of which can wreak havoc on gut health.

Here are suggestions for surviving (and enjoying) the summer, gut-wise:

- 1. Make your own popsicles:** Lots of traditional popsicles contain artificial colors, flavors and high-fructose corn syrup. As an alternative, I love to take any kind of smoothie I may have made and then pour it into popsicle molds. See one of my favorite recipes for Peanut Butter Banana Popsicles at right:
- 2. Freeze Yogurt** I love to mix coconut milk yogurt with vanilla extract and honey, pour it in silicone molds and stick it in the freezer. Top with fresh or dried fruit for an added treat!
- 3. Make "Nice Cream"** Did you know that traditional ice cream contains ingredients such as carrageenan, which has been shown to be inflammatory to the intestines? Dairy itself can cause inflammation and be hard to digest for many. One of my favorite frozen alternatives is homemade "nice cream." I blend a ripe, frozen banana with a splash of coconut milk, then add fresh cherries, pineapple, chocolate chips or even mint leaves to make it taste like some of my favorite ice cream flavors.

4. Homemade Water Ice: I love to make water ice out of frozen mango and pineapple or any other frozen fruit I have on hand. I kid you not, these are just as yummy, if not yummier than the rainbow water ice of my childhood. I just blend up fresh ripe fruit and add a little bit of orange juice. I might even freeze it to make it firmer. Voila!

Lastly, I know many of you venture to the shore for quick getaways. If you're looking for a healthy substitute for traditional ice cream, many shore towns now have natural, non-dairy alternatives. The Bashful Banana in Ocean City, NJ serves a Banana Whip, which is bananas that are frozen and juiced to create a creamy frozen custard with no additional flavorings or preservatives. You can even get toppings like fresh fruit, allergen-free chocolate chips, coconut, almonds, walnuts and more. Check out your favorite beach towns for similar alternatives.

I've come to enjoy this time of year even more now that I know I am taking care of my body and my sweet tooth! For more information on keeping your gut healthy, or to talk about your own dietary needs, reach out to schedule your own appointment with me at beth@nutritionalliving.org. Wishing you a healthy and sweet summer!

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



Peanut Butter Banana Popsicles



Ingredients:

- 2 cups almond milk
- 3 ripe bananas
- 1/3 cup creamy peanut butter
- 1 cup vegan chocolate chips
- 1 Tbsp. coconut oil
- 1/2 cup salted peanuts, chopped

Directions:

Add the almond milk, bananas and peanut butter to a blender and puree until smooth. Pour mixture into popsicle molds and freeze.

Once popsicles are frozen solid, melt the chocolate chips in a small bowl in the microwave, stirring every 30 seconds. Stir the coconut oil into the chocolate chips. Working quickly, remove one popsicle and spoon or drizzle with melted chocolate over the top two inches of the popsicle. Sprinkle with chopped peanuts and set on parchment paper. Enjoy!



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www.weaversway.coop/catering

Co-op Musicians Took Similar and Different Paths to Get By During COVID

by Karen Plourde, Editor, Weavers Way Shuttle

IN THE EARLY MONTHS OF 2020, THE performance calendar for guitarist Barry Wahrhaftig and his gypsy jazz band, Hot Club Philadelphia, was looking robust, including shows at Paris Bistro in Chestnut Hill, weekday solo gigs at senior centers and a CD release party at Chestnut Hill's Venetian Club. But all of that ended with the COVID lockdown that began in the middle of March — and continued for months afterward.

“There was some discussion with my other full-time musician friends [about the virus], but we were probably a bit like everyone else, not knowing what to expect,” he wrote in an email. “I think the seriousness of it became apparent when the NBA cancelled their season in the beginning of March.”

Like many performers, Wahrhaftig, a Jenkintown resident and member of Weavers Way, soon turned to livestreaming performances. His virtual events at the Lord's New Church in Huntington Valley were successful and raised some funds for musicians who were struggling as a result of the pandemic. But he and others were itching to get back to playing in front of an audience.

“I remembered that we had played a few years before at Awbury Arboretum, so I contacted them and met with [Executive Director] Heather Zimmerman,” he wrote. “She loved the idea, and the tented space at the Cope House was not being used much since the catered events — weddings and such — were cancelled.”

Wahrhaftig put the series together in three weeks, with Weavers Way as a sponsor. Part of the proceeds once again went to supporting musicians in need, along with organizations like Food Moxie, Philabundance and Awbury. The performances, kept to a low capacity to promote social distancing, mostly sold out.

“It was quite an emotional experience for the performers and audience alike, beginning with [Jazz saxophonist] Larry McKenna's quartet [last August?],” he recalled. “He hadn't played out for a while. It was like a revival meeting!”

A Pivot or Two to Stay in the Black

Wahrhaftig's bandmate, fellow Co-op member and violinist Joseph Arnold, saw his performance and violin teaching schedules, as well as his Alexander Technique teaching practice, go blank at the start of the pandemic. Fortunately, he was able to pivot quickly to teaching violin via Zoom and convert to teaching Alexander Technique virtually over time.

“I learned a lot about how to teach without [putting my hands on people] over the past year, and I'm actually grateful for that,” he said. “It got a lot clearer.”



Freelance trumpeter and flute player Stan Slosser.

In addition to playing for Hot Club Philly, Arnold performs with an Irish music band and the Wynnewood-based VoxAmaDeus, a (High Renaissance, classical period, blah blah). He also plays for weddings, recordings and other gigs. Most of that work dried up with COVID, although early in the shutdown, he was hired to record string parts for a video commemorating healthcare workers in New York City during the pandemic. He also performed via Zoom for residents of retirement homes.

Arnold started to see his gigging schedule bounce back last December. He played in performances of Handel's “Messiah” with VoxAmaDeus, in which the singers wore special masks that still allowed them to sing. “We were the only orchestra that performed ‘Messiah’ on the entire Eastern Seaboard,” he said. “I wore two masks. It was kind of risky, but a gig's a gig, and I was really glad to do it.”

Between virtual violin lessons, Alexander Technique sessions and the occasional performance, Arnold, who recently moved to Germantown, was able to sustain himself throughout the pandemic. In the last month or so, he's seen his performance schedule fill up a bit more.

“This whole period of time, there was a really big silver lining for me,” he said. “I got a lot clearer on what I want and what I don't want in performing life, my teaching life, various projects that I'm doing.”

Driveway Shows and Corner Store Gigs

As a part-time singer and keyboardist for several years, Co-op member and East Falls resident Diane Reimer has gotten good at chasing down a gig. Her day job as a social worker for the Philadelphia Department of Prisons is “pretty intense”



Vocalist and keyboardist Diane Reimer performed with guitarist PK in front of NouVaux Market in East Falls several times in the last year.



Part of Hot Club Philadelphia's rotating lineup, from left, bassist Jim Stager, guitarist Barry Wahrhaftig, and violinist Joseph Arnold.

and performing “balances that out.”

Prior to lockdown, she was looking at her busiest gig year to date — repeat bookings at various restaurants and coffee shops from Monmouth County, NJ to Norristown, and new connections that held the promise of additional work. All of that ended in March of 2020.

As someone who says she's at her happiest when she's playing, the loss of gigs was tough. Early on in the pandemic, a neighbor suggested she play in the communal driveway on her block, and so she started to do that once a week, depending on the weather.

“My two neighbors next door would listen, and then sometimes people would catch on,” she said. “I remember for the first gig — this was when nobody was going outside — I saw from the second floor somebody put out their hands and

they were clapping from their window.”

