

FIRST IN A SERIES

Recipes Passed on From Members' Moms, Great-Grandmoms and Others

by Barbara Sheehan, for the Shuttle

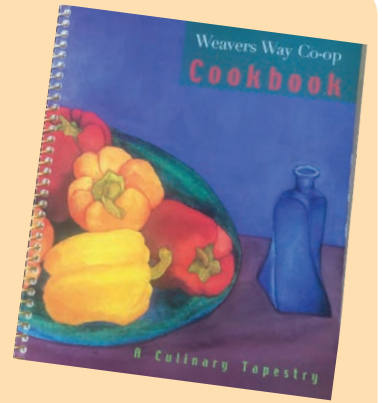
COOKING STYLES AND TASTES EVOLVE from generation to generation. Our parents and grandparents may have looked through cookbooks or cooked without recipes. Today, most home cooks go online to find recipes when they want to try something new.

Although I am occasionally inspired by a dish I see online or in the newspaper, I still refer to my countertop collection of cookbooks, one of which is the "Weavers Way Co-op Cookbook: A Culinary Tapestry," published in 2000 to commemorate the 25th anniversary of the Co-op. It's a charm-

ing collection of annotated recipes submitted by Co-op members and put together by a cookbook committee (of course), which was chaired by member Anna Herman.

Since this year marks the Co-op's 50th anniversary, I decided to contact some of the members who submitted recipes, to dis-

(Continued on Page 9)



Artist and Co-op member Sarah Steele's watercolor cover for the Weavers Way cookbook.



The Shuttle

JULY 2023

Since 1973 | The Newspaper of Weavers Way Co-op

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Board Elects a Fresh Slate of Officers for the New Year

by Sylvia Gentry, Weavers Way Leadership Committee



Cheryl Croxton, President



Josh Bloom, Vice President



Gail McFadden Roberts, Treasurer



Jason Henschen, Secretary

EVERY YEAR AT THE FIRST MEETING following the Weavers Way Board of Directors election in late spring, our board votes on its officers for the year. The newly elected officers of the board are:

- Cheryl Croxton, President
- Josh Bloom, Vice President
- Gail McFadden Roberts, Treasurer
- Jason Henschen, Secretary

Former President Esther Wyss-Flamm, former Treasurer Michael Hogan and former Secretary De'Janiera Little will continue to serve on the board, providing a smooth transition for the newly constituted Executive Committee. Here's to a great year of thoughtful, values-driven governance ahead!

Do you want to get to know how Weavers Way governance works? Would you like to spend your Co-op work hours getting to know people who share your interest in the Co-op? Do you want to get more involved but don't know where to begin? Becoming a member of the Leadership Committee can provide all of this and more.

I moved to Mt. Airy 17 years ago and became a member of Weavers Way when there was only one store. Soon after, I joined the Leadership Committee because I had experience in organizational work and felt that joining was the best way for me to get to know the community. At that time, we only used paper ballots, which the committee counted by hand during the Spring General Membership Meeting. That task took several people and hours of sorting and counting. Today almost all the voting is done electronically and the results are practically instantaneous.

I have seen the committee grow and develop over the years and focus more on attracting a group of potential candidates that reflects the diversity of our membership. Please consider joining us. We need members who are willing to share their skills in networking, organizing, writing and planning how to develop the next group of leaders for Weavers Way.

For more information, please contact us: leadershipcommittee@weaversway.coop.

Helping Pave the Way for Our in Germantown

by Jason Henschen, Secretary, Weavers Way Board of Directors



MY INTRODUCTION TO THE WEAVERS Way Board was far from traditional. After two unsuccessful campaigns (ouch!), a midterm transition led to me joining in the fall of 2021. Soon after, I learned of the Co-op's possible interest in opening a store in Germantown and I began to think this was the perfect time to serve. The proposed new store would be four blocks from my house and would be in a beautiful community that I have spent the last 10 years getting to know and love.

I first requested to serve on the newly-created Germantown Steering Committee, which was comprised of Board members and Weavers Way management. I also joined a separate outreach committee that focused on engaging with Germantown residents.

The volume and intensity of the work required of the steering committee was

(Continued on Page 6)

Vendor Fair Makes a Summer Splash in Ambler



photos by Miles Harasta

NEARLY 20 VENDORS FROM near and far showed up inside and outside Weavers Way Ambler on June 25 for the Co-op's Ambler Sampler and Pet Adoption event. Shoppers enjoyed the samples, pooches and easy Sunday vibe. Another sampler is being planned for the fall with a harvest theme, reps from co-op vendors and (maybe) goats. Stay tuned!

(See more photos on Page 24)

POP-UP BEER GARDEN



SUNDAY, JULY 16

1 - 4 PM

WEAVERS WAY AMBLER CAFE



Treat yourself to brews from famed local beermakers Attic Brewing of Germantown and Ambler's Tannery Run Brewworks and Forest and Main Brewing Co. You can also sample Borough-made rye whiskey, gin and vodka from Widow's Peak Distilling. Featuring live music and grilled Dietz & Watson hot dogs. FREE.

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



AND NOW, A HOUSEKEEPING NOTE, as the Shuttle prepares to take our summer pause between issues: If the summer (or anything else) has inspired you or someone in your household to write poetry, please consider sending it to Weavers Words. Or if you've had the opportunity to revisit a favorite poem and think about why you like it, please write a brief reflection and send it in. We're not out of poems or reflections yet, but our stash has slimmed down, and I always like to vary the selection of poets who appear in the section. Thank you and carry on.

This issue features the stories of three Weavers Way members who recently struck out on their own with books or endeavors (and yes, I wrote all three stories, but that's not important). Nonprofit public relations consultant Stef Arck-Baynes, comic book author (and former Co-op staffer) Nikolai Fomich and novelist Paul Mercurio are three of the many talented, forward-thinking folks who, along with tending their careers and/or managing their passion projects, spend a healthy portion of their time and funds at the Co-op.

Speaking of passion projects, make sure to catch Barbara Sheehan's first installment of her lookback on the contributors to the Co-op's 25th anniversary cookbook (p. 1). Leaps in technology in the last quarter century mean that we now get most of our recipes online, which has all but ended the days of putting together a physical cookbook like that one. Still, it's interesting to read the stories behind the contributions. I just wish Barb had included Laura Reichlin's recipe for Nona's Ricotta Cookies.

Barbara will be back with another installment in the September Shuttle that I bet will include another recipe. The rest of us — editor, art director, columnists, photographers, etc., — will also be back with renewed vim and vigor to share the latest on the Germantown store, environmental news, recipes, new items to look for in the stores and more.

Catch you in the pages then.

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

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

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

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

Advertising

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

Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Ah, summer — the wonders of Claudio's Burrata, Carmen's Mozzarella and Mexican street corn salad.

One of summer's many lovely foodstuffs is the cold side — ready to accompany a grilled protein or get tossed into greens for an easy meal. Our Prepared Foods department's Carmen's Mozzarella — ciliegine marinated in olive oil and spices — will perk up your cooked pasta or salad.



And FYI, no one will miss the few you sneak out of the container on the way home. Through Aug. 1, they're \$2 off a pound (regularly \$13.99).

Prep Foods' Mexican Street Corn Salad, featuring lime juice, corn on the cob, jalapeno, Cotija cheese and spices, is one bright forkful of summer after another.



Through Aug. 1, it's \$1 off a pound (regularly \$8.99).

Rounding out the Prep Foods side slate are their Moroccan Carrot Salad and basil pesto, which are \$1 off and \$2 off a pound, respectively (regularly \$7.99 and \$14.99).

Burratina is new to me, and I was a little nervous to try it. Would I like the creaminess? Is it too gushy for my taste?

I decided to pair it with peaches as a less sweet dessert alternative (thanks for the inspiration, Kieran). I arranged a couple peach slices, a couple slices of burrata and a sprinkle of fresh mint on a plate — yum! I then added a



splash of balsamic glaze for umami. If you prefer more sweetness, sub in a sprinkle of brown sugar or cinnamon sugar. Maybe a piece of biscotti or homemade shortcake can ride shotgun. How about a few raspberries for the topper? You get the idea — you can do as much or as little with this and still come out ahead.

Fortunately for all of us would-be creators, eight-ounce containers of the Italian Market's own Claudio's burrata are \$2 off through Aug. 1 (regularly \$11.99 each). So go ahead and paint!

Organic antipasti staples from Big Picture Foods. And don't forget Wricley roasted nuts for your summertime gatherings.

Here's another easy option for tackling summertime dinners — clean off the porch or patio table, break out the tapas dishes and put out the cured veggies, cheeses and what have you. **Big Picture Foods** is hella proud of their organic, olives, peppers and wild-foraged capers, which are naturally fermented without chemicals, additives, stabilizers or heat pasteurization.

Their items are grown on small farms in nutrient-rich, regenerative organic soil. Through Aug. 1, assorted sizes of the fermented items are \$1 off (regularly \$4.99-\$5.49 each).



Closer to home, our pals at South Philly's **Wricley Nut Products** have brought down the prices on a selection of their roasted nuts in time for midsummer snacking. Through Aug. 1, their roasted salted and unsalted mixed nuts and roasted pistachios are \$2 off a pound (regularly \$8.99 and \$15.99). Also, their roasted mixed nuts with peanuts are \$3.49 a pound (regularly \$5.49). You could chop some pistachios to top off the burrataina...





SLICE IT

DICE IT

SERVE IT

For the Love of Peaches

by Kieran McCourt, Weavers Way Ambler

There are few things besides a heat wave that lets us know summer is here than the arrival of the perfect summer peach. Nothing beats eating one out of hand. Honestly, that's what you should do. Seriously. It's that easy this time.

But for when you find yourself with a few too many peaches, here are a few ideas for how to use them all.

Fresh cut peaches work great in light and cool summer salads or snack plates. When paired with cheeses, cured meats or spicy greens, the acidic sweetness contrasts well. Even a sprinkle of flaky salt and chili can add interest to a peachy snack. Peeled peaches can even be blended and blitzed into a sunny vinaigrette.

And don't forget grilling. The heat of the grill will bring out the sweetness of peaches as the sugar caramelizes and smoky interest is added from the charred flesh. While grilled peaches can stand alone, they're great as an accompaniment to grilled pork chops, skewered alongside cubes of tofu for a vegetarian option, or atop a dollop of whipped cream or ice cream.



Of course, they make perfect summer pies, cobblers and crisps. But they can also be simmered and used as the fruit base for a summertime curd. When spread between layers of cake or slathered on toast, a peach curd can bring a burst of summer flavor to most baked treats. It will even keep for a few weeks in an airtight container in the fridge.

When you're in a race against overripening, cook your peaches down into a butter or slice and can them with syrup. Enjoy them as a burst of summer during the long nights of winter or gift them.

It's even easier to freeze peaches. Peel them for the best texture before slicing or dicing them into your preferred size or shape. Then lay them out on a lined baking sheet and pop them in the freezer for several hours. This keeps the frozen pieces from freezing into one large mass. Add them to smoothies, hot cereal or for use in winter baking.

Fun Fact

ABOUT THE CO-OP

The Meaning Behind Our Fruitful Anniversary Logo

By now, you've probably seen Weavers Way's 50th Anniversary logo: A "50" inside of a pear, with our usual logo inside the zero for "50."

The pear design was inspired by the 17th century English proverb, "Plant pears for your heirs." The full version is "Walnuts and pears you plant for your heirs" and refers to the many years it takes for pear and walnut trees to produce. According to the website walnut-

sandpears.com (yes, there is one), the saying encourages us "to be mindful of how we live and to be conscious of what we are leaving for future generations."

As members of the Co-op, we are stewards of our cooperative values. By honoring them, we hope to ensure future generations have access to our co-op community for many years. This was the inspiration behind our anniversary logo design. Here's to the next 50

years – now who wants a pear and walnut crumble?

–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!



logo design: Annette Aloe

the word on wellness

Homeopathy 101: Unlocking the Power of Natural Healing

by Karen Palmer, Weavers Way Ambler Wellness Buyer

This article is for informational purposes only and should not replace professional medical advice. Consult a qualified healthcare practitioner before starting any new treatment or if you have any concerns about your health.



A selection of the homeopathic remedies available from Boiron, Bach and other companies at Weavers Way Next Door.

WE AVERS WAY IS dedicated to empowering you with valuable information to enhance your well-being. This month, we're diving into homeopathy, a natural approach to healing that has gained popularity in recent years.

Homeopathy is a holistic system of medicine developed over 200 years ago by German physician Samuel Hahnemann. It is based on the principle of "like cures like," in which a substance that can cause symptoms in a healthy person can be used in highly diluted form to treat similar symptoms in a sick person. Homeopathic remedies are prepared through a process of dilution and potentization, which involves repeatedly diluting and shaking a substance to activate its healing properties. This process is believed to enhance the energetic qualities of the substance while minimizing any potential toxicity. Homeopathic remedies are available in various forms, including tablets, liquid dilutions and creams.

One of the key advantages of homeopathy is its gentle approach to healing. It seeks to stimulate the body's innate healing ability and aims to restore balance and address the root cause of illness rather than just alleviate symptoms. Homeopathic remedies are non-addictive and safe to use alongside conventional treatments.

