

Fair Warning: As of Mar. 1, Paper Bags Will Cost You

by Danielle Sellers Mitchell, Weavers Way Sustainability Coordinator

FOR A LONG TIME, A SIZEABLE PORTION OF WEAVERS Way's membership, especially those involved in our Environment Committee, wanted to reduce the reliance on paper bags at checkout. So starting Mar. 1, we will begin charging customers 15 cents when they request a paper bag.

To ease the transition, we will ensure that customers have access to free or inexpensive reusable bags in addition to our usual stash of free boxes.

The Co-op has a long history of promoting sustainable ways of bringing groceries home. While most grocery stores heav-

(Continued on Page 6)



The Shuttle

JANUARY-FEBRUARY 2024 Since 1973 | The Newspaper of Weavers Way Co-op

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Co-op's Kitchens Ease Into Commissary Ops

by Karen Plourde, Editor,
Weavers Way Shuttle



Photo by Mills Harasta

Executive Chef Bonnie Shuman shows off a container of the Co-op's stuffing last fall.

THE IDEA OF CREATING A COMMISSARY kitchen for Weavers Way has been batted around for a long time. But with the opening of the Germantown store just around the corner — one whose kitchen will be less fully equipped than those of Chestnut Hill or Ambler — the need to act on the idea intensified.

So since November, Executive Chef Bonnie Shuman and members of the Co-op's Prepared Foods department have gotten ready for the change by making and packing large amounts of their fan favorites in Ambler (the store with the largest kitchen) and delivering them to

(Continued on Page 6)

Herb Hub Carries on Black Tradition of Plant Medicine

by Desiree Catherine Thompson



Photo by Katelyn Melvin, Katydid Hill Farm

Desiree Thompson, left, and Herb Hub co-organizer Kelly McCarthy pick up a donation of 50-plus gallons of tincture from Katydid Hill Farm in Orwigsburg in June 2022.

MY INTRODUCTION TO GARDENING came from my Nana, Dolores Thompson. She loved soap operas, James Baldwin and yucca. Her love of growing wouldn't manifest in me until years later, but I remember her teaching me with a patience and focus that was a blessing. It was one of my first lessons in the importance of passing down knowledge and history.

Being Black American often comes with the myth that because of chattel slavery, we are bereft of history and culture. It is true that with the forced separation from our land came disconnects between many of our practices and ances-

tors. But the traditions of growing plants and supporting our communities with plant medicine enabled Black people to maintain and express our innate indigenous practices.

The understanding of and intimacy with plants and herbs was vital to the treatment and prevention of illness. Stewarding our small plots of land was connected to reverence for nature, gathering and engaging in ritual and body autonomy.

I'd like to think that plants are also our ancestors. Working with plants reminds me to look to nature for what it means to be expansive and to be sup-

(Continued on Page 12)



Leadership Committee

How Becoming A Board Candidate Gets Done

by the Weavers Way Leadership Committee

NOW IS THE TIME TO TAKE A CHANCE and run for the Weavers Way 2024 Board of Directors. Through Feb. 29, there is a pre-election process that will take you through the steps to qualify for inclusion on the ballot.

Whether you would be a first-time candidate or have run for the Board before, or even if you have not yet served on a board of directors, the Co-op needs you to come forward and represent the Co-op's growing membership. Currently, our 11-member governing board represents more than 11,000 member households.

The qualities we're looking for in board directors are members with a passion for the Co-op, a range of skills, relevant life experience, curiosity, creativity and time. The Board should represent the socio-economic diversity of our membership, including range of income, age, ability and background.

Take a moment to imagine yourself in this important role, especially as our 50-year-old Co-op expands in size, the neighborhoods it serves and its complex-

(Continued on Page 6)

RUN FOR THE BOARD OF DIRECTORS 2024

Turn your commitment to Weavers Way into service on the Board!



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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



YOU'LL SEE THE NOTE WHEN YOU get to Weavers Words on p. 21, but another heads up can't hurt: Once again, we need more poems (or reflections).

I regularly get a few submissions from a small, dedicated group of poets, but they alone won't be able to keep the section going. I feel partly responsible for the dropoff, because Weavers Words was left out of a couple Shuttles late last year due to space constraints. But I'm committed to running it as long as we have content for it. And that part, folks, is up to you.

Maybe you were inspired by our first snow in two years (which may be but a memory by the time you read this). Perhaps the idea of a fourth Weavers Way in about a month makes your heart sing (it does mine). Maybe you're in mourning after the Eagles' early playoff exit. Whatever the spark, dig deep and send us a few lines. And if you firmly believe you aren't a poet, send a poem from someone else that means something to you and a sentence or two about why it does. Email your submissions to editor@weaversway.coop and be sure to type "Poetry submission (or reflection) for Shuttle" in the subject line. Happy creating!

I hadn't heard of the Philly Herb Hub (p.1) until I saw a listing for shifts in our Member Center a couple months ago. And I forgot all about it until our Germantown outreach coordinator, Camille Poinvil, mentioned it when we were discussing Shuttle story ideas last month.

The Hub's efforts to connect Black people with the plant medicine that's a vital part of their culture — and the information on how to use those herbs — is inspiring. It's the ideal combination of taking something someone has in excess and redistributing it to someone in need — for free. Plus, what's being distributed has been grown by someone else and is now not going to waste. That's good news all around.

Catch you in the pages in March.

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.

Philly's Mavuno Harvest: A Co-op Constant since 2012

IF YOU'RE A LOYAL PURCHASER of the dried fruits and nuts in our bulk departments, you may never have heard of the bagged organic fruits and nuts from Mavuno Harvest. But they've been part of the Co-op's packaged grocery lineup since 2012, are headquartered in Philly's Feltonville neighborhood, and have a mission and origin story worth hearing about.

The company was conceived in 2011 by Phil Hughes, a former Peace Corps volunteer who served in the small Kenyan village of Mitti Mingi. While there, he found out that on average, farmers were only able to sell up to one-third of their harvest; the rest was left to rot. He realized that if he could extend the life of the harvest by drying the fruit, new markets would be opened to the farmers, creating more income for them and reducing food waste.

In September 2011, Hughes returned to Kenya to start the company. He lived in Nairobi for six months, meeting suppliers, developing relationships, creating and acquiring packaging, and learning how to export, import and start a food brand — none of which he'd ever done.

Soon after returning to the States in March 2012 with a packaged product, Hughes met with the Co-op's then-General Manager, Glenn Bergman, and Purchasing Manager Norman Weiss. Along with agreeing to bring Mavuno products into Co-op stores (the first retail outlet to do so), they schooled Hughes on the nationwide co-op landscape. Bergman shared the full list of co-ops in the country at the time so Hughes could pitch his products to them.

A little over a decade later, Mavuno products are in



Photo Mavuno Harvest

Phil Hughes with a selection of Mavuno Harvest's products, including the best-selling dried mango.

over 3,000 retail outlets throughout the country and are available through many e-commerce sites. All orders are shipped from the Feltonville warehouse, which also handles the receiving of raw goods and packaging. They currently have 15 employees and plan to expand.

According to Hughes, when deciding to add a new product, Mavuno looks for clean, healthy ingredients, thoughtful sourcing and an impact that furthers their mission. They recently added dark chocolate dipped dried fruits that are made with organic dark chocolate grown and produced in Ghana. The workers are paid four times the minimum wage and provided with health care, and the entire management team is from Ghana.

In an email, Hughes summed up the company's goals as follows:

- Source and sell products which, through their cultivation, have a positive

effect on the environment.

- Get small-scale family farmers paid more by buying their fruit and creating jobs on the ground at fruit drying facilities.
- Grow a Philadelphia-based work force of good people who hustle and work hard to do good things.
- Deliver healthy and delicious foods to the American consumer that are organic, non-GMO, and are always free from any junk at an affordable price.

Mavuno Harvest's products are available in the grocery sections of Mt. Airy and Ambler.

—Karen Plourde



by Kieran McCourt, Weavers Way Ambler

Broccoli rabe is more than a savory addition to a hot roast pork sandwich. Its slender stalks, jagged leaves and clustered buds make it look like a shaggier broccoli, and its bitterness pairs well with other strong flavors.

If its bite is too strong for you, consider blanching the stalks for a minute or two. This will par-cook it, help mellow the flavor and allow the buds and leaves to maintain their vibrant green color. The extra step is less annoying when you include it in a pasta dish, since you can blanch the broccoli rabe, then cook your pasta.

Raw or blanched broccoli rabe can be sautéed or stir fried until softened and tender. Roasting it brings out its nutty flavor and variety of textures — tender stalks, toasty buds and crunchy leaves. In addition to dinner sides and lunchtime sandwiches, blanched rabe works well in egg dishes like frittatas or omelets.

More important than how you cook it is how to dress it up. Garlic and chili flakes are an obvious take, but this punchy green can also hold up to dried or fresh chilis, anchovies or parmesan for Italian-inspired dishes. And it can work just as well stir fried with ginger, miso and soy sauce. When roasted or grilled, it can even handle a final glaze with something sweet and acidic like balsamic vinegar, pomegranate molasses, orange juice and more.

Basically, broccoli rabe is a versatile vegetable. So switch up your usual brassica sides (broccoli, cauliflower, Brussels sprouts) for it from time to time.

the word on wellness

Follow this To Do List for a Healthier Winter

by Karen Palmer, Weavers Way Ambler Wellness Buyer

AS WINTER BLANKETS OUR SURROUNDINGS WITH ITS CHILLY EMbrace, our health requires more attention to weather the season smoothly. In this issue, I'll delve into the specifics of respiratory health and offer guidance on navigating the winter air and preventing and managing respiratory illnesses.

Be a Hydration Hero: Because winter air tends to be dry, staying well hydrated is your first line of defense. Sip on warm herbal teas, add slices of immune-boosting citrus fruits to your water and indulge in broths. These keep you warm and ensure your respiratory tract remains adequately moistened, which reduces the risk of irritation.

Maintain a Nutrient-Rich Diet: Elevate your plate with foods that support respiratory health. Load up on vitamin C-rich fruits like oranges, grapefruits and kiwi. Incorporate garlic into your meals – its immune-boosting properties can help fend off respiratory infections. Omega-3 fatty acids, which are found in flaxseeds, walnuts and fatty fish, can also contribute to lung health.

Boost Your Immunity with Supplements: Vitamin D is often in short supply during darker months, and supplementing with Vitamin D3 can support your immune system. Omega-3 supplements can be beneficial for their anti-inflammatory properties. Probiotics contribute to a healthy gut, which is closely linked to immune function.

Embrace Herbal Allies: Echinacea and elderberry supplements can offer immune support, while licorice root and marshmallow root may soothe irritated throats. Mullein and thyme teas are traditional choices known for their respiratory benefits.

Engage in Fresh Air Rituals: Even in winter, fresh air is vital. Bundle up and take short walks outdoors, ensuring your lungs get a dose of crisp, clean air. Indoor air can get stuffy, so crack a window for ventilation, especially when using heating systems.

Remember to Rest: Adequate rest is non-negotiable for a robust immune system. Prioritize sleep hygiene, create a cozy sleep environment and ensure you're getting the recommended hours of sleep each night.

This winter, let's be proactive in fortifying our respiratory health. By combining a nutrient-rich diet, strategic supplements and mindful lifestyle practices, we can cultivate wellness that withstands the winter chill. Remember, a well-nurtured body is your best defense against seasonal challenges.

Fun Fact ABOUT THE CO-OP

A Year Filled with Anniversary Tributes and Celebrations

by Karen Schoenewaldt, Weavers Way 50th Anniversary Planning Committee

For Weavers Way shoppers, 2023 got off to a sweet start, as 50th anniversary committee members served cake and cider at all three stores.

Other pleasant surprises followed, including a rollback to 1973 prices on a selection of popular items during our golden anniversary year. In addition, unique anniversary products were created in-house and by local businesses and vendors who collaborated with us. They included Juli's Retro Remix, a bulk snack mix; the '73, a sandwich put together by our Prep Foods staff; pear and almond butter ice cream from Zsa's of Mt. Airy and Golden Anniversary Blend coffee from Backyard Beans of Lansdale, to name a few.

The general membership meeting last May led off with a party featuring live music, a buffet dinner, an opportunity to purchase Co-op merch, and a performance from the renowned Shopping Box Drill Team. And our 50th was the theme for this year's Mt. Airy Village Fair on Oct. 1.

This year also presented opportunities to document the mission and history of the Co-op. The Big Picture Alliance produced a short and entertaining video. Planning committee members wrote fun facts on Co-op history for the Shuttle, and the Philadelphia Inquirer and Germantown Crier carried in-depth articles.



The celebrations extended to our farms. The Barn Bash on Sept. 9 at Henry Got Crops Farm at Saul High in Roxborough recognized Nina Berryman's work over 16 years as outgoing manager of our farms, fruit orchard and CSA program.

