

50th Anniversary Kicks Off with Cake!



photo by Virginia Souder

From left, Accounts Payable Specialist Candy Bermea-Hasan, Mt. Airy Store Manager Rick Spalek and General Manager Jon Roesser show off the anniversary cake.



photo by Virginia Souder

50th Anniversary Planning Committee members and Co-op members Karen Schoenewaldt, middle, and Linda Schatz, right, handle the cutting and plating duties.



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The Shuttle

JANUARY-FEBRUARY 2023 Since 1973 | The Newspaper of Weavers Way Co-op Vol. 51 | No. 1

A Numbers Guy Who Guided the Co-op Through Fiscal Storms

by Jon Roesser, Weavers Way General Manager



photo courtesy Mary Ann Case

IT IS MY PRIVILEGE TO WRITE A FEW words about Ned Case, who passed away peacefully in his sleep late last month. Whether you knew Ned or not, as a member-owner of Weavers Way, you benefited from the work he did on our behalf.

Ned was a longtime Co-op member, a former member of the Co-op's Board of Directors and the Co-op's financial consultant for many years. He was actively involved in the complex financing related to our Chestnut Hill and Ambler expansions. We are a stronger organization because of him.

(Continued on Page 19)

More Ways to Ready Yourself for a Possible Board Run

by Hilary Baum and Sylvia Gentry, Weavers Way Leadership Committee



THERE'S STILL TIME FOR YOU TO JUMP IN AND RUN FOR A POSITION on the Co-op's Board of Directors. The process for becoming a candidate for this year's election has recently been expanded to include additional opportunities and requirements for members to qualify.

(Continued on Page 6)

Member Loan Campaign Yields Big Numbers and Far-Flung Support

by Stuart Katz, for the Shuttle

WEAVERS WAY'S MEMBER LOAN CAMPAIGN, which concluded Dec. 31, was a huge success! In total, we raised \$1,342,000 in new member loans and extended approximately \$835,000 in existing member loans. This amount exceeded our expectations.

The support provided by the membership is vital to supporting the work ahead. And it demonstrates the broad support of the Germantown project within the Co-op community.

A few fun stats:

- 245 Co-op members made a new loan
- 133 members rolled over an existing loan
- Participation of members spanned the zip codes in which our stores are located, but neighbors close to Germantown really showed up, including those from East Falls, Roxborough and Manayunk
- Ambler area members and Germantown members had near-equal participation (51 new loans from the Ambler area, 46 from the Germantown area).
- The median new loan amount was \$2,500

The loans will be put to good use right away. While a great deal of design work took place in 2022, the real progress will begin this year. Applications for construction permits have been submitted, and we are awaiting approval

(Continued on Page 19)



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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



WHAT DO YOU KNOW —
Weavers Words lives!

After my dire pronouncement about the future of our poetry corner last month, readers responded with a selection of original works and reflections on favorite poems written by others. As you'll see on page 21, we were able to fit an original poem (the first about the Co-op's 50th anniversary) and a reflection in this month's edition. Depending on the length of what we get, we'll either alternate poems and reflections or run both.

Thanks for showing up and submitting. And if you feel inspired by what you read, please consult our revised guidelines.

While Weavers Words keeps rolling along, we also have a few new features that you'll find in future issues. On page 11, Sally McCabe's article on winter seed sowing (minimal materials, no grow lights needed) is the first in a series that will be written by staff members of the Pennsylvania Horticultural Society. Be on the lookout for articles on community gardening, urban agriculture and more. Sooner or later, we'll have to work on a name for the column. In the meantime, enjoy the content, all you get-your-hands-in-the-dirt types!

On page 11, Esther Wyss-Flamm, president of the Co-op's Board of Directors, kicks off a monthly column on different aspects of Board life. A different board member will write on a topic of their choosing in each Shuttle. Whether you're considering becoming a candidate at some point or just want to learn more about What Those People Do, I think the columns will be illuminating for everyone.

On that same page, you'll find "Did You Know?" a new feature put together by the Historic Preservation Initiative of West Mt. Airy Neighbors. The group aims to highlight historic structures in Mt. Airy with the idea of preserving as many of them as possible. At a time when development throughout the city has been in overdrive, it's good that there are folks working to slow the pace.

You're up to date! Catch you in the pages next month.

Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Urban Essence Soaps Focus on Luxury Ingredients

Philadelphians Timothy and Theresa Peoples-Minor started **Urban Essence** so they could make and sell affordable skin care products that contained a higher percentage of luxury ingredients like shea butter and hyaluronic acid. They found that commercially produced soap was making their skin feel dry, itchy and dull, and had several nieces and nephews with eczema whose condition was made worse by using conventional soaps.



These Black-owned vendors of bath, body and hair products will celebrate their 20th anniversary in 2023. From Feb. 1 through Feb. 28, you can take \$1 off 4.4-ounce bars of their luxury bath soaps, available at all Weavers Way wellness locations (reg. \$5.99 each).

Hidden Hills Dairy Cheeses Offer Bedford County Goodness

The Jersey cows that are the source of **Hidden Hills Dairy** cheeses spend their days from April through October grazing near the rolling hills of south central Pennsylvania. The Knepp family produces lovely raw milk fromages like the semisoft, creamy Buttercup and the sharper, aged Gouda-like Old Gold in a licensed facility on the farm.



For the month of February, Hidden Hills' Old Gold is on sale for \$21.59 a pound (regularly \$26.99). Buttercup, meanwhile, will be \$4 off a pound (reg. \$19.99).

OT Granola Makers Produce A Healthier Granola That Combats Hunger

Brothers John and Peter Marshall, the team behind West Philly-made **OT Granola**, got into the food business in part because of the food insecurity John witnessed among his students when he was a teacher in New Orleans. During that time, he snacked on a lot of granola to keep up his energy level and found his choices were either not healthy or lacked taste.

They came up with a line of granolas that contain seven

ingredients or less and come in three flavors: peanut butter chocolate chip, cherry almond vanilla and oatmeal raisin. As part of their commitment to combating food insecurity, the Marshalls donate 10% of their profits, along with product and their time, to Philabundance. In February, six-ounce packages of OT Granola will be \$2 off (regularly \$7.99 each).



Merzbacher's Marvelous Muffins Are a Northwest Philly Treasure

If you haven't tried **Merzbacher** of Germantown's Philly-style English muffins...get busy!

They've been on Co-op shelves for close to 10 years now and have since been joined



by other signature creations like their sweet potato buns, focaccia and malty grain and French toast breads.

Those muffins, though: squarish and hefty, they're made from fresh milled cornmeal and toast up beautifully. Four packs of all four flavors will be \$3.99 each (regularly \$5.49) for all of February. That price, by the way, is for Co-op members only.

Let Vermont Salumi Sausages Grace Your Grill or Frying Pan

As I write this, we are 19 days away from the Super Bowl and the Philadelphia Eagles are playing in the NFC Championship game.

Regardless of what happens in the next couple weeks, the omnivores among us should check out the preservative, sugar, and filler-free selections from **Vermont Salumi** of Barre, VT. Their five 14-ounce varieties will be \$6.49 each all next month (regularly \$7.99). Go Birds!





SLICE IT

DICE IT

SERVE IT

The Way of Shea (Bae)

by Kieran McCourt, Weavers Way Ambler

Shea butter can be magical for anyone with dry skin, whether it's due to winter-suppressed humidity or forced hot air heat.

It's fat extracted from the seed of the shea tree, which is indigenous to much of the savannah of central Africa. In the regions where these trees are indigenous, shea butter is used as a cooking oil and in many other applications. In the United States and Europe, it's used for its moisturizing and emollient properties.

Raw and unrefined shea is often ivory to grayish yellow. It is solid at room temperature and can have a nutty aroma. It will begin to melt from body heat and can be an unaltered moisturizer. A little goes a long way.

Shea can become even more luxurious when whipped with other oils into a smooth, creamy lotion. I like to combine two parts shea butter to one part each coconut oil and a liquid fat (jojoba, sweet almond, apricot or even olive oil). For example, one cup shea + ½ cup coconut oil + ½ cup sweet almond oil. You can scale down or up as needed.

Heat the shea butter and coconut oil over a double boiler in a heatproof bowl. Allow both to melt before removing from the heat and adding your liquid oil. Cover and chill

the blend in the fridge. This will let the mixture start to firm up and begin to return to a more solid state.

Caution: Whipping the mixture by hand will be difficult; opt for a hand mixer or a stand mixer instead. This forces air into the mixture, turning it into a light, fluffy cream.

Transfer the shea butter blend into wide-mouth jars with well-fitting lids. When stored in a cool, dark place, whipped shea butter can last for a few months. But I've not yet gotten to a point where it wasn't used up before it could potentially go off.

Essential oils can be used to scent the whipped shea butter to personal taste. Make extra for a luxurious Valentine's Day treat, or file it away as a DIY holiday gift idea.

Note: While shea butter is derived from a tree nut, there are no known or documented allergic reactions to it. Use your own discretion or consult a medical professional if this is a concern.



The Shuttle is published by
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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.

An Easy-to-Makes Indian Entree for Weeknights

Recipe by JD Walsh and Shireen Qadri, owners of Moji Masala spice blends (available at Weavers Way Ambler)

THE INSPIRATION FOR MOJI MASALA CAME OUT OF JD and Shireen's efforts to prepare home-cooked Kashmiri food for themselves and their daughter after a busy workday. They produce a selection of pre-measured homemade spice packets (masalas) based on the ones Shireen's mother ("moji") made for them as a dinner prep timesaver. They believe their spice blends can make homemade Indian cooking more approachable to everyone.

MOJI MASALA CHICKEN RASEDAR

Ingredients:

- ¼ cup high-heat neutral oil (like canola or sunflower)
- 1 medium yellow onion, chopped fine (about 1 ½ cups)
- 1 medium ripe tomato, diced or ⅓ cup high-quality Italian tomato puree
- 1 ¼ tsp. fine salt (not sea salt)
- 1 packet Moji Masala chicken rasedar masala
- 2 lbs. bone-in chicken thighs or legs (approx. five thighs), skins removed
- ½ tsp. Moji's garam masala (optional for deeper flavor)
- ½ tsp. high-quality dried or one handful fresh mint, chopped fine (for garnish)
- 1 ½ cups Thai jasmine or Indian basmati rice (prepare as instructed)

Directions:

Place a Dutch oven or other large, heavy pot on medium-high heat. When the pot is hot, add the oil. Add the onion to the hot oil and sauté until mostly dark brown, approximately 6-8 minutes. Add a splash of water, cover immediately and take off heat. Let sit for 30 seconds.

Add the tomato and stir continuously for about four minutes until it releases all its water, softens and breaks apart. You should have a nice paste at this point. Add water as necessary to prevent the paste from drying out.

Add salt and the chicken rasedar masala packet. Add a little water (about ⅛ cup) and stir until well incorporated. Saute for 2-3 minutes until paste slightly thickens again.

Add the chicken and cook each side for about 3-4 minutes, adding water as necessary to prevent your masala base from burning. Your base should remain slightly moist



but not watery. Move the chicken around from time to time so it doesn't stick to the bottom.

Add about 1 ¼ cups of water (enough to cover half the chicken) and scrape the bottom of the pot to remove the stuck bits of onion and tomato. Bring to a boil. Turn heat to low, cover and cook for about 25-30 minutes until the chicken is fully cooked and tender. About halfway through, turn chicken. Check occasionally to make sure the chicken is not sticking to the bottom.

Turn heat back to medium-high. Reduce liquid for a couple of minutes until it thickens. Stir frequently so chicken does not stick to pan. Adjust salt if needed. Turn off heat and stir in the garam masala and mint. You can adjust the flavor profile by sprinkling in a bit more garam masala — there will be a moment where all the flavors balance just right.

Serve with rice and plain yogurt to cool the palate.

Fun Fact ABOUT THE CO-OP

The Days of Waiting Lists and a Long-Term Customer Cap

Would you believe there was a time when Weavers Way had a waiting list for members to join? In 1973, the Co-op reported that it had 500 member households but couldn't take on more members due to space restrictions.