Homeopathy can be used to address a wide range of acute and chronic conditions, including allergies, digestive disorders, skin conditions, respiratory issues, stress and emotional imbalances. However, it's important to consult a qualified homeopath or healthcare professional for individualized guidance.

The Co-op's wellness locations offer a wide selection of high-quality single and combination homeopathic remedies. Whether you're looking for relief from allergies, a boost to your immune system or support for your emotional well-being, we have you covered.

In addition, we now offer "homeopathic chats" in our Ambler café, during which you can ask questions. The July session filled up quickly, so check the eNews and/or the Event Calendar on the Co-op's website for the date of the August session. In September, we'll be hosting a physician who specializes in women's health.

If you have questions on homeopathy or any wellness topics, please contact me at kpalmer@weaversway.coop.

Mt. Airy Mainstay Extends His Helping Reach to MANNA

by Mills Harasta, Weavers Way Marketing Coordinator, and Kentu X

IF YOU'RE A REGULAR SHOPPER AT Weavers Way Mt. Airy, you probably know Kentu X. He started working at the Co-op 13 years ago and has left his mark on our community ever since. During his shifts, he diligently stocks shelves and hauls tubs of produce while greeting customers by name and asking how their day is going.

Kentu came to us by way of Community Integrated Services, a nonprofit that helps people with disabilities to achieve their employment goals. Weavers Way and CIS have been partners for several years, and together have employed several CIS participants at our stores.

Recently, in addition to Kentu's work at the Co-op and his successes in Special Olympics tournaments, he's taken up volunteering at the Metropolitan Area Neighborhood Nutrition Alliance. MANNA is a nonprofit that prepares and delivers meals to those with critical illnesses. Since opening their doors in 1990, they've expanded their services and now provide medically tailored meals to anyone at nutritional risk. They also provide professional nutrition counseling. They serve the Greater Philadelphia area, South Jersey and beyond. The Co-op has been a dropoff point for their Thanksgiving pies during their annual Pie in the Sky Fundraiser for several years.

Although CIS and MANNA are not affiliated, when Kentu went to his primary job coach, Katrina Shuptard, looking for more work to explore, her fellow CIS



support worker, Beth Flauger, suggested MANNA. It turned out to be a perfect fit. Volunteering at MANNA has allowed Kentu to improve his cooking and food prep skills, and he's benefited in other ways, according to Shuptard.

"He's getting an additional sense of his worth," she said. "And with Kentu, it's never about himself; it's always about others. At the Special Olympics, he's part of a team. At Weavers Way, he's part of a team. At MANNA, he's part of a team."

"...He's a standout in so many ways," she continued. "You have someone who's working, and Kentu works and then says, 'I want to give more, I want to be more.' That's pretty extraordinary."

If you're interested in volunteering at MANNA, visit MANNa.org/volunteer. To learn more about CIS, visit cis-works.org

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Company Offers a Budget-Friendly Path to Publicity for Nonprofits

by Karen Plourde, Editor, Weavers Way Shuttle

IF YOU'RE PART OF A NONPROFIT THAT'S LOOKING for communications and/or marketing help but doesn't have the funds to hire a staffer or contract with an agency, Weavers Way member Stef Arck-Baynes may be able to help you out.

Arck-Baynes, 49, launched her public relations company, Achieving Good Communications, in April, partly in response to having her hours cut at the nonprofit where she was working. She has close to 20 years of experience in the field, handling the communications needs of agencies as large as Philabundance and the Opportunity Finance Network along with smaller initiatives like the Center for Entrepreneurial Leadership at SCH Academy. Through the company, she wants to help smaller nonprofits get recognition for themselves and their work while staying within their budget.

"Having a consultant, either project-based or retainer-based... will better meet their needs," she said. "... And then, if they want that sustained visibility, or sustained support, then I can work with them on a monthly or project basis that's gonna cost them much less than a full-time employee."

In certain cases, she may be able to partner two groups and leverage the funds or time from one into the other.

"I'm definitely willing to be creative and have been creative to spread the word about things that I care about," she said. "I've been doing word of mouth for a long time."

Arck-Baynes grew up in Logan and left for New York City after college in 1996 before returning in 2010. She lives in West Mt. Airy with her husband, Nate, the owner and purveyor of Two Street Sammies food truck, and their five-year old daughter, Zoe.



Stephanie Arck-Baynes

In addition to her professional goals, Arck-Baynes is hoping that by working for herself, she can have a more fluid schedule that will better support caring for Zoe. Since the pandemic, she's found it more difficult to parent while working full time.

"If I want to work on the weekends or work at night because I want to take her to the pool, or I need some time for myself, I can do that," she said.

Through the socially responsible marketing agency A Little Better Co, she's currently working on The Unless Project, a grant program for underfunded nonprofits with transformational ideas.

The project's name comes from "unless," the last word the Lorax of Dr. Seuss fame left on a rock before he disappeared. The full quote from the book is "Unless someone like you cares a whole awful lot, nothing's going to get better. It's not."

The program will offer up to \$150,000 in marketing services to four small, deserving nonprofits with ideas that, once implemented, will help change society. ALBC is especially looking to fund ideas on how to curb gun violence, lessen hate and increase equity. The inaugural grant cycle will launch this summer. Find out more at www.alittlebetter.co/unless.

Not long before she quit her job, Arck-Baynes joined a "mompreneur" group that grew out of a cluster of new mom support groups started through The Nesting House children's consignment shops (she belonged to one as a new mom in the late 2010s.) She reached out to Al Lubrano of the Philadelphia Inquirer, and he wrote an article about the group that featured her. The story was picked up by representatives of syndicated daytime talk show host Tamron Hall, who invited Arck-Baynes to appear on the show and gave the group \$5,000. They're now discussing how best to use the money.

Despite her current lack of economic certainty, Arck-Baynes is excited to check her email every day and see if a particular proposal has come through, or if a new project is in the works.

"Hopefully, I can get those types of engagements where I can make a difference," she said. "I feel like that's meaningful change that needs to happen."

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Former Hill Staffer Pairs Parenting with Writing Comic Books

by Karen Plourde, Editor, Weavers Way Shuttle

WHAT PROJECT DID YOU TAKE ON DURING COVID? Former Weavers Way staffer and Chestnut Hill resident Nikolai Fomich decided to learn how to write comic books a few months after becoming a dad. His efforts led to a published book, “Flowers for Henry,” which is available through him and at select bookstores and comic shops.

Fomich, 34, worked in grocery and on the front end in the Chestnut Hill store from 2015-2018. Afterward, he taught English as a second language in Center City and worked at the Parkway Central branch of the Free Library of Philadelphia before the pandemic lockdown eliminated both jobs. In March 2020, his wife, Min Wang, gave birth to their son, Dmitri, and Fomich became a stay-at-home dad. Although he was busy with childcare, he still felt like he needed a creative outlet.

He soon discovered an array of online classes that were available through Comics Experience, and enrolled in one for writing for comics. His teachers included Andy Schmidt, founder of the company, along with writing instructors Paul Allor and Fred Van Lente. “Flowers for Henry” was developed in one of the classes.

The story centers on Henry Brixton, a frail, nine-year-old boy who lives with his father in Bedford Square, London during Victorian times. He longs to get out of the house and explore the city, but his father insists on keeping him indoors because of his poor health.

One night, Henry is visited by Edwin, a nine-year-old ghost from Southwark who died in a fire in 1852 while working as a chimney sweep. Edwin befriends Henry and promises to take him to the circus in Southwark the following week, when Henry’s father will be out of town. They sneak out and Henry has a wonderful time but he comes down with whooping cough.

After a few weeks of confinement, Henry is itching to leave the house again and sneaks out with Edwin. But

his decision has life-changing consequences for himself and his father.

Fomich’s script for “Flowers for Henry” was 6,000 words for a 20-page story. “Basically, the way it works in comics is you have an idea, and then... if you’re going to a publisher, you create your pitch,” he said. “And then perhaps you talk to an editor, and you go back and forth with the editor.”

Once the editor and writer agree on a finished script, the writer takes it to the line artist or illustrator, who lays out the story and shows it to the writer and editor. The layout includes the placement of word balloons in the panels, but not the words themselves. The comic then goes to the colorist, who works with the line artist, and then to the letterer and proofreader before it goes to the printer and gets distributed.

“Flowers for Henry” is Fomich’s second published comic; his first, “The Colorblind Cannibal,” told the story of a painter who must eat human flesh to see color. He submitted the script to Platform Comics’ 2020 short comic competition, where it was named a finalist and was included in their short comics anthology.

Fomich believes having a publisher is essential to getting comics into stores. “The publishers were able to look at my work and they helped me develop it, so they know it’s something they’re actually interested in,” he said.

Currently, Fomich is working on a horror anthology; “My Haunted Flesh,” a short-short story, and “The Silver Sage,” a four-issue mini-series about an actress in recovery who discovers that real magic is being used in Hollywood and acquires magic bands that give her great power. After taking a few comic art drawing classes, he also produced “Chestnut Hill,” a comic strip about a turtle, a penguin and a fox who are best friends. He’s done 50 strips of it so far.



Nikolai Fomich

In the past, Fomich wrote articles and did prose writing. He believes the main difference in comics writing is that the art propels the story forward. “The text is actually the subtext, and the art is the text,” he said. “You’re reading the image, the panels, and the text supplements that.”

“Flowers for Henry” can be purchased at Atomic City Comics on South Street, Booked in Chestnut Hill and online through comic book shops across the country. The Kindle edition is available through Amazon. Beginning in the fall, he’ll sell his copies during appearances at comic shows and readings.



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 June 2023)

Store	Prep	Deli	Bulk	Produce	Grand Total
Ambler	3759	343	994	1448	6544
Chestnut Hill	3565	553	909	0	5027
Mt. Airy	2068	791	2090	0	4949
Totals Sold	9392	1687	3993	1448	16520
Deposits Refunded					10,431
Return Rate					63%

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. All CRP lids and containers must be returned food residue free, fully pre washed.
4. Return containers in a timely fashion to prevent the Co-op from needing to keep buying more stock and please do not write on or sticker CRP items.
5. Spread the word to family and friends, so they can help save the Earth, too!



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

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Ticks Are Out in Force — Stay Informed and Protect Yourself

by Brenda Malinics, for the Shuttle

THE SIGHT OF TICKS SENDS SHIVERS AND CHILLS, quite literally, down the spines of many. Despite how tiny they are, they are deadly, and no one should let their guard down after being outdoors.

Lyme disease, the best-known disease caused by the blacklegged or deer tick, reached a near high level in Pennsylvania by the end of March —much earlier than previous years. According to the state's Tick Research Lab, reports of dog tick bites were in the "mild" category and for Lone star ticks, "mild to low."

Forecasters estimated that there would be a big increase in the tick population this year due to our mild winter. Ticks are most active from April through October, and the Centers for Disease Control reports that the Pennsylvania Department of Health has seen a 20% increase in tick-borne diseases, including babesiosis, in the past 12 years. A new virus, Powassan, has also been expanding.

Babesiosis, which is caused by microscopic parasites like the deer tick that infect red blood cells, is an emerging infection of concern. Symptoms are similar to Lyme disease and include fever, chills, sweats and fatigue and can begin about a week after a tick bite. It takes 36-48 hours for the Lyme disease bacterium to be transmitted to a human. If left untreated, either disease can spread to the joints, heart and nervous system and be debilitating, even fatal.

There is another scary emerging virus, the Deer Tick virus. It's a type of Powassan virus which has been rare in the United States up to now, but the state Department of Environmental Protection has reported an increase in cases. This virus can be transmitted in as little as 15 minutes after a tick bite, and there are currently no vaccines to prevent it. Initial symptoms include fever, headache, vomiting and weakness. Some people show no symptoms, yet others can experience encephalitis or meningitis and require hospitalization. Other symptoms include mental confusion, loss of coordination, seizures and difficulty speaking. Half of the people who experience severe symptoms of Powassan suffer long-term negative health effects.

Lyme disease can sometimes be detected by the presence of a rash, but not all bites result in the classic "bull's-eye." I stopped counting how many times I have had Lyme disease about the sixth time I contracted it, and only once did I get a rash. On some occasions, when I found an embedded tick, I began taking antibiotics and other times I knew I had Lyme disease, even though I never saw a tick or found a bite. Ticks have a protein in their saliva that numbs the area they are biting, so unlike mosquito bites, which you feel, a person is unaware when a tick is chewing into their body.

When the short-lived Lyme disease vaccine came out about 20 years ago, I was one of the first to line up to get it because I was working so closely with wildlife and domestic animals. The vaccine was later taken pulled off the market, but because I have had Lyme disease, I always test positive because I have the titers in my blood.

Tackling a Tough Invader

I still spend a lot of time outdoors, work with animals and consider myself hypervigilant in protecting myself against tick invaders, but they still manage to find and bite me. I wear tick gaiters when I walk in the woods. I use insect repellents. I change my clothing when I come indoors. I shower and scrub after being outdoors. I carry a tick remover on my keychain and am always checking myself for ticks. Recently, I found a nymph embedded in my thigh; it was the size of a grain of pepper. Nymphs can also carry the virus.