Another neighbor suggested she play in nearby McMichael Park. But in order to do that, she'd need accompaniment from PK, one of the two guitarists she duos with, who doesn't work for free. Also, she and PK would need electricity, which the park doesn't have.

A friend suggested she play in front of NouVaux Market, the neighborhood grocery store located on Vaux Street, and another Fallser, Steve Fillmore, suggested she ask the owner of the market if he'd be willing to put up funds to pay PK. He agreed, and they've done five performances so far, with the possibility for more to come. In the meantime, she's also picked up another gig in the neighborhood — singing and playing from time to time at the weekly East Falls Farmers Market — with her other accompanist, Vic.

(Continued on Page 16)

“OH, NO, I FORGOT TO SAVE THE EARTH!”

BYO BAG WHEN YOU SHOP THE CO-OP.

Liberate Your Lawn & Garden

The Beauty of Irish Farm Fields Backs Up Against the Realities of Grazing

by Sarah Endriss, for the Shuttle

“DID YOU SEE THE FIELD?” MY MOTHER-IN-LAW asked as I entered the kitchen. “You must go see. It’s now quite beautiful.”

“Not yet; I’m going now,” I replied. We were visiting my in-laws’ 18th century holiday home in Ireland and had just come back from helping their neighbor James and his 10-year-old son Ciaran move their cows across the road from our field to theirs. We did it as a precaution, since the tractor had finally arrived to cut the fields where they had been grazing. For the 50-plus years my husband’s parents have owned their land, James’ family has grazed it.

I grabbed my camera and headed down the boreen (a grass lane between stone outcrops) toward the western fields and the sound of the tractor. It was 9:30 p.m. and the sun was still high on the horizon.

All week I had heard them talk about the imminent arrival of the tractor and how important it was for James’ sheep and cattle. The tractor was three weeks late, but according to my father-in-law, “right on Irish time!” It was also time enough for me to fall in love with the fields as they were — a soft wave of rushes about waist high that sparkled in the sunlight when the wind blew.

As I came upon the fields, I was confronted by the sight of a cut, shredded and flattened space where bright green tufts and the brown nutlike flowers of Soft Rush (*Juncus effusus*) once flourished. To me, this was not an improvement — it was heartbreaking!

After a few photos, I walked slowly back up the boreen in dismay. My thoughts were tuned to the sound of the tractor as it ground its way through the remaining back field. At the house, my father-in-law looked up from his book.

“It’s a grand job isn’t it?” he said.

“Yes,” I lied, taking off my wellies. Beauty, I thought, is definitely in the eye of the beholder.

Ireland is a landscape of incredible beauty, and the Sheep’s Head Peninsula is no exception. It is a wild landscape mostly devoid of trees and dominated by mountain ridges and a steep, rugged terrain. A combination of rock, bog and fields grazed by hundreds of sheep and cattle shelters small, family-run farms that date back 200-300 years. Each farm is a unique tapestry of green defined by stone walls overgrown with fuchsia, honeysuckle, foxglove, royal fern and filipendula. It is sublime.

As an ecological landscape designer, I have an aesthetic palette that relishes the diversity, richness and dra-



photos by Sarah Endriss

Top, Cows grazing in the fields of Sarah’s in-laws in Sheep’s Head Peninsula, Cork County, Ireland, before the field was cut. Below, the same field after cutting.



ma plants create in a landscape. I also understand that native plants such as Soft Rush have high wildlife value, particularly for birds that forage, nest and raise their young in them. However, as the peninsula slowly gets developed and local farms continue to be bought by foreigners as second homes, the Irish landscape I love is also under constant financial and environmental pressure.

Irish cattle farming is hard and being made harder by globalization. With cheaper beef now available from cleared rainforests in South America and global climate change, warmer, wetter winters provide optimum conditions for Soft Rush to flourish. That’s great for seabirds and photographers, but no sheep or cow will eat it!

Over the course of our stay, I came to realize that the care of my in-laws’ fields is a vital component of the health and well-being of their local caretaker, his family and farm. Consequently, the use and benefit of this landscape must be more than a beautiful view — it needs to sustain life and local culture.

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. Sarah can be reached at Sarah@asarumlanddesign.com

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What You Can Do to Help the Endangered Monarch Butterfly

by Kristy Morley, Wissahickon Trails, Senior Naturalist

THE LARGE ORANGE AND BLACK WINGS of the monarch butterfly make it one of the most widely recognized insects in the United States. Its ability to migrate thousands of miles to overwintering sites makes it unique among butterflies and is key to its yearly life cycle.

The total time frame for one butterfly's life cycle (one generation) is six to eight weeks, and they go through four stages: egg, caterpillar, chrysalis, butterfly. It grows inside the egg for about four days, then munches milkweed and grows as a monarch caterpillar (or larvae) for about two more weeks. The caterpillar's life inside the chrysalis (pupa) lasts about 10 days, and its life as an adult butterfly lasts from two to six weeks.

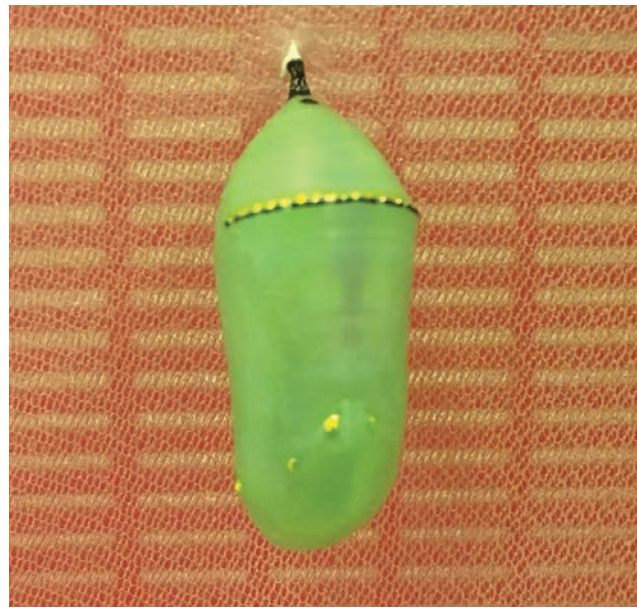
The migration of the monarch is unique among butterflies for its distance, with individuals travelling up to 3,000 miles to reach the wintering grounds in the oyamel fir forests of central Mexico. While the northward spring migration is completed by multiple generations following milkweed emergence as the weather warms, the final generation of the year flies all the way back to Mexico, where their great-great-great grandparents spent the previous winter.

Monarch populations have been declining over the last several years. This decline is due to a combination of factors, including illegal logging and outbreaks of bark beetles on the wintering grounds; winter storms; a loss of breeding habitat; a decline in milkweed, and an increase in pesticide use.

What can you do to help?

Create a welcoming habitat in your yard by planting milkweed for the caterpillars and a variety of nectar plants for the adults. Common and swamp milkweed as well as butterfly weed are all used by monarchs to lay eggs. Good choices for nectar plants, especially for late summer and fall, are goldenrod, asters, ironweed and joe-pye weed. Several of these plants can be grown in containers, so even those with small spaces can create a butterfly garden. Use pesticides with care and always choose the least toxic method of pest control.

Monarchs can be tagged without hurting the butterfly, to help scientists learn



photos by Kristy Morley



more about the dynamics of their annual migration. Tagging efforts can help researchers estimate monarch populations as well as give them critical information on stopover sites that can guide conservation efforts. Each tag is

a small, adhesive disk with a unique number that is placed on the underside of the wing.

Wissahickon Trails has been tagging monarchs for four years and part-

ners with The Hill at Whitemarsh to raise and tag these important pollinators. We plan to hold a monarch butterfly tagging event for the public this fall; stay tuned.