From mid-1975 to early 1979, prospective members were put on a waiting list because our flagship Mt. Airy location couldn't handle more shoppers. We all remember the store caps and lines that were put in place during the early part of COVID, especially in our Northwest Philly locations. In 1973, the Mt. Airy store could only accommodate five shoppers at a time! Other members had to park themselves in the waiting area at 557 Carpenter Lane until a shopper checked out.

Today, Weavers Way is over 11,000 households strong and growing! We're working on opening our fourth store and are gearing up to launch a grand membership campaign in Germantown to get people excited about our newest store.

—Nima Koliwad, Weavers Way Community Programs Coordinator

As part of our celebration of Weavers Way's 50th anniversary, we'll include a lesser-known tidbit about the Co-op's history in every issue of the Shuttle this year. If you know, you know — if not, that's ok, too!

February 8-14



Love to Love You, Baby!

Our Valentine's Week Specials



NY Strip Steaks

\$14.99 ea

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FOOD MOXIE

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How Food Moxie Came to Be

by Glenn Bergman, Member, Food Moxie Board of Directors

FOR THOSE OF YOU WHO ARE NEW TO WEAVERS WAY OR have been here since pre-industrial times (like the Co-op's Purchasing Manager, Norman Weiss), I'd like to share some history about Food Moxie's birth. In 2023, we'll mark our 16th year of operations.

Food Moxie, a/k/a Weavers Way Community Programs, was formed to assist with the nonprofit work to meet the goals of Co-op members, which included teaching children and adults about healthy food, understanding where food comes from, and learning how to garden.

When I started as general manager of the Co-op in April 2004, I soon learned that staff members Margie Felton and Stephanie Johnson had been donating a few hours a week to run a program called Market Place with the students across the street at C.W. Henry School. I also learned that there was a volunteer gardening/farming program that was started by Norma Brooks and a few volunteers at Awbury Arboretum. Every spring they had a propagation party at Summit Presbyterian Church to plant seeds in trays with children. The children and parents would take the trays home and propagate the seeds.

Once the seedlings were ready for planting, the Weavers Way Farm Club would meet the kids and parents at Awbury to plant the seedlings. Back then, all of what is now the Awbury Agricultural Village was overgrown except for the community garden on Ardleigh Street and a small piece of land where Ken Kolodziej ran a tree farm and was working with returning citizens. Norma and her volunteers brought classes from local schools to tend to their plants and bring home their bounty.



Students at A.B. Day School in East Germantown pour smoothies and operate the cash box as part of WWCP's Marketplace program in 2014.

(Continued on Next Page)

Awbury ADVENTURES

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Ages 6-14 | 8:30am-3:30pm | June 20 - August 11

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(Continued from previous page)

I realized that we needed to fund this work and decided to start a nonprofit that could accept foundation funding, individual giving and even government grants.

I learned that the Co-op had started a nonprofit called Education for Alternative Economics overseen by Alan Dawley, a member and professor of history at the College of New Jersey. Unfortunately, the charter for EAE focused on teaching and educating the community about alternative economic models rather than nutrition and urban farming. Though we tried to fit the Market Place and the urban gardening program into the EAE charter, it was like fitting a square peg into a round hole.

Co-op members Adina Abramowitz, Barbara Bloom, Bonnie Hay, Bob Noble, David Pearson, Liz Werthan, Ed Rogers and Larry Schofer were the initial board members of WWCP. They helped me with funding contacts and placed WWCP under the umbrella of a fiscal agent, Northwest Community Services Organization. Susan Beetle, the Co-op's longtime finance director, was the Mt. Airy Community Services Corporation's finance staff member and guided us with financial matters.

Our first grant came from a national cooperative group in Washington, DC. We requested \$15,000 and received \$7,500 to start our work by paying staff to work the programs. Liz introduced me to a few members who helped with underwriting the executive director position and providing some operating funds for the programs.



A School District teacher with her Marketplace crew in 2014.

Sixteen years and four executive directors later, I am happy to still be engaged with Food Moxie. Kim Fleisher, the current E.D., brings new blood, direction and perspectives to Food Moxie, which is important as we enter new times. Our current and incoming board members energize me as we plan to take on new projects this year. The board and staff are more diverse and open to change than ever before.

Many thanks to the staff and owners of the Co-op for your years of support as donors, volunteers and board members of our nonprofit sister. How quickly the years are going by!

FOOD MOXIE IS LOOKING FOR NEW BOARD MEMBERS.

Interested in learning more or applying?

Contact co-chair Catherine Kendig at Catherine@foodmoxie.org

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L·E·T·T·E·R·S

A Few Points About the Plastics Problem

I APPRECIATE SANDRA FOLZER'S CLEAR-EYED SHUTTLE ARTICLE ABOUT PLASTICS ("Is It Time to End Single-Stream Recycling?" Dec. 2022) as well as Norman Weiss' thoughts about plastics greenwashing in his December "Suggestions" column. It seems like we have been encouraged to be ostriches with our heads in the sand even as products that recently have been sold in biodegradable containers increasingly are only available in plastic.

Three fast points:

1. Some fungi can dissolve plastics by being in proximity to them. Can we spend time, effort and money working on natural solutions to unnatural problems?
2. I strongly agree with the point that water is too precious to use to clean plastics that are often not recycled anyway, depending on where we live.
3. In Europe, they have recently instituted laws in which the manufacturer of whatever is being sold in plastic must take back the empty containers. If you let that sink in, you can imagine a lot of good solutions coming from it.

Many thanks and best wishes for a greener new year.

—Kate Poursharati

Stop Buying From Bell & Evans

I'M WRITING TO ASK THAT WEAVERS WAY CONSIDER ENDING THE PURCHASE OF Bell & Evans chicken. The company will be fined for polluting the Susquehanna River watershed, per a Feb. 26, 2021 article published in the Philadelphia Inquirer ("Poultry Plant Owned by Bell & Evans Will Be Fined for Polluting Susquehanna River Watershed.")

The About Us page of the Co-op's website states:

"As a cooperative, we ground our efforts in the seven International Co-op Principles. As a not-for-profit, our organization can put people and planet before profit."

Thank you.

—Nina Epstein

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.

O·P·I·N·I·O·N

A Ukrainian Relief Organization That Deserves Widespread Support

by Glenn Bergman, for the Shuttle

EVERY MORNING WHEN I WAKE UP and realize that I am still breathing, I turn over and grab my phone and reading glasses (it has come to that), to read the weather report. I then go right to the Philadelphia Inquirer or New York Times to see the latest news from the battlefields of Ukraine and Congress. I read for a while, especially the reports from Ukraine. Then, like many of you, I wonder what I can do to help the Ukrainian initiative.

I also think back on how I got to be here, how my father had to flee Hungary in 1938 or be killed on the streets or in a concentration camp. I wish we had the support to fight the Nazi machine in the 1930s, but for many reasons, that didn't happen.

In the Dec. 18 edition of the Inquirer, there was an excellent article by Trudy Rubin on three different nonprofits that she trusts and has seen in operation in Ukraine. I decided if Trudy supported these groups, then I would donate to each of these organizations in honor of each of my children. Then I wrote to the one that I thought I could help with additional fundraising support: Ukraine Trust Chain (www.ukrainetrustchain.org).

UTC, a network of small volunteer groups, raises funds to buy and handle logistics for food, medicine, warming

shelters, generators and anything that is needed by their groups in Ukraine. They provide the products that they are told are needed and then deliver them to the designated areas.

I also decided to support this group because one its co-directors lives in West Philadelphia, is a member of Mariposa Food Co-op, and grew up in Kyiv. He told me he and the founder, Daniil Cherkasskiy, who lives in Chicago, shared a desk in elementary school. You can find Cherkasskiy's bio on the website, along with bios of the group leaders in Ukraine and the operations team in the United States.

If you are interested in sponsoring an in-house fundraiser at your home or place of work for UTC, please let me know. I am happy to work with you and bring Trust Chain material and speakers to your house or other locations (church, synagogue, community meeting space, etc.).

You can view a PBS Newshour piece about this nonprofit at www.prs.org/newshour. Search for "Volunteers Risk Their Lives to Provide Aid to Ukrainians Trapped on the Front Lines." You can reach me at 267-515-1234 or gbergman21@gmail.com.

Glenn Bergman is a former general manager of Weavers Way Co-op and a member of Food Moxie's Board of Directors.

More Ways to Ready Yourself For a Board Run

(Continued from Page 1)

Here are the changes:

1. Potential candidates now have another chance to attend a required winter Board of Directors meeting: Feb. 7 or March 7. For meeting information, please contact Margaret at boardadmin@weaversway.coop.
2. A date has been added to the required virtual Run for the Board information sessions. In addition to Saturday, Jan. 28 at 10 a.m., a final date in early February can be added if necessary. Please register with your preference for a date at leadershipcommittee@weaversway.coop.
3. The Leadership Committee is now requiring each candidate to submit a resume along with their formal application, written statement, photo and video interview (which will be arranged by the Leadership Committee in March). The submission date for the complete application is still Feb. 28.

Who is eligible to run for the Board? Probably, YOU! Any member in good standing over the age of 18 is eligible. There are four positions on the 11-member board that need to be filled this year.

Ideally, the Board should represent each of the store neighborhoods that make up our constituencies: Germantown, Mt. Airy, Chestnut Hill, Ambler

and Roxborough for our farm market. The Board would benefit from directors with a broad range of ages, with an emphasis on younger members, who are so important to the Co-op's future. Participants in the Food for All program, past or current, would add an important perspective to the Board's decision-making.

While previous nonprofit board experience is preferred, it is not required. A range of professional, volunteer and personal life experiences and skills enriches the Board. For example, you may bring additional diversity — whether racial, ethnic, ability, economic, age, sexual orientation — to the group. Or perhaps you have, or know someone who has, professional expertise in diversity, equity and inclusion, which is an important focus for us.

The complete nomination packet will be available to potential candidates after they attend one of the information sessions. Some election process details can also be found on the Co-op's website (weaversway.coop/board-elections). The newly required resume, which will not be shared publicly, will only be available to the Board to further understand the experience and expertise you will bring to the group, if elected. For more information, please contact leadershipcommittee@weaversway.coop.

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GM'S
CORNER

Our 50th Year Will Be Busy with Celebrations, a New Store and More

by Jon Roesser, Weavers Way General Manager

FOR THOSE INTO IN SUCH THINGS, HERE ARE SOME interesting anniversaries to commemorate in 2023: 250 years since the Boston Tea Party; 80 years since the Battle of Stalingrad; 60 years since the first Doctor Who episode aired, and 10 years since the death of Nelson Mandela.

Oh, and this: 50 years since the founding of Weavers Way Co-op.

Characteristically, this milestone crept up on us. But the redoubtable members of our 50th Anniversary Committee have been hard at work planning a whole year of events, specials and other fun stuff. So, also characteristically, we will celebrate our 50th by spending most of 2023 working really, really hard.

For starters, it will be a year of celebration. Those who were in our stores on Jan. 13 might have snagged a piece of anniversary cake, but that was just a prelude. The General Membership Meetings in May and October will be bigger events than usual, and other events, both in-store and out, are being planned.

On the last weekend of each month, we will run anniversary specials in which items will be marked down to their 1973 price, along with other specials throughout the year. We'll also debut a whole line of 50th anniversary products, including a new specialty sandwich.

We will sponsor special fundraisers for bolstering the Co-op's efforts to combat food insecurity, including the community fridges we support. We'll also share recipes for some of our signature prep foods items and will put together a time capsule to be opened when we celebrate our 75th.

Our goal is to ensure that by December, everyone will be thoroughly sick and tired of hearing about Weavers Way turning 50.

2023 will be a year for growth. We are full speed ahead on our project to open our Germantown store. This is in no small part to our successful Member Loan Campaign, which raised \$2.2 million, blowing past our



We will celebrate

our 50th by spending

most of 2023 working

really, really hard.



goal and reducing the amount of money we'll need to borrow from banks.

Construction permits, applied for late last year, should be issued soon, and our contractor is expecting to be at work by April. It's a six-month construction project, culminating in the installation of the equipment, which is now planned for the fall. Our goal of being open in time for the holiday season — meaning no later than early November — is aggressive but achievable.