Here's the standard advice for avoiding ticks:

- Use a disinfectant containing DEET.
- Wear light clothing
- Tuck your pants into your socks.



Image by Erik Karits from Pixabay

Deer tick.

- Wear gaiters or duct tape your pants tightly around your legs.
- Stay on clear paths and avoid tall, grassy areas.
- When you come indoors, change your clothing. Then shower and scrub every inch of your body and carefully check your front and back, groin and behind your knees and ears.

If you find a tick, avoid handling it with bare hands. Wear gloves and use a tick removal device so as not to leave any parts behind. Disinfect the bite area with alcohol, iodine and soap and water. I crush the ticks with a rock (they can withstand a flush down the toilet). Then call your doctor and ask about next steps.

Unless you never go outside, expect to encounter a tick somewhere, sometime on your body. They can even blow in the wind. I am still trying to figure out their purpose on our planet other than being a favorite snack of the opossum and guinea fowl (that's another reason to be happy the next time you see a possum in your yard). Have a happy, safe, tick-free summer!

He's Helping Pave the Way for Our New Store

(Continued from Page 1)

at times overwhelming and intimidating. Thankfully, the board was (and still is!) comprised of cool cats who support all new board members and their learning curves.

In case you haven't pored over the seven Cooperative Principles lately, here's a refresher:

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

Our work to establish the Germantown store has me referring to these principles often. Each Weavers Way

location occupies its own place in its neighborhood. Early on, during a Germantown outreach call, a concerned neighbor (and Co-op member) said, "You realize that many families in Germantown do all of their grocery shopping at the dollar store." Principle Three (Member Economic Participation) requires that we consider this comment when planning the new store, in part because of Principle Seven (Concern for Community).

Principle One, Voluntary and Open Membership, means we cannot rely alone on the existing base of members we already have in Germantown (which is the largest outside of Mt. Airy and Chestnut Hill). Rather, we have to fully embrace Principle Five, (Education, Training and Information) by educating our community — and more importantly, ourselves — about who we are. We must continue to address the systemic inequities that have shaped where we are today and embrace difficult

conversations that could lead to different ways of operating. The Germantown location is an opportunity to evolve and grow as a community so that we are present and accountable in a way that we have only talked about in the past. If we can thread this needle, its success will be something we can all embrace.

As a transplant to Germantown and to Philadelphia, I realize that Weavers Way's presence in Germantown must engage all our neighbors. I'm ready to represent the board in this process and look to my Co-op and neighborhood to keep all the rich, complex conversations going even after we open the store.

Come by and say hi if you find me behind a Germantown outreach table, roaming the isles of the Co-op or anywhere in between. Until then, be well and enjoy the summer!

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Grocery Sales Numbers Hide the Actual Changes in the Industry

by Jon Roesser, Weavers Way General Manager

JULY MARKS THE START OF OUR NEW FISCAL YEAR. Since it is also the start of the fiscal year for most grocery retailers, we're all being bombarded with a fresh round of prognosticating from industry analysts.

The U.S. grocery industry is big business: Projected sales for the year ahead are \$1.5 trillion, a full 6% of the country's gross domestic product. So there's no shortage of professionals offering insight into evolving consumer behavior, projecting winners and losers, and anticipating trends.

The most recent projections are for industry sales to grow 5.6% this year. That sounds about right from where I sit: since April 1, the Co-op's sales growth has been 4.9%. But that 5.6% industry growth masks a lot of movement beneath the surface. The grocery biz is changing, big time.

For starters, five of the top 10 grocery retailers are, first and foremost, general merchandise retailers: Walmart, Target, Costco, Dollar General and Dollar Tree. These companies offer a diverse product selection: clothing, electronics and home goods, along with groceries. They appeal to today's busy consumers, who are looking for one-stop-shops.

This is having a profound impact on the grocery industry. Places like Walmart and Costco can take lower margins on their food offerings, which undercuts their competition, knowing they'll make it up in sales of higher margin general merchandise.

This is bad news for the likes of Acme, Giant and other conventional grocers, whose percentage of total U.S. grocery sales has shrunk from 69.7% in 2017 to 66.6% today. That lost share has been picked up by mass merchants (Walmart), price clubs (Costco) and discounters (Dollar General).

Inflation is easing, but there's no reason to expect it will return to pre-pandemic levels, and that gives a big boost to another growing industry player, the discount grocer. Aldi, Lidl, Grocery Outlet, Save-A-Lot, and the like are all rapidly expanding (Lidl opens a

“

Inflation is easing, but

there's no reason to

expect it will return to

pre-pandemic levels.

”

new store about once a week). And as inflation drives consumers through their doors, they are getting a bigger piece of the grocery pie.

All of this is highly predictable. Consumers, buffeted by inflation, seek out less expensive alternatives, and as more people buy their groceries at places like Walmart and Costco, who are deliberately sacrificing margin to win market share, it puts pressure on traditional grocers to stay competitive.

What's perhaps less predictable, or at least not as noticeable, is that all this jockeying for position is happening while there is simultaneously what one analyst calls "a sustained consumption shift toward on-premise channels." Translation: More people are eating out.

Despite growing waistlines, people can only eat so much, and for as long as data has been available, analysts have tracked how much food people eat at "at home" vs. "away." Food "away" is a catchall, from

restaurants and bars to less obvious things like school cafeterias and military rations.

A hundred years ago, people overwhelmingly consumed food "at home." It was bought at grocery stores or farm markets or grown in one's backyard. Only 10% of food was consumed "away."

Today that figure is 53%. Only 47% is consumed "at home." The trend is expected to continue.

This can be tricky to track: if a person coming home from work picks up a pizza for dinner, that's considered food "away." But if that same person instead picks up a roasted chicken from the Co-op, well that's considered food "at home." And often a meal can be a bit of both: that takeout pizza might get paired up with a salad made up of ingredients bought at a grocery store.

There's certainly no exactness to the number, but there's no need to overcomplicate things; the trend is unmistakable. Busy people, regardless of income level, crave the convenience of not cooking. And whether that means sitting down at a fancy restaurant off Rittenhouse Square or picking up takeout at a place in the burbs, the marketplace is awash with choices.

Does anyone else find all this as interesting as I do? As grocery consumers, what we buy and where we buy it has a profound impact on our communities, on the environment and on our own health, physical and mental.

The world we live in is, largely, a world built around our choices as consumers. The fact that a place like Weavers Way continues to thrive in such a world reflects our shared commitment to our cooperative model.

See you around the Co-op.

Note: There's a myriad of grocery trade publications out there (I get them all), and some are better than others. Winsight Grocery News is one of the better ones and proved to be a useful source of data for this column.



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First Earth Day Lessons and a Sustainable Pasta Hack

by Betsy Teutsch, for the Shuttle

THE FIRST EARTH DAY HAPPENED WHEN I WAS A senior in high school. Suddenly the word “environment” entered the mainstream. Sen. Gaylord Nelson, of nearby Wisconsin (I grew up in Fargo, ND) managed to organize events all over the country. Remarkably, 20 million people participated in teach-ins, rallies and demonstrations. The main takeaways were to decrease pollution and waste less. Congress was convinced to create the Environmental Protection Agency to regulate polluters. (Unfortunately, waste is built into capitalism, and we haven’t yet managed to regulate that).

A few specific Earth Day suggestions have stuck with me, such as ditching disposable grocery bags. I didn’t have much chance to put that into practice, since I was going off to college, but I was excited to see people taking their string bags to the Shuk (the outdoor markets) while I was studying in Israel in 1972. When rolled up, these colorful bags fit in a pocket. Israel was a low-income country then, and people were frugal with resources. Weavers Way clearly practiced this idea from its launch, just a couple years after that first Earth Day.

Another recommendation that became a lifelong habit was to turn off the oven for the last few minutes of baking. Back then, no one was thinking about global warming or carbon footprints, but there was a nascent understanding that our country had become profligate and had squandered our natural resources. This was an

easy way to conserve.

Fifty-three years later, here we are on the brink of ecological disaster. We are, hopefully, at the early stages of a complete transition to a renewable energy infrastructure. But there are still countless ways to consume fewer resources in our daily lives, including kitchen hacks that shrink carbon “cookprints.”

Recently, Barilla pasta promoted a surprisingly energy efficient way to cook pasta using far less fuel:

1. Add the noodles to boiling water, boil for two minutes, and turn off the heat.
2. Cover the pot and leave the pasta in the water, letting the retained heat complete the cooking of the noodles.

This sounded heretical to me. Every instruction for pasta cooking I’ve ever seen says to cook it in an open pot of boiling water for the whole time. It has always bothered me to have that open pot boiling, since it’s so inefficient. All that steam heating the room is basically wasted energy.

But readers, it works! I tested it when making my 172nd box of Annie’s mac and cheese for our grandsons. This approach lowers the cookprint emissions by 80% — not too shabby.

Co-op member Amy J. Cohen tested passive cooking with gluten-free noodles for this article. She boiled them for five minutes, instead of the 15 directed on the box,

then left them in the pot for 10 minutes with the burner off and the lid on tight. She reported that “it worked out perfectly.”

Asking friends if they’d ever tried this method turned up another revelation. Anna Goldberg, Naomi Hirsch and Adina Silverstein all swear by passive cooking for hard-cooked eggs. The eggs go into a pot of room temperature water, which is then brought to a boil. Cover the pot and leave the eggs for 10-12 minutes. Voila! Perfectly hard boiled.

Robin Smolar Minkoff said she uses the same technique with polenta or grits “with delicious results.” A friend from Oregon, Julie Hankin, uses it to cook her oatmeal.

The original teacher of this passive pasta cooking technique is Kate Heyhoe, author of “Cooking Green: Reducing your Carbon Footprint in the Kitchen.” Her book is a science-based analysis of the most efficient ways to cook. Think about it: It’s far more direct to heat one pot on a burner than to heat a whole oven. Microwaving is more efficient than oven cooking, too. Cutting food into smaller pieces reduces cooking time.

These small tweaks might sound trivial, but collectively they can make a significant difference, one Annie’s mac and cheese at a time.

Let me know how passive cooking works for you - bpteutsch@comcast.net.



Art teachers in local Germantown schools, Fresh Artists summer intern and Weavers Way Outreach Coordinator got private teaching tips and techniques from the founder of this award-winning art medium Robyn Miller (in red) for “Healthy Food Choices” at Fresh Artists East Falls studio. The artwork is planned to embellish the new Weavers Way Co-op being built on Cheltenham Avenue!



photo courtesy of Eleanore Pabarue

Members of the Ladies of the Knit and the Hooker Auxiliary, based in Northwest Philadelphia, gather every month in the café at Weavers Way Ambler, to knit, shop and enjoy each other’s company; they’ve been together about 15 years. From left to right, Rabia Rosen, M’Annette Ruddell, Eleanore Pabarue (standing), Chaya Herzberg and Elena Pike.



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Botanical pigment and invertebrate illustration with Cindy Stockton Moore

Light painting with Katie Westmoreland



Recipes Passed on From Members' Moms, Great-Grandmoms and Others

(Continued from Page 1)

cuss the dishes they submitted and to find out how their cooking and tastes may have changed (or not) over the last 25 years.

A Way to Remember Mom

Laura Richlin has been a Co-op member since she and her boyfriend (now husband) moved to Germantown in 1991. At the time she contributed to the cookbook, she was pregnant with her daughter, the younger of her two children.

"This was part of my mourning process of losing my mother," she said. "She was my cooking inspiration. Being part of this project was a way of memorializing her and sharing her recipes with everybody."

Laura's mother died in 1995. Her "Sumptuous Strawberry Soup", a chilled summer soup with fresh strawberries, orange juice and club soda, is the first recipe in the cookbook. In Laura's notes from the original submission, she wrote:

Growing up in New Jersey, we always went strawberry picking. We'd spend what seemed like hours in the field with my mother, picking and eating. After a few days of gorging on strawberries, making strawberry jam, and other things, we were sick of strawberries. That's when Mom would make this soup. And I never got tired of it.

Laura submitted three additional recipes. "Phyllis' Favorite Vinaigrette" is her mother's recipe for a simple but elegant salad dressing. She still makes it for others, but "the irony is that I just don't use salad dressing anymore," because she's more concerned about the additional calories.

In preparation for our conversation, I made another of her submissions, Mexicali Bean Salad, which features chickpeas and string beans. The idea for it originated while Laura was standing in line at the Co-op, talking with another shopper. My test salad was tasty, but I found the amount of olive oil it called for to be a bit much.

"Yes, I would probably add another can of beans to that," she said. She also suggested adding roasted corn. (The recipe printed below is her most recent version.)

Laura's fourth submission was Nona's Ricotta Cheese Cookies, which she got from her college friend's great-grandmother. She and her friend translated the recipe from Nona, who didn't use measurements and spoke with a heavy Italian accent.

I tried the recipe, which was delicious and easy to make. The note in the book says it serves four, which Laura said was an error. "It should have said serves 40, or



Laura Richlin and her daughter Ari Haven preparing to make Mexicali Bean Salad using her original recipe from the Weavers Way Cookbook.



Mexicali Bean Salad made with Laura's updates to the original 1998 recipe.

makes about 40 cookies," she said. I made a half batch, and it was enough for a dozen people!