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Family and Friends Honor a Young Biker with Tree Sites in the Wissahickon

(Continued from page 1)

Wissahickon in Sam's honor, since he really enjoyed spending time there. As Mindy says, "Sam enjoyed going fast through the Wissahickon."

"He really did appreciate the natural setting of the Wissahickon for the types of fun he enjoyed," said WRV President Steve Jones. "So we wanted to honor Sam and bring some comfort to people by giving them a chance to come together and work on something he cared about."

WRV came up with a plan to expand a site where Sid and Mindy walk almost every day, in an area that would be easily accessible to neighbors and friends as well.

"We wanted to pick a spot where loved ones could watch the site progress over time," Jones said. "So we chose a site along the trail between Historic Rittenhousetown and Blue Bell, and started fundraising."

The donations — including those from the Co-op and Weavers Way Environment Committee — were generous enough to allow WRV to purchase 50 native plants and trees for the site. A planting list was drawn up with input from Mindy, who is program manager and founder of the Pennsylvania Horticultural Society Tree Tenders program and knows trees.

Last fall, volunteers began to clear unwanted exotic plants from the site. Before long, in an area that had once been blanketed by a dense monoculture of invasive Japanese knotweed, a small forest — Sam's Forest — began to grow.

The variety of native plants installed include fast-growing, shade-intolerant trees such as big-tooth aspen and gray birch; shade-tolerant trees like pin oak, chestnut oak, hackberry, sweet birch, and American basswood, and trees and shrubs which will form a persistent understory, including pawpaw, American hornbeam, witch-hazel, American elderberry, shadbush and arrowwood viburnum.

Sam's Forest, Phase Two

This spring, as the one-year anniversary of Sam's passing approached, the decision was made to plant another grove in his memory.

"We felt like the first stage was really successful in terms not just of increasing biodiversity in the area but also of the interpersonal goals, having something positive for family and friends to do to celebrate Sam's memory. So we wanted to do it again," Jones said. "And people were so generous, we were able to afford to."



Photo by Gabriella Paez.

Dozens of volunteers planted 50 trees over a two-weekend stretch to create Sam's Forest in October 2020.

As before, the family suggested the location. It's also an area where they walk a lot, and is just up the trail from the first planting, close to Blue Bell Park. The family wanted more of an evergreen look for this area, so a few white pines were included on the planting list.

"This project has been great," Jones said. "It's good for the family and those who knew Sam, it's good for the forest, and it's good for WRV, too. We are able to get our restoration goals met as well as our community goals. So many people wanted to be a part of this."

The project is ongoing. A third site may be added, or the first two sites may be expanded. Part of the donations received have gone into funding a forest stewardship program to encourage young people to get involved in restoration and urban ecology. As a result, four new WRV forest stewards will keep an eye on the planting sites, make sure deer guards are intact and keep invasive plants in check.

Samuel Ozer was strong, smart, levelheaded and adventurous. He loved his family, his friends, his world and his life. He will be missed.

If you would like to help support Sam's Forest, whether with a donation or through volunteer time, contact WRV at restorewissahickon.org/sam.



Photo by Wissahickon Restoration Volunteers.

Mindy Maslin and Sid Ozer with one of many young trees planted in the Wissahickon in honor of their son, Sam Ozer.



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Women’s Giving Circle Reflects on Five Seasons of Socially Distant Meetings

by Betsy Teutsch, for the Shuttle

THE PANDEMIC — THAT WHIRLWIND disrupter of life as we knew it — is fading in the rearview mirror. Thank you, vaccines! As we venture forth to connect in person, we have much to reflect on after five seasons of social distancing.

Our four Weavers Way Together Women Rise chapters began Zooming our monthly meetings in April 2020. They were no longer dinners, of course, but a strong core of our members attended faithfully. The need to support girls and women around the world is now even more important, and we all welcomed whatever social connection we could access.

April was our final Zoom; in May, we started meeting outdoors, in person. We wanted to honor our members for sticking with virtual gatherings, and invited them to reflect and provide a few comments to share with Shuttle readers.*

When asked “Why did you stick with a year of Zooming our meetings?” one response was fairly practical: “Because there was nothing else left on my schedule!”

During that disorienting time, our days were filled with ordering groceries, acquiring masks and oximeters, and noticing that our calendars had gaps where meaningful activities had once been. The commitment to continue meeting showed that, for some, our organization filled those gaps.

Here are some other comments:

“Together Women Rise nurtured friendships at a time when it was hard to do so, providing precious camaraderie with kindred spirits.”

Sheltering in place was terribly lonely. Supporting women was and is a primary motivator for most who join our giving circle; however, creating local friendships and building a community of like-minded global citizens has added significant value. During COVID, we came to appreciate each other’s presence enormously.

*Participants did not know ahead of time that their comments would be published.



photo by Betsy Teutsch

Members of one of Weavers Way’s Together Women Rise chapters at their April Zoom meeting.

“Paying attention to challenges elsewhere provided me with perspective. It broadened my circle of concern out of my little life, offering consistent learning about global issues. The world is big!”

While isolated at home, we found it especially gratifying to focus on the success of each monthly program. Partnering with a specific community of women so far away, and helping empower them to tackle challenges and solve problems, enlarged our world and inspired us. We loved working with them.

“Together Women Rise nurtured agency during a scary time. It was compelling to know together we were making a difference.”

As our new name expresses, there is greater impact in our collective action than what we can accomplish as individuals. Joining together to make a difference is a great privilege and opportunity. Sidelined from what was familiar due to the pandemic, feeling frightened and unclear about how to help without endangering ourselves, this monthly oasis provided some badly needed endorphins!

“Together Women Rise brings together a unique community, offering a social/heart connection different from other nonprofits and causes I support.”

“I felt it was important to keep our Together Women Rise community together and hold onto our core so we can re-expand post-COVID.”

Keeping the pilot light burning during the pandemic has been our goal, and we are grateful that so many members made it happen. Many of them actually increased their giving during COVID-19, recognizing the terrible burdens the virus is placing on women and girls around the world.

We think it’s time to launch a new Weavers Way chapter or two. Does this project have your name on it? We’d love to help you network and launch. I’ll have more on that as we approach our 10th anniversary this fall.

Betsy Teutsch is a national board member of Together Women Rise (formerly Dining For Women). If you’re interested in starting a new chapter, contact bpteutsch@comcast.net.



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The All Trails Challenge Returns to Keep the Wissahickon Healthy

by Ruffian Tittmann, Friends of the Wissahickon, Executive Director

THE ALL TRAILS CHALLENGE IS back for a sixth season. This event has grown in popularity over the years for two reasons: 1) It demonstrates love for Wissahickon Valley Park, and 2) Because it's fun!

Friends of the Wissahickon launched the ATC in 2016 as a way for people to explore the park's 1,800 acres and 50-plus trails. At the same time, it supports our extensive conservation work to ensure that the park is clean, beautiful and sustainable for visitors as well as for the flora and fauna that depend on it.

ATC is a fun, family-friendly activity that invites people of all ages and fitness levels to hike, walk, run, bike or ride horseback through every corner of the Wissahickon. It isn't a race – you have four months to rack up mileage on your own schedule and at your own pace. You'd be surprised how many Challengers have completed all 50 miles.

We all have our favorite trails and parts of the park, but the ATC is an incentive to explore and discover something new. We encourage you to download our Map App to learn about the park's history, geology and many points of interest along the way.