With nearly three-quarters of a million working member hours accrued over 50 years and a fourth store set to open this spring, Weavers Way's 50th anniversary is a testament to the viability of food co-ops. Many thanks to the members of the anniversary planning committee for their hard work: Santina Andretta, Hillary Baum, Barbara Rosin, Shelly Brick, Lauren Buckheit, Kristin Haskins-Simms, Joanne Jordan, Linda Schatz, Bonnie Shuman, Nicholas Taylor and, most of all, our committee chair, Nima Koliwad.



Our Bunches of Blooms for Valentine's Day

- Alstromeria (8 Stem) \$4.99
- Berry Love Supreme Bouquet (25 Stem) \$29.99
- Dozen Roses Bouquet \$24.99
- Eucalyptus Bouquet (5 Stem) \$4.99
- Red Tulips Bouquet (15 Stem) \$14.99
- Rose & Lily (2 Stem) \$7.99
- Single Stem Rose \$4.99
- The Sweet Shop Supreme Bouquet (24 Stem) \$29.99

MEMBER SPECIAL

FEBRUARY 9 - 15

Potted Orchid

Member Price \$17.99 Non Member Price \$19.99

Regular Price \$24.99



How Stress Responses Can Undermine Even a Strong Core

by Dan Vidal, for the Shuttle

YOU HAVE PROBABLY HEARD THAT YOU must strengthen your core to protect your back. Chances are that you already incorporate one or more core-strengthening exercises into your routine to address this, which is a step in the right direction. But it is likely that you are still engaging in one or more unconscious movements that are preventing you from using your core properly.

By “core”, I’m referring to the cylindrical structure formed at the bottom by your pelvic floor, at the sides by your abdominal and back muscles, and capped at the top by the broad, powerful muscle tissue of your diaphragm. These structures are designed to work together to create a pressurized chamber within your abdomen that, when functioning properly, supports and decompresses your spine as you move, and provides a base for coordinated use of your shoulder and hip girdles.

“So what’s the big deal?” you may ask. “I do plenty of work for my core. Doesn’t it function automatically? How am I not properly using my core when I’m doing all these exercises for it?”

Improper core use happens due to neuromuscular compensation. For various reasons, our bodies tend to take shortcuts when performing tasks, and many of us are stuck in a chronic stress response and don’t even know it. These are involuntary physiological responses to our environment, marked by specific neuromuscular patterns. We may hold our breath, tense our jaw, neck and shoulder muscles, and crane our heads forward. We may also engage in repetitive tasks that reinforce poor posture habits. Both can lead to a strengthening of spe-



Photo by Gabin Vallet for Unsplash

cific neuromuscular pathways at the expense of others, which can result in dysfunctional movement patterns.

Imagine you are driving on I-76. Now imagine you are driving on I-76 with the music blasting while texting your spouse and trying to calm an anxious toddler in the back seat. Is your driving going to suffer? Absolutely. You may run over a huge pothole and damage your suspension, or worse.

The same principle applies to the ways we use our bodies. Instead of implementing the mental focus to coordinate the actions of all our different muscles, the brain may take the path of least resistance and ask a handful of key muscles to do the job themselves. That may work in the moment, but in the long run, these dysfunction-

al neuromuscular compensation patterns have consequences.

I’ve treated hundreds of runners, yogis, weightlifters and sedentary people of all ages and body types, and many of them share the same dysfunctional movement patterns. This is because our physiological stress responses are essentially the same. Triggering them chronically can result in holding patterns in the body that can result in joint degeneration, inflammation, soft-tissue injury and chronic pain.

However, it is possible to correct these patterns and strengthen your core in a safe and balanced way. I have two initial objectives with my clients — to assess their ability to engage their core, and to help regulate their nervous system so they can feel safe.

If you’re renovating a house the right way, you start by addressing the foundation and working your way up and out. The body is no different. The integrity of the foundation of your body depends on your emotional state and your ability to transition through these states with ease.

Once these patterns are identified, clients are empowered to work to correct them. Many report a huge decrease in pain within a few sessions and a renewed sense of body awareness that extends to their fitness practices and enriches their quality of life.

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

Upcoming Programs for Adults & Children

Scan the QR codes for information and registration details for each program or class.



After School Classes

6 different 8-week courses covering topics and activities including archery, whittling, first aid, science, and art. Ages 8-12. Starting March 12th.



Wild Wisdom

A multi-season, hands-on foraging & cooking series covering ethical wildcrafting! Our 2024 series starts on April 20th.



School Day-Off Camps

On three separate school holidays this spring (Feb 19th, Apr 10th, Apr 24), Awbury Arboretum will be hosting a full day of camp from 8:30am - 3:30pm. Ages 5-12.



Herbal Aid

A 9-month herbal medicine series focused on growing & making herbal remedies for collective care! 2024 classes begin on Saturday, April 6th.



Visit our website: www.awbury.org or follow us on social media for the latest on programs & events.



Cooperators Help Lighten the Workload at Our Farms

by Alessandro Aschiero, Weavers Way Farm Production Manager

OUR FARMS WOULD NOT BE THE SAME WITHOUT the participation of working members. Last season, working members contributed 3,551 hours of work at our farm sites at Awbury Arboretum (the Mort Brooks Memorial Farm) and Saul High School (Henry Got Crops). They helped plant, weed, mulch and harvest, staffed CSA pick-up tables, worked events, and more!

The total number of cooperator hours at the farms last year is the equivalent of having three more full-time staff members working all season. It's made up of a constantly shifting mosaic of hands, hearts and minds that includes many of you. More hands usually mean lighter work for us, so we hope you'll consider joining us as a working member this upcoming season. You'll get to know the farmers and some of your neighbors while also growing nourishing food.

In case you aren't familiar with the working member program at the Co-op, check out the details below from our website. It's never too late to sign up!

"Volunteering at the Co-op as a working member is optional, but we encourage everyone to give it a try. Members who work develop relationships with the community, staff, farmers and vendors, and help make the Co-op a better place."

Working members receive all the benefits of membership plus an additional 5% off all purchases. Every new member is signed up as a working member for the first four months of membership and can immediately take advantage of the 5% discount.

Annual Work Requirement

- Six hours for each person over age 16 in a household.
- Any eligible person in your household can fulfill your total hours.
- When you join, we expect your work hours to be fulfilled within your first four months of membership; please contact the Membership Office if that is an issue for your household."

Source: <https://weaversway.coop/pages/working-membership>

Regular Weavers Way working member shifts at the farm sites are typically posted starting in April and run through November, although we occasionally post additional shifts in the off season. Anybody is welcome to volunteer at the farm (you don't have to be a member). For any questions about farm shifts or volunteering at our farms, please email me: aascherio@weaversway.coop

I'd like to imagine there could be a citywide initiative in which anyone in Philadelphia could give six hours of their time per year to contribute to a farm, park, local business, trash cleanup or other community service in their neighborhood (or another) in exchange for a 10% discount at the place where they buy groceries most often. What a wonderful way to give and receive in a way that deepens and strengthens our communities.



Photo by Alessandro Aschiero

Farm volunteers harvest green beans at Henry Got Crops Farm in Roxborough in August 2023.



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 January 2024)

Store	Prep	Deli	Bulk	Produce	Grand Total
Ambler	4,210	549	1,354	1,960	8,638
Chestnut Hill	4,384	933	1,234	0	7,223
Mt. Airy	2,332	1,083	2,468	0	6,259
Totals Sold	10,926	2,565	5,056	1,960	22,120
Deposits Refunded					14,220
Return Rate					64%

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 prewashed.
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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Becoming Forgetful? Don't Run Off to the Neurologist Just Yet

by Dr. Janet Etzi, for the Shuttle

I'VE LEARNED A FEW THINGS ABOUT THE HUMAN brain after teaching a doctoral level course in human development with a focus on brain development for 30 years. The brain only develops in relation to other brains, and it never stops developing. The latest brain science shows that it is an emergent system, meaning it both affects and is affected by its context, especially with other brains. For example, an infant's brain cannot grow or function well without at least one other brain interacting with them.

I've noticed how people talk about their loved ones or themselves as showing signs of dementia. Often the most common types of forgetting are referred to as senior moments. The old science of memory viewed memory loss in seniors as an inevitable deficit. But recent neuroscience clearly shows us that as a person gains experience — that is, as they get older and live through more kinds of situations and events, they are using larger areas of the brain simultaneously.

Compare this use with a 27-year-old, who can quickly respond with high accuracy and efficiency to a series of tasks. She knows she entered the room to retrieve her son's backpack as she answers her phone to tell her mother's doctor her mother's new prescription medicine. She then puts her grocery list on the refrigerator for her partner to use later.

Lately, when I shop at the Co-op, I sometimes forget my member number — the one I've used for so many years. Why does this happen? Because my aging brain functions to broaden my awareness — including the emotional nuance of events, maybe even spiritual aspects of experience, if you use that language.

Neuroscience knows that wisdom is the brain's ability to process information in two important ways. First, it

can differentiate the multitude of elements contained in thoughts, emotions and experience. Second, it can take those elements and integrate them into meaningful, relevant chunks both in the moment and across time. So what the brain gains in scope and complexity and nuance, it may lose in focus and efficiency.

Of course, this explanation is an oversimplification. But I hope to convey that the aging brain is changing qualitatively, not quantitatively. It is not losing memory; it is transforming memory into a different process altogether. The aging brain is preoccupied with much more important matters than where my keys are or what street the hardware store is on. I'm able to get to the hardware store without thinking about the name of the street.

Some of the more important things my brain focuses on are staying in touch with grandchildren, tending to a loved one's illness or being concerned about events going on in Philadelphia or the world. And it should go without saying that stress wears on everyone's brain functioning, young and old.

So before you go for a neuropsychological evaluation because you're forgetting stuff, ask yourself what is preoccupying or distracting you. It could be something much more important than where you left your phone. The aging brain craves open time for personal reflection and creative reverie. Forgetfulness may be your brain's way of telling you to let go of small, everyday events. Retreat, reflect and relax. Take naps! Sleep is the brain's way of restoring itself and consolidating all the information it processes in a day.

Also, it's important to note that the brain cannot function well in isolation. Socializing is the best antidote to forgetfulness, confusion, anxiety, depression and dementia. All brain functioning includes emotional and so-



Image by Benjamin Balazs from Pixabay

cial processing. Seniors who enjoy their own and others' company are far less likely to develop dementia. So the confusion we often see in the functioning of seniors can be a wish to make less sense of the world in a linear, purely logical way.

When we age, we go back to the playfulness of childhood, which can end up looking like confusion. If playfulness is not accepted or acknowledged, it is more likely to turn into illogical, confused expressions and behaviors. All behaviors and expressions depend on their context. Seniors' brains are still developing. They're not losing functioning, they're transforming themselves. They only have to relax and enjoy the ride.

Janet Etzi is a psychoanalyst in private practice in Philadelphia.

Fair Warning: As of Mar. 1, Paper Bags Will Cost You

ily depended on plastic bags prior to plastic bag bans, the Co-op decided to never provide them at checkout. Instead, shoppers learned to grab a box or equip themselves with reusable bags.

Still, we've been impacted by the public's reliance on paper bags, which have long been a staple in retail grocery stores and offer a convenient and eco-friendly alternative to single-use plastic bags. However, the free use has led to overuse and has contributed to increased waste and costs. Presently, we give out an average of 140,000 large paper bags annually.

Weavers Way used to charge for paper bags. The

opening of our Ambler store paused the practice, and the pandemic didn't help us get back to "normal." Now we are seeing some retailers charge for bags, as well as an increase in public support to curb the overuse of paper bags.

Legislative activity is also taking place. Last December, Philadelphia City Council approved a bill that would require retailers to charge a 15-cent fee for paper bags. The intended purpose of this bill was to reduce the consumption of single-use bags overall and to encourage shoppers to bring reusable bags. This bill was pocket-vetoed by Mayor Jim Kenney just before he left office, but

(Continued from Page 1)

it may make its way back through City Council.

The 15-cent charge for paper bags will be implemented in all stores. The Co-op will maintain free reusable bag libraries in the Ambler and Chestnut Hill stores, while Mt. Airy will continue to offer a limited number of free paper bags brought in from bakery deliveries.

As a result of this new policy, we hope to foster our already strong culture of sustainability and reduce our overall paper bag consumption. It's a small step with significant potential to reduce waste, conserve resources and encourage a more environmentally conscious mindset in the communities in which we operate.

How Becoming A Board Candidate Gets Done

(Continued from Page 1)

ity. By the time your term would begin in June, our Germantown store will have recently opened, significantly extending our trade area and responsibilities. We need a strong, representative board to usher our jointly owned enterprise well into the future without compromising our values and goals. As a hands-off board, our focus is on the success of management to achieve our ends.