Sadly, the cookies will not be baked in Laura's house anymore because she no longer eats gluten. But the cookie monster in me promised to pick up the slack; I plan to make it one of my go-tos. I don't pretend to be a prodigious cook, but I can follow good instructions.

"My mother said, 'If you can read, you can cook,'" she said. "And she was right."

Cooking for kids changed Laura's need for precision. "I realized that now, 25 years later, I'm much more of an intuitive cook," she said. But she is "fussier about ingredients." Fortunately, the Co-op is still around to help with that.

Promoting good health is a professional goal for Laura. She is a certified Kabbalistic cranial therapist and provides integrated health education services to help clients who seek emotional and spiritual well-being. For more information about her practice, go to www.kabbalahenergyhealing.com.

In upcoming issues of the Shuttle, I will report on my conversations with other Co-op members who contributed to the Co-op's 25th Anniversary cookbook. Until then, Bon Appetit!

If you'd like to share your experiences of submitting a recipe for the Co-op's 25th anniversary cookbook, or of cooking recipes from the cookbook, email Barbara at shebarb@yahoo.com.

MEXICALI BEAN SALAD

(from the Weavers Way Cookbook: A Culinary Tapestry)

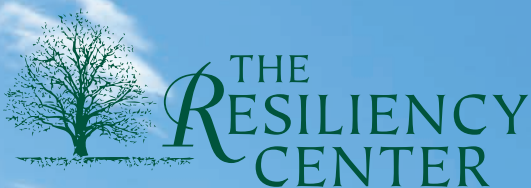
Ingredients:

- 1 ½ cups cooked chickpeas or kidney beans (canned are ok)
- 1 ½ cups lightly steamed string beans, cut in one-inch pieces
- 1 large clove garlic, minced
- 3 Tbs. olive oil
- 3 Tbs. lime or lemon juice
- 3 Tbs. finely chopped cilantro
- 1 fresh, hot chili pepper, seeded and chopped (optional)
- ¼ tsp. ground cumin
- ½ tsp. salt or herb salt
- Freshly ground pepper to taste

Combine all ingredients. Refrigerate at least two hours and serve.

Laura's 2023 update: That's still pretty tasty! I doubled the garlic and cumin and used ¼ teaspoon chili powder, instead of a fresh chili pepper. I also added diced carrots, just because.

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Plant and Gift Shop is an Outgrowth for Garden Design Firm

by Jeannine Kienzle, for the Shuttle

A NEW PLANT AND GIFT SHOP ASSOCIATED with a woman-owned garden design firm has sprung up in the former home of a garden shop in Oreland.

Calluna Plants and Gifts launched softly in April and had a grand opening in May in the space formerly occupied by Springfield Greenery. Their offerings include annuals, perennials, tropical houseplants, and unique gifts and home décor.

The shop is the sister retail store to HSB Garden Designs, which was conceived in the spring of 2020 by owner and founder Heather Suzanne Bishop of Glenside. During the last four seasons, the firm grew significantly and needed a new storage location. Bishop discovered the Paper Mill location, which included a retail space, was available to rent.

“When life gives you an opportunity, you take it,” she said. “I was looking for a landscaping yard and ended up with a retail store!”

Bishop loves creating spaces that make a person feel like the outside of their home has as much appeal as the inside. Gardening grounds her and reminds her that we are all connected to the Earth.

Many of the offerings at Calluna are in alignment with Bishop’s vision and would be familiar to Weavers Way

shoppers. The shop strives to carry wares and crafts from local artisans and makers, including Vellum Street Soap Company; Wissahickon Pottery; Craft Tea; Paper and Ax printmakers and woodworkers; Katydid Hill Farm herbal teas; Wild Fox Provisions hemp products, Honey Rose Botanicals holistic beauty products and more.

The company also strongly supports giving back to nature. When they’re not working on client spaces, the team volunteers for the ongoing Pennypack Ecological Trust reforestation effort in Huntingdon Valley. HSB has also enlisted cooperators from the Co-op to assist their crew. To date, they’ve planted over 150 trees and removed invasive species in their designated plot.

Calluna (the botanical name for heather, FYI) also has plans to roll out a series of workshops, events and pop ups. The shop is located at 2012 Paper Mill Road in Oreland and is open Wednesdays through Saturdays from 9:30 a.m.-5:30 p.m. and Sundays from 11 a.m.-4 p.m. Follow them on Instagram and Facebook: @callunaplantsandgifts.

Jeanine Kienzle is the manager of Calluna Plants and Gifts. She was formerly Weavers Way’s programs manager and buying assistant.



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A Crime Novel Stars Lots of Northwest Philly — and a Scene in the Co-op

by Karen Plourde, Editor, Weavers Way Shuttle

PAUL MERCURIO'S SOMETIMES HALTING JOURNEY to becoming a novelist began when he found the novel "South Street" by David Bradley in the paperback display of a local 7-11 in the late '70s or early '80s.

Mercurio, a resident of Lafayette Hill and a Co-op member, ended up enrolling in Bradley's writing classes at Temple University — a short story course first, and the following semester, one on novel writing. For that class, he completed a draft of "Rockland," the story of a Vietnam veteran-turned-cab driver, whose marriage has fallen apart. After reading the draft, Bradley told Mercurio, "Congratulations; you hit, a home run."

Bradley, who won the 1982 PEN/Faulkner award for his 1981 novel "The Cheneysville Incident", then worked with Mercurio to try to get an agent, with no success. Mercurio revised the draft a few times, got it to where he was happy with it, then ended up getting called back to Merck Pharmaceuticals, where he'd worked in the maintenance department before being laid off.

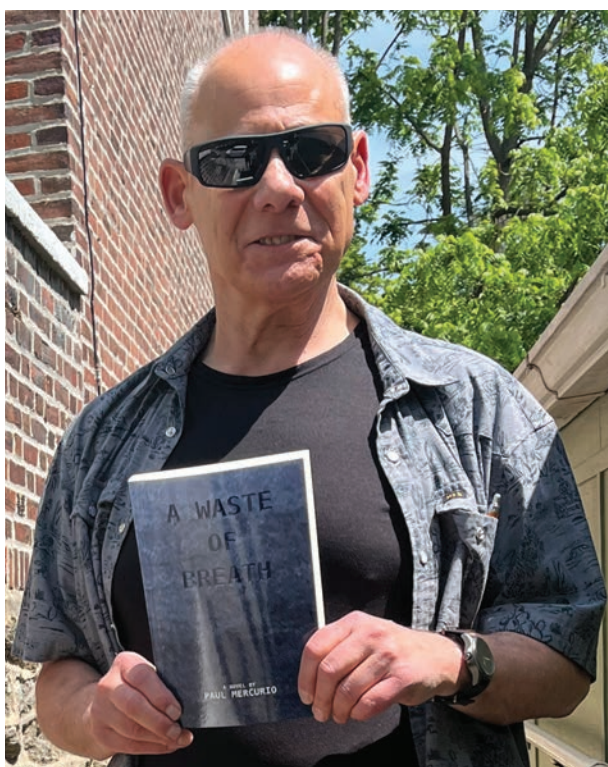
The manuscript got shoved in a drawer and gathered dust while he worked to support his family.

But the writing bug stayed with him. He had an idea for a novel about two brothers — one who goes to Vietnam and one who runs to Canada. The idea formed the basis for "A Waste of Breath," Mercurio's second novel, which he revised in 2021 and self-published last year.

Hearing Footsteps from a Shady Past

The book picks up the story of Frankie Breeze, the protagonist from "Rockland," post 9/11. He is remarried, sober, works 9 to 5 as a forklift driver, and lives in Roxborough with his wife, two young children, and his father, who's sick with cancer. His sketchy past catches up with him when the president of his union local is gunned down. Breeze's coworkers suspect a mob hit, but he has his doubts.

With some trepidation, Breeze revisits connections from his past to find out what happened, despite the potential danger to himself and his family. Meanwhile on the family front, his brother, Joe, from whom he's been estranged, drops in for a visit after 20 years and



Paul Mercurio

photo by Karen Plourde

quickly becomes more popular with his wife and kids than Frankie is.

"The character in the first book is a guy who's lost, who finds his way, even though it might cost him his life," Mercurio said. "The character in the new book... [is] a guy who's got it figured out. He's got everything a guy should want. He's got a wife and kids, he's got a decent job... so what's the problem? Why is he drawn toward the action?"

Mercurio believes that Frankie may be pulled toward his old life because he doesn't feel fulfilled in his job, and the trappings of everyday security aren't enough for him.

"I wanted to capture the idea of a working-class guy who has everything in front of him, who had a bad past," he said. "He should be able to move on, [but] there's just

something about falling into that everyday normalcy that... he just has a hard problem with it."

Chapter 25 kicks off with a scene featuring Joe Breeze and Frank's wife, Maggie, in Weavers Way Mt. Airy. Joe is as befuddled about the store as many first-time shoppers, and comments that he can't imagine Frank "shopping where people dress worse than he does." Fact-checking readers will note that Maggie says working members help with such tasks as running the register and doing inventory, which is no longer true.

As he did with "Rockland," Mercurio is donating half the proceeds from the sales of "A Waste of Breath" to the Marine Corps — Law Enforcement Foundation, which establishes a \$35,000 educational account for every child who loses a parent who served on active duty in the Marine or Navy Corps or in federal law enforcement. He was inspired to do so after reading an article in 2018 that stated 21 veterans commit suicide every day in the United States.

"I thought, 'You know what? They're probably going through the same things that [Frankie Breeze] was going through,'" he said. "Except this time, it's veterans of Iraq and Afghanistan."

Mercurio was able to donate \$2,200 to the MC-LEF from the sales of "Rockland" but, sales of "A Waste of Breath" have been slower, in part because he retired in 2021 and doesn't circulate as much as when he was working.

"For now, I'm just happy to get the story out there," he said. "I'm proud of the story, even more so than the first book [because] it hangs together correctly... I know enough about the genre that I know what works and what's fair."

The book contains some violent scenes and rough language; one scene in a South Philly deli is Sopranos-esque in its butchery. Mercurio describes "A Waste of Breath" as "a good crime story with a local flavor and blood and guts."

The book can be purchased on Etsy at [Etsy.com/shop/paulmercuriobooks](https://www.etsy.com/shop/paulmercuriobooks) for \$20. "Rockland" is currently on order but will also be available on the site soon.

A Gothic Victorian Haven for a Bridesburg Industrialist

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Saracinesca was designed by architects Hazelburst and Huckel for Harlan Page, a wealthy industrialist who was the owner and president of the Abrasive Company in Bridesburg. The company manufactured grinding wheels. Page's contributions helped Summit Presbyterian Church, located at Greene and Westview streets, to be built in 1895.

The house was built in a grand style with a billiard room, library, music room and nine bedrooms. It was an architectural example of the Gothic Victorian lifestyle in Northwest Philadelphia.

The porch and flaring stairs of the home have since been removed. The conical top of the tower has been replaced with a fat, crenellated one and the castle-like top above the arched windows has been removed.



West Mt. Airy Neighbors Historic Preservation Initiative

Mt. Airy is a special place with a distinct character; it earned that image because it is a diverse community of 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 require dedicated and active stewardship, and preservation of our historic resources requires conscious planning to be effective.

The goal of the West Mt Airy Neighbors Historic Preservation Initiative 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 wmanhpi@gmail.com.