Speaking of incentives, once you register as an ATC Challenger and start sharing your progress, you'll be eligible for cool swag and a chance to win prizes based on mileage, funds raised and more. (All participants must register with a minimum of \$50 raised or contributed to be eligible to compete for any prizes.) At the same time, you will be helping safeguard the future of the park that adds so much to our quality of life.



Save These Dates for the Sixth Annual All Trails Challenge:

• **Thursday, Aug. 12 - ATC 2020 Virtual Warm-Up Information Event**

Learn about the ATC: mileage tracking and hike apps, setup for your fundraising page, tips for getting donors, sharing updates with friends and family, safety best practices (in keeping with the latest COVID-19 recommendations), and more. Register at: <https://fow.org/event/atc-2020-virtual-warm-up-information-event/>

• **Tuesday, Aug. 17 - Advance registration for FOW members**

• **Tuesday, Aug. 31 - Official ATC start date**

• **Tuesday, Nov. 30 - Last day to compete**

Find out how to participate at fow.org/alltrailschallenge. Visit often for regular updates and news about incentives, giveaways and prizes. And keep up with the ATC fun by following @FOWissahickon and #FOWAllTrails on Facebook, Twitter and Instagram.

Thank you to our early sponsors: Univest, Aqua America, The Aranda Group, REI and the University of Pennsylvania's Master of Environmental Studies and Master of Science in Applied Geosciences programs.

Opportunities to sponsor this popular event are available by contacting Maeve Pollack at pollack@fow.org. Thank you to everyone who continues to show their love of the Wissahickon.

'Stealing First' at Yes, And... Collaborative Arts

GERMANTOWN-BASED YOUTH theatre group Yes! And... Collaborative Arts returns to live productions in front of an audience with performances of "Stealing First," a set of two short musical comedies, Wednesday, Aug. 18-Friday, Aug. 20 at Holman Field, 6309 Cherokee Street.

Although Yes! And did their intensive, four-week theatre camp virtually last year, they skipped last year's performance because they couldn't work out how to make that happen, according to Executive Director Chris Herrman. For their Winter Sort of Thing program earlier this year, they filmed and streamed their original musical "Be Careful What You Wish For."

The mini musicals that make up "Stealing First," written by the Germantown area collaborative team of Brooke Sexton and Timothy Hill, are "The Fairy Daily News" and "Heist Makes Right." "The Fairy Daily News"

tells the story of two fairies struggling to be the best reporter on their magical beat. The competition to get the story can be fierce and can make friends into enemies, and vice versa. "Heist Makes Right" revolves around a treasure and two ragtag crews: The one tasked to protect it, and the other, who is determined to steal it. This is the first year that the group is mounting an original musical written specifically for the summer stage production.

Herrman said members of the Summer Sort of Thing Program, a third to a half of whom were part of the virtual-only group last summer, are looking forward to performing theatre in front of a live audience again.

"We are all so excited to be back doing live theatre again," she said. "We did a little showing for one of our theatre camps, and it was the best thing ever to hear an audience clapping. We've missed that."

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VOL. 05 SUMMER SEASON 2021 PRICE: SUGGESTED

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DIRECTED BY:
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CHOREOGRAPHY BY:
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YES! And...
SORT OF THING

The Merc is a Best of Philly Winner!

Weavers Way Mercantile earned a 2021 Best of Philly nod from Philadelphia magazine in the category of Best Retro General Store. Congrats to Merc Manager Bethany Huggins, Mt. Airy Store Manager Rick Spalek and the whole team. To see the article visit www.phillymag.com/best-of-philly/shopping-style/

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2021

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LET'S COUNT THE WAYS.

1

CATERING.

The Backyard Beet

A Trio of Tips on Watering, and Info on Automatic Drip Irrigation

by Chris Mattingly, for the Shuttle

I LOVE TO WEAR SWEATPANTS IN THE MORNING. It's a simple pleasure to get up before the sun, write in my journal and set my intention for the day, all while feeling cozy and comfortable. Then it's time to take the kids to daycare.

But wearing sweatpants is less pleasurable when it's so hot that even at 7 a.m. my sweats actually make me feel sweaty! Such is life in a place with seasons; I wouldn't want it any other way, except that I might soon invest in some sweat shorts.

Speaking of seasons and the heat, it's high time we talk about watering the garden.

Stop Watering at Night

And while we're at it, stop using sprinklers for your vegetable garden. Many of us are aware that watering at night is a good way to conserve water because the water doesn't evaporate before it can reach the soil. This is true for lawn sprinkler systems, but something's been lost in translation for veggie gardeners, and it's caused a problem.

When plants are wet, they are prone to disease, especially fungal disease like powdery mildew. When you water plants with a hose, sprinkler or watering can, or when heavy rain falls, the water splashes onto the ground, picks up soil particles packed with 50 billion living organisms per tablespoon of soil, and deposits the mixture onto the lower leaves.

Some of those microbes are bad guys. And even if they're not splashed onto the leaves, wet leaves in general make a good place for bad guys to land while drifting with the wind. They then set up shop on your plants (I'm looking at you, fungal spores).

If, in your effort to conserve water, you water in the evening, you're setting up your plants for a night of horrors. Healthy plants can defend themselves against a few wet nights, but repeated assaults will cause a problem. If you're a gardener whose tomatoes are "done" in August or September, you may have a problem like this (or poor or diseased soil, but that's another topic). Healthy summer plants can be productive until frost kills them if they're grown properly. Instead of watering at night, switch to the morning.

Are you sometimes busy in the morning? Water once a week, but take a good 30 minutes to do it properly, almost saturating the soil. As a bonus, with deep watering like this, directed at the soil and not the plants, the water loss due to evaporation is minimal compared to the water delivered to the soil and roots.

Do you need a consistent daily routine? I get that, and I think it's fine to water lightly every day, provided you're not stunting your plants by depriving their roots of oxygen with chronic overwatering. Plus, it's not a bad way to start your day.

How Much to Water

Whether you're watering once a week or every day, a few things should be true:

1. Your plants should occasionally wilt slightly to show that they are lacking water. This will ensure you're getting the soil to the dryer side of the spectrum, in which the soil's pores are full of oxygen. A healthy plant with moderate wilting will also be encouraged to

grow more and deeper roots to find more moisture, which is great for the development of the plant.

2. The top two to three inches of the soil should be allowed to dry below the ideal moisture content before adding more water. Always stick your finger in a few spots to assess the moisture content before watering. If you have mulch, this means starting from below the mulch. The ideal moisture content is like that of a wrung-out sponge, and the sensors on your fingers are the ideal tool for detecting moisture. The only way to learn how is to do it a lot.
3. The soil below the top two to three inches should never be bone dry.

Notice that #1 and #2 are cautions against overwatering, and #3 is the only one that warns against underwatering. Overwatering is the most common mistake among gardeners, especially in cooler seasons. I can also say the majority of lawns with sprinkler systems that I've seen are overwatered. I don't mean this from the perspective of water conservation, either; I mean that the turfgrass's health and vigor is often compromised by chronic overwatering.

Why Does Mulch Help?

There was a time when my science brain rejected the idea that mulch conserves moisture. What do two or three inches of straw or wood chips have that two or three inches of soil doesn't? What is so special about straw or wood chips? Why don't we just add a couple more inches of soil to help retain moisture and call it a day? Why bother adding another ingredient, and a thing to scrape out of the way when it comes time to sow seeds, other than for weed management?

The only thing that's special about mulch materials is that they are different from the soil. A 12-inch bed of moist soil will lose moisture to evaporation from the part exposed to the sun and wind (the surface). Because the surface of the soil and the middle and bottom of the soil are connected by conceptual capillary tubes, with relative negative pressure at the top of the tubes (suction) generated by the difference in moisture content from bottom to top, the lost moisture will be replaced with moisture from deeper in the soil.