The pre-election process is open to any member 18 and over in good standing with the Co-op. You can become a candidate for the election once you have fulfilled the following additional requirements to formally apply. They include:

Attend a regularly scheduled board meeting as a guest on either of these dates:

- Tuesday, Feb. 6, 7 p.m.
- Tuesday, March 5, 7 p.m.

If you'd like to attend, please contact the board administrator at boardadmin@weaversway.coop

Attend a virtual Run for the Board information session on one of the following dates:

- Saturday, Jan. 27, 10 a.m.
- Saturday, Feb. 3, 10 a.m.

Choose your date and contact the Leadership Committee at leadershipcommittee@weaversway.coop.

Submit an application to run for the Board. Formal applications will be distributed after the information sessions. Written statements, resumes (for Board use only) and agreements are due Thursday, Feb. 29. Video statements are due Friday, March 15.

You can learn more about the activities, expectations and responsibilities of the Board of Directors at www.weaversway.coop/pages/how-board-works and www.weaversway.coop/board-elections.

Shout out to Sylvia Gentry for her 15 years (!) on the Leadership Committee. Thank you, Sylvia, for your innumerable contributions to the work of perpetuating a strong Weavers Way Board.

Co-op's Kitchens Ease Into Commissary Ops

(Continued from Page 1)

Mt. Airy — another store with a small back-of-the-house space.

"We really want to strive to create consistency across those products — [so that] the mango curry chicken salad tastes the same in Mt. Airy as it does in Ambler," said Jess Beer, the Co-op's retail director.

For now, Prep Foods staffers have focused on producing such items as the Co-op's chicken and pasta salads, chicken pot pie, shepherd's pie and salad dressings and sauces. Once Germantown opens, they'll also work on producing such ingredients as grilled chicken for chicken Caesar salad.

The Prep Foods staff in Germantown will concentrate more on assembling items than making them from scratch, which should give them more opportuni-

ties to be out front working directly with customers, Beer said. Once the Germantown store opens, and management gets a feel for how much food the commissary needs to furnish, the program will expand to support some of the products in Chestnut Hill, she added.

Shuman said shoppers in Mt. Airy may have already noticed the addition of such items as chicken pot pies and salmon cakes to the Prep Foods case there. Beer added that shoppers in Mt. Airy may also notice over time that sandwiches and salads will come out earlier and that there will be more of them, since staff will be able to concentrate on those items. Further down the line, Weavers Way's commissary may expand to offer products to other area co-ops or businesses, Beer said.

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Proposed SEPTA Cuts Threaten Regional Rail Service in the Northwest

by Jon Roesser, Weavers Way General Manager

THOSE WHO FOLLOW SUCH THINGS MIGHT know that Phoenix recently surpassed Philadelphia's population and is now the country's fifth largest city. If you don't follow these things, now you know.

These rankings strike me as meaningless. Venice, Italy, and Fort Wayne, IN both have about 262,000 people. Are they comparable in any other way?

In any case, Phoenix isn't exactly playing fair. Philadelphia's 1.6 million people squeeze into 134 square miles. Phoenix's slightly higher population sprawls across 517 square miles. If Philadelphia were 517 square miles, it would include many of the suburban counties and have a population approaching Houston or Chicago.

That Philadelphia and Phoenix have a similar number of people but vastly different population densities is the result of timing. Phoenix is a car-centric metropolis. Almost all its growth has happened in the last 50 or so years, and it has a skimpy public transit system.

Philadelphia is largely a Victorian-era beast, with a compact street grid designed around the manufacturing and distribution of everything from Baldwin locomotives to Stetson hats. Port facilities, multi-story factories, and tens of thousands of rowhouses are all part of a city that grew mostly during the industrial revolution.

To our great fortune today, as our city grew, two rival railroads, the Pennsylvania and the Reading, built extensive, electrified commuter rail systems. Today's regional rail system, operated by SEPTA, is the legacy inherited from a city that grew up before the ascent of the automobile.

This remarkable network is especially robust in the Northwest, which is served by three lines: the Chestnut Hill East (ex-Reading), Chestnut Hill West (ex-Pennsylvania), and Norristown (serving East Falls, Manayunk and Roxborough). Nowhere else in the region is there a higher concentration of commuter rail service.

That legacy is now threatened.

SEPTA faces a budget shortfall, a perennial problem, but this year things are worse than normal. Ridership hasn't recovered from pre-pandemic levels, and federal COVID stimulus money is drying up fast.

Harrisburg seems indifferent, which is hardly surprising. You try convincing the people of Potter County they should care about mass transit in Philadelphia. So

“

All the Co-op's stores

are within

walking distance

of a SEPTA

train station

”

SEPTA is now considering service cuts — major service cuts.

SEPTA's bean counters have a hard job: There are never enough beans. And they can be forgiven for contemplating service cuts on routes with comparatively low ridership where alternative routes are (relatively) close by. For these reasons, the Chestnut Hill West line is in their crosshairs.

There are 13 lines in SEPTA's regional rail network, and the Chestnut Hill East and West lines rank 11th and 12th, respectively (the stubby Cynwyd line is the caboose).

Transit advocates make a convincing argument that the lower ridership is attributable to infrequent service. On both Chestnut Hill lines, trains run once an hour, except for a brief window during morning and evening rush when they run every 30 minutes.

In a fast-paced world with ever-changing schedules, an hour between trains is an eternity. So for many denizens of the Northwest, taking the train into town isn't a realistic consideration.

Both the Chestnut Hill East and West are short compared to most of SEPTA's lines, which go out to such far-away places as Doylestown and Trenton. In many ways, the Chestnut Hill lines are like the S-Bahn networks that serve most German cities —except they don't run near-

ly often enough for people to rely on them like Germans rely on the S-Bahn.

Imagine how many more people would use these lines if they could show up to the station at any time of day, knowing the next train was no more than 15 minutes away?

I'm no public transit expert, so you won't hear me predicting that quadrupling train frequency will quadruple ridership. But if we're going to make the case that the Chestnut Hill West line should be spared the budget ax, we should simultaneously advocate for SEPTA to operate the line in a way that would meaningfully boost ridership.

As member-owners of Weavers Way, we have something at stake. All the Co-op's stores are within walking distance of a SEPTA train station. Our soon-to-open Germantown store is on the same block as the Cheltenham station, which was an important reason why we chose that location. Closure of the Chestnut Hill West line would be bad for the Co-op and the neighborhoods we serve.

Philadelphia's commuter rail system is an extraordinary asset, the envy of sunbelt cities like Phoenix. Future generations of Philadelphians are counting on us to keep it rolling.

See you around the Co-op.

Please consider joining the growing coalition of citizens and organizations working to keep the Chestnut Hill West line rolling. You can sign the petition telling Gov. Shapiro to support fully funding SEPTA and join the coalition's Facebook group (<https://www.facebook.com/groups/747713430212578>).

Learn more at <https://savethetrain.org/>

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Revival of NW Rail Station Spaces Rides on Upcoming SEPTA Ruling

by Aaron Finestone, for the Shuttle

PART OF LONG-VACANT SEPTA RAIL STATIONS IN Northwest Philly may be getting closer to being revived as retail spaces, thanks to the work of a coalition of local community groups.

According to John Conlow, a Weavers Way member and spokesperson for the coalition, SEPTA will issue a request for proposals "within the next month or two" for developing the train stations.

The group includes the Southwest Mt. Airy Planning Cooperative, West Mt. Airy Neighbors, West Central Germantown Neighbors and the Chestnut Hill Historical Society. They have been working with SEPTA for more than two years to bring life and activity to the Tulpehocken, Upsal and Carpenter stations on the Chestnut Hill West line and to the Mt. Airy and Gravers stations on the Chestnut Hill East line.

"The stations are centrally located within neighborhoods," Conlow said. "Looking into the future, with young people moving into the city, these rail stations are going to be a key to growth and sustainable development. Our goal is to restore the stations and return them to productive use to serve our neighborhoods."

Conlow envisions pastry and coffee shops and small retail businesses moving into the station spaces. He was a capital planner for Amtrak and the City of Philadelphia for about 30 years before retiring in 2015.

The Upsal station has been vacant and not maintained, which sends a message that the surrounding neighborhood is in decline. But according to Conlow, neighborhoods in the Northwest are growing, and the stations need to be brought back into use to accommodate that growth. Once they become vibrant, they will attract ridership and encourage community engagement.

Conlow pointed to the High Point Cafe at the Richard Allen Lane train station as a model of how regional rail stations can be reused. Meg Hagele, general manager of High Point and a Co-op member, believes the café is successful because it is "of the community" and part of the neighborhood.

"It is not physically separated from the community as most of the train stations are," she said.

High Point opened at 602 Carpenter Lane in 2002 and at the Richard Allen Lane train station in 2008.

"When we opened at Allen Lane, we thought it would be serving the train commuters," Hagele said. "We put out (self-service) press pots and honor boxes for payment so customers would not lose time waiting in line when a train was to arrive soon. After a couple of months, we saw how little business was being done with commuters."

Hagele and her staff found that most of their busi-



Mt. Airy, Gravers Lane and Upsal train stations.



ness was being done by people who went into the shop or drove through on their way to another destination or did not have to catch a train.

"They bought food and stayed a while," she said. "The business turned into a community center."

Best-Suited Businesses for Stations

Hagele listed several conditions for success for businesses that might locate in the stations. They include:

1. The business cannot be isolated from the community. The Richard Allen Lane High Point, for instance, is located next to a small park. There are houses across the street. Customers do not have to walk up a hill to get to the cafe.
2. Sufficient parking
3. Welcoming people to stay on campus and in the store, which attracts others to come in.

Conlow's vision of using the stations as a magnet for economic and community development is consistent with the way they and the trains were originally designed to attract real estate development. Around 1880, the commuter lines were built and operated by competing companies; the Pennsylvania Railroad built the Chestnut Hill West line, while the Reading Railroad built the Chestnut Hill East.

The trains were initially coal-powered steamers and were electrified during World War I. As the use of private automobiles grew among commuters in the 1950s and 1960s, ridership declined, and both lines became financially insolvent.

In 1963, the state created the Southeastern Pennsylvania Transportation Authority, which absorbed commuter rail lines in 1966 and the city's bus and trolley lines in 1968.

According to architect Sherman Aronson, also a Co-op member, both commuter rail lines were part of a big

real estate development opportunity. The major landowners sold the rights of way to the railroads, anticipating the increased demand for new housing near the future train stations. In turn, people who worked in Center City realized they could buy a house within 20 minutes of downtown by train, which encouraged them to move to the Northwest. More affordable, higher-density houses were built closer to the stations.

By 1910, developers started building rental units closer to the trains. One of the first of these was the Cresheim Valley Apartments, located at 7200 Cresheim Road, adjacent to the Richard Allen Lane Station. "It was built in 1910, is fully occupied, and is still in good shape after recent repairs," Aronson said.

Frank Furness was the architect for at least two stations on the Chestnut Hill East line: the Mount Airy Station, built in 1875 in a Queen Anne stick style, and the Gravers station in Chestnut Hill, which can be described as "gawky and histrionic" with a prominent turret. The other stations were also built in the late Victorian style, Aronson said.

The Chestnut Hill West line stations were designed by Washington Bleddyn Powell, chief architect of the Pennsylvania Railroad. Many of them are identical buildings, with variations such as pedestrian bridges, shelters on the opposite track and platforms added as needed, Aronson said.

Characteristic features of the stations included large porches for sheltering passengers, interior waiting rooms with heat, ticket offices with outside and inside windows and an apartment on the second floor for the caretaker or station master. They also had handsome brick detailing and exposed wood framing, Aronson said.





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The Co-op's Strategic Plan with General Manager Jon Roesser

1/24

6:30-7:30pm (virtual)

1/31

6:30-7:30pm (Ambler store cafe)

2/8

6:30-7:30pm (Germantown)

2/15

6:30-7:30pm (Chestnut Hill)



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Snacks and drinks will be available

Winter is Wonderful in the Woods of the Wissahickon

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

THE WISSAHICKON'S BEAUTY TRANSCENDS ALL SEASONS, but there's something special about the woods in winter. Take advantage of the smaller crowds to slow down and observe all there is to see in the park this time of year.

Andrew Wyeth said "I prefer winter and fall when you feel the bone structure of the landscape. Something waits beneath it; the whole story doesn't show."

I agree. One of the best parts about visiting the park now is its stunning vistas. With little to no leaves on the trees, you'll find unobstructed views of the gorge's rock outcroppings as well as interesting features that are usually concealed by foliage during other seasons.