—Adrienne Carpenter

A Guide to Visiting During the Valley Green Run Restoration Project

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

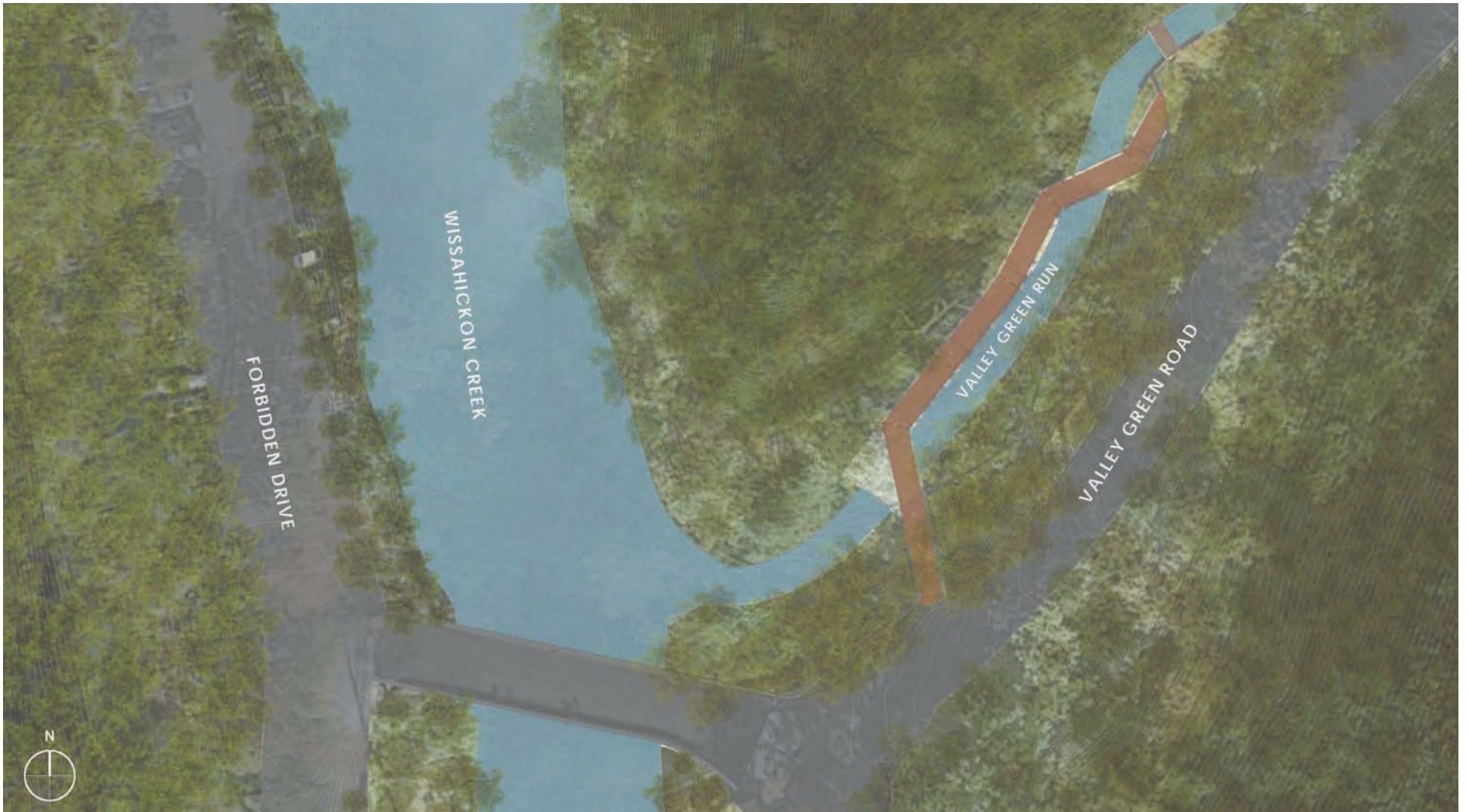


Image courtesy of Skelly & Loy, Inc., CVMNEXT Construction and Krieger Architects.

IN MY ARTICLE LAST MONTH, I ANNOUNCED THAT Friends of the Wissahickon will begin construction on our \$2.5 million Valley Green Run Restoration and Pedestrian Bridge Project in mid-July. The first phase of the project will reconstruct the Valley Green Run streambank and streambed to address years of worsening storm-induced erosion that led to the collapse of the adjacent footbridge in 2014.

The second phase will build a new pedestrian bridge to allow visitors to safely enter this popular area of Wissahickon Valley Park. A new observation platform along the 200-foot extended walkway will offer visitors expansive views of the park's schist outcroppings and the historic Valley Green Bridge.

Once construction begins, FOW expects that Valley Green Road will be closed for six months. During

this time, park visitors will not have access to the park via this road; the Valley Green Road upper lot will also be closed. However, Valley Green Inn will remain open during normal business hours. Parking for the inn will be available via Wisers Mill Road off Henry Avenue in Roxborough.

Trail Access and Safety Notes

Access to the Orange and White trails northbound from Valley Green Road will be closed for the duration of construction. The next closest point of access will be from the Hartwell Lane trailhead. Pedestrian traffic moving through the park will take the detour on Forbidden Drive from Valley Green Road to Rex Avenue. For cyclists, detour options to Forbidden Drive are available via Rex Avenue, Mt. Airy Avenue and Kitchens Lane. These detours can be viewed on www.fow.org/vgbridge.

When you're in the park near construction sites, slow your pace and keep children, dogs, and horses under control and at a safe distance. When approaching work locations, remove audio earbuds or headphones to be sure to hear any alerts. At all times, give heavy equipment the right-of-way and don't assume that equipment operators see you. Remember that work zones are off limits, even when crews aren't working.



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Volunteers Step Up to Reopen, Revitalize District School Libraries

by Lynn Selhat, for the Shuttle

MOST OF US CAN REMEMBER GOING to the library at our elementary school and the excitement of finding a book and checking it out. Unfortunately, many students in the School District of Philadelphia don't have that experience because school libraries were shuttered due to budget cuts.

But here's a bit of good news — over the last several years, volunteers from across the city have joined forces to reopen school libraries, including the one at John B. Kelly School in Germantown.

The library at Kelly reopened in 2016 through the efforts of Penny Colgan-Davis, a retired educator, and is once again a thriving part of the school. Volunteers, many of whom are Weavers Way members, read to classes, help students find books to check out, and get them excited about reading.

And their efforts have paid off. A fifth-grade student credited the program with sparking her interest in reading.

"When I was little, I did not like to read," she said. "When I first went to the library and they let us take a book to read for two whole weeks, I was so excited!"

In addition to hosting classes throughout the day, the volunteers also provide one-on-one reading support to second grade students, according to Corinne Brady, a Co-op member and program coordinator who noted that many of the school's "reading buddies" are also Co-op members.

In addition to their in-school efforts, volunteers have taken their mission out-



Doris Heise, a volunteer since 2018, with her reading buddy.

side of school through their "Books on the Go" program. By relying on book donations from the community as well as from Cradles to Crayons (via the Salvation Army), the group has distributed thousands of free books throughout Northwest Philly through partners like the Boys and Girls Club and Face to Face Germantown, and at events like the Juneteenth festival at Germantown Cricket Club.

Brady is currently looking for volunteers to start in the fall. She was thrilled to find out that the Co-op will allow library volunteers who are working members to apply six hours of their yearly time at Kelly to their annual work hours.

Volunteers don't need to have teaching experience, but they must go through training and submit required paperwork from the school district. The full volunteer packet can be found at www.philasd.org/face/volunteer.



photos courtesy of Corinne Brady

A group of John B. Kelly School's library volunteers pose with outgoing Principal Victoria Pressley, fifth from left.



Kelly students consider what books to check out during library time.

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E. Mt. Airy Community Garden Seeks Funds to Keep it Growing

by Anne-Marie Gincley and Sarah Claxton, for the Shuttle

A QUARTER-ACRE COMMUNITY GARDEN IN EAST Mt. Airy threatened by an up-and-coming nearby development has started a Go-Fund-Me effort that, if met, will allow it to stay in the neighborhood and continue to donate many pounds of fresh vegetables to families in Northwest Philly.

Werner's Community Garden, tucked away on the back half of a residential property next to the former Fred's Mt. Airy Motors on Mt. Airy Avenue, is an active site of farming, land stewardship, and community gathering. Participants are hoping to raise the legal fees to preserve the land and create a fund to support future operation costs and infrastructure projects.

This garden has persisted and provided since 2012, when members of nearby Gabbie's Garden on Chew Avenue tilled and organized the Werner's plot in response to interest from neighbors. It includes 34 growing plots, a variety of cane fruits, and a perennial garden with flowers and medicinal herbs. Currently, the garden has 17 members who tend their individual plots; 15 other plots are set aside to grow produce to be donated.

Werner's has always been community-led and mission based. The garden participates in the Pennsylvania Horticultural Society's City Harvest program, which provides seedlings and other assistance to make sure donated produce gets to where it's needed. In 2019, garden leadership changed and led to infrastructure improvements that included the building of a shed on the property and a redesign of the compost system. In addition, more of the growing spaces were designated for donation.

During the growing season, the garden makes weekly donations to Face to Face Germantown, which then uses the produce in hot meals and/or distributes it to families in need. Since 2020, Werner's has harvested just

over 3,000 pounds of produce for Face to Face, which also provides legal and medical assistance, clothing, a place to shower, a summer camp, and many other services.

Chef Altenor Vaval, director of food services and operations for Face to Face, believes that Werner's "has elevated the wisdom of community."

"They are helping us dignify our meals and as well extend our open market on Thursdays," he said. "Thank you, Werner's Garden, for being the seed of caring to our Germantown community."

Late last year, garden members learned that the parcels containing Fred's Motors and two multi-family residences were being sold to developer Stuart Udis, who plans to construct 12 townhomes and a 30-unit condominium. Since then, the group has been working to preserve the garden with the Neighborhood Gardens Trust, a nonprofit that has preserved over 50 community gardens in Philadelphia.

In order to simplify the preservation process and develop the properties cohesively, Udis will purchase the parcels that contain the garden and gift that portion to NGT. The final hurdle involves raising money for legal fees to complete the division and transfer of property, which will preserve the space in perpetuity.

Those involved in preserving Werner's believe that the garden fosters community and feeds its members along with a portion of the city. As a former member stated, "Joining Werner's Community Garden allotted me the space to not only connect with the Earth and my food, it also connected me to my new community. The garden offered me an encouraging, collab-



photo courtesy of Werner's Community Garden

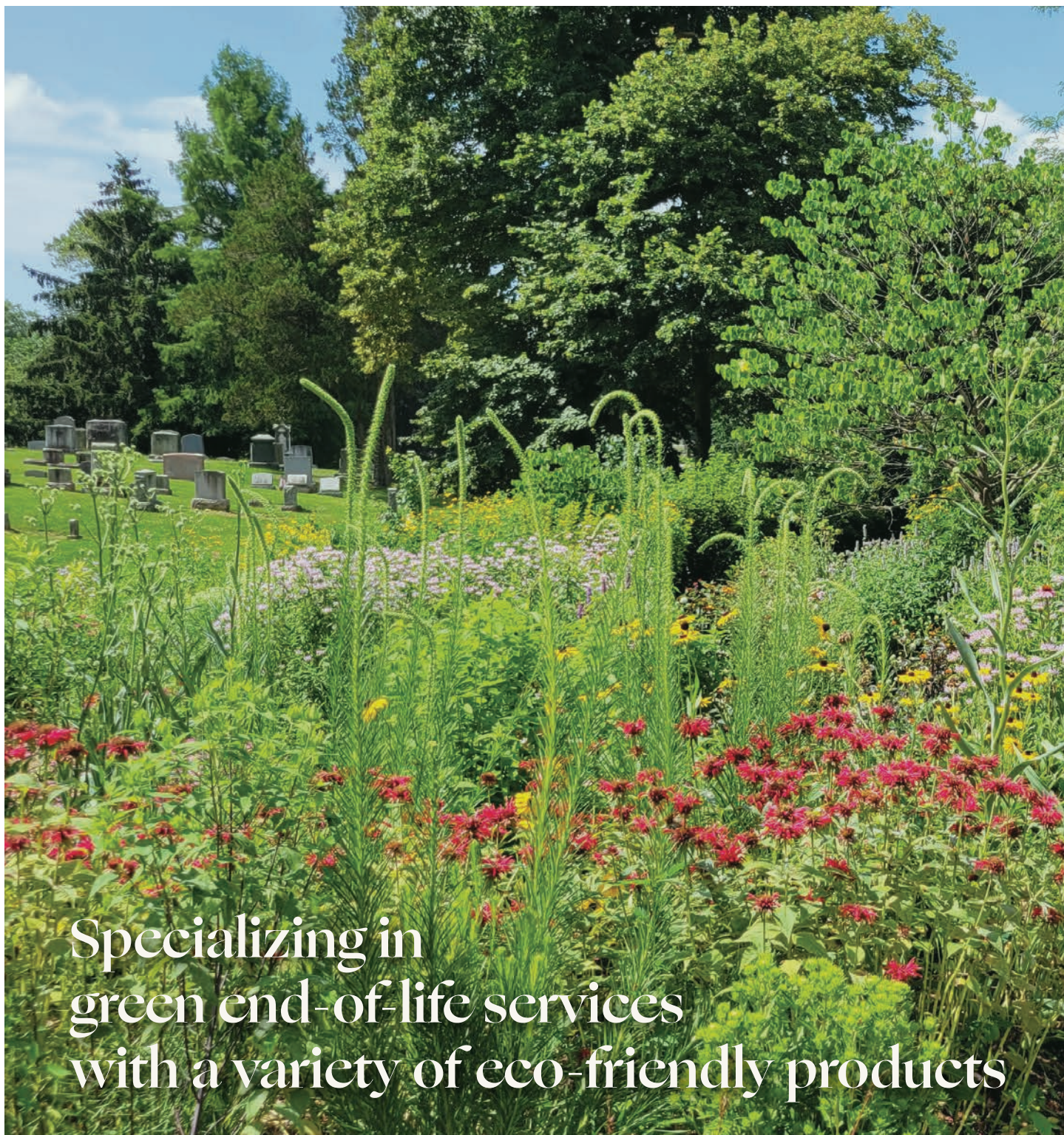
Anne-Marie Gincley, middle, the coordinator of Werner's Community Garden in East Mt. Airy, and another volunteer from the garden drop off a fresh load of produce to Altenor Vaval, right, director of operations and food service at Face to Face Germantown.

orative and intergenerational environment to learn and explore."

To donate, please use the QR code or visit www.wernerscommunitygarden.org/donate.



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The Backyard Beet

Savor the Magic: Homegrown Frisée from Garden to Table

by Chris Mattingly, for the Shuttle

THERE'S NOTHING MORE SATISFYING THAN growing vibrant greens at home. At Backyard Eats, we offer several unique greens crops to keep your cooking exciting and interesting, including frisée, a member of the chicory family.