Pretty soon, the moist soil bed will turn into a dry soil bed, because all the moisture will have been handed off to the wind by capillary action. When my hydraulics professor taught us about this, he asked if we've ever put our ear to the ground to hear the suction sound in the grass, like the end of a vacuum. We had not, in fact, and there is no such sound.

Mulch is also capable of capillary action, but the capillary tubes in mulch are much bigger in diameter (conceptually) than the tubes in the soil. So the abrupt change in capillary diameter creates the effect of a capillary break at the transition from soil to mulch. This break doesn't allow the passage of water from one layer to another through capillary action. So the mulch can be bone-dry from top to bottom, while the soil is moist, protected from the wind and sun by the mulch layer.



The Best System for Watering

The ideal watering situation is an automated drip irrigation system. The automation is provided by either an alarm clock — type or a Wi-Fi-connected valve. Either is powered by batteries that last a full season, and is installed at the hose bib. The drip irrigation is a series of poly tubes that bring the water from the hose bib and timer to the garden bed, and distribute the water directly to the soil via smaller tubes that cover the garden in a mesh of drip emitters with six- or 12-inch spacing in all directions.

The result, with some added tweaks for aesthetics and adjustability, is complete control over the moisture content of your garden with the touch of a button or tap of a smartphone. When it rains, use the rain delay feature to avoid overwatering, or for the Wi-Fi timer option, do nothing, because the app will continuously pull real-time weather data from the Cloud and adjust the schedule accordingly.

At Backyard Eats, these systems are all but compulsory, and they're surprisingly affordable. They make up between five and 10% of the average product cost.

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.

2 MEMBER BENEFITS.

3 BULK FOODS.

4 CO-OP BASICS.

5 SUSTAINABLE MEAT & SEAFOOD.

6 PRODUCE.

Germantown Farmers Market Refreshes with New Management

by Coleman Poses, Weavers Way New Economy Incubator Committee

THE GROCERY SHOPPING EXPERIENCE is often impersonal, no matter where you go. If the store offers self-checkout, you can avoid personal contact with store employees — or anyone else.

That's not the case at farmers markets, including the Germantown Farmers Market, which operates out of Market Square in central Germantown on Saturdays from noon to 4 p.m. The variety of goods available — including organic produce from Farmer Jawn in Jenkintown, exotic mushrooms from Woodland Jewel Mushrooms of Spring City, Chester County and Sugar Rush Macaron Company of Bridesburg — lends itself to interactions with the vendors, who usually are on the other side of the table.

Until this year, the market was managed by the Food Trust, a well-known nonprofit with an office in Center City. This year, one of the vendors, Philly Forests, a small-scale CSA farm and urban



forestry organization owned by people of color and located in Awbury Arboretum, has assumed that task.

The artisans and farmers at the market are local, with most coming from Germantown or adjacent neighborhoods. They mirror the multi-ethnic quality of the community, giving customers a different kind of experience than what they might encounter at other markets.

Woodland Jewel offers exotic varieties of oyster, shitake, Lion's mane

and black poplar mushrooms, along with mushroom kits for in-home growing and harvesting. Bloom Bold Co. specializes in hand-tied bouquets and seasonal floral arrangements. And The Juice Jawn is a family-owned and operated provider of cold-pressed juices. The collection of vendors on a typical Saturday varies, with some present once a month or on occasion and others selling every week.



photo by Natalie Scott



Bakari Clark (left), coordinator of urban ecology at Philly Forests and Jasmine Thompson, owner of Philly Forests, display a wealth of seasonal produce at their tent in the Germantown Farmers Market.

Co-op Musicians Took Similar and Different Paths to Get By During COVID

(Continued from page 9)

Thus far, 2021 is looking to be her best year yet in terms of bookings. In addition to the dates with PK and Vic, she's also picked up some solo work. "Between the solo and the two duos, I've had more gigs than I've ever had," she said.

Navigating Through Good Times and Bad

As a freelance professional trumpet and flute player with decades of experience in the commercial jazz world, Co-op member Stan Slotter has negotiated years of prosperous and lean times that affected his bookings. Thanks to COVID, he performed only eight times in 2020, but was able to get by with the help of Pandemic Unemployment Assistance, which was

made available to the self-employed.

"I'm honest; if I do a job, I report that job and I don't get paid [PUA money]," he said. "But that's fine. I want to work."

Like other musicians, he's been getting busier, but only in the last month or so.

"I'm still playing a lot of outdoor parties, but the indoor stuff's coming back," he said. "...A younger friend of mine speculated that the wedding business is gonna come roaring back, because people were frustrated that they couldn't have parties, and now they're gonna go gangbusters," he said. "And that could happen...and what does that mean for me? It's hard to say."

A Cutback in Hours (for Now) at the Typewriter Garden

STARTING IN MID-AUGUST, hours will be reduced for visitors to Mt. Airy Village's Garden of Typewriters.

For those looking to repair, buy or donate a typewriter, call ahead: 267-974-0792. Todd Young will help provide customer service, including all things machinery, throughout the season. You can also email Pam Rogow, owner of the shop and tender of the garden, at muze@erols.com.



WPM Owner Pam Rogow with Interim Manager Todd Young in the garden.



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The U.S. Stance on Climate Change is More with Talk Than Walk

by Sandra Folzer, Weavers Way Environment Committee

IT'S NATURAL TO FOCUS ON WHAT IS in front of us and what we believe we are able to change, like selecting wind-mill-sourced electricity because we know that fossil fuels have a direct effect on climate change. While we try to reduce our dependency on fossil fuels on an individual level, it's a different story on the national level. And we often don't know what our government is doing in our name.

In December 2019, House Speaker Nancy Pelosi attended the U.N. Climate Change Conference in Madrid and stated that "Combating the climate crisis is the existential threat of our time..." Sounds good, but that same week, she worked to pass the United States-Mexico-Canada Agreement, otherwise known as NAFTA 2.0, which President Trump favored. The accord encourages fossil fuel exports, and the enforcement in it for pollution is weak at best. Companies can avoid regulations by going elsewhere. As if you needed more proof, the American Petroleum Institute approved of it.

ExxonMobil is currently contributing to the campaigns of senators from both parties who are involved in negotiating passage of the Infrastructure Plan, according to a June 30 article published at [businessinsider.com](https://www.businessinsider.com). They want to make sure they can avoid accountability for past illegal acts, and also oppose raising corporate taxes, which is now off the table. Democrats like West Virginia Senator Joe Manchin and Arizona Senator Kyrsten Sinema and Republicans like Florida Senator Marco Rubio and Texas Senator John Cornyn are considered "crucial" to ExxonMobil getting what it wants from the legislation.

This seems to be the way politics work in the United States. In 1992 at the Rio Earth Summit, President George H.W. Bush was quoted as saying the "American way of life is not up for negotiation." (Translation: You can't stop Americans from using huge amounts of fossil fuels.)

From 2017-2019, the Group of 20, or G20 countries subsidized fossil fuel production by around \$290 billion per year, according to the Brookings Institution. While that amount is almost half of what it was in 2013, it's still too high.

In 2010, under President Obama, the United States cut aid to Ecuador and Bolivia because they opposed the Copenhagen accord, which was not a legally binding successor or complement to the 1992 Kyoto Protocol and set no real targets to achieve in emissions reductions. In addition, because the United States thought

China would make no concrete commitments in the early stages of climate negotiations, they refused to make commitments on their end. Then the United States blamed China for not cooperating, as detailed in a December 2009 article in *The Atlantic*.