2023 will also be a year of change, especially in our Ambler store. Now in its sixth year, our Ambler store, which was critical to our strategy for navigating us through the early part of the pandemic, is overdue for a reset, which is planned for spring and early summer. It will be a little disruptive, because we will shift around the center store, but the result will capitalize on one of the store's principal assets — its size.

Much of this reset will be done with an eye toward affordability. In a period of high inflation, while recognizing that our emphasis on natural, organic and locally grown and produced food comes with a price premium, we can best meet our members' needs by increasing the amount of good quality, lower-cost conventional products we sell, something we've always done but which our Ambler store's size can more easily accommodate.

By the way, our plans for Ambler include resuming the Friday night community dinners later this year.

This will be a year to strategize. To better prepare for the future, we have embarked on a strategic planning process, which will conclude later this year. As part of the process, members can get involved in a variety of ways, including participating in online surveys, attending focus groups and completing in-store questionnaires.

Having a strategic plan will better prepare us for the years ahead, and allow us to capitalize on our strengths, improve our weaknesses, combat threats and take advantage of opportunities.

Finally, 2023 will be a year to preserve. The Co-op has changed a lot over the years, but much of what got us this far remains the same: a highly engaged member base, strong board governance, transparent and consistent communication and a commitment to community and the environment.

At our 50-year mark, the Co-op has now been around long enough to be viewed by many as an institution, an icon, older than most people in a city with a median age of 34. We are —and we can say this with pride — part of the cultural tapestry of Philadelphia.

It is my honor and my joy to serve as the general manager of this incredible organization, especially during this milestone year. Now, let's get back to work!

See you around the Co-op.

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Some Less-Than Satisfying Responses to Story on Heavy Metals in Chocolate

by Karen Plourde, Editor, Weavers Way Shuttle

AFTER NEWS BROKE LAST MONTH OF A CONSUMER Reports article that found high levels of lead and cadmium present in assorted varieties of dark chocolate — including many brands carried by Weavers Way — shoppers had a whole lot of questions for staff. Purchasing Manager Norman Weiss reached out to a few vendors, including Tony’s Chocolonely, Equal Exchange and Chocolove, to get their responses about the findings, which were also part of news stories on National Public Radio and CBS News.

Their replies, although sincere, were vague.

Consumer Reports tested 28 dark chocolate bars for lead and cadmium, using California’s Maximum Allowable Dose Levels for lead (0.5 micrograms) and cadmium (4.1 mcgs). The percentages of the bars are for an ounce of dark chocolate.

In their email, Equal Exchange stated that they take the quality and safety of their products seriously and had done a lot to understand the issue. “We continue to be confident that our chocolate products are safe,” they wrote.

EE added that cadmium and lead are found in chocolate at trace levels, most often due to uptake from soil on cacao farms through natural processes. Trace heavy metals naturally occur in many items that grow in soil, including grains, potatoes, rice, leafy greens, tomatoes and more. They continually work with their manufacturing partners and test their products to make sure they’re safe.

According to EE’s data, their chocolate bars test below the cadmium and lead standards set by a 2019 settlement in California, and below the cadmium limits set by the European Union for chocolate. They pointed out that cadmium is more prevalent in the soil in Latin America,



where they source most of their cacao beans, mainly due to the volcanic nature of the soil.

According to the Consumer Reports article, EE’s Organic Extra Dark chocolate bar (80% cacao), had a lead level of 45% and a cadmium level of 120%.

Chocolove stated that they have been testing for lead and trace minerals in their products since 2016. Their Belgian chocolate supplier tests their cacao beans before purchase and tests all their chocolate and the added ingredients in the bars (such as dried fruit and nuts) after they’re made. In some cases, they have changed suppliers whose ingredients didn’t meet FDA and Prop 65 (CA) safety guidelines.

The company went on to say that they believe their 88% and 77% cacao bars fall within all published FDA and state safety guidelines. According to the Consum-

er Reports story, Chocolove’s Extreme Dark Chocolate (88% cocoa) had a lead level of 240% and a cadmium level of 83%. Their Chocolove Strong Dark Chocolate (70% cocoa), meanwhile, had a lead level of 152% and a cadmium level of 60%.

The response from Tony’s struck a chord similar to the other two manufacturers. They wrote that they take health and safety seriously, and that their bars fall well within the range for heavy metals set by the European Food Safety Authority and the FDA. They added that the guidelines put forth by the California Office of Environmental Health Hazard Assessment, which formed the basis for the Consumer Reports article, are not food safety standards.

Like the other two chocolate makers, Tony’s states that they analyze their products to make sure the levels of heavy metals are as low as possible. Their current threshold is .15 parts per million, which is in line with European and U.S. food authority standards. When they analyze their finished products, they use a threshold of .10 parts per million, which they say is well below legal health and safety limits. The analysis is done by an external accredited lab. According to the Consumer Reports story, Tony’s Chocolonely Dark Chocolate (70% cocoa) had a lead level of 134% and a cadmium level of 28%.

After going over the responses, the decision was made to pull the bars that rated highest in heavy metal content, according to the Consumer Reports article. For the details on the Co-op’s response, see Norman’s Suggestions column on p. 18.

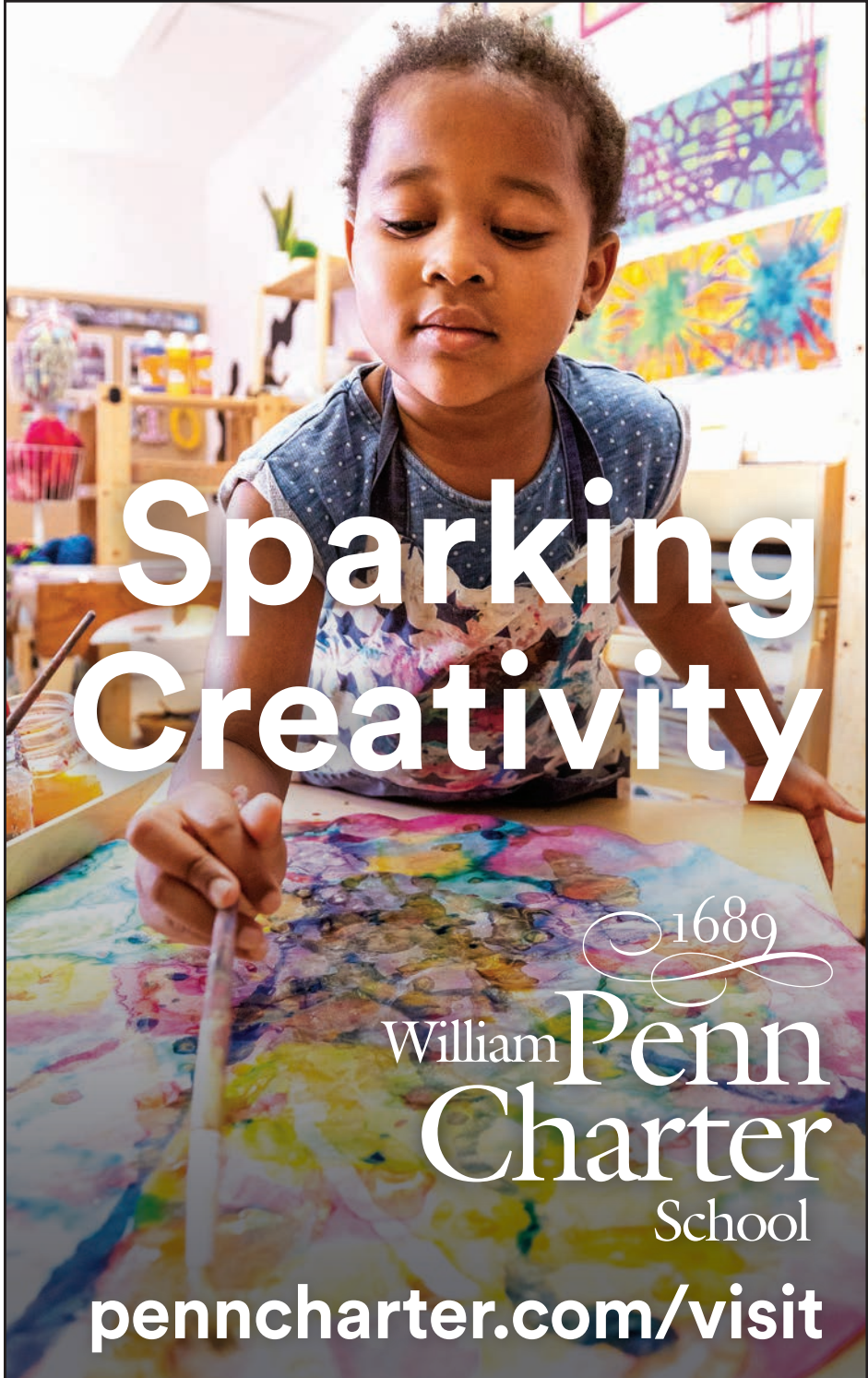


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Imagining a World Without Waste

Jar Libraries Are Back, the Latest CRP News and “Lunchskins”



photos by Karen Melton

Ambler, Chestnut Hill and Mt. Airy jar library locations.

Community-Powered Jar Library Returns

You're at the Co-op, and you realize you need a cup of flour. You know that flour is sold in the bulk section, but you don't have any containers with you. What do you do? Now that the Jar Library is back, you're covered!

The Jar Library, a celebration of circularity, was born in 2019 to reduce single-use plastic waste and encourage more plastic-free shopping at the Co-op. It's a self-serve collection of free, clean, pre-tared glass jars that shoppers can use and fill while shopping in the bulk section. The motto is “take a jar, leave a jar” — you take jars when you need them, and you bring the same or different jars back when you can.

Shopping in the bulk section is an incredible way to save money (you only buy as much as you need) and avoid the excessive single-use plastic that comes with many pre-packaged items. But using the plastic sleeves available in the bulk section just perpetuates the plastic problem. Thus, the Jar Library is here to save the day.

The start of the COVID-19 pandemic in early 2020 put an indefinite pause on Jar Library operations. We were disinfecting our cereal boxes and apples, so who could imagine touching a jar from someone else's house? Almost three years later, we're excited to bring it back, this time with improved cleaning procedures.

How it Works:

1. There are two crates in each store — one for the ready-to-use Jar Library and one for the Jar Return. The ready-to-use jars have been sanitized.
2. Take a jar from the Jar Library if you need one while shopping.
3. Fill it with whatever you're buying and be sure to put on a piece of masking tape with the PLU number of the item you're purchasing. (All jars will be pre-tared, meaning the weight of the jar will be already written on it.)
4. When you're done with the jar, thoroughly clean and dry it, and put it in the Jar Return bin.

Important notes about donating jars:

If you're returning or bringing new jars to the Jar Return, please note the following:

- Jars must be made of glass (no plastic of any kind)
- Jars must be thoroughly washed and contain NO food residue
- All labels and label adhesives must be removed
- Jars must be completely dry
- Each store can only accept jars that fit into the Jar Return crate. Any jars that don't fit must be taken back by the shopper.

Note: The Jar Library is entirely separate from the Container Refund Program. Jars in the Jar Library are free for customers to take, and customers do not receive any refund if or when they return the jars.

Where to Find the Jar Libraries

Each store's Jar Library is in the bulk section. In Mt. Airy, it's located on the lowest metal shelf across from the coffee bins. In Ambler, you can find it near the scale by the first row of bulk bins. In Chestnut Hill, it's located underneath the scale on the bottom shelf next to the trash bin (the Jar Return is located behind register four by the back door).

Also, be sure to do your bulk shopping on the first weekend of every month during Weigh It Weekend. You'll save 10% off your bulk purchases if you bring your own containers (or use the Jar Library)!

The Jar Library is spearheaded by the Plastic Reduction Task Force, which is part of Weavers Way's Environment Committee.

The Latest on the Container Refund Program

There have been many exciting developments recently in Weavers Way's Container Refund program, along with some challenges. Our current numbers indicate that 11,030 reusables have been purchased since the launch on Earth Day 2021. When ECHO Systems picks up the collection of dirty containers to be sanitized every week, we are impressed by the numbers.