Frisée tolerates heat better than traditional lettuces and has a slightly bitter flavor. It has tender, frilly leaves that are packed with nutrition.

Even new gardeners can harvest frisée with ease, thanks to our Harvest Toolkit, a comprehensive guide on how to harvest, store and cook your produce. We share the magic of homegrown food by creating customized gardens that help people transform simple ingredients into shareable “garden-to-table” memories and experiences.

Harvesting Frisée

Although this curly lettuce grows in a dense “head” close to the ground, you can harvest the entire plant by cutting it at the base of the rosette near the soil level with a sharp, serrated knife.

Next, carefully separate the layers of greens and wash thoroughly to remove any dirt or debris. Notice that the inner leaves are a creamy white color, while the outside leaves are green; this is a feature of the plant and doesn't mean that your plant isn't ready for harvest. Dry the leaves in a salad spinner before storing or serving.

With a little preparation, frisée makes a great addition to this Warm Bacon Vinaigrette Salad from Bon Appetit. The hearty leaves provide the perfect base for a rich, umami-packed dressing, easy homemade croutons and poached eggs.

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

FRISÉE SALAD WITH WARM BACON VINAIGRETTE

by Molly Baz for Bon Appetit

Serves 2

Ingredients:

- 1/4 baguette
- 6 oz. thick-cut bacon (about 6 slices)
- 1 large shallot
- 1/2 small bunch chives
- 8 cups frisée (about 1 large head)
- 3 Tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1/4 cup red wine vinegar
- 1 Tbsp. honey
- 2 large eggs

Directions:

Bring a medium saucepan of water to a boil. Meanwhile, tear baguette into 1" irregular craggy pieces (these will be your croutons). Cut bacon crosswise into 3/4" strips. Peel shallot, then thinly slice crosswise. Slice chives into 3/4" batons.

Thoroughly wash and dry frisée. Transfer to a large bowl.

Heat olive oil in a medium skillet over medium heat until shimmering. Add torn bread and stir well to evenly coat in oil. Reduce heat to medium-low and cook, stirring occasionally, until golden brown and crisp in some areas, 4-5 minutes. Don't crisp them all the way through — just brown them on the outside. Season with kosher salt and freshly ground black pepper and transfer to a plate. Let cool; reserve skillet.

Return skillet to medium heat. Cook bacon, stirring frequently, until just shy of crisp, 4-5 minutes. Add shallots and pepper and continue to cook, stirring occasionally, until shallots are just softened, about two minutes. Remove skillet from heat and stir in red wine vinegar, scraping bottom of skillet to collect all those yummy bits.



photo courtesy of Backyard Eats.

Frisée

Add honey, stirring to combine. Taste the dressing; if it needs more acidity, add a splash of vinegar. Every type of bacon will render a different amount of fat, and the fat will balance out the acidic vinegar, so use your judgment.

Poach the eggs: Crack each egg into small, separate bowls. Working over another bowl or the sink, carefully tilt bowl into a fine-mesh sieve, allowing the excess white to slip through. This leaves behind a smaller orb of egg white that surrounds the yolk and ensures that your poached eggs won't have scraggly tail bits. Transfer egg to a medium shallow bowl. Repeat with remaining egg and transfer to same medium bowl.

Carefully lower rim of medium bowl into saucepan of boiling water. Tilt bowl so each egg gently drops into the water, one by one. Turn off heat and set a timer for three minutes. Poaching the eggs in hot, unmoving water allows them to cook super gently.

While eggs cook, toss lettuce, bacon vinaigrette, croutons and chives to combine; season with salt. Divide salad between bowls.

Using a slotted spoon, scoop up each egg and lightly blot on a clean kitchen towel or paper towels to remove any clinging water. Transfer egg to top of each salad; season eggs with salt and pepper.



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photo by Anna Lee Lapinski.

Mandi Kidd of Mt. Airy is a three-for-three Co-op shopper, but especially enjoys the bulk selection at our Ambler store, where she hauls her collection of reusable jars for Weigh It Weekend every month. Her family's favorite bulk items are a trail mix with peanut butter, chocolate chips, cashews and almonds. They also enjoy the freshly ground almond butter and raw cashew pieces. Mandi snacks on those and uses them in many vegan sauce recipes (she's vegan, but her family isn't). She shops weekly and gets most of her produce from the Co-op.

A Thoughtful, Nuanced Approach to Dealing with Garden Pests

by Marta Lynch, Farm Manager, Pennsylvania Horticultural Society

HOME VEGETABLE GARDENS ARE A WONDERFUL way to enjoy fresh produce throughout the growing season. However, growers are often challenged by pests that can damage or even destroy their crops.

When we talk about pests in the garden, it is important to remember that our garden is an ecosystem made up of a complex network of biological organisms (plants, animals, fungus, etc.) and their physical environment. The environment and these organisms are constantly interacting and influencing one another to create a delicate and ever-evolving balance of life. When we use pest management methods, we are impacting the balance of this complex network.

Fortunately, there is a system for dealing with pests: Integrated Pest Management. IPM is a science-based approach that takes this whole ecosystem into consideration. It's not a single method for controlling pests; rather, it's a decision-making process to incorporate into your gardening. IPM principles include pest identification, monitoring/evaluating, prevention and control.

The Importance of Bug IDs

Most insects in your garden will cause no harm or may even be beneficial. For this reason, it is crucial to learn what pests affect the crops you have and what the damage looks like. "The Organic Gardener's Handbook of Natural Insect and Disease Controls" by Barbara W. Ellis, Fern Marshall Bradley and Deborah L. Martin is a great resource for that. You can work backwards, first looking at the damage and then narrowing down what type of pest might have caused it.

When trying to ID an insect, remember that they go through metamorphosis and can look extremely different at each life stage. Once you have an ID, learn the life cycles and host plants of the pests you have in your garden and region. This knowledge empowers you to make the best management decisions. Common pests in the Philadelphia region include leaf miners (both allium and beet/spinach), Colorado potato beetles, cabbage white butterflies, cucumber beetles (both striped and spotted), harlequin beetles, tomato horn worms, flea beetles, root maggot flies (both cabbage and onion), squash vine borers, Mexican bean beetles and many more.

The Need to Get a Look-See

Frequent monitoring of insects and evaluation of dam-

age in your garden is the building block to a good IPM program. At least once a week, you should be walking through your garden and observing it in detail. What insects are present and what life stage are they in? How many of these insects are you seeing? Where are they located? Do your plants have any physical damage? If so, how much? Evaluate what you are seeing and consider whether you need to do anything.

Seeing a couple pests or a small amount of damage doesn't mean control methods are needed. For example, if you find a tomato hornworm on your plant, and it has only eaten one branch, consider leaving it to get parasitized by a Braconid wasp, thus supporting the Braconid wasp population in your garden. However, if you find a tomato hornworm has eaten half of your tomato plant, you may want to act.

Worth a Pound of Cure

Prevention is the first line of defense in IPM, and some simple strategies can prevent pest populations from becoming a threat. Strategies and tools used include adding beneficial insect/organism habitat; using pest and/or disease-resistant plant varieties; planting early or late (to offset with pest life cycles); practicing crop rotation, reducing pest habitat by keeping your garden weeded, and cleaning your garden at the end of each season.

The Different Paths to Control

If you have identified your pest(s) and monitored and evaluated damage, but find that preventative controls are no longer effective, consider using a combination of biological, cultural, physical or mechanical and chemical management tools.

Always first choose a control method that has the lowest amount of risk to other organisms and the environment. For example, it's often a good idea to pull out all your brassicas in July to disrupt the harlequin beetle's life cycle. Physical or mechanical methods, like covering plants with bug netting, will pose the lowest risk.

Biological control involves using natural enemies—predators, parasites and pathogens—to control pests. Examples include green lacewing larvae, ground beetles and minute pirate bugs. ARBICO Organics is a great resource for determining what biologicals can be used to control certain pests.



When all else fails, you can use a chemical control. These can be extremely effective but can also pose a higher risk to other organisms and the environment. It is important to use chemical controls prudently, because pests can become resistant to them if the chemical is overused.

When choosing a chemical control, know if it is a targeted or broad-spectrum chemical. Using organic chemicals doesn't always mean safety for other organisms. Pyrethrin and copper sulfate are organic chemicals that are extremely effective in killing your targeted pests, but they also kill beneficial insects and pollinators. Well-timed and targeted use can reduce the potential harm to other organisms.

A good IPM program will look different for each garden. Identifying, monitoring and evaluating your garden pests year after year will allow you to learn the rhythm of pest pressure in your garden and make better informed decisions going forward. Don't be discouraged if you lose crops to a pest—that is more data that will inform future preventative tools and strategies.

By employing IPM principles, you can ensure that you are making more environmentally friendly pest management decisions while ensuring a bountiful harvest from your vegetable garden. Happy growing!



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The Wasteful Use and Coming Shortage of Phosphorus

by Sandra Folzer, Weavers Way Environment Committee

PHOSPHORUS IS NOT A FAMILIAR MINERAL, LIKE calcium, but it is the second most common mineral in our bodies. While our bodies need phosphorus for strong bones and teeth, protein absorption, regulating hormones and relieving muscle fatigue, it is unclear how much we need.

Foods that contain phosphorus include meat, dairy, poultry, eggs, nuts, legumes, seafood and whole grains. Some say phosphorus is needed for healthy kidneys; other scientists say too much harms them. So, like much else, we need a healthy balance.

The earth also needs a healthy balance of phosphorus. Our soil is not productive without it, so fertilizers are used freely to increase productivity. The problem is that there is a limited supply of phosphorus, which is obtained by mining. Morocco and western Sahara have the largest deposits; China is next, followed by Algeria. Last year, U.S. phosphate mining fell by one million metric tons from 2021, according to an article last month in Investing News.

Scientists are worried that we're facing a future crisis, since food production globally will be affected by any shortage of phosphorus. Professor Phil Haygarth of Lancaster University was quoted in an article in the March 12 edition of The Guardian as saying, "We have reached a critical turning point. We ... (have to) be an awful lot smarter in the way we use phosphorus. If we don't, we face a calamity that we have termed, 'phosphogeddon.'"

I apologize for bringing to light yet another problem. Who knew there was a shortage of phosphorus? Isaac Asimov once said, "Life can multiply until all the phosphorus is gone and then there is an inexorable halt which nothing can prevent."

We might blame the imbalances in our society as the cause, like so many other problems. Many feel entitled to use fossil fuels and water freely, as though there were an endless supply, despite the shortages present in poorer countries.

Fertilizer that contains phosphorus is used generously on farms. The soil can't absorb it all, so the remainder gets washed into our streams and rivers. When animals eat plants fertilized with phosphorus, they excrete it. This becomes a problem on factory farms, at which thousands of animals are concentrated. Their excessive excrement washes into the local waterways and feeds harmful algae blooms, causing them to grow abundantly and use up the oxygen.

Currently, some of the world's largest bodies of water are "dying." The prolific algae are causing dead zones in Russia's Lake Baikal, Africa's Lake Victoria and parts of the Gulf of Mexico. Lake Okeechobee in Florida absorbs about two million pounds of phosphorus a year from agricultural runoff, a deadly concentration. Lake Erie is in trouble due to concentrated animal feeding operations in northwestern Ohio where millions of cows and pigs excrete phosphorus into the waterways.

Since these dead zones lack oxygen, fish and other creatures can't survive. Another problem is that as the algae die, they produce methane, which contributes more to climate change than carbon dioxide.

While we have too much phosphorus in our waterways, we are running out of it to use in fertilizers. As the world population increases, we will have diminished food supplies due to our lack of phosphorus. Meanwhile, we are killing the fish in waterways, another source of food. So what do we do? Here are a few suggestions:

- We should revert to early farming practices in which some of the land is left fallow, allowing the nutrients to build naturally without fertilizer. Smaller farms also use animal waste to restore nutrients.
- We should stop depending on factory farms for our food. While it is cheaper, it is ruining our soil. We could end tax breaks for corporate farms, making them less desirable. We could subsidize smaller farmers to enable them to make a living. We could even tax large farms to help pay the cost of remediation. They could be forced to allow some fields to lay fallow or to rotate crops to allow the soil to recuperate.
- The Rich Earth Institute in Brattleboro, VT, strives to recycle human urine, which contains phosphorus, to enrich the soil, a practice known as "peecycling." Participants can drop off their "donations" at specific locations or may pay to have them picked up. Urine contains nitrogen as well as phosphorus, so it may be used as a fertilizer. It also keeps the phosphorus out of the waterways. One of their slogans is "Pee the change you want to see in the world." They process about 12,000 gallons yearly, which is not much when you consider that New York City residents produce about a billion gallons of urine annually.
- *The Sustainable Phosphorus Alliance would like to see all animal manure recycled. If that happened, they believe it would cut the demand for mined phosphorus in half.