Fossil fuel companies, who frequently have more lobbyists than many sovereign nations, play a big part in how climate agreements and other environmental measures get negotiated. The lobbyists were out in force at the 2019 climate talks in Madrid, trying to delay a necessary and rapid cut in fossil fuel use, according to a December 2019 article from [phys.org](https://www.phys.org).

Presently the UN, along with many countries, only tracks emissions produced within their own borders, also known as "territorial emissions." They should also count the carbon emitted when companies go elsewhere to avoid regulations, including the millions of barrels of oil and gas we export to be burned elsewhere. Globalization has encouraged companies to do their dirty work elsewhere so they can look good.

While President Biden seems to be taking climate change seriously, he needs to do more. Instead of canceling one pipeline at a time, he could cancel all new and proposed pipelines. Don't just stop drilling in the Arctic National Wildlife Refuge; stop it everywhere in the Arctic.

One glaring wrong that continues is our policy of subsidizing fossil fuel companies. In 2019, conservative estimates by the Environmental and Energy Study Institute said the United States has paid \$20 billion each year to subsidize fossil fuels, with 20% going to coal companies and 80% to gas and oil producers. Although subsidies are outdated, they are embedded in our tax system and so are difficult to extract.

Examples of direct subsidies include an "intangible drilling costs deduction," which deducts the cost of drilling new wells. That cost taxpayers \$1.59 billion in 2017. "Percentage depletion" deducts declining production over time. Eliminating this subsidy would generate \$12.9 billion over the next 10 years. Meanwhile, the "nonconventional fuels tax credit," which promotes domestic production, provided \$12.2 billion in subsidies from 2002-2010.

Among the indirect subsidies fossil fuel companies receive is "last in, first out accounting," which allows a company's most expensive reserves to be sold first. This reduces the value of their inventory, thus affecting how much they pay in



taxes. A "foreign tax credit" allows companies to deduct any royalties paid elsewhere as income tax. Closing this loophole would save \$1.27 billion in a decade.

In addition to those subsidies, the Department of Energy spent \$2.66 billion between 2010 and 2017 to support 785 fossil fuel research and development projects. Of this amount, 91% was spent on coal. In 2019, Congress appropriated \$740 million, with an emphasis on the continued use of coal.

The Overseas Private Investment Corporation of the U.S. government has supported renewable energy while continuing to fund fossil fuels. Examples of this include a loan in 2017 for a natural gas project in Jordan expected to emit 617,000 tons of CO₂ each year, and one in Kosovo to build a new coal plant after the World Bank refused to fund new coal projects.

The U.S. Export-Import Bank continues to fund fossil fuel development overseas, even though President Obama's 2013 Climate Action Plan supposedly ended funding for overseas coal plants. EXIM has approved over \$5 billion for fossil fuel projects abroad since 2019, according to a Friends of the Earth press release from April 22.

U.S. citizens also pay for externalities — the hidden social, health and environmental costs of fossil fuels. For example, mountaintop coal mining permanently damages the land and produces coal ash, whose toxic metals contaminate ground water. According to the Proceedings of the National Academy of Sciences, in 2021 fossil fuel companies would owe about \$62 billion every year if they, rather than taxpayers, had to pay for the problems they cause.

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

eco tip

Don't Keep Outdoor Lights Too Bright; Critters Need to Do Their Nighttime Thing

by Marsha Low, Weavers Way

Do you have outdoor lights on all night? If so, you may want to consider what all that light is doing to some of your favorite critters. Light pollution (artificial light at night) has negative and deadly effects on many creatures, including amphibians, birds, mammals and insects.

Take birds, for instance. Birds that migrate or hunt at night navigate by moonlight and starlight. Artificial light can cause them to wander off course and toward the nighttime landscapes of cities. As many as a billion birds die in the United States every year by colliding with illuminated buildings and towers, according to a story broadcast on NPR'S "All Things Considered" in May. Also, migratory birds depend on cues from timed seasonal schedules, so lights from buildings can cause them to migrate too early or too late and miss ideal climate conditions for nesting, foraging and other behaviors.

Insects are vulnerable, too. One insect that is especially susceptible to light pollution is the firefly. Their populations are declining, due to loss of habitat, use of toxic pesticides and fertilizer and light pollution. In suburban areas, sprawl has brought extensive lighting along roads, in commercial centers, and in back and front yards. Most fireflies rely on bioluminescent courtship signals to find their mates. When their nighttime environment is too bright, it's difficult for them to find one another.

What can we do about light pollution? It's a huge problem in need of a big, coordinated response. There are some attempts to address it nationally, including a program called Lights Out, which focuses on migrating birds. Thus far, 34 cities have joined this effort, including Philadelphia; go to www.birdsafepilly.org/lights-out for more information.

But we can certainly start with our own properties. Maybe you have outdoor lights because you're concerned about security. But instead of having them burning all night long, consider installing motion-sensing lights that come on only when something comes within their range, then go off when motion is no longer detected.

If you have neighbors that use a lot of outdoor lighting, consider letting them know about the effects of light pollution. Many care about wildlife but may have no idea how much their lights negatively impact the critters they love. Darkness can be a good thing — sometimes!

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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 issue I wrote a little about wooden pallets and their role in the food system supply chain, and how, although fairly unseen, they are one of the most reused products in the supply chain. They fulfill one of the three R's of sustainability: Reduce, reuse and recycle.

In this issue, I'll address one of the most recycled items in the food supply chain, and one that took some of its inspiration from the same technology that gave us Roman aqueducts, cathedrals, some bridges, and other high-strength structures — corrugated cardboard. The invention of flat cardboard, or more accurately, "paperboard," turned out to be a game changer in modern life. It was invented in the early 1800s and eventually led to things like Kellogg's cereal cartons. Almost as a byproduct, it became a way to get a brand name in front of the eyes of consumers.

Later in the 1800s, it dawned on someone to borrow from the arch tech-



nology that offers improved strength and sandwich a layer of corrugated paper between two layers of paperboard to improve stiffness and strength. Corrugated cardboard was first used to line hats. Eventually, the corrugated cardboard box was born and it quickly started to replace wooden crates and other containers used for trade, since its high strength-to-weight ratio made it useful for shipping boxes of consumer goods.

In the recycling trade, used cardboard is called "OCC" for "old, corrugated cardboard" — not "used corrugated cardboard" or "recycled corrugated cardboard" or even just "corrugated cardboard." "Old" is a measure of relative elapsed time, not use and reuse. There is no "old aluminum can" or "old glass." Is cardboard a victim of age discrimination?

In any event, OCC is one of the few recycling success stories in the food supply chain. The fibers can be recycled five to seven times, and almost all corrugated cardboard boxes you come across con-

(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)

tain a fair amount of recycled fibers, often in the 50% range. As you can imagine, Amazon had a big effect on the cardboard industry, which led to the resurrection of paper mills, some of which had been in decline as demand for printing paper declined with modern communication technology.

While on the topic of Amazon and modern technology, another development impacting food systems is online ordering and delivery. Weavers Way has delved into this and has had some ups and downs finding the best platform. Currently we've settled on Mercato, but in looking at some other platforms that present detailed item information, I happened to stumble upon an Amazon listing for a cucumber, which had 10,702 reviews.