Each container returned signifies an important action. This program allows a package to be reused hundreds of times, keeps the consumer from generating waste and liberates the producer from purchasing endless amounts of plastic to pack goods that will inevitably become waste in the community. In our little Co-op bubble, we have been doing an incredible job with this, and the hundreds of containers that we process weekly are a key performance indicator.

Here's some community feedback to keep this program growing and improving:

- Please always return CRP items rinsed, dried and free of food residue.
- The lids must be included in your deposit return
- Do not write on or place stickers on CRP items
- Try to return items in a timely fashion. Doing so prevents the Co-op from running out of stock and needing to purchase more (which defeats the purpose of the program).

In other news, we have been doing some testing to make our labeling process much more streamlined and elegant. We have identified a new water-soluble label and are in the process of making the label waste free.

We recently tested a CRP salad kit in Ambler. It includes a medium-sized container that carries a \$3 deposit and a small salad dressing jar that has a \$1 deposit. It will be launched for grilled chicken Caesar salads in Ambler first. We know you'll love it! Please be sure to return both containers to help keep them circulating.

This is a big cultural shift for our community, and we hope to continue to grow our reuse program over

the years so that it becomes synonymous with the Co-op's culture. We believe that our local vision for reuse can demonstrate the ecological stewardship and preservation that is possible when we move collectively with intention and thoughtfulness

Thank you to everyone who continues to support the CRP program and thanks to the Weavers Way staff and leadership who make it possible.

— Alisa Shargorodsky, ECHO System



Plastic Reduction Product of the Month

Type: Yard-Compostable Sandwich Bags

Brand: Lunchskins

Stores that stock it: Ambler, Mt. Airy

Are you starting the new year with goals to eat on the go less, pack your lunch more and/or snack on healthier alternatives? If so, you may want to resolve to use less plastic at the same time by incorporating paper sandwich bags into your routine.

These bags are made of unbleached FSC-certified Kraft paper, unlike their plastic counterparts, which are made of polyethylene from non-renewable resources (e.g. crude oil, natural gas, coal tar). They're biodegradable, backyard compostable and recyclable, and decompose optimally in a matter of weeks, as opposed to plastic film, which lasts hundreds of years.

Swapping single-use paper sandwich bags for plastic requires a minor behavior change. But with a little extra effort, you can achieve two goals instead of one. Each time you fill the paper bag with a wholesome sandwich, nutritious snack or homemade goody, you'll be on the road to a better you and will take a step forward in achieving a plastic reduction lifestyle.

Next time: Reusable food wraps

— Sue Landers

The Plastic Reduction Task Force is a group of volunteer members and staff committed to investigating waste issues associated with the full life cycle of plastics, raising awareness about the effects of unregulated plastic production and advising the Co-op on ways to reduce single-use plastics in our operations.

Please contact us at prtf@weaversway.coop.

Winter Seed Sowing Gives Gardeners a Jump on Planting Outdoors

by Sally Mccabe, for the Shuttle

MOST HARDCORE GARDENERS GET THROUGH the winter holiday season by playing with houseplants, but our hearts are still outdoors in the garden. So any growing activity that gets us outside is going to be embraced with open arms by the plant community.

While we're all snug in our beds waiting for the days to get longer, seeds are already in the soil making life and death decisions about whether and when to sprout. They got there haphazardly when fruit rotted, seed pods exploded and even when birds dropped poop from the sky. They're covered with leaves and are biding their time until conditions are just right for new plants to pop up out of the ground. Many get eaten, tromped, dried out, flooded, or blown away, or they come up in inappropriate places. As the extremes of winter give false warmth, freeze things solid, toss the ground, heave up soil and cover everything with snow, it's total danger and chaos in the baby plant world.

Why Try Winter Sowing?

Winter sowing gives us a welcome piece of order in an otherwise tumultuous season. It allows us to add a degree of protection and control while taking advantage of a seed's natural tendencies. It's cheap, it's easy, and it gives us time to be outside with nature — just the opposite of starting seeds indoors under lights. Plus, most of us don't have the situation, patience, equipment or the space to start half as many plants indoors as we would like.

How to Get Started

Developing a setup for winter sowing involves making a simple mini-greenhouse. It needs to be translucent, have drainage and venting and be deep enough for three inches of soil. It's also helpful to have a few inches of headroom once the plants start sprouting. Examples of appropriate mini-greenhouses include a plastic milk jug or a two-liter soda bottle.



photo by Sally Mccabe

Salad greens containers and gallon jugs can be converted into vessels for outdoor seed sowing — just make sure to drill or poke the bottoms with plenty of holes. Containers should be able to hold three inches of soil.

Next, remove the cap and poke or drill lots of holes in the bottom for drainage. Halfway up, cut the bottle or container three-quarters of the way around, creating a hinge. Fill with three inches of potting or seed starting mix that you've pre-moistened. Sprinkle seeds, then cover with a light layer of soil. Close the hinge and tape around with duct tape. Label and date the container with a permanent marker in at least two places; then, place outside and repeat. That's it. They'll germinate when they're ready, so there's no fussing with timing and no need to harden them off before transplanting.

What Can You Grow?

You can start just about anything in winter except warm season annuals and vegetables. While you can also use this method to start those, you'll have to wait until spring. Most gardeners start with perennials that have a cold requirement—that's most of our native plants here

in Zone 7. I do vegetables that don't have warm requirements, like mustards, kale, lettuce and spinach, and any herbs besides basil.

Winter sowing containers should be kept outside, where they can get some light. I sink mine into the ground a little so they're less apt to blow away. They can be in full sun if they are vented, and some people put them right out in the garden beds. You can try out winter sowing right now, next week, even next month, or anytime from now through the end of the winter (around March 20).

Maintenance for a winter sowing setup is simple: water if dry, vent or drain if waterlogged. Watch for germination. Transplant individually or in chunks into their permanent homes when plants have two sets of true leaves.

Find Out More about Winter Sowing

The internet is full of resources about winter sowing. YouTube especially has informational classes, methodology videos and demonstrations to help you get started. A recent favorite video class of mine comes from the Indiana Extension Service. Additionally, there are Facebook groups for winter sowing where knowledge and tips are exchanged. Trudi Davidoff, the gardener who got us all started using this method, also keeps information on winter sowing on her site, upstat-gardenersjournal.com.

Winter sowing is a great way to continue outdoor gardening, even during cold, gray winter months, and it allows gardeners with limited indoor space or resources to get a jump on springtime plantings by starting seeds outdoors. Whether you're a seasoned gardener or just starting out, give winter sowing a try this season using these tips. You'll discover the many possibilities this method of gardening presents.

Sally Mccabe is associate director of community education and community gardens for the Pennsylvania Horticultural Society.

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TRY THE VEGAN ITALIAN HOAGIE THAT IS ALL THE RAGE!

The Nuances of Board Leadership, and the Power of the (Micro) Pause

Ever wonder what the work of Weavers Way Board of Directors looks and feels like? In each Shuttle this year, readers will meet a different member of the Co-op's Board and get to know the behind-the-scenes leaders of this organization through their personal reflections. Note that the content does not in any way reflect the point of view of the entire board.

by Esther Wyss-Flamm, President, Weavers Way Board of Directors

MOST OF US HAVE RUN OVER TO THE CO-OP FOR “just a few things,” that we’ve scrawled on a shopping list. While walking the aisles, we might add a few more items to our basket, pay for the transaction, and run home to prepare whatever meal we had in mind. And then, maybe, we pause to enjoy the meal.

There’s a lot of running involved in and around the Co-op stores by customers, members and staff. Occasionally, I’ll see folks in the aisles deep in conversation (that seemed more prevalent pre-pandemic). But mostly, it’s about easy in and easy out.

That’s as it should be; we’re a society that values speed and efficiency. While many members appreciate the social aspects of belonging to a co-op, as consumers we value an easy shopping experience, and our stores have adapted to this reality.

However, we also need spaces where we can bring our deeper questions about where we’re going and how we’re addressing concerns about community, the environment and the business. A member-owned organization like the Co-op needs opportunities to look at the big picture. That’s where the board comes in.

As a lifelong student of organizations both professionally and academically, I’m a believer in the power of groups to bring about systemic change. Fifty years ago this year, Weavers Way was a small group of neighbors who banded together as a buying club with a commitment to access fresh, affordable food for their families. Half a century later, we are deep in it: over 11,000 households strong, a beloved neighborhood establishment active in three (soon to be four) locations, and an engaged membership that’s committed to seeing us thrive for the next 50 years (witness the \$1.3 million secured through our recent member loan campaign).

Getting to this place is not accidental. We build on the work of many hands who have contributed to this amazing social experiment year after year.

Through Today and Into the Future

As board members, we are not about to rest on any laurels; we need to continue a legacy of strategic thinking by the generations that preceded us. We are taking a good look at where we are now and how we need to position ourselves moving forward as a triple bottom-line business (known as the Three P’s: people, planet, profit). Within the coming years, we’re poised to gross \$40 million while being situated in an exceedingly competitive business environment.

The challenges ahead are enormous and sometimes daunting to consider. How do we maintain momentum? How do we support Co-op management as they seek to strengthen each store while expanding to a fourth location? How can we secure the continued success of the Co-op in the thick of economic forces beyond our control? And how do we update some of our cumbersome systems of oversight as we look into the future? The board knows the Co-op is in competent hands (shoutout to General Manager Jon Roesser and his team!), but the responsibilities can still weigh on us.

Given this history, I’ve had to ask myself what I’ve brought to the board table these past years. Which brings me to the power of the pause in leadership groups.

I can see my colleagues on the board shaking their heads and saying, “We do anything but pause; our work is endless.” Also, “we don’t want a board where everyone just sits around.”

I’m not talking about the pause of a hike in the Wissahickon, a morning meditation on a cushion, or even the pause of sitting in the car to catch my breath between work and getting home to the kids. These are all important, but I’m referring to the micro-pause that is barely visible. But if you pay attention, you can sense it’s there.

Pausing is an intentional mindset I bring to the board’s work. To the outside observer, our meetings might not look like anything beyond a group of people sitting together talking about stuff, but in my mind, none of what takes place is accidental.

There are many identities, histories, backgrounds, areas of expertise, perspectives, priorities, work rhythms, talking and learning styles in any boardroom, and finding ways to harness the best in such a group, is essential in moving forward with this work. Pausing means we allow these differences to show up, and respect and work with them as they emerge, even when they don’t fit cleanly into our agenda.

The Pauses That Refresh

At the beginning of each meeting, we enjoy a simple Co-op catered meal together, while appreciating everyone’s presence and commitment to showing up. A board member takes the lead with a quote or video clip to remind us of the values that guide us as we work to support the Co-op, particularly values rooted in the deep history of cooperatives in this country. I consider these interactions micro-pauses.



During the business portion of our meetings, different board members speak up, provide updates, ask questions, offer suggestions, circle back to questions raised in prior meetings, and engage with issues brought to the table by the general manager. Here micro-pausing looks like not having anyone dominate the conversation. Members often take a breath (or get up for a stretch) before speaking up, and actively seek out different points of view.

Issues that are more sensitive or confidential in nature are given the chance to resurface and are brought into executive session (or even to our annual daylong retreat) for deeper review. Pausing in this context acknowledges the circularity of this work and helps us better prioritize, identify root issues, and maintain our focus on the best interests of the Co-op.

Pausing also resides in the quality of our self-paced work between meetings. Different board committees and working groups connect during this period. We know we have more fun and are more effective when we work together, draw on each other’s strengths, inspire each other, and build trust and a sense of safety among each other. In recent months, the board has transitioned (finally!) to an online platform, which is helping us interact more easily between meetings and come together in smaller working groups.

Finally, we need to periodically recognize it’s time for a party – a full-on pause to celebrate our work. This past year has featured a constant thread of conversation about the “Germantown project,” whose dimensions are vast and have implications for community engagement, finances and opportunities to do right by the environment. It’s been a heavy lift. So we lighten things up with opportunities to have fun, socialize and acknowledge our accomplishments.