- The United States should end its promotion of corn biofuels, since they emit more CO2 than gasoline and are less efficient.
- *Reducing food waste would lessen the need for phosphorus-rich fertilizer, because then, less food would need to be grown. Presently in the United States, about 40% of food gets wasted every year, according to the website Rescuing Leftover Cuisine.
- Protecting wildlife and staving off extinction would help. Animals and fish naturally move minerals around the ecosystem via their urine, excrement and bones.
- Sewage plants could potentially separate out phosphorus to save for fertilizer. And governments could make wastewater treatment more efficient.
- Farmers could reduce their use of phosphorus by using it more efficiently, since so much is wasted in runoff. For example, farmers might apply it differently and avoid using fertilizer before a heavy rain. They could also use manure to replace chemical fertilizers.
- If people ate less meat, it would reduce the amount of fertilizer used for animal feed.

Many of the solutions I mentioned to reduce our need for mined phosphorus are systemic changes, like reducing factory farms and making sewage plants more efficient. So what can each of us do individually?

We can try to avoid food waste. We can eat less meat. And, yes, we can recycle our urine. It's not as gross as it sounds; it's just weird. I have done it in the past. Just leave a bucket with some water in the bathroom. (The urine should be diluted). Put the solution in your garden to use as a fertilizer within two days. It's full of nitrogen and phosphorus. No, you don't have to tell your friends.

WEAVERS WAY EVENTS AND OFFICE HOURS

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Bouquet Making Workshop

Saturday, July 15 10 a.m. - Noon
Henry Got Crops, 7095 Henry Ave.
Come with a friend or come solo and meet new friends. We will discuss details of how best to cut and condition flowers as well as tips for arranging a farm fresh bouquet. Vases and light refreshments provided.

Weavers Way Pop-Up Beer Garden

Sunday, July 16 1-4 p.m.
Amble Cafe
Raise your glass to local breweries on Sunday July 16th! Drink to these local breweries and distillery: Attic Brewing Co., Forest and Main Brewing Co., Tannery Run Brew Works, Widows Peak Distilling Co. Grilled Hotdogs from Dietz & Watson

New Member Orientation

Wednesday, July 19 6:30- 8 p.m.
Germantown Outreach Office
326B West Cheltenham Ave
We encourage all new members to attend a member orientation. Our in person orientation will include an overview of membership at the Co-op, how it works and why it's valuable. We'll explore our Online Member Center, discuss the benefits of membership and help you choose if working membership is right for you! You will receive 2 hours working member credit. The orientation lasts approximately 1.5 hrs. Questions? Feel free to contact membership at member@weaversway.coop or (215) 843-2350 ext. 119.

Saturday Story Time

Saturday, July 29 1:30-2:30pm
Germantown Outreach Office
326B West Cheltenham Ave
Families are invited to enjoy a read aloud of a book from the exciting Chase Books series written by Cousin John Butler! John Butler, is a sports journalist and educator who has turned his passion for writing into a series of childrens books. The Chase books are filled with adventure and feature characters of color that all children can relate to.

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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.

This past month saw a first in my lifetime — fires in Canada affecting the air in Philadelphia, which is essentially a problem with our porous northern border. Many Americans are concerned about problems at our southern border with Mexico; now we have particles pouring in over our northern border. Apparently, there is no stopping this migration. When trees burn, they are converted into fine particles and gasses which can travel easily on the wind.

This reminds me of "Star Trek", in which a device called a "transporter" could dematerialize a person into energy, send that energy to a destination, and then rematerialize that energy back into the person. With the advent of AI, I'm thinking we should be able to capture the Canadian forest particles and gasses and rematerialize them back into Canadian forests. So many people are afraid of AI, but we should encourage our engineers to find the upside of it.

In technology-related food news, our government recently gave the approval for two companies to produce cultured meat (also called "cultivated" meat). Both the U.S. Food and Drug Administration and the Department of Agriculture are involved in keeping our food supply safe, and both have granted approvals to Upside Foods and Eat Just's Good Meat. (Note: We've been carrying their Just Egg for a couple years.)

There has been much conjecture and speculation around cultured meat. Touted



benefits include that it's better for the climate than traditional meat and involves less animal cruelty. Critics claim it will be expensive and still requires lots of energy to produce.

Cultured meat is produced using bioreactors and is a complex technological process that requires specialized equipment. Production methods may have to differ between mammalian and non-mammalian species.

So far, the main product that's being planned is cultured chicken. There is some thought that a "scale-out" scenario may work better than a "scale-up" scenario. The former would involve smaller, decentralized production units (i.e., like in a restaurant) as opposed to large production facilities like most food production plants.

Either way, it occurs to me that when you have living cells, they will likely still need sources of nutrition, oxygen, water and similar life essentials and will still produce waste. So the net result of cultured meat will have to wait until there is more experience with using it and data to see if it's truly beneficial.

One thing I learned from growing up in the '60s and watching the TV show "F Troop" is that there is no "free lunch" (Season 1, Episode 16). People might remember that insects were once touted as an alternative protein source with the ability to help feed the world while lowering environmental impact and animal cruelty. The Co-op sold crickets for

(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)

a while a few years back; they were kind of a dud in Mt. Airy but did sell a little in Chestnut Hill. Ultimately, they didn't catch on well enough to stick.

I envisioned including a pan of crickets in the salad bar someday, but, alas, it was not to be. This may be because insects don't look like the food we've become accustomed to, but I don't think cultivated meat will have this issue. The food industry has gotten pretty good at making food look like whatever they want it to — for example, Pepperidge Farm Goldfish.

suggestions and responses:

s: "I got laundry soap nuts at Mom's Organic Market in Center City that I've been using for months, and I think they work well! They're from Nepal, are reasonably priced (although I can't remember the specific price). They're cheaper per load use than Meliora, which I also have been using. They come in a small cardboard box and the contents and container are 100% compostable. Can we carry and promote these? Is there a "trial" procedure for new product? I understand there is going to be a Merchandise Committee. Is it active now? To whom else should I be sending this? Thanks."

r: (Norman) Once upon a time, decades ago, we had a Merchandising Committee that weighed in on product line decisions (RIP, Fred Novin). These days, product line decisions are up to our staff buyers; there is no committee. There is also no formal trial period; it's our buyers' judgment if something is selling well enough to justify stocking it, and things like sales, labor, space, and margin are all factors. We had soap nuts back in 2012. They didn't sell well enough to keep, but maybe it's worth another try.



**I envisioned including a
pan of crickets
in the salad bar
someday, but, alas,
it was not to be.**



We can let our buyers know about your request. Do you know the brand, or can you send a pic of the package? I didn't see any soap nuts listed in our main supplier's catalog, but sometimes things are hard to find in their database, so a UPC or a brand name can help.

s: "I'm curious about Nature's Path Crispy Rice. This product seems to be quite the engineering feat. It seems to be reconstituted; all the "grains" are the same size and shape. I would rather have real rice grains that are crisped up than a product that has a big manufacturing process. Thanks."

r: (Norman) The response from Nature's Path about how the "rice grains" are created: "For our Crispy Rice, the

organic ingredients are kneaded into strands of dough, which are extruded. It is then cut and toasted." A little web research also turned up this for some rice-based products: "Bumped" rice grains are derived by partially cooking and dehydrating them. They then heat them so that the outer layer plasticizes/hardens, and then slightly press or "bump" them using a flaking roller. So it looks like while Nature's Path rice is made from a batter formed into rice shapes, other rice cereals and snacks may be made differently.

s: "Will our new Germantown store have a big pet food and supply section like Mt. Airy and Ambler?"

r: (Norman) Our current plan is to start with a relatively moderate pet section and see how it goes. We were thinking many shoppers will still go to Mt. Airy for pet needs, but we can respond to what the community wants. To some extent, because the Germantown store has so many apartments within five blocks (in the range of 2,000), some of what we stock will serve that segment of the customer base.

s: "With so many companies now allowing working remotely to be acceptable post-COVID, would Weavers Way consider allowing members to complete their member work shifts remotely?"

r: (Norman) Not yet, but maybe soon. With the development of robotics, we will soon have robots in our stores that you can control from home. So you can sweep floors, pack raisins, wrap cheese, etc. remotely. It will be less social than in-person work, but we have to go where the market leads us. With working from home, delivery of food and Amazon items, and the internet connecting us to so many other people from our homes, it seems we are evolving into the next species of human: Homo homatus.



WEAVERS WAY ENDS

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

AS A RESULT OF ALL WE DO:

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

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

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

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

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

END 6 The local environment will be protected and restored.

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



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Game On! Liven Up a Summer Walk by Paying Attention to Details

by Kristy Morley, Senior Naturalist, Wissahickon Trails

SCHOOL'S OUT FOR THE SUMMER BUT nature is still in session! If you're looking for fun and free outdoor activities to do with your family, we have a couple of suggestions.

Take a Rainbow Walk

Look for the colors of the rainbow while on a walk, then take a photo of what you find and make a collage. Do it on multiple walks and see how the colors change throughout the season. Alternatively, pick one color and find as many items of that color on a walk.

Go on a Sound Safari

Listen quietly for 30 seconds. How many sounds do you hear? Try to describe the sounds, even if you aren't sure what's making them. Compare the sounds in your

neighborhood to the sounds on a trail. What sounds are different or the same? Listen at sunset to hear creatures like katydids and owls.

Use Identification Apps

Screens aren't necessarily a bad thing! iNaturalist is a great resource to help identify insects and plants, while the Merlin app can help you identify birds and bird songs. Both can be downloaded to your smart phone or device. We recorded a tutorial for using iNaturalist on our YouTube channel: Visit [Youtube.com/@WissahickonTrails/videos](https://www.youtube.com/@WissahickonTrails/videos) and check it out.

Plan your visit to one of our 12 nature preserves by visiting [wissahickontrails.org/explore-the-watershed/find-your-trail](https://www.wissahickontrails.org/explore-the-watershed/find-your-trail).



WMAN Reviving Mt. Airy Arts Alliance and Directory

by Josephine G. Winter, Executive Director, West Mt. Airy Neighbors

ONE OF WEST MT. AIRY NEIGHBORS' MOST imaginative efforts began in November 1988, when the Mt. Airy Arts Alliance was formed. The initial purpose of the core group of 10 was to identify those living in and around the neighborhood who were professionally or personally involved in the arts.

The arts alliance's first directory was published in October 1989 in the Mt. Airy Express and included over 150 talented individuals. The artists listed on those pages "provided countless opportunities for persons young and old to see the world differently, to hear new sounds, to laugh and to cry, to feel something for the very first time, to reach new personal heights," wrote Nancy Goldenberg, former chairperson of the arts and cultural alliance. Unfortunately, programmatic shifts and changes in personnel led to the dissolution of the alliance in 2008, along with the directory.

During these post-COVID times, providing community-based opportunities for people to gather for

joyous occasions and creative inspiration is critical for healing and rebuilding bonds that were weakened during the past few years of fear and isolation. Since we all know that Mt. Airy is buzzing with creativity, this seems like the perfect time to revive the alliance and directory. So that we can include all creative people in our community, our alliance advisory board has recommended renaming this effort Mt. Airy Creative Alliance.

WMAN has launched an online enrollment form and invites visual artists, musicians, culinary artists, makers, performers, builders, craftspeople, landscape architects, lighting designers — truly anyone in a creative field who could benefit from being connected in this way — to join or rejoin the Creative Alliance.

Find out more about this FREE community building effort TODAY by visiting bit.ly/3reLfQp or scanning the QR code (right).

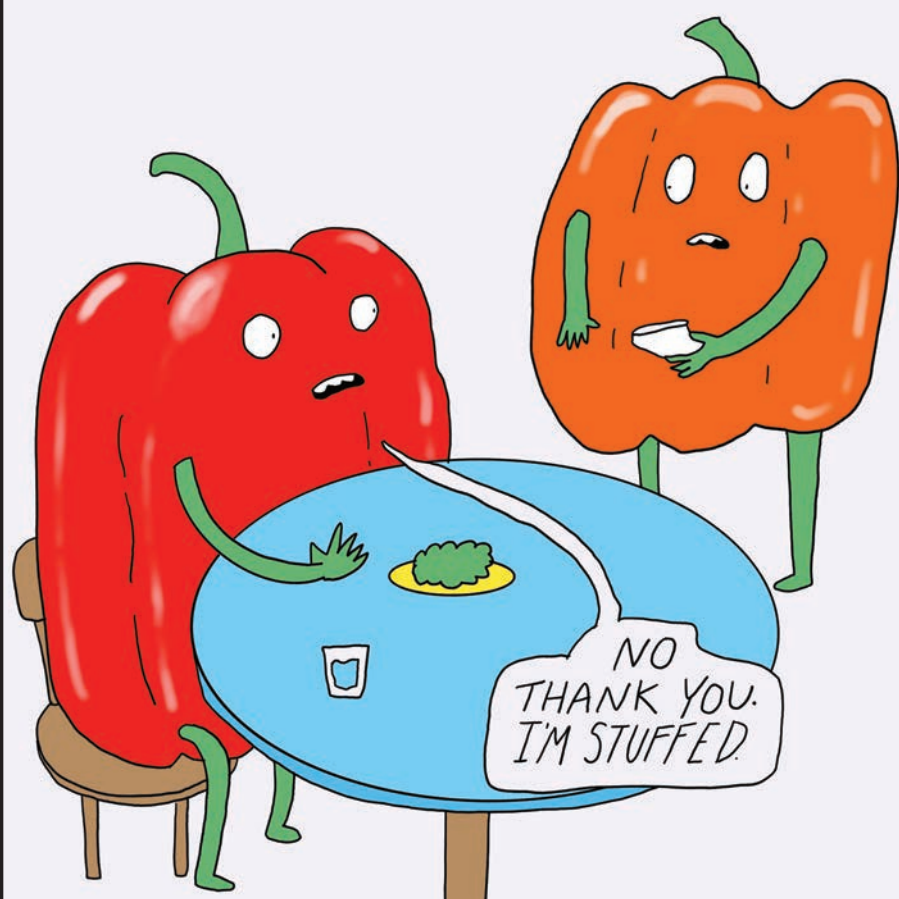
Our goal is to include at least 200 names, along

with contact information and samples of work in both print and online formats, and release the directory at the Mt. Airy Arts Festival at Allens Lane Art Center on Sept. 9. We would love help in further shaping and executing this vision. If you would like to get involved, please email me at josephine.g.winter@gmail.com.