One of those is tree bark, which really stands out in the winter woods. River birch has pink, peeling bark while hackberry is smooth gray with "warty" ridges. Sugar maples, with their long flaps of raised areas, will soon be ready for tapping at the Wissahickon Environmental Center's annual Maple Sugar Day in February. And the native rhododendron, abundant throughout the park, will tell you when it's cold by curling its leaves and flattening them when the temperature rises. No wonder it's often called nature's thermometer.

There's a peacefulness that envelops the park in winter, but the Wissahickon is still alive with bird and animal life. Gray squirrels, red foxes and white-tailed deer are active throughout the season, and many species of birds that call the park home stay around during colder months. You might spot woodpeckers, nuthatches, creepers, juncos, cardinals, kingfishers, chickadees, owls, robins, bluebirds and several kinds of hawks, which are even easier to see if they land on bare tree trunks. You may also see bird nests from the past season. Of course, mallard ducks and Canada geese are year-round residents in the creek, especially near the Valley Green Inn.

Experience the wonders of the Wissahickon in winter by joining our trail ambassadors on one or more of our walks through the woods.

Silent Sunset Cruise with Amy Yuter

Jan. 28, 3:30-5:30 p.m.

Meet at Wigard Avenue Trailhead

Join Amy on a mindful and silent, contemplative journey. Enjoy a full sensory experience as the sun begins to set on the beautiful trails. You can bring a flashlight.

Distance: ~2.5 miles

Level: Moderate (some inclines and declines, uneven surfaces)

Mid-Winter Walk with Mary Oliver, led by Jean McWilliams & Lisa Kleiman

Feb. 2, Noon-2 p.m.

Meet at Cedars House Café

Join this midwinter hike through the meadows and trails of the Wissahickon. You'll be accompanied by some of Oliver's most beautiful and light-filled poems that capture the wonders of the season. Trek carefully along well-traveled trails, making stops from time to time to read verses by one of America's beloved nature poets. Oliver's work celebrates snow, cold, owls, redbirds and snow geese, among other themes.



Photo by Charles Uniatowski

Distance: Approximately 3.5 miles.

Level: Moderate (some inclines and declines, uneven surfaces)

Big Rocks, Big Trees with Lisa Meyers

Feb. 11, 9-11 a.m.

Meet at Mt. Airy Trailhead

This hike begins with passing tree species not native to this area. We'll make our way to the high ridge of the White Trail to take in all the different species, then to Climbers Rock and down to the Orange Trail, where we'll pass Glen Fern, the Livezey Mill ruins and the Fingerspan Bridge. Participants will enjoy great views of the creek and see two of the largest rock exposures in the Wissahickon.

Distance: ~3.5 miles

Level: Moderate (some inclines and declines, uneven surfaces)

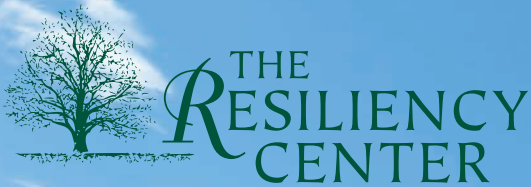
For all events, dress appropriately for the weather. Footwear geared for hiking in winter is suggested. For more information and to register, go to fow.org/events/.

Winter is our planning season, when we ramp up for the large trail projects, capital improvements, restoration efforts and public programming we want to undertake in the spring. But this winter is special. We are also planning for our biggest celebration ever: our 100th anniversary! There will be lots of opportunities to get involved and we can't wait to share this momentous occasion with you.

Join us on Jan. 31 to hear about FOW's upcoming plans and projects to conserve Wissahickon Valley Park. This free, in-person event will take place at SCH Academy, Doran Hall, 500 W. Willow Grove Ave. in Chestnut Hill, beginning at 6:30 p.m. Register at www.fow.org/event/public-projects-meeting/.



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Part I of 3

To Mend or Not to Mend? The Dilemma of Clothes Preservation

by Betsy Teutsch, for the Shuttle

THIS IS THE FIRST OF A THREE-COLUMN series focused on repairing versus replacing. When faced with the decision, a series of questions creates a taxonomy of sorts:

- How valuable is the object? How much would a replacement cost?
- How attached am I to the object? (It's not necessarily about the material value; a cherished stuffie, vase or watch is actually not replaceable.)
- How soon do I need it?
- Do I know how to repair it? Might it be a fun challenge?
- How clear is the outcome? Is it possible that the repair would consume time and money and ultimately fail?
- What is the environmental impact of discarding it?

This first column tackles textiles. The next one will deal with portable devices. The final installment will discuss stationary appliances, which are often the most difficult to manage.

The Trouble with Textiles

Clothing defects rarely set off a crisis. You can keep ripped, holey duds in a pile until you figure out your next steps — a decade or so later.

Previous generations of women darned socks and mended most everything, ultimately making quilts or rag rugs from fabric that was deemed worn out. Some of us still have sewing machines and mend garments, but most of us would need to hire a professional to repair rips or holes. The bill for professional repair will be high, and clothing is not that costly; the economics usually suggest replacing it.

For those who are talented at handiwork and value conservation, “visible mending” has become a trendy craft that’s charming and meditative. Unlike traditional mending, which strives to be undetectable, visible mending adds funky contrasting details to garments.

Weavers Way member Ellen Bernstein prizes her conspicuously patched down coat precisely because it communicates her eco bonafides.

Janis Risch, a neighbor who is taking a Domestika online visible mending class, pointed me to a talented practitioner right in our midst: Co-op staffer Maureen Gregory. Those who live or shop in Mt. Airy have likely admired Maureen’s



Photo by Betsy Teutsch

Weavers Way Prepared Foods staffer Maureen Gregory mends her husband, Nick’s, sweater, given to him by his mother in the 1960s.

dioramas in the Carpenter Lane home she shares with her husband, Nick.

Maureen has always loved handiwork and learned the basics of visible mending on SkillShare, a website that offers thousands of classes. She and the moths have been collaborating for many years, keeping Nick’s beloved navy pull-over, knitted by his mother in the 1960s, wearable. Another hole, another embroidery; the sweater is now over 50 years old. She collects her yarn bits from Wild Hand yarn store’s community gifting stash on Carpenter, which adds even more upcycling virtue.

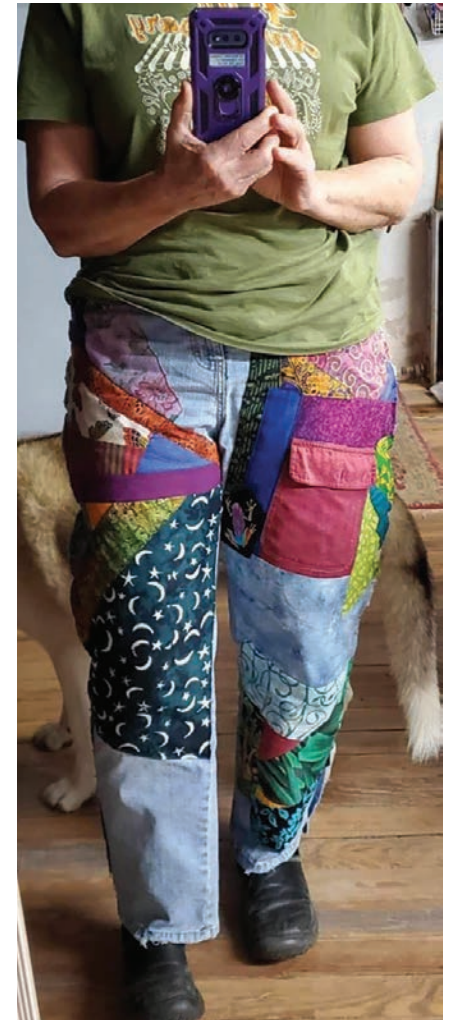


Photo by Maureen Gregory

Weavers Way Prepared Foods staffer Maureen Gregory’s quilt-style patched pants, done in a visible mending style.

(Continued on Page 15)

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The Local Grocery Store as a Hub for Community Discussions

by Kristin Haskins-Simms, Weavers Way At-Large Board Director

AS A MEMBER OF WEAVERS WAY SINCE 1973, WHEN WE were in the basement of Summit Presbyterian Church, it's clear to me that we are more than just a local grocery store. The Co-op has always been where members buy food and talk about issues as they shop.

I was only two years old at the time, but since my mother was executive director of West Mt Airy Neighbors, which was also located in Summit's basement, she was a witness to community engagement while shopping for us. During that time, the main issue she recalled was Mayor Frank Rizzo trying to change the Philadelphia Home Rule Charter on term limits to run for a third term. Others discussed the ending of the Vietnam War.

Even though we've moved from the basement and expanded to four stores (with Germantown scheduled to open sometime next month), that level of engagement continues to exist. Over the last few months, it's demonstrated itself in discussions about the latest escalation in the Israeli/Palestinian conflict.

There are many members of our community who were affected by the horrific terrorist attack by Hamas on Oct. 7. The attack killed over 1,200 innocent Israeli civilians, and the offensive carried out by the Israeli government has so far killed over 20,000 innocent Palestine civilians. Putting that into perspective, there are over 11,000 members of Weavers Way. Innocent Israeli hostages and Palestinian civilians are on the brink of starvation because sufficient humanitarian aid cannot enter Gaza due to the constant bombing by Israel.

Germantown Jewish Centre is three blocks away from the Mt Airy store, and the new Germantown store is less than two miles away from the Germantown Masjid. There are two Muslim-owned natural beauty supply businesses three blocks from the Germantown store, where everything is produced in-house. And there are two Halal food trucks that occasionally set up on Cheltenham Avenue.

We hope to continually increase our membership to reflect the ethnic and racial differences in the community surrounding the new store. Even though, as a nonprofit, the Co-op cannot

engage in political activity, we can create opportunities to all members to express their concerns, offer solutions and ask questions.

The Co-op's mission and values are influenced by its boundaries. The expansion into Germantown, a more ethnic and socioeconomically diverse neighborhood, speaks volumes about how "diversity, equity, and inclusion are incorporated into [our] values and business decisions," as stated in our latest Strategic Plan.

But as "more than just a local grocer," we need to consider how to address our members' concerns about the rise of antisemitism, the onslaught of Palestinian "genocide" and the war moving beyond Gaza. How do we communicate our interest in peaceful solutions, continuous dialogue and being proactive without becoming heated or enraged?

Concerns about racism are like concerns about antisemitism and Islamophobia. I am neither Jewish nor Muslim and don't claim to have the answers or the ability to grasp these complex issues. But as humans, we must continuously ask questions and work to exact change. That can start on a local level — and such engagement can occur as people walk, talk and shop at the Co-op.



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Herb Hub Carries on Black Tradition of Plant Medicine

(Continued from Page 1)

ported in ways that are always available.

Building an Intentional Herbal Network

From my individual exploration with plant medicine came a desire to invite my community into the process of remembering and re-learning herbalism. In 2019, I met and shared studio space with Kelly McCarthy, another local herbalist who was similarly interested in healing and economic justice. We noticed that there seemed to be a missing link between growers who had an abundance of herbs and people who were excited and interested in experiencing them. So in winter 2020, we put together a (then) experimental system for the redistribution of herbs, live plants and herbal medicine. Our name, Philly Herb Hub (or “The Hub”) symbolized our desire to be both a connector and a source of free information.

After surveying 90 initial herb hub users, we discovered several barriers that limit people's access to herbal medicine. They included high costs (53%), long distances to herb stores (40%) and lack of educational resources (50%). Almost all the respondents selected a combination of these barriers.

Today, the herb hub is a free community apothecary currently available to Black folks in Philly. We provide free herbs and workshops through a mutual aid network with local growers, medicine makers and herb enthusiasts. Users pick up their herbs in Germantown or West Philly; we also offer delivery in most zip codes in the city.

As organizers, the long-term sustainability of the project rests on relationships — not only with the land and plants but also between growers and people accessing the medicine. We're committed to keeping herbs and medicine accessible consistently so that the hub can exist as a reliable and stable resource for Black people for as long as possible.