You can check out how we work by coming to one of our monthly meetings. Maybe you’ll sense how in the thick of getting stuff done on the board, we’re attending to those all-important micro-pauses.

Did You Know?

Architectural Style: Tudor Revival, early 20th century

This home is on the Philadelphia Historic Register of Historic Places due to its association with Sadie Tanner Mossell Alexander (1898-1989) and her husband, Raymond Pace Alexander (1897-1974). The Alexanders were political activists in education, law and civil rights, locally and nationally.

As an African-American woman, Sadie Alexander achieved numerous firsts. In 1921, she became the first African American to graduate from the University of Pennsylvania with a Ph.D. in economics. In 1924, she earned her law degree at Penn, the first African American to achieve that milestone. And in 1927,

she was admitted to the Pennsylvania Bar, the first African-American woman to do so. Sadie and Raymond rank among the leading civil rights advocates in the history of Philadelphia.

West Mt. Airy Neighbors Historic Preservation Committee

Mt. Airy is a special place with a distinct character; it earned that image because it is a diverse community populated by civically engaged people. Nestled in northwest Philadelphia and adjacent to the Wissahickon Valley, Mt. Airy is blessed with natural beauty, and contains historic architecture spanning nearly 300 years.

The factors that make this place special, including the preservation of our historic resources, need to be nurtured through dedicated and active stewardship. The goal of the West Mount Airy Neighbors Historic Pres-



Sadie T.M. Alexander & Raymond Pace Alexander House
700 Westview St.
Constructed: 1915

ervation Committee is to identify and protect the character-defining features of the community by taking a proactive stance to recognize and protect the historic built environment for the future.

For more information contact
wmanhpc@gmail.com.

The Hows and Whys of Traveling Around Philly by Bus

by Betsy Teutsch, for the Shuttle

MYSTIFIED BY OUR SPRAWLING CITY BUS SYSTEM? Folks who didn't grow up in Philly find the network of buses weaving through our neighborhoods opaque. Residents without cars depend on SEPTA, but those who drive most everywhere are often clueless about taking buses. Where are riders heading? When I asked this question on a listserv, answers flooded in.

Toby Kessler-Cohen watches for the Route 53 bus right out his window at Sedgwick Street and Wayne Avenue, where the route begins. As a child, bus drivers would let him get on and explore the bus, but now that he's a Central High student, he hops aboard, gets off at Cheltenham Avenue, catches the 26 bus to Broad Street and Olney Avenue and walks to school.

Hadassah Weinmartin, also a Central student, returns to Mt. Airy via the 26 and the H buses. Her mother, Abby Weinberg, commuted to graduate school from Mt. Airy and took the 23 or the H to the Broad Street line south (that's the subway, folks!) to Temple University.

Students heading to Germantown Friends or Greene Street Friends schools from Chestnut Hill, Mt. Airy or Germantown have a straight shot on the 23 bus.

Some Mt Airy residents take the H from various points to the heart of Mt. Airy to run errands, see plays, go to the gym, eat, hit the library, or switch to the 23 to get to Chestnut Hill. It's a fun activity for little kids, and children under 12 are free on SEPTA when accompanied by an adult.

Alex Avelin and her daughter Zivia enjoy getting around the area by bus. "I have good and bad days on SEPTA, but I love it all the same," Alex wrote.

Dr. Simone Zelitch uses the bus after taking long hikes; doing so allows her to walk further in one direc-



photo by David Teutsch

Betsy poised for her next SEPTA bus adventure on Wayne Avenue in Germantown.

tion without retracing steps.

Noah Boyer works in the grocery department of Weavers Way Mt. Airy. He lives at Alden Park and takes the 53 bus to Wayne and Carpenter Lane, then walks to the Co-op. He heads home the same way and gets off at Rittenhouse Street.

Aaron Finestone, an active local lawyer in his 70s, ditched his car and now takes buses all over the Delaware Valley for free with his SEPTA Senior Fare card.

"Both the 53 and the H buses connect with the 65 bus, which goes to City Line Avenue and Upper Darby."

he wrote. "If I want to take the train to the Montgomery County Court House in Norristown, there is a connection on Route 65 to the Norristown train. If I want to get to Delaware County Court House in Media, I take the 65 bus to its end in Upper Darby and take the 101 trolley to the end of the line in Media."

Using mass transit requires more planning and time than driving, but with the advent of cellphones, wait time can be productive. Plus, GPS now presents the routes and the expected arrival time of the next bus, decreasing the angst of seemingly endless waits. The time on the bus can be spent reading, observing our city, socializing with schoolmates, listening to podcasts or music, even napping — and not stressing out about traffic or parking.

Once a new rider has settled on a route and stop, then comes the next outsider question: How much is bus fare? Unlike Regional Rail, where roving conductors collect fares, bus riders pay when they get on. It's \$2.50 in exact change. SEPTA Key Cards are finally available for loading and swiping, but must be purchased at designated stations and some retail locations. They can be replenished online, and can be used for all SEPTA transit, which is a huge improvement.

SEPTA has proposed a major redo of the buses, eliminating some routes and running major, more direct routes with increased frequency. The next phase will be announced soon, there will be opportunities for feedback.

Next month I will write about our trains, trolleys and subways. My friend Helen Feinberg, a SEPTA connoisseur, observes that mapping out your route using all these systems is good brain exercise, along with getting in some virtuous steps and contracting your carbon footprint. Happy Trails!

Jeju Island's Legendary Women Sea Divers

SOUTH KOREA'S VOLCANIC JEJU Island is home to the celebrated and highly skilled haenyeos women sea divers. For centuries, haenyeos have been diving into the perilous, unpredictable Korea Strait to harvest marine life. They use few pieces of gear in their work — a wetsuit, diving mask, fins, gloves, chest weights, an L-shaped weeding hoe and a net attached to a floatation device. They do not use oxygen tanks, and dive 80-100 times during a five to six-hour workday.



by Robert Simmon, using Landsat data provided by the United States Geological Survey. Jeju Island, South Korea



photo by karendotcom127/

Haenyeos female divers catch marine life for a living in South Korea. Jeju's haenyeos are on one of UNESCO's Intangible Cultural Heritage lists.


There are three classifications of haenyeos: hagu, junggun and sanggun, based upon diving experience. Sanggun is the highest classification. While underwater, haenyeos contend with external challenges, including weather, sharks and jellyfish.

While submerged as much as 100 feet, haenyeos can hold their breath for one to three minutes. When they resurface, a unique, high frequency whistling sound (sumbisori) is released. It is created by rapidly exhaling carbon dioxide then deeply inhaling oxygen, which mimics the breathing of whales and seals.

UNESCO, the United Nations Educational, Scientific and Cultural Organization, includes haenyeos on one of its Intangible Cultural Heritage lists. The lists aim to ensure better protection of important intangible cultural heritages worldwide and to increase awareness of their significance.


—Rosa Lewis





“OH, NO, I FORGOT TO SAVE THE EARTH!”

BYO BAG WHEN YOU SHOP THE CO-OP.





WEAVERS WAY EVENTS AND OFFICE HOURS

Valentine's Day Rice Krispy Treat Decoration

Saturday, February 11
2:30-3:30 p.m.

Ilene Ogando Cohen

Trained Chef and longtime Co-op member Ilene Ogando Cohen will share tips and tools for decorating yummy Rice Krispies treats in this fun workshop. This workshop is for all ages and participants will go home with the rice crispy treats they decorated. This is an in-person workshop at our Germantown Outreach office, located at 326B W. Cheltenham Ave. Adults and kids are requested to register to attend the workshop.

Vegetable Garden Planning Workshop with Backyard Eats

Saturday, February 18
1-3 p.m.

Backyard Eats Staff

An interactive, free workshop. Attendees will be led by Backyard Eats, a local, full service food gardening company. They will cover best practices for garden setup and infrastructure, followed by a comprehensive garden plan for spring, summer and fall gardens. Attendees can access their own copy of the 2023 Backyard Eats

order form, which contains custom vegetable options suited for our climate and draws on methods of planning and planting. With their garden square-footage information, attendees will be able to walk through the planning process on a tablet or laptop in real time and finish the workshop with a garden planting guide that their list of plant selections and information regarding plant sun requirements, spacing, support, etc. This workshop will be hosted at the Wissahickon Valley Public Library, Ambler Branch. Located at 209 Race St, Ambler PA 19002

Connect and Create into Healing

Saturday, February 25
3-4:30 pm

Shara Harad Oaks

Shara will provide an opportunity for young people (ages 14-17) to experience validation, empowerment and connectedness while cultivating joy through movement, creativity, and discussion. This will be a good fit for any young person who has artistic inclinations and is interested in exploring mental well-being. Young people of ALL identities are welcome. Based on participants' interest, we may do a combination of the following: creative movement, breathing exercises, guided discussion and a collective craft (materials provided). Registrants will leave

with coping strategies for stress management, a sense of belonging in community, and being part of the shared struggle and resilience we have all experienced in the pandemic. This workshop will take place at our Germantown outreach office located at 326B W. Cheltenham Ave.

Membership Office and Notary Hours

Mt Airy: 555 Carpenter Lane
Membership and Notary Services

Monday - Friday
11 a.m. - 5 p.m.

Germantown: 326B W. Cheltenham Ave.
Membership Hours

Tuesday - Thursday
10 a.m. - 4 p.m.

Germantown Outreach and Notary Services
Tuesday - Thursday

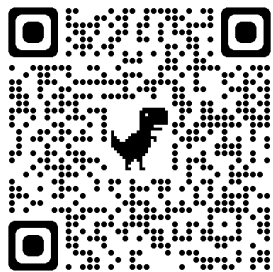
11 a.m. - 4 p.m.

New Member Orientation

Monday, February 20
6:30-8 p.m.

For more info: www.weaversway.coop/events

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POWER Play Workshop Offers Participants The Chance at More Everyday Joy

by Amy Finch, Weavers Way Across the Way Wellness Buyer



Amy Finch



James Johnson

WEAVERS WAY IS SPONSORING A POWER Play workshop, open to all Co-op members and staff, on Thursday, Feb. 16 from 6-8:30 p.m. at Mt Airy Axis, 520 Carpenter Lane. POWER Play is designed to help participants find more personal freedom and increase joy in their everyday lives.

My dear friend and colleague James Johnson and I were inspired to create the workshop after meeting for breakfast at the Center City location of Green Eggs Café. The name of the restaurant inspired a conversation about why people resist trying new things even when it might be something they end up loving. James and I, both seasoned clinical social workers, let the conversation evolve toward the question, “What new skill, if ventured to learn, would have the greatest possibility for positive impact on someone’s life?” Many ideas flowed, but we quickly centered on a few, with helping people to see the beauty of their true nature topping the list.

How do you get people to move closer to the concept and practice of self-love? James and I fully believe in Rumi’s words, “We are all just walking each other home.” As therapists, we believe that we all have the answers inside us. But having someone walk alongside provides

the gentle nudge we all need at one time or another.

The workshop is the result of 12 months of research, discussion, data collection and dreaming. POWER stands for Positive Outcomes Where Everyone Rises. Play is an essential part of life and the most basic way in which we learn. The workshop uses video, music, improv games and shared knowledge that address the question, “How can we have more freedom and happiness in our lives?”

Within a liberated and trauma-informed space, this workshop offers participants key takeaway skills. If practiced, these skills can have a lasting positive effect on the quality of our lives. We discuss and offer pathways into meditation, the power of play and stress management, while extending an invitation inward to our truest selves. James and I ask you to, in the words of Chris Assaad, “Close your eyes and imagine the best version of you possible. That’s who you really are. Now, let go of any part of you that doesn’t believe it.”

To register, email: powerplayworkshop@gmail.com. Please include your full name and phone number in the email so that we can confirm your registration. Workshop size is limited to 20 participants.

Exhibit Focuses on Efforts to Find Joy Amid COVID Sadness

THE CURRENT EXHIBITION AT THE PL130 Gallery at PhotoLounge near Rittenhouse Square, highlights through photography the different beliefs, ideas and perspectives people have about euphoria.