As a consumer, I like reading reviews of products I'm considering and appreciate the time and effort people put into sharing their thoughts about products. It's a form of community sharing of information that is valuable, plus reading reviews is a form of entertainment itself; it's interesting to see people's writing styles and read what they value. However, it would never occur to me to write a review for a cucumber or look for a review as part of the process for purchasing one. That there could be so many reviews for a cucumber says something about our willingness to share information with our fellow consumers, as well as how much time we have and how we spend it.

suggestions and responses:

- s:** "Hi! Ambler (bulk section) carries roasted salted corn nuts. Maybe they sell well enough in Ambler to also consider stocking them at Mt. Airy or Chestnut Hill?"
- r:** (Norman) We do stock corn nuts in the bulk section of our Mt. Airy store; ask a bulk staffer if you need help finding them. We can consider them for Chestnut Hill, but they don't sell well enough to dedicate a bulk bin to them in their limited bulk section. So they would likely be prepacked there.
- s:** "Can we get bubble tea?"

“
I happened to
stumble upon an
Amazon listing
for a cucumber,
which had
10,702 reviews.”

- r:** (Norman) Maybe. Bubble tea is considered a “trend-forward” beverage in the industry. It's currently being tested by a so-called “food” seller, Dunkin' (formerly Dunkin Donuts). Apparently they are working on a strawberry flavored tapioca ball that's designed to burst in your mouth after it makes its way up the straw. I'm sure our buyers will soon see offers of bubble tea with whatever technology the packaging industry can come up with to deliver the “bubble” drink experience in a shelf-stable package.

- s:** “I am writing to express my hope that the switch from Baghya's lemon rice to Tiffin's lemon rice is temporary. I adore Tiffin, don't get me wrong. But Baghya's lemon rice is much more nuanced, tender and flavorful. Bring back Baghya's lemon rice!”

- r:** (Norman) Thanks for the feedback. Bhagya's told us they couldn't supply us anymore. We're not sure why, but that's why we had to find a replacement. Tiffin seemed like a popular local source and so far most shoppers seem happy with Tiffin's products.

- s:** “Sometimes I find paper shopping lists on the floor of the store. I've started collecting them and storing them in a box to help future archeologists and anthropologists study our culture. What will they think when they see lists that include “Silk coconut coffee creamer” and “chicken nuggets?”

- r:** (Norman) My guess is they will wonder about the wisdom of a society that had the energy to take food that existed in nature and make it into other food that doesn't exist in nature. For example, bubble tea.

- s:** “We carry several body lotions that contain shea butter, but unfortunately these lotions also include other ingredients such as cocoa butter. I like chocolate as much as the next person, but I don't enjoy smelling like it. Can we carry pure shea butter?”

- r:** (Norman) We have Alaffia brand in our Chestnut Hill and Mt. Airy locations, with no chocolate added.

- s:** “When will the Co-op launch a rocket? Will members get a discount on tickets?”

- r:** (Norman) Weavers Way Galactic is hard at work with our Space Justice Committee to bring affordable space flight to everyone, regardless of income. Naturally, our Discount Committee is figuring out if our Senior Discount will apply, and if so, which rockets to which it will apply, and how many times you can use it in a week.



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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.

Focus Groups Discuss Possibilities for a Co-op Funeral Service

by Josh Bloom, for the Shuttle

IN THE APRIL EDITION OF THE SHUTTLE, you may have read about a series of focus groups being planned to discuss the possibility of establishing a cooperative funeral home. In May and June, Patricia Quigley and I facilitated three focus groups on this topic, which resulted in conversations that were thoughtful, provocative, funny and poignant.

To our surprise, only a few participants felt strongly about creating a brick-and-mortar, cooperatively-owned funeral home. That might be a goal in the future, but most felt more passionately about some of the ideas a cooperative funeral service group might espouse. These included:

- **Caring for the earth:** Attendees felt strongly about sustainable disposition of their remains. They believe death should be part of the “web of life” and caring for the earth, so they want more options when it comes to earth-conscious disposition practices.
- **Personal choice:** People want something that feels right for them personally. For some, that might mean burial without the use of chemicals in a natural burying ground, or even in the wilderness; for others, that would mean cremation. Many wish other disposition options were available locally. Some expressed indifference to what happens to their body, as long as their values are honored.
- **Trust:** Almost everyone expressed a desire for an information resource they can trust.
- **Pricing:** Most feel funeral services are unnecessarily expensive. They want lower prices and a movement away from the existing death care system.

- **Establishing information resources:** People want a place where they can learn about planning and options, and where they can talk about that information in connection to their own wishes. As much as possible, they would like to avoid last-minute conversations and forced decisions.

- **An actual place:** An unanticipated thread of the focus groups was a desire to find or establish a truly green burial ground. For some, purchasing land cooperatively is an aspiration.

There was a poignant aspect to this desire: In a highly mobile society, where many people live (and die) far from where they grew up, it may be impractical for someone to be buried with their family of origin, far from their present-day community. A cooperatively-owned burying ground could be a solution to “loneliness” in death — a place in which people can be buried with those who share similar values.

- **Advocacy:** People want Pennsylvania to legalize alternatives to burial or cremation, such as natural organic reduction (a form of composting, currently only permitted in Washington state), or alkaline hydrolysis (also called “aquamation”), an environmentally friendly means of cremation without fire. It’s legal in 15 states, but not in Pennsylvania.

Participants in the focus groups had many ideas on what a cooperative funeral service could do. They included:

- **Planning and assistance with rituals:** People want help with finding options for supporting the grieving and celebrating the life of the deceased. Some would like to find a ritual or set of rituals that could serve as a replacement

for organized religion in their funeral practices.

- **Forums for conversation:** Participants are interested in having more conversations about death and in making these conversations feel more natural.

- **Collecting resources:** A cooperative funeral group could collect and share existing resources, including end-of-life planners who could work with Co-op members to create a set of services or rituals that fit their sensibilities. The funeral group could also connect people with “death doulas” (those who coach the terminally ill and their families through the dying process); local celebrants who would serve as alternatives to clergy, and professionals or trained volunteers who can support grieving families. Some asked for wider availability of (and assistance with) home-based funerals and home-based care of the deceased.

- **“Shiva People”:** In the Jewish tradition, family friends or volunteers from the synagogue assist the bereaved with funeral logistics, including providing food or setting up the home of the grieving family to receive visitors.

- **Assisting with care of the dead:** A few people expressed interest in volunteering to help with technical things, such as preparing a body for burial.

- **Bridging end-of-life care with funeral service:** In addition to talking about funeral services, the focus group conversations also meandered into talking about end-of-life planning.



A grave in Eloise Woods Community Natural Burial Park, Cedar Creek, TX.

This shift back and forth exposed the lack of natural connection between the two stages. There was an implied opportunity that a funeral service cooperative could offer more than a funeral service; it could help patients and families organically bridge from one stage to the next.

The passion for these issues expressed in the focus groups almost certainly extends far beyond those who participated. At one point or another, end-of-life and funeral planning affects everyone. There are many Weavers Way members and others in our communities who care deeply about these issues.

The most important lesson we learned from the focus groups is that a funeral cooperative can start where we are and evolve over time. We hope to start by building an information resource and creating opportunities for policy advocacy.

If you are interested in pursuing this concept further, perhaps as a member of an exploratory committee, email us at cooperativefuneral@gmail.com.



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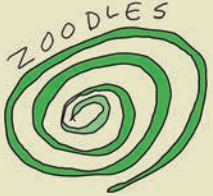





DID YOU KNOW?
You can read the Shuttle online.
www.weaversway.coop/shuttle-online

Locally Grown

Illustration by Alli Katz

ZUCCHINI RECIPES

TO USE A SMALL FRACTION OF THE SUMMER BOUNTY!