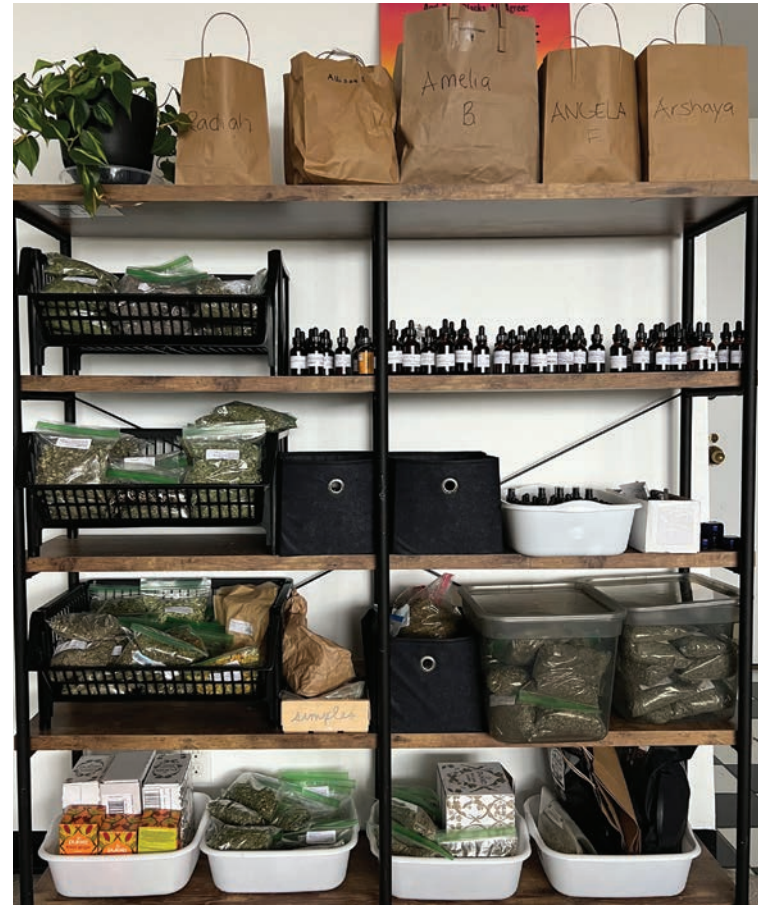
Since January 2021, the hub has distributed 6,500 tinctures, tea blends, salves, dried single herbs and elixirs to 550 Black Philadelphians and their communities. To do this, we've created a circuit of reparatory mutual aid: larger-scale farmers and growers provide dried herbs and bottled medicine to a broad community of Black herb enthusiasts, practicing herbalists and teachers.

Providing equitable access started with building a working alternative to the ways that herbs and education are sourced and offered under capitalism. We move beyond ideology, putting anti-capitalist beliefs into prac-



Photo by Desiree Catherine Thompson.

Above, an Herb Hub volunteer day hosted by Germantown's Hansberry Garden and Nature Center that took place last September at the Co-op's Germantown Outreach Center. At right, one of the apothecary storage shelves at Thompson's home in Woodside Park.



tice. We encourage ourselves and our community to slow down and to move at the speed of our own energy and capacity.

We believe in the redistribution of resources as necessary for economic and environmental justice.

The hub reduces waste by acting as a container for the overflow of farmers' plants and medicine. We focus on relationships with and respect for the plants instead of viewing them as “things” to consume. Offering free herbal medicine and free education acknowledges everyone's right to viable options for their health.

We are fortunate to have strong relationships with farmers, teachers and local organizations. The hub receives about 60% of our in-kind herb donations from three women-led-and-run farms in Pennsylvania: Katydid Hill Farm in Orwigsburg, Schuylkill County; Bluestem Botanicals in Doylestown, and Lancaster Farmacy.

We've collaborated with the Philadelphia Orchard Project, the Free Library of Philadelphia, Hansberry Garden and Nature Center in Germantown (where I'm a member!), Mill Creek Urban Farm and the Womanist Working Collective to offer free workshops and skill shares. Most recently, Weavers Way Germantown Outreach Coordinator Camille Poinvil has offered invaluable support as the hub grows in its organizational needs. The Co-op has given us space to host cooperator shifts and helped spread the word about the project.

Deepening Our Practice

Philadelphia is a majority Black city with a strong history of land-based liberation work (community gardens, food justice, etc.). We want to continue to invite Black folks to examine our physical and mental health more closely and to look to our relationships with herbs as an

empowered practice of care.

One of our central goals this year is to turn greater attention to our educational programs. This includes paying more teachers to lead workshops, subsidizing consultations with Black herbalists and expanding our free online resource library. Further in the future, we'd love to open a free herbal clinic.

For centuries, Black people, especially Black women and femmes, have maintained and utilized essential mutual aid networks. As leaders, activists, organizers, guardians, artists, growers and herb workers, we often hold the vision for more equitable futures. We also embody the power and compassion required to bring those dreams into being.

The hub hopes to continue that legacy.

Ways To Get Involved

If you're a Weavers Way working member, especially if you need seated, low-intensity work, please consider signing up for a shift! You'll help us prepare dried herbs and bottle medicine for distribution.

Visit our website if you'd like more information on how to donate to our herbal education fund, make in-kind donations of herbs and prepared medicine and volunteer to make medicine, deliver herbs and/or write grants. You can reach us at www.phillyherbhub.com or email us at phillyherbhub@gmail.com.

Desiree Thompson is co-organizer of the Philly Herb Hub.



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Why shop the Co-op?

LET'S COUNT THE WAYS.

1 CATERING.

Tap Into Next Month's Maple Sugaring Festival in the Wissahickon

by Kristy Morley, Senior Naturalist, and Lisa Hansell, Senior Development Manager, Wissahickon Trails



Photos by Jamie Stewart

JOIN WISSAHICKON TRAILS FOR THE Annual Maple Sugar Festival on Sunday, Feb. 25. Take a guided tour along the trails at Four Mills Nature Reserve in Ambler to learn about the maple syrup process, from sap to syrup. Finish with local maple syrup served with a tasty treat and hot chocolate at the newly renovated Four Mills Barn, headquarters for Wissahickon Trails.

Fun Facts and Vocab About Maple Syrup

Maple trees are indigenous to North America, and while Canada is the top producer of maple syrup, Pennsylvania is one of only seven states in the United States that produce it.

It takes 40 gallons of sap to make one gallon of syrup. To put that in perspective, that's as much liquid as what fills an average bathtub, boiled down to the equivalent of a carton of milk. A maple tree must be around 45 years old before it is tapped for syrup making, and a maple tree can yield sap (which is used to make syrup) for 100 years.

Syrup's flavor depends on when the sap runs. Early season sap tends to be lighter in color and flavor. Later in the season, when temperatures are warmer, the sap darkens. The darker the color, the stronger the maple flavor.

Here are some maple syrup-related terms:

Sugar Maple — A maple tree that grows in the northeastern United States and around the Canadian Great Lakes whose sap is used to make maple syrup. Maple syrup can be made from the sap of red maples and black maples, but sugar maples are the sweetest.

Sugaring — The process of collecting the sap (water with sugar and minerals dissolved in it) from maple trees and boiling it down (concentrating the sugar) to make it into a sweet, delicious syrup.

Spile — A small spigot, made from wood or metal, which is tapped into the sugar maple tree and helps to collect the sap.

Sap — The water inside a tree, which contains lots of goodies, like dissolved vitamins, minerals and sugar. Sap from a maple tree is slightly sugary — often only one to two percent sugar.

Syrup — An edible sweet liquid produced by concentrating the sap of maple trees. Maple syrup is 66% sugar.

This festival is great for all ages. Ridge Valley Farm will be selling their Pennsylvania-made maple syrup and baked goods. Visit wissahickontrails.org for more details and to register.

A young participant at last year's Maple Sugaring Festival.



Photo by David Freed





WISSAHICKON TRAILS CONNECTING LAND, WATER & PEOPLE

Maple Sugaring Festival

Sunday, February 25, 2024
Four Mills Nature Reserve - Ambler

- Learn about the maple syrup process
- From sap to syrup
- Enjoy tasty treats
- Good for all ages



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6 PRODUCE.

Neighbors and NGT Team Up to Preserve Germantown Garden

by Jenny Greenberg, for the Shuttle

LATE 2023 WAS A ROLLER COASTER RIDE FOR THE gardeners at the 35-year-old Pulaski Zeralda Garden in Southwest Germantown. Last fall, they were dismayed to learn that a developer, Nickle Properties LLC, had acquired a vacant lot at 4535 Pulaski Ave. and was seeking a zoning variance to build an eight-unit apartment building that would block sunlight to their garden.

The garden, founded near Wayne Junction in 1986 by residents Ellie Cook and James Guerin, has been an oasis on a dense block with little green space, and has always shared its produce with neighbors in need. Through the Pennsylvania Horticultural Society's City Harvest program, the gardeners donate hundreds of pounds of produce to food pantries and community fridges, including Canaan Baptist Church's food program, Enon Tabernacle's food pantry, and the Germantown Community Fridge on Armat Street. Crossroads Women's Center also has a plot at Pulaski-Zeralda and distributes food from it.

Garden leader Tracy Savage first got involved at the suggestion of her mother during a challenging time in her life. "The earth is good for the soul. It keeps you grounded," her mother said. Once Tracy started gardening, she craved more healing time with her hands in the soil. Now she often comes out in the morning and sits in a shaded area with her coffee, relaxing with her feet in the dirt.

The gardeners had long hoped to expand onto 4535 Pulaski, an overgrown property next door, to have more space to grow and hold community programs. The land had been abandoned for years by an absentee owner but was encumbered with costly tax liens, making it difficult to secure the property.

Like so many community gardens across Philadelphia, where residents worked together to transform neglected vacant land into beneficial community green space, the Pulaski Zeralda Garden did not have legal access to the land or assurance for the future. The gardeners worried for years that their treasured space could be lost to real estate development.

Enter the Neighborhood Gardens Trust, the city's land trust for the preservation of community gardens and green spaces. In 2015, with support from Councilmember Cindy Bass, NGT was able to permanently protect the land used by the garden by acquiring ownership of 4537-39 Pulaski Ave. from the city.

In the case of the 4535 property, light studies showed that Pulaski-Zeralda would be dramatically affected by construction of the apartment building, making most summer vegetables like tomatoes, squash, cucumbers, cantaloupe and eggplant impossible to grow.



Photo by Jenny Greenberg.

Pulaski-Zeralda Garden members revel in the bounty of their growing spaces. From left to right, Thatayaone (TT) Colliya, Muriel Simmons, Glenda McCall, Tracy Savage, Randy Clever, and Patty Burns-Lynch. The woman at far right is a volunteer from Sprouts Farmers Market.

NGT engaged local attorney Yvonne Haskins and the gardeners started a campaign, going door to door to make neighbors aware that the garden was in jeopardy. Residents rallied at the local zoning meeting to ask questions of the developer. There was an outpouring of community support for Pulaski-Zeralda, and opposition to the variance. When it was clear that the developer was not going to get the community's support for the project, he ultimately agreed to sell the lot to NGT.

At the same time, NGT was working to build the critical funding needed to purchase the property. The Gaining Ground Campaign was launched last year to build a ready fund so that when the need and opportunity arose to acquire threatened garden parcels, they would

have the money they needed. Thanks to many generous donors and a grant from the Pennsylvania Department of Conservation and Natural Resources, NGT was ready to go to settlement.

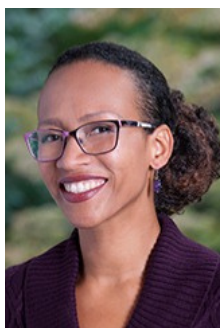
With all the pieces in place, on Dec. 20, NGT became the owner and protector of 4535 Pulaski. Pulaski Zeralda Garden will continue to access sunlight, and the gardeners can look forward to growing their footprint.

To learn more about Neighborhood Gardens Trust, the Gaining Ground Campaign, and Pulaski Zeralda Garden, go to www.ngtrust.org.

Jennifer Greenberg is executive director of the Neighborhood Gardens Trust.

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Southeastern PA's Long History of Fostering Urban Gardening

by Justin Trezza, for the Shuttle

PHILADELPHIA AND SOUTHEASTERN Pennsylvania have a long and rich history in land tenure and stewardship, stemming from the Lenni Lenape to the creation of the Philadelphia Vacant Lots Cultivation Association in 1897. Encouraged by the “Detroit Experiment,” in which thousands of acres in Detroit were converted into food production spaces, Philadelphia embarked on a similar social program in 1897 with 100 families on 27 acres and continued it until 1927.

In the 1970s, the region witnessed a resurgence in the urban gardening and farming movement as an expression of self-reliance and sovereignty. There was a rise in DIY culture, and disinvested and emerging communities throughout Philadelphia began transforming their neighborhoods by occupying vacant parcels and converting them into green spaces. This happened across the city in neighborhoods such as Southwest and North Philadelphia. Residents began to identify and transform previously vacant parcels and create oases where they could grow food and more.

During this time, Pennsylvania Horticultural Society’s Philadelphia Green program and Penn State University’s Urban Garden program both played a role in supporting neighborhoods to activate and sustain these crucial spaces. The Philadelphia Green program worked hand in hand with dozens of neighborhood groups, supporting them by establishing and maintaining community gardens throughout the city. Eventually, this program grew to include Green Country Towne, a three-to-five-year project in which PHS would support a community in beautifying its neighborhood. Some of these projects still exist, including the gardens of the Norris Square Neighborhood Project such as Las Parcelas and Las Raíces.