“Me and My Euphorie,” on view through Feb. 25, is curated by Innocencia Sackey and aims to show audiences across race, age, disability and gender that happiness can come from anywhere. The images come from Sackey’s experience in Black and queer communities and emphasizes that it is possible to find joy amid the darkest moments in our lives.

The PL130 Gallery at PhotoLounge opened in 2021 with a mission

to raise the voices of a diverse photo community and to show important new work by emerging photographers. For the sake of equity, the gallery eschewed any costs associated with entering or exhibiting shows. Rather, costs are sponsored entirely by an active film photography club in which members pay \$8 in monthly dues to support local art. All work is printed by PhotoLounge on museum-quality substrates and hung unframed.

An open house reception for “Me and My Euphorie” is scheduled for Friday, Feb. 3 from 6-9 p.m. PhotoLounge is located at 130 S. 17th St. and is open noon-5 p.m. every day except Sunday.



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Go Light on the Road Salt to Protect Water and Wildlife

by Erin Landis, Water Programs Manager, Wissahickon Trails

DESPITE UNSEASONABLY MILD WEATHER this year, there is no escaping wintry precipitation and subsequent salting. Millions of people across the Northeast use salts to de-ice their driveways and sidewalks. De-icing is critical to public safety, but these salts impact the health of waterways. As ice and snow melts, salt levels in streams increase due to runoff from parking lots, roads and homes. Widespread and long-term salt use in the winter leads to elevated salt levels in streams year round.



Freshwater systems have naturally-occurring low levels of dissolved salt that originate from rock and natural materials. Elevated salt levels from widespread use of road salts can be toxic to wildlife that live in or around streams. And high salt concentrations impact the stream ecosystem, and wildlife make water more corrosive to infrastructure, which can cause damage to bridges and pipes. The Flint, MI water crisis was partially the result of high salt levels in water due in part to road salting. The salt deteriorated lead pipes to such a degree that the water was unsafe to drink.

Elevated salt levels can also impact people with health conditions such as heart and kidney disease. Once salt is present in water, it is difficult and costly to remove, and salt levels in drinking water can increase from the widespread use of road salts.

For those looking for better de-icing products, unfortunately there is no labeling regulation for products that are marketed as “environmental” or “eco-friendly.” In fact, any product containing chloride (salt) will be harmful to streams, and even de-icing alternatives that don’t contain chloride are usually harmful to streams in other ways.

Here are some steps you can take to reduce the negative impact of road salts, while still staying safe during ice and snow:

- If you have the flexibility, work from home and plan to stay in during wintry weather.
- Shovel early and often during winter storms to minimize the need for de-icers.
- Apply de-icers sparingly and according to manufacturer’s instructions. Applying extra de-icers does not melt more ice or melt it faster, and most people use more de-icing product than necessary.
- If you use a de-icing product, sweep up extra material left on the ground after the snow melts – you can use it again during the next storm and limit the amount of salt or alternative product that gets washed into nearby streams.

- Shovel a neighbor’s sidewalk or driveway who may be older or unable to shovel themselves.
- Monitor salt in streams with Wissahickon Trails and the Izaak Walton League of America. Visit iwla.org to order a free sampling kit or contact erin@wissahickontrails.org to learn more.



This winter, make a difference in your community, and be #WinterSaltSmart!

Using too much road salt in winter has a downside.

Excess salt on your driveway or sidewalk runs off into streams and rivers — making our freshwater salty.

When our waterways become salty, it harms wildlife like trout, salamanders, and ducks. At home, road salt can hurt your plants and pets.

1. Use less salt on your driveway and sidewalks. (experts recommend 1 handful per square yard)
2. Sweep up excess salt after a storm and use it again. (leftover salt means you can use less next time)
3. Tell your friends and neighbors how to be #WinterSaltSmart, too!

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Locally Grown Illustration by Alli Katz

STOP! YOU'RE GOING TO MAKE ME CRY!

ALLI KATZ

This February, There's a Lot to Love in the Wissahickon

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

WITH FEBRUARY BEING THE UNOFFICIAL MONTH of love, what better time to explore all there is to love about winter in the Wissahickon? Here are a few suggestions:

Take in Great Views

With little or no foliage on the park's primarily deciduous trees, the views of the valley landscape are unobstructed and it's a lot easier to see the shape of the gorge and other features that are usually concealed by leaves and green. To plot out a hike to take in the views along the top of the Valley on the White Trail, download Friends of the Wissahickon's Map App. It's a free, interactive map of the park with information about trails, parking, amenities and points of interest. It also includes audio tours with FOW Trail Ambassadors on the Wissahickon's history, geology and nature that you can take along with you — in the park or anytime. The app is available on IOS or Android or you can use a web version on your mobile phone.

Look Out for Birds

If you've ever wanted to get into birding, now is the perfect time, since birds are a lot more visible on trees without leaves. While there are fewer birds in our region during winter, in the Wissahickon, many species stick around. From Feb.17-20, you can participate in the Great Backyard Bird Count (birdcount.org/participate/). The bird count is a free, fun and easy event that engages bird watchers of all ages and skill levels to identify and count birds and submit them. The count gives scientists a real-time snapshot of bird populations to help them better understand and protect birds worldwide. As the event's website says, this event is "when the world comes together for the love of birds."

Become a Habitat Monitor

What's living in Wissahickon Valley Park this winter? In 2020, FOW partnered with scientists from Drexel University's Academy of Natural Sciences to find out. Since then, we've enlisted volunteer scientists like you to track habitat changes across the park and fill in data gaps, which will inform the priority and type of habitat resto-

ration projects FOW does in the future. It's easy to do — just take your smartphone along with you on a hike and document flora and fauna you see along the way.

We are looking for changes by season; the winter 2022-2023 Habitat Monitoring Zone is Valley Green. Download the eBird and iNaturalist apps and check out fow.org/volunteering/habitat to get started on citizen science in the Wissahickon.

Try a New Trail

There's actually a Lover's Leap in the Wissahickon. At the south end of the park, take the Yellow Trail above the ridge line to Lover's Leap, a wonderful look-out (especially in winter) way above the creek where Philadelphia author George Lippard was married to Rose Newman in 1847. (The trail down to the Blue-stone Bridge is steep and rocky, so watch your footing, especially in the snow or ice). Here's a guided hike blog that will take you there from anywhere: fow.org/a-hike-you-can-get-to-from-anywhere/.

Go with the Snow

When it snows in Philadelphia, the park offers several easy trails for cross country skiing, including Forbidden Drive, Andorra or Houston meadows. Or try snowshoeing on some of the upper trails.

Read Love Letters to the Red Covered Bridge

As the only remaining covered bridge in the Wissahickon, the Thomas Mill or Red Covered Bridge is an iconic spot in the park. Generations of visitors have stopped to admire this beautiful structure or made special memories there and have been inspired to write love letters to it. FOW publishes many of these special notes on our Reflections Page at fow.org/virtual-valley/reflections/.

Be a Friend

There are lots of ways to show your love for the wonderful Wissahickon. You can volunteer at one of our many workdays or help keep the park clean on your own through our Wissahero program. Or support all our work in the park by becoming a member, or renewing your



Melvin A. Chappell captured this scene of a snowy Rittenhouse Town to win the Winter category of FOW's biennial photo contest last year.



membership by visiting fow.org/membership-donations/.

This month and all year long, discover the beauty and history that lives in the Wissahickon. As the poet E.B. White said, "Always be on the lookout for the presence of wonder."

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The U.S. Needs to Do More to Protect Us from Toxic Chemicals

by Sandra Folzer, Weavers Way Environment Committee

IMISTAKENLY ASSUME THAT THE AIR I breathe and the water I drink is safe, that the Environmental Protection Agency is watching out for me and my family. I wish it were true, but our country is doing a poor job of protecting us; in fact, they are doing almost nothing.

For example, last June, the EPA found that HBCD, a chemical used in building material and flame retardants, “presents an unreasonable risk of injury to human health and the environment.” That’s good, but they haven’t banned it yet, as 180 other countries have done.

The EPA is supposed to use the best available science to regulate pesticides to make sure they are safe. Rachel Carson’s 1962 book, “Silent Spring,” exposed the long-term costs of unregulated pesticides. As a result, the endangered American eagle was saved by the regulation of DDT, an early synthetic insecticide. However, as companies began pressuring for deregulation, and former EPA employees began working for the pesticide industry, the EPA has been unable to say “no” to harmful pesticides, despite compelling research.

In 2019, the United States used 322 million pounds of over 70 agricultural pesticides that were previously banned in the European Union, according to a June 2019 article in Environmental Health Journal. Now the EU is cutting its use of pesticides in half by 2030. And while our use of pesticides has decreased by more than 40% since 1992, the chemicals we use are more potent and do more damage to more species, including pollinators and aquatic invertebrates, according to an April 2021 article in The Scientist.

Because the effects of pesticides cannot be seen immediately, it is easy to overlook their danger. But basically, we are poisoning our land. Pesticides have been implicated in the increasing rates of lung cancer, Parkinson’s disease and asthma.

The United States also continues to use millions of pounds of pesticides which have been banned or are being phased out in Brazil, China and India. In addition, we use over 100 million pounds of hazardous pesticides like 2,4-D (in Roundup) and atrazine, which are known to cause cancer and birth defects. While the EU, Brazil and China, the other leading agricultural producers in the world, have begun to restrict more and more pesticides, the United States has not, according to the to the EHJ article mentioned earlier.

Roadblocks to Banning Pesticides Here

While the EPA is good at assessing pesticides and sometimes requires labels that restrict their use, it usually does not

ban them outright. That may be because the pesticide industry only has to demonstrate that its products “will not generally cause unreasonable adverse effects on the environment.” In contrast, the European Commission, which oversees pesticide approval in the EU, seeks to “ensure that industry demonstrates that substances or products produced or placed on the market do not have any harmful effect on human or animal health or any unacceptable effects on the environment.”

The Supreme Court doesn’t help, either. Last July they restricted the EPA’s ability to regulate greenhouse gases in West Virginia vs. EPA. This sets a precedent to limit government agencies from establishing new regulations.

In 1976, Congress passed the Toxic Substances Control Act, but it was not effective, because the EPA could not ban toxic industrial chemicals. The 2016 Frank Lautenberg Chemical Safety for the 21st Century Act was intended to improve the law, but left details up to current administrations.

The United States did not ratify the Stockholm Convention treaty in 2015, which banned pentachlorophenol, a chemical used on utility poles which is a potential carcinogen, as 184 other countries did. Instead, it will phase out “penta” by 2027.

If you think regulating pesticides would hurt our economy, evidence shows otherwise.

When we continue to use pesticides other countries have banned, it affects our trade negatively, because those products can’t be sold abroad. Thailand, for example, banned paraquat or chlorpyrifos residues on food in 2020. (A teaspoon of paraquat can kill an adult.) It is estimated we’ll lose at least \$1 billion per year and about 7,550 related jobs by not changing our policy and being able to sell our agricultural goods to Thailand, according to an article published last September by the Brookings Institution.

Likewise, from 2016 to 2020, France prohibited the importation of cherries grown in this country because the pesticide dimethoate was still being used on our cherry trees. The loss of this export cost our economy around \$5 million. And because the European Union also doesn’t allow detectable traces of dimethoate on imported cherries, it’s unlikely ours will be exported to Europe anytime soon.

How Trump Took the Teeth Out of the EPA

The EPA became industry-friendly under Donald Trump. Scott Pruitt, a climate change denier who Trump appointed to head the agency, rolled back 24 regula-

tions, according to a tracker run by Harvard University’s Environmental and Energy Law program and published last year.

An October 2020 article published in The Guardian listed 75 ways in which Trump made the planet dirtier and warmer. They included:

- Making it easier to lease public land for oil and gas drilling
- Rejecting the science calling for tougher air pollution rules
- Withdrawing from the 2015 Paris climate agreement
- Weakening the Clean Water Act, giving the federal government more power to overrule state objections to projects
- Abandoning efforts to reduce emissions from large sewage treatment plants

While Trump and Scott Pruitt, his EPA chief for most of his tenure, rolled back a lot of environmental regulations, the agency has a long history of dragging its feet when it comes to banning or limiting pollutants. The EPA first heard about the dangers of PFAS (per- and polyfluoroalkyl substances) in 1998, but has yet to ban them, even though there are many studies showing links to cancer, immune system harm and other serious health problems. Over 20 years, studies and action plans were released, with no resolution.