Locally Grown

Illustration by Alli Katz



Join us at our Saturday Socials!

Every Saturday - 10am-12pm

@ Market at the Fareway in Chestnut Hill

Arts & Culture • Film Discussions • Community Connections
Social Gatherings • Ride Share • Social Justice Engagement

NorthwestVillageNetwork.org

267-571-9697

Artists in Our Aisles



Sondra Rosenberg

Sondra is an artist and art therapist based in Mt. Airy. She studied visual art at Oberlin College, earned her master's in art therapy at New York University, and has had her art featured in various exhibits and publications. She works within a variety of media and subject matter but has recently been focused on watercolor house portraits and pet portraits in acrylics.

Sondra is currently open to local commissions. She approaches each portrait with an eye toward capturing the unique qualities and spirits of her subjects and imbuing each work with a deep sense of authenticity and emotional resonance.

www.sondrarosenberg.com



SUBMISSIONS NEEDED

We want to feature your art in the Shuttle!

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

- (Two) 4" x 6" high-resolution images (300 dpi)
- A short bio
- A short statement about the work
- A head shot
- A link to a website if you have one

Weavers Words

ODE TO A CROSSWORD PUZZLE

Nightly, I take you to bed,
relying on your black and white squares
to quiet my mind. You soothe
the rough edges of the day
as sorrowful news follows me to sleep.
Mulling the cells of your grid, the nib of my pen
scratches letters in small boxes
as if your humble blueprint could staunch
heartaches that haunt my sleep-
bullets, drones, sufferers under rubble-
and for a few minutes each night,
lulled inside your neat borders,
neat as sheets tucked tight,
I find balance in an unbalanced world.

—Sara Wenger

Editor's Note: This poem was written "a long time ago" by frequent Weavers Words contributor Jan Jee Bean. She sent it after hearing of the death of Weavers Way Mt. Airy staffer Terry Powell on May 15.

AFTER I'M GONE

You might say,
"What do I care, I'll be gone?"
into the darkly beckoning realm.

Like a photograph:
a recalled fragment. Inert, cold.

Or like a mirror next
to a rose. I will be like that.

The living will still bloom
brightly among the thorns.
The stars will still decorate
the dazzling black ceiling like pearls.

But notice
my lingering potency. It no
longer comes from what I generate.
Rather, from the joy or bitterness
I evoke in the living.

Let me, therefore,
live today as if my form stands
guard on the future: saying,
"I matter."

Let the living say,
"He cared
that water fills the pond;
that monarchs congregate
like shaggy drapery in jungles;

that bright, colored fins dart
through the stony boughs of
coral trees; even that
the bees still sting."

Most of all, though,
let them say, "He was my friend."
"We guided each other." "He left
behind this smile."

—Jan Jee Bean

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.



Imagining a World Without Waste

Please Take Our Dairy Survey

Would you like to see more milk and dairy products sold in glass?

Some folks may remember when milk was delivered to homes in glass bottles, which were then collected when a new delivery arrived, allowing the glass to be reused countless times. Most consumers these days purchase dairy in a plastic container, or if organic, a paper carton, both of which most often end up in a landfill or incinerator after one brief use.

Would you like to see more dairy products in glass?

Please scan the QR code to take our brief survey



Although the Environmental Protection Agency says that close to 9% of plastics are recycled, many sources say that it's more like two percent. Most of the plastics on the planet today were manufactured in the last 20 years, and if the gas industry has its way, their production and use will increase exponentially over the years ahead.

As the gas extractors see that less of their product is needed to heat homes due to our transition to renewable energy, their search for new markets has pushed them into the manufacture of plastics. They have looked overseas and been successful in transitioning many reuse economies (where the infrastructure to collect and dispose of single-use plastics has not been developed), to single-use ones, which is helping to create a pollution crisis around the world and in our shared oceans. Natural resources and ecosystems are being pillaged by the inundation of unnecessary plastic.

As awareness of the myriad problems of single-use plastics is spreading, so is the movement to return to packaging circularity, in which a package or container can be used, washed and reused without ever entering the waste stream. A system of reuse takes a bit more work. Glass is heavier than plastic and paper and after the product it holds is consumed, it needs to be rinsed and brought back to the store or dropoff location.

But these are minor inconveniences for most, especially when compared to an ocean filled with more plastic than fish; landscapes, neighborhoods, and human and animal bodies full of plastic; ecosystems overwhelmed by plastic, and climate change, which is increased by the fracking of natural gas, the primary ingredient of plastic.

Weavers Way currently only offers one brand of milk in 64-ounce, returnable glass bottles, which may be larger than many people would like to purchase. Of the nearly 150,000 pourable dairy products sold in the last year, only 800 were cow's milk sold in glass and 450 were goat's milk sold in glass, which makes up less than one percent of the total.

The Plastics Reduction Task Force, in our efforts to increase packaging circularity, would like to gauge the interest of Co-op members and shoppers to purchase dairy items in returnable glass bottles. If you would like to help us in this effort and share your dairy purchasing habits and preferences, please scan the QR code above. Posters with the code will also be available to scan in the dairy sections of all three stores. Thank you and we look forward to your input.

—Hilary Zankel



Testing Dissolvable Labels for Returnable Containers

In 2018, when Weavers Way partnered with ECHO Systems to launch the Container Refund Program, we didn't know how it would go. We weren't sure if members would use the system, but we planned to slowly roll out the program to reduce economic risk to the Co-op.

Currently, reusable items can be found in the Prepared Foods departments of Chestnut Hill and Ambler, the bulk departments of all three stores, the delis in all three stores, and the produce department in Ambler.

This has been no small effort on the management and staff. The system is completely different than weighing a plastic single-use item, slapping a sticker on it and putting it on the shelf.

Many of you have noticed we still use disposable labels, which we are focused on changing. We have tested many different dissolvable labels, but some of them weren't designed for thermal printing, so they aren't compatible with our scanners.

After many tests, we have finally identified a suitable label. However, it's more than five times as expensive as a conventional label, so we will need a way to print specific labels for CRP items only. This requires a new packing method that needs to be in alignment with the state Department of Weights and Measures — the agency that makes sure that all our scales and labels are up to code. You should hopefully see those labels being tested in the coming months. They wash off completely with water and only a little effort. As you can see, doing the more sustainable thing and applying a circular method for merchandising can be a challenge.

PRTF has supported plastic reduction at Weavers Way, especially the CRP program. As someone commented about our recent plastic reduction survey, "If not the Co-op, then who?" This is exactly right.

Our co-op can show what is possible with reuse in grocery. It's getting attention as one of the first and most functional grocery reuse models in the nation. Each week, when shoppers purchase CRP items, an additional data point shows what's possible for waste reduction. To date, we have kept almost 17,000 containers out of the waste and recycling streams collectively, and that's with the program functioning at a fraction of its potential.

So, if you're standing at the shelf wondering if you should buy the regular plastic packaged product or the returnable option, consider using the returnable one. You'll pay upfront for the deposit on the container, but when you return it, you get your deposit back.

Be sure to wash CRP containers and lids before returning them. We have gotten many moldy lids, which then must be discarded. After they are returned, ECHO Systems staff sanitize the containers and remove lids and food residue. When people do their part in leaving stickers and markings off containers, it helps the Co-op keep the containers in circulation. Also, a timely return is always appreciated.

Thank you to everyone who continues to support the program. Let's keep it in good use by supporting and returning units. In turn, we will do our part to keep growing and improving plastic reduction at Weavers Way. If you have any questions, please email me at asharg@weaversway.coop.

If you are interested in joining PRTF, please email PRTF@weaversway.coop.

—Alisa Shargorodsky

Plastic-Free Skin Lotions

Being of a certain age, my once silky skin becomes more crepey by the day, so skin lotion has become a daily imperative. And given that most lotions — and many other skin care products — are packaged in some type of plastic, finding brands that come in plastic-free packaging requires some searching.

But it is possible. Here are a few of the options I've tried:



• Moon Valley Organics Lotion Bar

This lotion is a round bar in a metal tin, and comes in such scents as bergamot-geranium, coconut-lemon, lemon-vanilla, and lavender. I am always partial to lavender, so I have not tried the other varieties. You take the bar from the tin, rub it directly onto your skin, and then rub it in. It takes some getting used to, but I'm adjusting. The regular price is \$9.99, and it lasts a while.



• Lux Naturals Whipped Shea Butter

This cream comes in a glass jar, and is available in several scents, including unscented and lavender. It's actually a combination of shea butter, coconut oil, hempseed oil, (organic) tapioca starch, vitamin E and mineral pigment. It may be my favorite because it's whipped and has a lovely, creamy consistency.

Easy homemade alternatives

I've been using sesame oil — not the toasted variety — which I put into one of my many plastic squeeze bottles and add (of course) lavender oil. I apply that after a shower, which is helpful for increasingly dry skin.

I also sometimes buy food-grade coconut oil, which is available at all Co-op stores. It can be used by itself, and you can always heat it up to liquid (which it becomes in

the summer, anyway) and add an essential oil of your preference. Someone also suggested that you can make your own whipped shea butter/coconut oil mixture by using a hand mixer. However, I have not yet found any plain shea butter at the Co-op that doesn't come in a plastic vessel.

—Valerie Glauser





photo by Mary Pomichter, Water Tower Advisory Council

Weavers Way working members Peter Plimack and his daughter, Maya, tacked on an extra half hour of work to their cooperator shifts at Water Tower Park in Chestnut Hill on May 31. They mulched the shrubbery, pulled weeds and assisted with other tasks.

Georgia's Precarious, Ancient Spiritual Perch

THIS MONTH IN THE SHUTTLE AND eNews, the Co-op's Diversity, Equity and Inclusion Advisory Committee focuses on sacred wonders around the world.

Katskhi Pillar is an 11-story limestone monolith in the Republic of Georgia. At its pinnacle, this isolated, precarious place of worship houses a church, wine cellar, burial site and three hermit cells. Stylites, hermetic Christians who live on and preach from pillars and rigorously deny earthly pleasures, are credited with building Katskhi, possibly in the ninth or 10th century.

The public is only allowed to ascend to Katskhi's base, while local monks are permitted to make the 15-20 minute "straight up" climb from the base to the peak, using the "staircase to heaven's" thin steel ladder.

For over 20 years, Rev. Mazime Qavtaradze, a Stylite monk, has lived atop Katskhi and comes down weekly for worship and counseling. Qavtaradze has said that once he is too frail to climb, he will reside atop the pillar until he dies.

—Rosa Lewis



weavers way COOP
Racial Diversity, Equity, and Inclusion

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:** Cheryl Croxton
- Vice President:** Joshua Bloom
- Treasurer:** Gail McFadden-Roberts
- Secretary:** Jason Henschen
- At-Large:** Hillary Baum, Kristin Haskins-Simms, Benjamin Bartley, Michael Hogan, DeJaniera B. Little, Kacy Manahon, Esther Wyss-Flamm.

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- Assistant Store Manager**
James Mitchell
jmitchell@weaversway.coop
- Grocery**
Keith Souder, ext. 140
ksouder@weaversway.coop
- Produce**
Shan Wichmann, ext. 107
swichmann@weaversway.coop
- Deli**
Sebastian Agudelo, ext. 134
sagudelo@weaversway.coop
- Prepared Foods**
John McAliley, ext. 102
jmcAliley@weaversway.coop
- Meat and Seafood**
Mike Lawrence, ext. 104
mLawrence@weaversway.coop
- Bulk**
Juli Cardamone, ext. 142
jcardamone@weaversway.coop
- Bakery**
Andrew Joyce, ext. 305
Andrewjoyce@weaversway.coop
- Floral Buyer**
Ginger Arthur, ext. 317
floral@weaversway.coop
- Across the Way**
608 - 610 Carpenter Lane
8 a.m.-8 p.m.
215-843-2350, ext. 6
- Wellness Manager**
Sarah Risinger, ext. 114
srisinger@weaversway.coop
- Pet Department Manager**
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



NEW MEMBER ORIENTATIONS

New Member Orientations
 Wednesday, July 19, 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!

Vendor Fair Makes a Summer Splash in Ambler

photos by Miles Harasta