Today, PHS’ Healthy Neighborhoods division continues the work of Philadelphia Green, working with communities to create healthy living environments, increase access to fresh food expand economic opportu-



nity, and build meaningful social connections. Within our Healthy Neighborhoods are our core community-focused programs. Those include Landcare and Workforce Development, Trees, Stormwater Solutions, Love Where You Live, and our Community Gardens program.

The Community Gardens program focuses on the advancement of urban agriculture, which includes community gardens, school gardens, and urban farms —both in our city and in the surrounding region. We support over 170 community gardens, urban farms, and grow spaces out of Philadelphia’s estimated 300-plus, work in partnership with the land preservation organization Neighborhood Gardens Trust and offer an array of supports to local growers and gardeners. PHS provides organic growing supplies like insect netting and row covers, access to tools at our urban agriculture tool lending library located at Glenwood Green Acres, organically propagated seedlings, technical assistance and much more.

In addition to these services and supports, the program operates several Green Resource Centers with community partners. They include Weavers Way Farms, Awbury Arboretum, Sankofa Community Farm at Bartram’s Garden, and Strawberry Mansion Community De-

velopment Corporation. Our Green Resource centers propagate and distribute over 260,000 organically grown vegetable and herb seedlings a year, including crops like Petch Siam eggplants, Aji Dulce peppers, Green Forest lettuce, and more.

In 2021, PHS expanded its Community Gardens program by adding our PHS Green Resource Center at Norristown Farm Park. The GRC at Farm Park is yet another example of our commitment to increasing access to fresh food for emerging communities in Montgomery County. The Norristown GRC at Farm Park has grown and distributed over 19,000 pounds. of produce through our Food as Medicine Initiative (a partnership with Montgomery County’s Managed Care Solutions and Creative Health Solutions in Pottstown), and through partners like ICNA Relief, Cento de

Cultura Arte Trabajo y Educacion in Norristown and Children’s Hospital of Philadelphia’s Karabots Primary Care Center in Norristown.

Though community gardens and urban agriculture face new threats to their existence, including land security and development, there is also hope. Last year, Philadelphia published its first Urban Agriculture Strategic Plan, “Growing from the Root”, a 10-year food policy road map that takes a comprehensive view of the city’s food system, from land to consumption. At PHS, we see urban agriculture and community gardens as vital to our city’s infrastructure —a third space that brings community together for a common purpose, and an opportunity to share, grow and be resilient.

For more information about the PHS Community Gardens Program please visit: www.phsonline.org/programs/community-gardens.

Justin Trezza is director of Garden Programs for the Pennsylvania Horticultural Society.



To Mend or Not to Mend? The Dilemma of Clothes Preservation

(Continued from Page 10)

Maureen also extends the life of garments like her favorite jeans by sewing crazy-quilt style patches on them. A pocket from one of Nick’s old shirts provides a perfect rose-colored cellphone stashing spot. Recently, while in a hurry to get to a concert at the Curtis Institute of Music, Maureen showed up in her fancy pants. One of the students was so enthralled he commissioned her on the spot to rescue his favorite pants.

Also recently, my super-creative Seattle friend Carleen Ormbreck Zimmerman faced a dilemma; the beautiful quilt her late mother-in-law had bequeathed her was falling apart. After many years of it residing in the linen closet, she set about learning how to restore the quilt through YouTube videos. She succeeded in repairing it and has gone on to do the

same for friends’ fraying vintage quilts.

“Too many ‘women hours’ went into these creations to just toss them away,” she said.

My husband, David, famously heads to Ridge Avenue to get his shoes resoled — often a few times. He doesn’t like shopping for, or breaking in, new shoes, and this frugal approach obviates the need to do that.

Re-heeling also adds life to shoes. Note that you can’t re-sole sneakers, but it works for leather or some rubber soles. This only makes economic sense since it involves two trips to the shoe repair store if the shoes are high-end.

On the other hand, things don’t always have to make economic sense. Other values may carry the day!

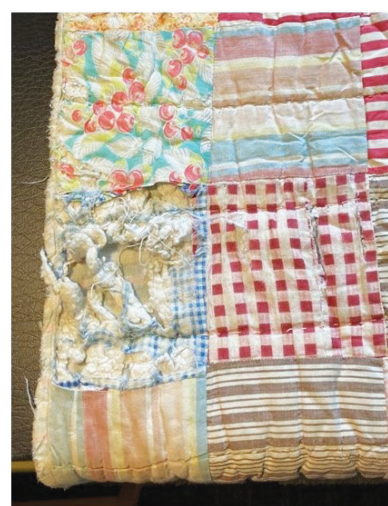


Photo by Carleen Ormbreck Zimmerman.

Carleen Ormbreck Zimmerman’s quilt from her mother-in-law, shown before and after it was repaired.



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MEMBER BENEFIT ANOTHER GREAT REASON TO JOIN.

From a Childhood of Slavery, He Grew into a Man of Letters

BRITISH ABOLITIONIST Charles Ignatius Sancho (1729-1780) was born on an enslavement ship during the Middle Passage. His father committed suicide rather than live as a slave; his mother died soon after the family arrived in New Granada. At age 2, he was “given” to three British sisters and was in servitude to them for 18 years.

Sancho escaped in 1749 and became a servant in the household of the second Duke of Montagu, who had been a frequent visitor to the sisters. The duke was impressed with his intellect and loaned him books from his personal library.

Sancho went on to write letters, plays, essays, books and poetry; he was also an actor and composer. In 1758, he married Ann Osborne of the West Indies; they had seven children. In 1774, with help from Montagu, he opened a grocery store in the Mayfair district of London that sold such West Indies goods as tobacco, tea and sugar.

Sancho is the first known property owner of African descent to vote in a British election; he voted in the elections of 1774 and 1780.

In 1782, Francis Crewe, a correspondent of Sancho, arranged for 160 of his letters to be published in two volumes



Charles Ignatius Sancho

entitled “The Letters of the Late Ignatius Sancho, an African.” It continues to be available as an ebook through Project Gutenberg at no cost and with almost no restrictions. You can find it online at www.gutenberg.org.

—Rosa Lewis



Did You KNOW?

The Home of One of Philly’s Black Female Trailblazers

C. Delores Tucker House
6700 Lincoln Dr.
Built: 1925

Architectural Style: Tudor Revival

CDELORES TUCKER (1927-2005) was a prominent politician and distinguished civil rights activist. She was the first African American woman to serve as secretary of state for Pennsylvania (1971-1977).

As a civil rights activist, Tucker led the effort to make Pennsylvania one of the first states to pass the Equal Rights Amendment. She also worked to institute voter registration by mail and to reduce the minimum voting age from 21 to 18.

In the 1960s, Tucker was named vice president of the Philadelphia branch of the NAACP. In 1968, she became the first African American to serve on the Philadelphia Zoning Board of Adjustment after being appointed by Mayor James Tate. In 1970, she was named vice chairperson of the Pennsylvania Democratic Party, the first African American woman named to that



post. In the early 1990s, she gained national attention after launching a campaign against “gangster rap.”

On July 22, 2006, a Pennsylvania Historical and Museum Commission marker was erected near the home of Tucker and her husband, Bill, in commemoration of her accomplishments and many years of public service.

WEAVERS WAY EVENTS

Member Forum – The Co-op’s Strategic Plan Review with General Manager Jon Roeser

Wednesday, Jan 31

6:30- 7:30 p.m.

The Café at Weavers Way Ambler
217 E Butler Ave, Ambler

Join our general manager to review the highlights of the Co-op’s 2023-2028 Strategic Plan. We’ll cover important themes outlined in the plan, focusing on specific aspects that affect the store hosting the meeting. A summary of the plan is available on our website, with the full version available as a download in the Member Center. Please bring your questions or email them in advance to Jon at jroesser@weaversway.coop. Please RSVP to attend the event by emailing your response to outreach@weaversway.coop.

Chair Yoga with Mira McEwan

Mondays, Feb 5, 12, 19 and 26

10-11 a.m.

Participants in this class will learn introductory yoga philosophy and practice breathing techniques and gentle exercises for strength and flexibility. Modifications will be offered so that all can participate and enjoy. Mira believes that yoga is for everybody and that “if you can breathe, you can practice yoga.” She is passionate about making yoga fun and accessible to people of all ages and abilities. She recently returned from several weeks in India where she furthered her training.

This is an online series. You will receive a Zoom link to join the workshop after registration.

Member Forum – The Co-op’s Strategic Plan Review with General Manager Jon Roeser

Thursday, Feb 8

6:30-7:30 p.m.

Germantown Outreach Office
326B W. Cheltenham Ave.

See description for Jan. 31.

Making Chocolate Treats with CBD with Dorothy Bauer

Monday, Feb 12

6:30- 7:30 p.m.

Germantown Outreach Office
326B W. Cheltenham Ave.

Come be one with chocolate! We will make yummy dairy and gluten-free, low-to-no glycemic index, quick and easy cacao treats for your personal stash, between class pick me up, or late-night study boost and focus. There will be many flavor options, including a cameo on CBD dosing. No special equipment or prior experience is required; you can easily make these treats in your dorm room or apartment. The ability and willingness to think outside the box will be encouraged. Join in the fun and get your endorphin-releasing mojo on!

Dorothy Bauer spent most of her adult life in Berkeley, CA with her husband, triplet sons and a wide variety of family pets. Healthy food and lifestyle are her passion, with a particular focus on a gluten and dairy-free, low glycemic diet.

Member Forum – The Co-op’s Strategic Plan Review with General Manager Jon Roeser

Thursday, Feb 15

6:30-7:30 p.m.

Weavers Way Co-op, Chestnut Hill

See description for Jan. 31. We are still working on a venue for this meeting. Location details will be shared as soon as they are finalized.

Virtual New Member Orientation

Tuesday, Feb 20

6:30-8 p.m.

We encourage all new members to attend a member orientation. Our virtual 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 two hours working member credit. The orientation lasts approximately 1.5 hours. You will receive a zoom link by email prior to the meeting. Please sign up at the Member Center.

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Let's Start the New Year with Some Positive Environmental News

by Sandra Folzer, Weavers Way Environment Committee

TO START THE NEW YEAR, I THOUGHT WE NEEDED some good news for a change. Good things are happening, even if we don't hear about them.

Car Batteries That Last Longer

Electric vehicles have been using lithium-ion batteries for some time because they are considered reliable. However, the next level of efficiency is a solid-state battery which is made of ceramic, glass or other solid polymers. They offer far greater energy efficiency and are less prone to catch fire. NIO, China's electric vehicle manufacturer, is refining the solid-state battery, which has a driving range of 600 miles. This is a game changer, attracting new customers who might worry less about running out of electricity. Let's hope the cost of manufacturing them becomes less expensive so that they may be commercially viable.

Meanwhile, ABB, a technology company based in Zurich, has developed the Terra 360, which can charge up to four vehicles simultaneously in 15 minutes. The Sustainability Officer at ABB also stated that the company plans to lead by example by switching their entire fleet of more than 10,000 to non-emitting vehicles.

The Terra 360 is available in Europe and is coming to the United States. The chargers may be installed on commercial premises for trucks and vans. They also have a small footprint, so they may be installed in parking lots.

Renewable Energy Progress in Latin America

Uruguay has been led since 2009 by José Mujica, a former baker's assistant, flower merchant and guerilla leader who spent 13 years in prison. After being elected, he inherited an energy crisis tied to the country's failure to develop alternatives to its thermal plants, which tied its economy to unstable commodity prices.

Many Uruguayans saw nuclear energy as the solution, but Mujica saw that as a stopgap. In 2008, five months after being elected, his national director of energy, Ramón Mendéz, submitted a plan for a countrywide transition to renewable power. After two months of negotiations, the government reached an agreement on the plan.

By 2016, an array of biomass, solar and around 50 wind parks had replaced the grid's use of oil and helped Uruguay cut more than half a billion dollars from the country's annual budget. Currently, Uruguay has one of the world's greenest grids, powered by 98% renewable energy. Hopefully, other countries will follow their example.

Chile, meanwhile, has the only solar thermal tower in Latin America and only one of four in the world. The tower, known as "Cerro Dominador", stands 787 feet high and is surrounded by 10,600 mirrors or heliostats at its feet. It is powered by solar salts from the Atacama Desert which can be melted, kept in a liquid state, and stored for up to 17 hours. This is important, because storing energy has proven to be difficult. These salts heat water to 565 degrees Centigrade (1049° Fahrenheit) which generates steam to move turbines to produce electricity. Today over 35% of energy in Chile is wind and solar, compared to 14.8% in the United States.