Another example of how impotent the EPA is occurred in 2011, when agency scientists found some PFAS-like chemicals to “be toxic to people, wild mammals, and birds.” They recommended more testing, but those tests were not mandated and there is no indication they were done.

According to the Pesticide Action Network, climate change speeds up pesticide degradation, so more needs to be applied. Pesticides cause CO2 emissions from production (99% of them are made from fossil fuels) to shipment to breakdown. They also may cause ground level ozone to form. Weeds have a more diverse gene pool and are more resistant to climate change, so more pesticides will be used to control them.

Actions You Can Take

1. Inform others of the serious dangers of most pesticides.
2. Contact EPA administrator Michael Regan (202-564-4700) or at regan.Michael@epa.gov. Tell him the EPA needs to be more decisive and worry less about industry backlash. In the long term, agriculture will benefit from using fewer pesticides.
3. Tell your legislators you want the United States to align with the Stockholm and Rotterdam treaties, which provide

protection from 43 different pesticides. Since our country plans to ban them eventually, signing these treaties would speed up the process. We’ve signed the treaties but need Congress to implement change, including passing the Protect America’s Children from Toxic Pesticides Act, which was introduced in 2021. The act would immediately ban organophosphate and paraquat—which most of the world already bans—and would initiate other changes.

Meanwhile, our Pennsylvania congresspeople need to be reminded that all residents have the constitutional right to clean air and water. In 2020, the 43rd Statewide Grand Jury reported on numerous failures to protect this right, especially for those living near oil and gas drilling sites. Our representatives need to make sure the jury’s recommendations are followed in order to reduce harmful impacts.

Lastly, we must find a way to overcome the many obstacles industry places in our path in order to protect future generations. The United States does not maintain minimum standards to protect the public, while most of the rest of the world is ahead of us in setting safety standards.

The health of our soil, our water, our air and our children is being set against powerful, profit-driven industries. Our future is in the balance.

eco tip

Getting Too Many Catalogs? There’s a Way to Stem the Tide

by Marsha Low, Weavers Way Environment Committee

Were you inundated with catalogs this holiday season? If so, you’re not alone.

You would think with most companies now selling their products online, businesses would scale back on sending out catalogs, but while catalog volume did decline temporarily, in recent years, it’s been on the rebound. You may find that when you order from a retailer online, they often include a catalog with your purchase or start sending them. About 11 billion catalogs are mailed in the United States each year. Of that number, 5.6 million tons of catalogs and other direct mail advertisements end up in U.S. landfills annually.

If you’d like to cut back or eliminate catalogs from your life, there’s a great online service that can help you accomplish that: catalogchoice.org. When you use this service, you search for the sender of the catalog and then opt out. The service will then inform the sender that you no longer wish to receive their catalog. You’ll find that the number of catalogs will trickle down to one or two, or even down to zero. So get busy! By next holiday season, you’ll find far fewer, if any, catalogs jamming up your mailbox.



ENVIRONMENT COMMITTEE SEEKS GRANT APPLICATIONS

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

Local community groups are invited to apply. Preference for awards will be given to those groups located close to Co-op stores and in underserved neighborhoods.

Funds are awarded each year for clearly identifiable public purposes which result in a tangible environmental improvement for the community through education

and/or gardening projects. Funds may be used for such projects as planting native trees and herbaceous plants, garden equipment and the enhancement of parks. Some environmentally based educational programs, especially those focused on climate change, may be funded through this program.

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

Applications may be downloaded and printed from the Co-op’s website, www.weaversway.coop (scroll down the home page for the link). Completed applications may be dropped off in the Environment Committee mailbox on the second floor of the Mt. Airy store or sent to Environment Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.

Applications must be received by Friday, March 3, 2023. Applicants will be informed within a month of the deadline if they have been selected. Grantees are then obliged to submit a report with receipts describing how the money was spent by **Nov. 1, 2023.**

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suggestions4norman@weaversway.coop

Norman Says:

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

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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.

We've heard from many shoppers about the Consumer Reports article that showed several dark chocolate products that tested high in heavy metals such as lead and cadmium. We contacted a few of the companies, and most responses were of the nature of "We test, we're doing what we can to reduce levels. It's in the soil and the environment so it's challenging to reduce, and the levels are below Food and Drug Administration and California Proposition 65 safety levels."

Some also pointed out other foods have similar issues, including spinach and sweet potatoes. So the chocolate companies seem legitimately concerned, but are mainly focusing on their products.

We are taking a broader view. Here is the basis of our response:

1. Despite government regulations that allow minimal levels of lead, our info is that there is no safe blood level of lead.
2. Lead and cadmium exist in other foods. The total amount present in someone's body is an accumulation of all the sources eaten, plus whatever is ingested from environmental exposure.

As a result, we found that it was best to drop the bars that tested highest on the Consumer Reports list. Since we have no idea how much lead our shoppers are getting, we should do what we can to not knowingly offer products that could contribute more than what is unavoidable to the total amount of lead and heavy metals that a person ingests. Plus, there seem to be many other chocolate choices in the market that appear safer.



The other thing in recent food news that we've been struggling with is the supply of eggs and their price. Our vendors have pointed to the increased cost of feed, packaging and transportation as the reasons for this. In addition, the nationwide Avian flu outbreak has reduced the number of layers. Even so, at \$6 a dozen for a local organic egg, that's 50 cents per egg, which still seems reasonable from a nutrition to food dollar standpoint. The supply of eggs has been spotty. Some of our orders get cut due to lack of supply, and we fill in as we can.

Recently, we received a marketing pitch from Just Egg (a plant-based egg imitation), noting that their product has not had the supply issues of chicken eggs and encouraging retailers to view this as an opportunity to profit from selling more of their product. It's ironic that a food that occurs in nature (eggs) is a target for a food that would not exist but for food science labs and modern food factories.

While we're talking about natural foods, many of the plant-based imitations like Beyond and Impossible burgers don't seem like natural foods, despite their substantial presence in natural food stores. I would think one characteristic of a natural food is that it is something many people could make using natural ingredients and processes typically found in a home kitchen. Few home kitchen cupboards include ingredients like methylcellulose, tetrasodium pyrophosphate, transglutaminase, etc., which seem to be included in many of the plant-based meat replacements. Remember DuPont's "better living through chemistry" ad campaign? It

(Continued on Next Page)

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

(Continued from previous page)

seems to apply to many of the current plant-based meat products of today.

suggestions and responses:

- s:** “I’ve heard we’ve had problems with our refrigeration systems lately. What is the role of refrigeration in so-called “natural food” stores? Does it belong?”
- r:** (Norman) Modern refrigeration systems are basically a way for us to cheat nature. Where our ancestors used root cellars and processes such as smoking, drying, pickling and fermenting to preserve food, we use electricity, chemistry and physics to create complex refrigeration systems. Unlike a home refrigerator, which often runs for 15 years without a hiccup, grocery store systems are complex. They frequently need service and are prone to all kinds of problems at inopportune times. Recently, we spent \$20,000 to repair a refrigerant leak. On the bright side, this is part of how Weavers Way fulfills one of its Ends — contributing to the local economy.
- s:** “I frequently forget or don’t realize that some item I purchase infrequently is available in the bulk section. I usually figure this out after I buy the packaged version. I’d love it if there was a list of all bulk items to reference online or in the store, even if it came with

“
**We found that it
 was best to drop
 the bars that tested
 highest on the
 Consumer Reports list.**
 ”

the disclaimer that not everything on the list is in necessarily in stock. It’d help me plan out what to go for and remember to try to make the bulk section the first place to check.”

- r:** (Norman) Good idea. People have occasionally asked for something like this, and it seems doable, so we’ll see what we can figure out. Thanks for the suggestion.

s: “Can we get fox meat? I hear it tastes like chicken, but with less fat.”

r: (Norman) Yes; it’s expensive but many people think it’s worth it. We have instructed some of our meat department staff to set traps in the Wissahickon so we’ll have a local, free-range, wild-fed source of fox meat. We’ll also sell fox fur hats at the Mercantile, along with fox leather tote bags and fox bone wind chimes. We haven’t found a use for the organs yet, so any suggestions are welcome.

s: “Will the new Germantown store have bubble tea?”

r: (Norman) Since bubble tea is “on-trend”, and part of our mission is to be “on-trend” with food fads, we will have bubble tea. We can see shoppers sitting at sidewalk tables on Cheltenham Avenue, happily eating sushi (but only using chopsticks — forks will be prohibited) and sipping bubble tea while discussing the latest fashion news and Tik Tok videos with their friends. We can’t help but think this scenario is what the founders of the co-op movement had in mind back in 1844 when some weavers in Rochdale, England formed the precursor of today’s food co-ops. One challenge with bubble tea is selling it bulk, since the bubbles tend to clog the dispensers. But where there’s a will, there’s a way and we have the Drexel Food Lab in our city, so we can ask them for help.

Ned Case

To me, he was Batman. Whenever I got in trouble, whenever I faced a dilemma I hadn’t previously faced, whenever the Co-op’s fiscal ship was caught in a storm, I could always pick up the Ned phone. And he’d appear, Deus ex machina, ready to get to work.

He approached problems calmly and methodically, first by asking questions, then by testing theories and challenging assumptions, until a proper diagnosis could be made. Only after that could an effective solution be prescribed.

He was, as they say, a “numbers guy,” and that’s true: no one felt more comfortable working with numbers. But Ned was only interested in numbers to the extent that they told a story. So a Ned Case spreadsheet never, ever was presented without a narrative. It was the story behind all the charts and graphs that really mattered.

He was also usually the smartest person in the room. Because of that, not despite it, he was usually the one who asked the most questions, and he was always prepared to have his mind changed by a compelling argument. He was happy when the numbers proved his theories correct, but downright gleeful when the numbers proved his theories wrong.

His resume put most to shame. He had a bachelor’s in international studies and a master’s in European history from Georgetown. He earned an MBA from the

(Continued from Page 1)

Darden School of Business at the University of Virginia, then filled a myriad of high-level finance roles for the likes of General Motors, Campbell Soup and Armstrong Flooring. He did vital volunteer work for organizations as diverse as Commonwealth Youth Choirs, the American Philatelic Society and of course, Weavers Way.

He spoke at least four languages — English, German, French and Dutch, if I remember right, and maybe some Polish or Russian, too. He was stealthful at chess and a talented piano player. Whenever I told him I found a subject difficult, he’d say “You think this is hard? Try playing Mozart.”

So thank you, Ned, for everything you did on behalf of Weavers Way, and for everything you taught me over the years. I listened carefully, I took good notes, and I applied what I learned.

What I write here is an insufficient summary of Ned’s impact on the Co-op. His obituary should be entrusted to a more gifted writer, and to someone who knew him more closely, and for longer than I did.

Ned is survived by his wife Mary Ann and their four children, Peter, Stuart, Emma and Thomas. A memorial service is scheduled for Saturday, Feb. 11 at 2 p.m. at the Church of St. Martin-in-the-Fields, 8000 St. Martin’s Lane in Chestnut Hill.

Member Loan Campaign

(Continued from Page 1)

from the city. As of now, we expect construction to begin sometime in early spring.

We have placed orders and some down payments on the store’s equipment, which will arrive on site as construction continues throughout the spring and summer. It remains our goal to open the doors to Weavers Way Germantown in the fall.

We’re continuing to work toward purchasing the building; further updates will be provided when available. In addition, our outreach work, led by Germantown Outreach Coordinator Camille Poinvil, continues to ramp up. We continue to rent the space next to our future store at 326B W. Cheltenham Ave. for community programming.

There’s much to do, and our efforts are greatly aided by the incredible support of our members. We are truly grateful, and we look forward to the exciting work ahead.

Stuart Katz is a longtime member of Weavers Way and a former at-large board director and president of the Co-op’s Board of Directors.