 STEAMED MEDALLIONS	 ROASTED WEDGES	 SAUTÉD LITTLE BITS
 ZOODLES	 ZUCCHINI BREAD	 ZUCCHINI BUTTER
 SOOTHING FACE MASK	 ZUCCHINI BOAT	 A WHOLE HOUSE MADE OF ZUKES



Artists in Our Aisles



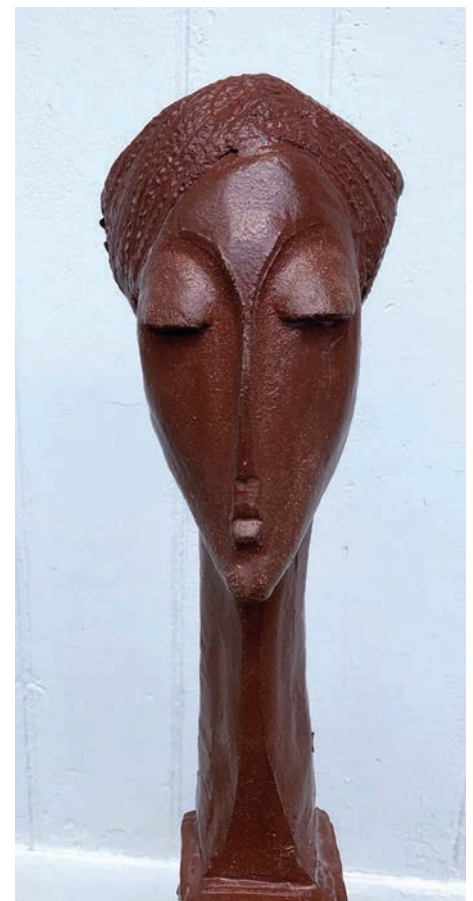
Robert Rankin

I have been sculpting for 30 years and am mostly self-taught. Faces and emotions appear in the clay as I sculpt. I usually show my work at the Rittenhouse Square Fine Art Show, the Yellow Springs Art Show in Chester Springs and some galleries in Chestnut Hill. A large collection of my work can also be seen at Dr. Michael Mendlow's dental office in Chestnut Hill.



I believe sculpture has a social function; it evokes an emotional connection from the viewer and informs public perception. Achieving this interaction is the fundamental purpose of my work. I am passionate about creating work that establishes a presence, and believe that a work of art has the power to shed light on the human condition.

www.rankin sculptures.com



We want to feature your art in the Shuttle!
 Please submit the following to Richard Metz
 (thembones2@hotmail.com):
 (Two) 4"x 6" high-resolution images (300 dpi)
 A short statement about the work • A short bio
 A head shot • A link to a website if you have one

Weavers Words

PATCHOULI MOON

Summer breeze behind our eyes
 Richie Havens, folk fest, end of summer
 The rhythm of smoke curls back to the
 summer of love
 Mud between our toes
 Where are you?
 A never-ending solstice of the heart
 —Anne Taylor

HOLY WATER

Touch water:
 it yields every time. It surrounds you.
 It lifts you up, if you let it.
 Take water: pour it, freeze it, boil it, drink it.
 Behold what it means to life - all life.
 Allow water; and it will show you
 that you are lighter than you know. Notice
 and you will learn. Practice... and you will float,
 swim, dive, and rise.
 —Jan Jee Bean

TREES

In an impatient time
 Trees know how to wait
 They have always known
 How
 In a hurry-up time
 They have never pressed or
 pushed others
 To arrive ahead of time
 To a more desirable season.
 —Henrietta Edelschein
 (age 92)

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
 —Heather Cohen

Editor's Note: This poem was mistakenly credited to another writer in the June issue. We are reprinting it with the name of the correct author.

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.



Germantown Group Works to Alleviate Period Poverty

by Audrey Cobbs, for the Shuttle

LYNETTE MEDLEY, CO-FOUNDER OF the Germantown-based nonprofit The SPOT Period, sat in a comfortable chair in the organization's headquarters on one of the hottest days of the year and spoke about period poverty and how girls and women during the pandemic were prevented from necessities like food and COVID tests because of something over which they had no control — menstruation.

Lack of access to menstrual and hygiene products can prevent girls and women from feeling able to leave their own home. And in a pandemic in which we're concerned about germs, it can lead to extreme isolation.

According to an article published by Penn Nursing, millions of women around the country are suffering from period poverty. Medley defines period poverty as "the inability to access menstrual products, menstrual education and waste management services to properly care for your period."

When the COVID pandemic shut down basic services and public transportation, it left many people in a situation in which they couldn't access daily needs such as food and health care. People with low incomes often had to leave their homes for these basics, but few stores were open and public transportation was limited. Add period poverty, and you get women in dangerous situations.

"People were engaging in survival



photo by Audrey Cobb

The SPOT co-founder Lynette Medley, left, with church group members Mary Cliett, Gloria Georges Brown and Veronica Hairston, who regularly donate menstrual and hygiene products to the organization.

techniques and sex and stealing and using maladaptive methodologies to deal with their menstrual cycle," Medley said.

Medley and her daughter, Nya McGlone, first started their work with sexuality awareness in 2012. In February of this year, they opened what the Philadelphia Inquirer called the nation's first menstrual hub.

The SPOT is an acronym for Safety Programming for Optimal Transformation. It is a wellness center that focuses on menstrual health and education, and offers therapeutic services, safe spaces and delivery of menstrual products to menstruators all over Philadelphia. Their

product bank was originally located in Chestnut Hill, but after realizing that their location was difficult to get to, Medley and McGlone decided to relocate to Germantown, which was far easier for the community to access.

In addition to product delivery services and menstrual education workshops, The SPOT hub offers waste management services, running water and wifi. The facility is open and bright, and many of the walls are decorated with art and illustrations. The spaces include a computer room, several relaxation rooms and a room overflowing with pads, tampons, toiletries and other hygiene products.

Prior to the pandemic, Medley said the group did 80 deliveries of menstrual products a week. Once COVID hit, deliveries went up to 275 per week. "All these food things that were set up, all these other programs, but no one thought about menstrual products as something that needed to be done," she said.

The day I visited, a person came into the hub to pick up some underwear. After they left, three women from a church group, Veronica Hairston, Gloria Georges Brown and Mary Cliett, dropped by to donate menstrual and hygiene products.

"We're bringing in items: pads, toothbrushes, toothpaste, lotion, deodorant, wipes, underwear — whatever the need is, we try to get some of it," said Hairston.

Medley finances all The SPOT's work through donations and crowdfunding only; the organization gets no city, state or federal aid. But even though she's doing all this work without official support, she feels she has community.

"Somebody has to be the one who breaks through the barrier and be like, 'Okay, no one is supporting me, I'm not getting funding, but I'm going to do it anyway,'" she said. "So today is a good day, because people are coming to something that everybody says should not exist."

For more information, or to donate, go to the group's website: www.nomoresecretsmbs.org.

Petapalooza

Be sure to check out the Parkour for dogs happening in our Chestnut Hill backyard!

iYappy Hour! specials from participating Chestnut Hill bars and restaurants

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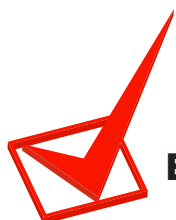
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Rosh Hashanah

HAPPY NEW YEAR

Rosh Hashanah

will begin on the evening of **Monday, Sept. 6** and ends on the evening of **Wednesday, Sept. 8**

Yom Kippur

will begin on the evening of **Wednesday, Sept. 15** and ends on the evening of **Thursday, Sept. 16**



Check in the stores and online at www.weaversway.coop/catering for our menu of Rosh Hashanah specialities and other good stuff to put on your holiday table.