Turning Brownfields to Solar Lightfields

A brownfield, according to the Environmental Protection Agency, is any land that is abandoned or underused because redevelopment is complicated by contamination or possible contamination from hazardous waste or a pollutant. The contamination may come from an abandoned factory, dry cleaning operations, a gas station or chemicals that were spilled or released and impacted the nearby soil or water.

There are an estimated 450,000 brownfield sites that cover 15 million acres across the country, according to the EPA. Many are still vacant, but some are being used to house solar panels, including an abandoned waste site in Old Bridge Township, NJ. The solar panels will generate more than \$1.2 million over 30 years for the township and power about 400 homes at a reduced cost.

As solar energy has grown in popularity, finding real estate to locate them near large cities has become more difficult. Since most cities have brownfield sites, they offer an opportunity for sustainable energy on undervalued land.

The EPA has already selected 80,000 acres of brownfields for renewable energy projects, which increases the surrounding property values by five to 15%. Pennsylvania prioritizes permits for brownfield redevelopment and offers low-interest loans. New Jersey offers tax incentives and partial reimbursement for remediation as well as loans for cleanup.

Transforming once-polluted land for productive use has many benefits, including creating jobs and reducing climate change. Mount Olive Solar Farm in Morris County, NJ is the largest solar landfill in North America and powers 4,000 homes. It has gone from a Superfund site, which was a blight on the neighborhood, to a source of energy that enhances the neighborhood.

Making Roads and Lumber from Recycled Plastic

A one mile stretch of road on Highway 162 in Oroville, CA is made from recycled asphalt and 150,000 plastic bottles. It is two or three times more durable than traditional asphalt and uses 90% fewer greenhouse gas emissions.

Using a polymer-based binding agent from plastic bottles eliminates the need to bring in outside material for a paving operation, according to a July 2020 release on the Caltrans website.

In Halifax, Nova Scotia, Goodwood Plastic Products is recycling plastic into lumber with an extruder machine. It can be nailed, glued and drilled like wood and has a much longer lifespan.

Roads That Charge and Electric Building Laws

A mile of 14th Street in Detroit is now equipped with coils which charge electric cars as they drive on it. This is an experiment to perfect the technology before expanding it to the public.

The charging process is based on couplings between copper coils below the road surface and receivers on the underside of vehicles. Electricity is only transferred when the vehicle nears the charging coils, and this can happen

when the car is parked or moving. It is safe for pedestrians and wildlife because it is only activated when a

receiver passes over the coil. This year, Michigan will begin seeking bids to rebuild part of US-12 and will install additional inductive charging, according to a Nov. 2023 article in Axios.

Meanwhile, Sweden is building its first permanent electric highway to charge cars as they drive; they hope it will be completed by 2025. The highway, E20, is in the middle of the country's three major cities: Stockholm, Gothenburg and Malmö. The charging method for the road has not yet been decided.

In stationary electric news, builders in New York will have to use electricity exclusively for heating, cooling and other energy needs starting in 2026. The law, passed last May, will make New York the first state in the nation to require all new buildings to be all-electric. The law applies to new buildings under seven stories in 2026 and taller new buildings in 2029. The purpose is to cut greenhouse gas emissions, which account for about a third of emissions in New York.

California and Washington state have already limited gas use in new construction, but New York is the first state to prohibit it. More than 100 state and local governments in the United States have approved some type of zero-emissions building rules, according to an Aug. 2022 article from the Rocky Mountain Institute.

Protecting Sperm Whales in Dominica

The Commonwealth of Dominica, an island nation in the Caribbean, created the world's first reserve for sperm whales late last year. The country's west coast is a vital feeding and nursing ground for them. In turn, the whales are critical for the ocean's ecosystem.

Sperm whales face many threats from entanglement in fishing gear to being hit by ships and agricultural runoff. Only 800,000, a fraction of the global population of two million, have survived.

"The 200 or so whales that call our sea home are prized citizens of Dominica," said Prime Minister Roosevelt Skerrit in announcing the country's commitment. "Their ancestors likely inhabited Dominica before humans arrived. We want to ensure these majestic and highly intelligent animals are safe from harm and continue keeping our waters and our climate healthy."



Application Deadline for Grants Approaches

The deadline for local community groups to apply for grants from Weavers Way's Environment Committee is quickly approaching.

Groups have until Mar. 8 to apply for the grants, which range from \$100 to \$500. Preference is given to groups from underserved neighborhoods. Groups that apply must have a tax number in order to receive funds.

The Environment Committee has hosted Electronic Recycling events in the past to raise funds for these grants. Since electronic recycling

is our main source of income, the committee is grateful to those in the community who have contributed through these events. We also thank those who contributed on Giving Tuesdays. Our next Electronic Recycling Event will be held on Saturday, May 18.

Grant applications may be downloaded from the Weavers Way website, under the heading "News & Events." We encourage email submissions to the Weavers Way Environment Committee at environment@weaversway.

coop. If unable to send via email, applications may be printed and sent to Environment Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119, or placed in the Environment Committee's mailbox at the Mt Airy store on Carpenter Lane.

Groups will be informed if they have received a grant within a month of the deadline. Grantees are then obliged to submit a report with receipts describing how the money was spent by Nov. 1.

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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

We don't hear much from shoppers anymore about their GMO concerns. But recently, a shopper asked about what they thought were GMO peppers in our produce department. They thought GMO peppers could be identified by the four-digit PLU number printed on the sticker on the peppers, and that GMO produce PLUs began with the number 3. This is not the case.

In general, Weavers Way does not stock any GMO produce. I don't think any of our produce suppliers offer any GMO produce except for maybe papayas. GMO produce is rare in the United States. The main crops that could be GMO are potatoes, summer squash, apples, papayas and pink pineapples. However, for various reasons, none of these are in wide distribution except for Hawaiian papayas, which were almost wiped out by ringspot virus until a GMO version was developed.

For unknown reasons, fresh papayas have not sold well at any Co-op store since the '70s, so our shoppers rarely see them. We have gotten organic papayas off and on, which are non-GMO (as are all organically grown crops).

Regarding produce PLU codes in general, the only thing a consumer can tell from looking at the number is that




if it is five digits and starts with a 9, it is organically grown. Apparently, there was once an effort to have GMO produce PLUs be five digits and start with an 8, but that was not widely adopted.

Produce PLU numbering is not regulated by any legal entity; it's a convention adopted by the produce industry to aid grocery store processes like check-out, similar to UPC codes on packaged products. Our bulk shoppers know about PLUs, since we write them on our items when shopping bulk; most of these were made up by us. The same is true for all our scale items, like the deli cheese we wrap and bakery products that have one of our scale labels.

While produce PLU stickers help the industry with checkout accuracy, sales data analysis, etc., they are an annoyance for consumers, and, not surprisingly, those in the compost business. They're a pain to peel off, and, since they are typically made of vinyl with an adhesive back, are not biodegradable, compostable or recyclable. In fact, they literally "gum up" most of these efforts.

A good chunk of our local produce does not have stickers, and in some cases, we will apply our own sticker with the PLU from a price gun; at least these are mostly paper. We do this, for example, to

(Continued on Next Page)



EMAIL YOUR SUGGESTIONS TO suggestions4norman@weaversway.coop

Norman Says:

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

International Co-op Principles

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

(Continued from previous page)

distinguish an organic potato from the often less expensive conventional potatoes.

Some produce PLU stickers also show the country of origin, although that could also be shown on a display sign. The past few years, some stickers also include a bar code so they can be scanned (which is faster than the cashier punching in four or five digits).

There are efforts in the produce industry to switch to biodegradable and compostable stickers, although right now that seems to mostly be happening in Canada. For the stickers to meet compostability standards, the label material, ink and the adhesive all must be compostable. It seems like the early versions are using bioplastics for the label material, because the labels need to be able to withstand typical produce handling like being sprayed, chilled and transported. The industry is also looking at laser etching PLU type info on thicker skinned produce, but currently this is an expensive investment that hasn't caught on yet.

Meanwhile, our CSA again leads the entire produce industry in sustainability with no PLU stickers needed, since a CSA share is not subject to the retail checkout process. (By the way, our first winter CSA's produce was fabulous!)

suggestions and responses:

s: "I see we are now promoting bringing your own container for bulk goods as an everyday thing. That's great! I would like to see more self-serve bulk items instead of those packaged ones off to the side. I bet I'm not the only one who would like to choose amounts of dates, figs, apricots and other dried fruit, choco-



[Produce stickers] are an annoyance for consumers, and...those in the compost business.



late chips, fig bars etc. And perhaps add some more items like polenta or tofu. There's nothing as good as a great bulk section. I know that raisins and dates can get sticky on the tongs, but the stickiness would be offset by not using all those plastic containers. You could still have those for people who want their stuff pre-packed. Thanks.

r: (Juli, MA) Hi and thanks for writing. We've experimented with things like raisins in bulk in the past and our staff at the time decided it was too difficult, since they (and some other dried fruit) come in all stuck together, almost like a 30-pound brick. Breaking them up to be scoopable requires labor and space. Fortunately, we have cooperators do this at the bulk office work counter, so we have the space.

I can see if maybe we can still do those steps and then put them in a bulk scoop bin. It's similar for the other items you mention, although we do have chocolate chips in a gravity bin at our Mt. Airy and Ambler stores. Also, shoppers can always ask a bulk staffer if there is an available open case of dried fruit if they want to fill their own container. Polenta might be possible, and we used to do tofu (and spring mix), but due to a variety of factors, including COVID, we stopped that practice.

s: "My suggestion is to provide sheep yogurt as an option at our Co-op, in particular at the Ambler store, where I mostly shop. There are so many cow yogurt options and even plant-based options but no sheep option. I find sheep yogurt easier to digest and I love its creamy taste. Is there a possibility for us to carry it?"

r: (Norman) We've stocked it at Ambler in the past, but it didn't sell well enough to keep. Nancy, our Ambler grocery manager, said she'd give it another try. We also stock it at our Chestnut Hill store.

s: "Why don't we have vegan lobster?"

r: (Norman) While plant-based food industry concoctions include many cheese, meat and more recently, seafood analogs, a vegan lobster has yet to make it into any manufacturer's product portfolio. But give the industry time; I'm sure we'll see vegan lobster in the next few years. Next on the list would be vegan game like deer, pheasant, rabbit, bear and alligator. Maybe someone will come up with a hunting analog too, so you could shoot a paintball rifle at a plant-based rabbit. When you hit the "rabbit", the paint would become the gravy.



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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The Backyard Beet

Overcome Self-Doubt and Become a Confident Home Gardener

by Chris Mattingly, for the Shuttle

AT BACKYARD EATS, OUR CLIENTS CHOOSE TO have a home vegetable garden for many reasons. Some want to give their kids the same magical gardening experience they had as children. Others are on a personal health journey, want to know where their food comes from, or are searching for a new hobby that helps them connect with nature.

In this article, we'll explore how to conquer several gardening fears so you can provide for yourself, your loved ones and our world with confidence. If these fears resonate with you, we can guide you toward organic success.

"I have a busy lifestyle; I don't have enough time to garden!"

Home gardeners come from all walks of life. But a hectic schedule doesn't have to prevent you from a consistent gardening habit. Integrating gardening into your daily routine can become a therapeutic escape and source of joy amid life's many demands.

When life gets too busy, the thought of maintaining a garden can be unappealing. To combat that, you can let your garden go! It will still be there when you come back, provided you check in often enough to catch any massive blooms of weed seeds taking over.

In addition, community resources abound and plenty of folks are willing to work for the chance to learn how to grow their own food. Lastly, we've built a system for maintaining and perfecting your home garden to the degree that works for you.

"DIY projects seem so complicated: I don't know where to start!"

In this age of modern technology, humans can gather information faster than ever. But without a trusted guide, you may still feel anxious about undertaking a complex project from scratch.

We empower clients to build confidence in their gardening skills. Our custom installation services make starting a garden more accessible for everyone. Start by choosing your favorite crop varieties for spring and summer. You can experience the joy of learning how to grow fresh produce at home with our convenient, step-by-step Harvest Guide tutorials, which are available online.

"I've tried gardening before and failed. Maybe it isn't for me."

We believe that with the right guidance, anyone can successfully grow food at home. That's why our pro-

cess is designed to support you at every stage.

Maybe your crops struggle to grow under inadequate sunlight, or deer and squirrels always nibble your prized produce. Our list of over 70 crops is updated every year, so you can fill your garden with delicious and productive crops that will thrive in your space's unique growing conditions.

"Homegrown food isn't worth it. Why spend months growing something I can buy at the store for less?"

Building a backyard garden can be a financial investment in materials and plants. But it's also a priceless lifetime investment. No generic store-bought vegetable can replace the delight of harvesting a ripe tomato off the vine, or your children picking a pepper they helped grow.

Vegetable gardening also allows you to control the growing conditions. Our custom growing medium and natural pest control methods ensure that your garden receives optimal nutrients and care.