**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.

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

How Donating SRECs Can Help Expand Solar Access to Homeowners

by Rishika Ghosh, for the Shuttle

CLEAN AND RELIABLE ENERGY IS A FUNDAMENTAL human right and should be attainable to anyone, regardless of income, gender, race or identity.

Beyond energy efficiency, programs that increase access to clean energy can also improve the quality of life for individuals, families and communities. For example, the decreased prevalence of asthma and acute myocarditis have been linked to access to clean and reliable energy. Other studies suggest that the presence of air conditioning in households and schools increases social mobility and productivity. Finally, structural rehabs to Philadelphia homes correlate to a 21.9% decrease in crime on the surrounding block, according to a JAMA Network article from July 2021. Clean and reliable energy is critical to the prosperity, safety and well-being of every human being.

In Philadelphia, solar energy has been widely adopted in affluent communities. However, the cost of installing solar can be prohibitive for low-income families — the ones who need it the most. According to the American Council for an Energy-Efficient Economy, low-income households can spend up to 2.4 times as much on energy bills as higher-income households. This can sig-

nificantly strain household budgets and force low-income families to make difficult choices between paying for energy and other necessities like food and medicine.

The Share the Sun program is a first-of-its-kind initiative that aims to increase solar energy access for low to moderate-income families in Philadelphia. Through the program, individuals with solar panels installed in their homes can donate the Solar Renewable Energy Credits generated by their systems to PGCC. SRECs are performance-based incentives that create economic benefits from solar generation. One SREC is allotted to each megawatt-hour of solar energy produced; an average Philadelphia home produces three to five SRECs each year.

PGCC monetizes donated SRECs through an exclusive contract with the city. The SREC revenue generated from a single SREC donor can subsidize solar on at least one new lower to middle-income home. PGCC wants to scale this program to 100 households by June of this year.

Donating SRECs via the Share the Sun program is an excellent way for homeowners and businesses with existing solar installations to make a meaningful impact

within their communities. By doing so, the revenue generated from the sale of SRECs can expand solar access in low and moderate-income communities across the city.

Deploying solar in low to moderate-income communities has lasting benefits. It can build local climate resilience, improve public health and safety, increase property values and keep families in their homes. Furthermore, it can also help to create clean energy jobs and elevate the overall well-being of our community.

Programs like Share the Sun help to make solar energy more accessible and equitable. They provide relief to families, improve their overall financial stability, and support the transition to a more sustainable, equitable and climate-resilient Philadelphia.

Rishika Ghosh is a senior associate at the Philadelphia Green Capital Corp., the nonprofit green bank affiliate of the Philadelphia Energy Authority.



HAPPY VALENTINE'S DAY

we our members

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Have solar? Your rooftop is generating more than electricity!

Give the gift of solar by donating your Solar Renewable Energy Credits (SRECs) to subsidize the cost of solar installations in Philadelphia's low- and moderate-income communities.

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The cost of installing solar can be prohibitive for low income families.




SRECs donated by 1 family can help 1 low-income family go solar

More Low-Income Families Going Solar...

- Low energy bills
- Builds local climate resilience
- Improves public health & safety

Ready to help families go solar?

Visit phillygreencapital.org/sharethesun to get started.



As part of the Co-op's efforts to reduce our use of single-use plastic, customers can purchase certain items in reusable containers.

There are a variety of containers available, with different deposits required.

Total Containers by Department
(as of this month)

Store	Prep	Deli	Bulk	Produce	Grand Total
Ambler	2667	157	533	950	4307
Chestnut Hill	2447	222	500	0	3169
Mt. Airy	1756	359	1448	0	3563
Totals Sold	6870	738	2481	950	11,039
Deposits Refunded	→				6795
Return Rate	→				62%

How the Container Refund Program Works


1. Look for labels with a CRP logo on our shelves.
2. Buy the item – the cost of the container is tied to the product.
3. Once it's empty, wash the returnable item and take it to the Co-op; you'll get the cost of the container refunded.
4. Spread the word to family and friends, so they can help save the Earth, too!

Deposit Cost Per Container

Products Packed


\$2

Soups
Cut Fresh Fruit (Watermelon & Pineapple)
Bulk



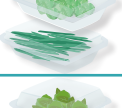
\$2

Bulk, Grab-and-Go Soups
Prepared Foods
Shredded Cheddar, Olives




\$3

Green Beans
Brussel Sprouts




\$4

Baby Spinach
Micro-Greens



Note: DO NOT WRITE ON OR STICKER CRP containers.



A program run by Echo Systems with support from the Weavers Way Plastic Reduction Task Force

Artists in Our Aisles



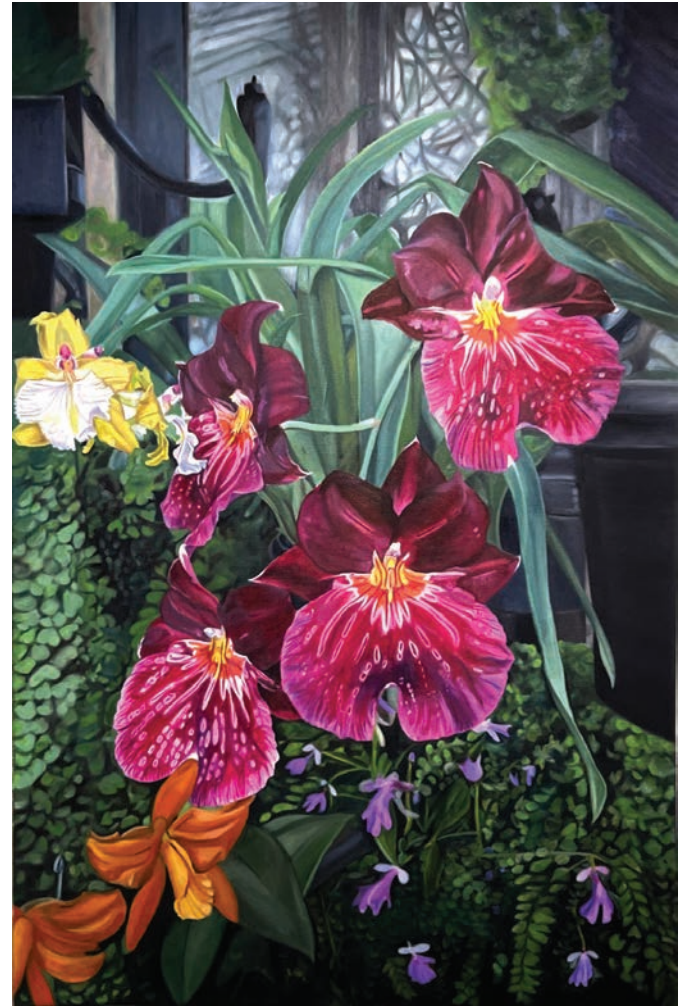
Cheryl Ann Dever Rapp

I live in Blue Bell and work as a commissioned artist. I've enjoyed painting all my life, but started painting in earnest three years ago under the skillful instruction of Patrick Winston, professor of art at Montgomery County Community College. My course of study began with still life paintings, landscapes and more recently, a specialization in portraits.

Artist Statement

Although I still enjoy painting still lifes and landscapes, portraits bring me the greatest joy. A portrait is a legacy gift for your family, something that can be passed down to the next generation. It is a special project for both the artist and the client as they work together to design the painting and share the client's unique story through art. I believe oil painting has taken on an even more significant role in the age of digital photography. Paintings do not get thrown away or lost on the "cloud." They don't fade and never go out of fashion.

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We want to feature your art in the Shuttle!

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(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

CONGRATULATIONS AND HOORAY

To wonderful Weavers Way
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Weavers is an oak tree
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Strengthening and nourishing
Our bodies and our spirit.
It's no wonder why we love
and cherish it.

—Henrietta Edelschein

Editor's Note: Our first Weavers Reflection comes from member Bill Dingfelder, whose poems have previously been published in "Weavers Words." We will continue to accept reflections on poems as well as original works; please see our revised guidelines below.

I've always loved Allen Ginsberg's "Howl," which he wrote in 1956. It's a passionate, detailed screed that captures the artistic, intellectual, anti-establishment feeling of the beatnik age. Yet, it transcends that time and space: It was again popular in the 1960s, and it remains popular today among many of us. To me, it's a reminder that, even at age 70, I should remain energized, active and working as long as I can toward "Tikkun Olam," the Jewish mantra and mandate to "repair the world." It's also inspiring that so many Weavers Way members feel and act the same way, whether they're Jewish — like Ginsberg and me — or not.

—Bill Dingfelder

HOWL (EXCERPT) by Allen Ginsberg

I saw the best minds of my generation destroyed by madness, starving hysterical naked,
dragging themselves through the negro streets at dawn looking for an angry fix,
angelheaded hipsters burning for the ancient heavenly connection to the starry dynamo in the machinery of night,
who poverty and tatters and hollow-eyed and high sat up smoking in the supernatural darkness of cold-water flats floating across the tops of cities contemplating jazz,
who bared their brains to Heaven under the El and saw Mohammedan angels staggering on tenement roofs illuminated,
who passed through universities with radiant cool eyes hallucinating Arkansas and Blake-light tragedy among the scholars of war,
who were expelled from the academies for crazy & publishing obscene odes on the windows of the skull,
who cowered in unshaven rooms in underwear, burning their money in wastebaskets and listening to the Terror through the wall...

Our Revised Submission Guidelines:

1. Original poems must be of a reasonable length. Lengthy poems that are the subject of a reflection will be excerpted.
2. The Shuttle editor has the final say as to whether a poem or reflection is suitable for publication.
3. The number of poems or reflections 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 (or reflection) for Shuttle" in the subject line.





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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. Meetings are currently taking place online until further notice. Check the Co-op's Calendar of Events for the date of the next meeting.

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

2021-2022 Weavers Way Board

President: Esther Wyss-Flamm
Vice President: Cheryl Croxton
Treasurer: Michael Hogan
Secretary: De'Janiera B. Little
At-Large: Hillary Baum, Jason Henschen, Gail McFadden-Roberts, Frank Torrisi, Josh Bloom, Kristin Haskin-Simms and Una Kang.

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Anton Goldschneider, ext. 276
petstore@weaversway.coop

Catering: cateringMA@weaversway.coop, cateringAB@weaversway.coop, cateringCH@weaversway.coop
Preorders: MApreorder@weaversway.coop, CHpreorder@weaversway.coop, ABpreorder@weaversway.coop

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online

VIRTUAL NEW MEMBER ORIENTATIONS

New Member Orientations

Monday, February 20, 6:30-8 p.m.

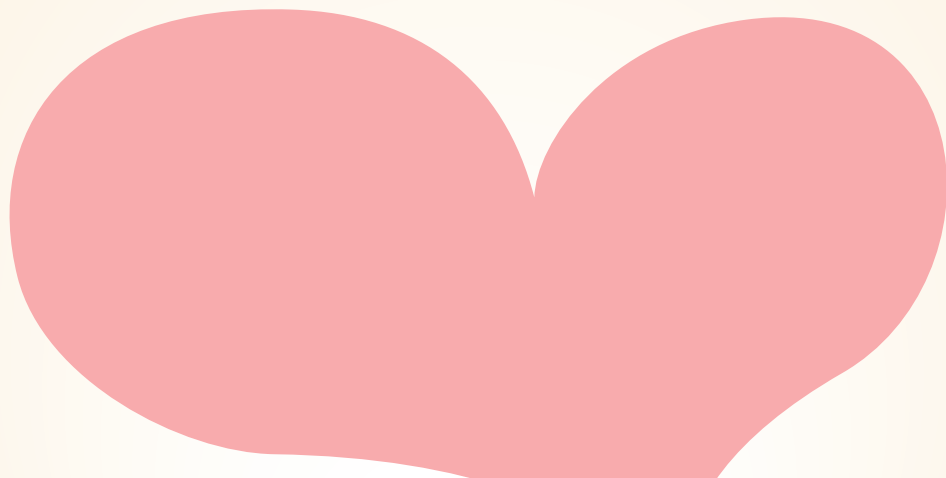
To register visit: www.weaversway.coop/events

Become a Member

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



MEMBER APPRECIATION



Sun, Feb 19 - Sat, March 4

Members get an extra 5% off!

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