"I wish I could grow my own food, but I have a small urban backyard."

Whatever the size of growing space you have, your home garden can reflect your goals. Raised bed gardens make the most of any space with efficient layouts and vertical growing options like fencing and trellises that maximize growing potential. That's why we recommend them!

Functional perennial plants like fruit trees and berries can also offer home gardeners more flexibility with their garden layout. And raised bed gardens can be adapted to any space, transforming back or front yards into flourishing oases of growth and beauty from spring to fall.

"I travel often and worry that I won't be able to keep a garden alive."

We all want the flexibility to travel without killing plants or becoming the neighborhood eyesore. Backyard Eats' trained garden maintenance team is your year-round gardening partner. Whether you're interested in seasonal planting or ongoing maintenance, we can suggest and carry out trusted techniques to ensure the health of your garden. This also makes learning how to garden less intimidating than tackling a project alone.

Thanks to convenient technology like drip irrigation, your garden can be automatically watered the perfect amount for a thriving and successful green space. If you travel often, you can rest assured that your well-

maintained garden will add value and personality to your home, making it a restful and rewarding place to return to.

"I want a pest-free garden, but I'm concerned about the impact of pesticides on my family's health."

Many people choose to grow their own food to take control of their own health. In our raised bed gardens, holistic health starts with naturally treated lumber and a custom organic growing medium of essential soil nutrients.

We do not treat our clients' gardens with any chemicals that are harmful to human health when used under trained application. We also recently partnered with Consumer Notice to educate our audience on the dangers of commercial pesticides like glyphosate. We are proud to lead the homegrown movement toward balance with nature and human health.

With an organic edible garden in your own backyard, you can revel in the satisfaction of providing your family with fresh homegrown goodness. As Mary Kay from Glenside, who hired us to transform her existing garden into an organic oasis, put it, "We believe this is a lifetime investment in healthy eating and we are very pleased!"

"There's so much to learn about gardening; I don't know where to start!"

Does the above describe you? Are you tired of searching for contractors that specialize in more than construction or weeding? Look no further than Backyard Eats' full-service gardening solutions.

You can overcome your gardening fears and doubts this year with support from us. Our process starts with an initial consultation to discuss your specific growing goals, so you can see if our design, installation and maintenance services are a good fit.

Whether you have a busy lifestyle, small backyard or no gardening experience, we want to help you become a healthy and confident home gardener who's connected to the magic of homegrown food. Let's make 2024 a year of learning and growth together!

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



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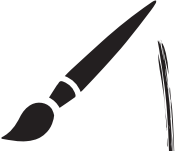
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Artists in Our Aisles



Tom Judd

Originally from Salt Lake City, Judd came to Philadelphia in the mid '70s to attend the Philadelphia College of Art (now the University of the Arts) and never really left. He was included in an exhibition at the Philadelphia Museum of Art five years after graduating from art school, and the museum purchased one of his works for their permanent collection. He has gone on to exhibit his work internationally and in many important private and public collections.

Judd's public works have mostly been for private clients. But in 2019, he was chosen to design and install the subway mural in the newly renovated SEPTA station near Independence Hall at 5th and Market streets.

"My work has always been about memory, metaphor and a sense of place. With humor, irony and a great love of history, it reflects on how the past interacts with the present, our myths and the contradictions of our story. Using collage – the assembly of disparate ideas and materials, including landscape, portraiture, found objects and installations – I explore the American experience."



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 headshot
- A short statement about the work
- A link to a website if you have one

Weavers Words

I like these two poems because they are good reminders that even the worst of days can offer up what Rachel Carson called "the sense of wonder."

—Karin Schaller

DUST OF SNOW

Snow falls endlessly amidst life and death —Santōka Taneda	The way a crow Shook down on me The dust of snow From a hemlock tree Has given my heart A change of mood And saved some part Of a day I had rued.
--	--

—Robert Frost

THANKSGIVING

One large pot, enough.
Four carrots, one peeled onion, six mashed garlic bulbs
simmer in amber
broth. Wafting through family conversations, soup
aromas conjur
memories. Through kitchen screens a neighbor is stirred
to knock on my door.
"What're you cooking?" she asks, "I was passing by
and smelled a divine aroma." Divine she said, using a godly
word that gave me pause. In one pot, a multitude
of blessings, green stems
snatched from the earth, roots perfumed with spices and herbs seized from able hands.
Flavored with bounty, more than is fair, I tender my pot of sweet roots,
simple foliage
released from the soil, steaming rings of fellowship.

—Sarah Wenger

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.

HELP! WE NEED MORE POEMS AND REFLECTIONS!



Imagining a World Without Waste

Southeastern PA Plastics Coalition Works to Increase Store Bag Bans

Single-use plastics make up the largest category of petrochemical production. According to many sources, less than 10% of all plastics and less than one percent of plastic bags are recycled. According to oil and plastic companies, production is expected to more than double by 2050. Pennsylvania, due to various political factors, won't be passing statewide legislation to curb the use of plastics like New Jersey and New York have done. So what can we as individuals and communities do to save ourselves?

One solution is to regulate single-use plastic bags by creating laws to prevent stores from giving them out at checkout. After Philadelphia passed its single-use plastic bag ban and the state didn't reimpose its preemption on new bans, local communities were able to follow suit and create their own laws.

We first formed the Montgomery County Single-use Plastics Coalition in 2021 to encourage passage of these laws. Eventually, the coalition grew to include member townships from Bucks, Delaware and Chester counties. Currently, more than 50 townships are part of the coalition and 25 have passed bans on single-use plastic bags.

The basic single-use plastic bag ordinance (from a template created by Penn Environment) bans retail establishments from giving them out. Also, stores are supposed to charge 10 to 15 cents for a recycled paper bag to encourage customers to bring their own reusable bags. There are exemptions for small bags that are used in the deli for safety reasons and sometimes for dry-cleaning bags. Many townships also go further and ban Styrofoam containers and mandate that plastic straws and utensils be given on request only.

The coalition currently meets over Zoom every other month; most coalition members also belong to their township's environmental advisory commission. Each township is unique in its business base, culture and the receptivity of its supervisors. Passing an ordinance like this is a long process, so the advice and guidance of other environmentalists has been crucial to our success.

Faran Savitz, the solid waste advocate for Penn Environment, has worked for several years on the plastic bag ban. He has been key to our efforts, along with Logan Welde from the Clean Air Council. Both do research, outreach, attend our meetings and work directly with townships.

At each meeting, someone presents a new topic, and each township discusses issues and successes they are having. There's also time for questions and suggestions. We've discussed incinerators, restaurants, enforcement, signage, reluctant officials, helping indigent residents, the benefits and drawbacks of compostable plastics, ordinance language, trash and recycling issues, and more.

The coalition is writing a guidebook to assist townships that are interested in developing ordinances to ban plastic bags. It distills the lessons from townships across Pennsylvania that have implemented bans or are deep in the struggle. The guidebook starts with a review on why a ban is needed, then delves into the details. Topics include how to organize a campaign; educating and persuading; writing a clear ordinance; responding to common objections; enforcing the ordinance; holding public forums and many others. The book also covers community presentations, sample ordinances, business postings,



township single-use plastic links, and expert contacts that will save time while developing a foundation for success.

Communities outside Philadelphia closest to Weavers Way stores that will have plastic bans go into effect this year include Cheltenham, Springfield, Whitmarsh, Montgomery, Lower Merion, Upper Merion and Ambler. For additional information, contact Don at donhamp@verizon.net or Richard at thembones2@hotmail.com.

—Richard Metz and Don Hamp

CRP is (Almost) Three — And Getting Better

In a few months, Weavers Way will celebrate the third anniversary of its groundbreaking Container Refund Program, which has saved our local environment from over 21,000 containers and paved the way for a more sustainable shopping experience for our community. The new year will bring a refresh to the CRP, thanks to the dedication of Co-op leadership, staff, and members, and the ongoing partnership with reuse service provider ECHO Systems.

The recent appointment of Danielle Mitchell as the Co-op's sustainability coordinator has helped to enhance our systems, ensured more consistent packing of products, and increased the number of reusables across our stores. We encourage shoppers to embrace these improvements because they help reduce our reliance on single-use plastics. By actively choosing circularity through the CRP program, we can collectively and significantly minimize our environmental footprint.

Supporting circular systems benefits the environment and has the potential to keep our products more affordable. The costly nature of single-use plastics impacts our margins and inflates the overall cost of our products. Embracing reuse reduces expenditures and fosters an eco-friendly approach that aligns with our community's values.

In other news, we are introducing new 12 and 16 ounce containers. They're shaped like bowls and stack neatly on our shelves.

For those who already have 12 and 16-ounce reusable plastic containers at home, you can return them anytime to claim your \$2 deposit. Help us recover as many as possible by bringing back containers that are hiding in your pantry or car.

We kindly ask for your support by returning your containers washed. While we clean them in a commercial facility, returning containers free of food residue and without stickers or writing ensures the success of the CRP.

Thanks to everyone who continues to champion the program. Your unwavering support has made it a success, and we're committed to serving our community by providing top-notch container sanitation and management.

Let's continue this journey toward a more sustainable future. Together, we can make a lasting impact, one reusable container at a time.

—Alisa Shargorodsky, Director, ECHO Systems

Pennsylvania Farm Show Highlights the State's Bounty

A recent visit to the Pennsylvania Farm Show enlightened me about all our state has to offer. Pennsylvania's agricultural sector generates \$132.5 billion in revenue yearly and employs close to 600,000 people, according to the state Department of Agriculture website. Products including maple syrup, meat, apples, dairy, vegetables, honey, mushrooms and more, contribute to that number.

In 2011, the PA Preferred® Act, which is dedicated to promoting local food and farms, became law. PA Preferred® has a website (www.papreferred.com) where

in-state farmers and producers can register, and businesses can find PA Preferred® vendors. When shopping, look for products with the PA Preferred® label.

Of course, purchasing locally sourced products saves on shipping and packaging. In addition, directly sourced produce can be bought in bulk, which can eliminate the need for extra packaging. In-store packed paper bags of apples, pumpkins and watermelons are stored in large bins. Individual local vegetables such as carrots and tomatoes are examples of minimally packaged local produce.

Vendors at the farm show are aware of the environmental and financial cost of packaging. The private sector, along with the U.S. Department of Agriculture, is constantly working to devise solutions that guarantee food safety while minimizing environmental impact. For example, Barnett Farms, a large potato producer, packs their potatoes in biodegradable paper bags when possible. They are a large supplier to snack food brands in the state, and they also distribute to restaurants and retail outlets.

It was great to go to the Farm Show to see all the products produced right here.

—Roy Eishenhandler



Listen and Participate at PRTF's Open Forum

Are you eager to see less plastic in your grocery experience? Consider joining us for our next open forum via Zoom on Monday, Feb. 19 at 8 p.m. If you have questions or want to sign up, reach out to us at prtf@weaversway.coop.

—Kim Paymaster

Keep Apprised Of These Jar Library Tips

- Tell the bulk manager when you are dropping off your jars, so they can inspect them to see if they are appropriate for the Jar Library.
- Drop off only clean, dry glass containers only — no plastic containers.
- Remove labels as much as possible. Volunteers maintain the Jar Library; the more labels there are to remove, the harder their job is.
- Larger jars are especially appreciated, e.g. tomato sauce or quart sizes. Also consider if you would find a jar the size you are donating useful.
- If the incoming jar box is full, please do not leave your jars. Currently there is no place to store surplus jars.

—Valerie Glauser



SCAN TO JOIN THE QUARTERLY MAILING LIST



Coop to Coop

New Germantown store offers outreach and hospitality to Germantown residents



Photo by Susan Schaefer

Residents of Valley Greene Apartments, a housing cooperative located just a few blocks from the soon-to-be open Weavers Way Germantown, got a tour of the store and learned about the benefits of Co-op membership on Jan. 14. Germantown Store Manager James Mitchell explains the new store's features to residents, which will include a gathering space with tables at the front.

Locally Grown

Illustration by Alli Katz



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

Weavers Way Board

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

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

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

2023-2024 Weavers Way Board of Directors

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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
ajoyce@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 ORIENTATION

Tuesday, February 20 from 6:30-8pm. Virtual.

To register visit: www.weaversway.coop/events

Become a Member

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



MEMBER APPRECIATION

Feb 15 - Feb 29

**MEMBERS GET AN
EXTRA 5% OFF!**

Members can pick one shop at
A Main Store + Across the Way or Next Door
+ the Mercantile and get 5% off their bill at each store

- The 5% discount is on top of your senior, working member, or Food for All discount.

**JOIN THE CO-OP DURING MEMBER APPRECIATION
AND GET A \$30 CO-OP SHOPPING CREDIT**