

Cuisine from Former Soviet Republics Shines at NE Philly Food Tour

by Debra Wolf Goldstein, for the Shuttle

ISIGNED UP FOR THE “NORTHEAST Philly Food Tour” a day after the Mt. Airy Learning Tree course catalog arrived. A tasting tour of Uzbeki and Russian restaurants? A sampling of Georgian bakeries? A chance to see it all through the eyes of consummate foodie Glenn

Bergman, former general manager of Weavers Way and former executive director of Philabundance? Count me in.

But the class was already full. There was even a waitlist.

Luckily, I know Glenn and twisted

his arm to please offer a second MALT tour. So on a steamy Monday in mid-June, nine of us carpoled to the Northeast, where tens of thousands of immigrants from the republics of the former Soviet Union have settled (along with Lower Bucks County).

(Continued on Page 3)



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The Shuttle

SEPTEMBER 2024

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Balancing the Benefits of EV Ownership with the Challenges

by Betsy Teutsch, for the Shuttle



Photo courtesy of Wikipedia Commons.

A BMW i3 charging at a public charging station in Costa Rica.

HOW'S IT GOING, EV DRIVERS? What works well, and what's a hassle? We know electric cars are the future, but the most of us are still stuck filling up at gas stations.

EV drivers vastly lower their levels of carbon emissions. Weavers Way members Mark Pinsky and Jennifer Paget charge their Volkswagen ID.4 with electricity generated by their roof's solar panels. But there's lots more to love about EVs.

For one thing, they're fun to drive. Owners like the practicality and economy of plugging in at home rather than patronizing gas stations. Electricity on average costs about a third of what gas does, saving owners thousands of dollars over the lifetime of the car.

EV owners appreciate that their vehicles require far less maintenance than cars with combustion engines. But they

(Continued on Page 15)

Solar Panels Project Set to Power Up at Germantown Store

by Marion Storey Biddle, for the Shuttle



Photo credit?

Steve Hebden, Weavers Way member and solar lead, surrounded by the solar panels on the roof of the Co-op's Germantown store last month.

WE DID IT! SOLAR PANELS ARE UP on the roof of Weavers Way Germantown, thanks to the efforts of Co-op members, the Clean Energy Co-op, and many more. On Saturday, Oct. 19 from 1- 2 p.m., we'll celebrate the completion of the Energy Co-op's latest solar project.

“We're very excited that this project is now a reality and want to join with Weavers Way members in a celebration,” said Joy Baxter, chair of Clean Energy Co-op's Southeast Pennsylvania chapter.

Jon Roesser, general manager of Weavers Way, will be one of the featured speakers at the event, at which attendees can see a drone tour of the solar array and put solar cars in action. The rain date is Oct. 26, same time.

“The celebration will give folks the chance to learn more about sustainability from groups working for a greener future,” said Steve Hebden, former facilities manager at Weavers Way and one of many Co-op members and staff who worked behind the scenes on the project. Weavers Way, Clean Energy and other groups with a focus on protecting the environment will have tables at the celebration.

“All of us at the Clean Energy Co-op want to thank Weavers Way for their hard work,” Baxter said. “It shows what's possible when cooperatives work together.”

According to Baxter, the array is almost ready to begin generating power for the Germantown store. “We are waiting

(Continued on Page 6)

HELP CLEAN ENERGY LOCATE ITS NEXT SOLAR PROJECT

Now that the solar array on the roof of Weavers Way Germantown has been completed, the Clean Energy Co-op needs your help in finding its next host site for solar.

Finding a suitable solar host is a constant process for us, because one of our goals is to develop solar on the rooftops of community businesses and nonprofits through the cooperative process. Once a solar array is in place, it's time to start work on another one.

That's where you come in. Weavers Way members care about their communities and likely know of places that have the potential to host the next Clean Energy solar project. Do you know of a non-profit or community business that wants to go solar but may lack the money to get started? We want to hear from you.

The focus of Clean Energy is on community businesses and nonprofits. The final decision rests with our board of directors, but examples of past projects can help better define the concept. In addition to the Germantown store, solar arrays have also been installed on a community theater, a business incubator, a county building and a house of worship. You can learn more about the Clean Energy Co-op by visiting www.cleanenergy.coop.

If you have ideas for a good solar site, please send them to cleanenergycoopprojects@gmail.com. Weavers Way and Clean Energy member Marion Storey Biddle will take it from there.

—Peter Patton, member,
Clean Energy Co-op

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



THANK HEAVEN FOR KIERAN McCourt. In this month's "Slice It, Dice It, Serve It" (down and to the right of this column), our prep-and-cooking-tips columnist and lead cashier at our Ambler store dives into the various kinds of local apples you'll soon see in our stores, detailing which have the texture and flavors you're looking for.

Back in the day, this would be the kind of column you'd want to clip out and laminate to preserve; I guess you still could. As much as I think I know a Jonathan from a Mutsu or a Jonamac, it gets confusing the more varieties you put in the mix. And what self-respecting local apple eater doesn't want to try something new?

However you choose to preserve Kieran's info, be sure you do; it'll be invaluable during your trips to the Co-op this fall.

While I'm in "Thank You" mode, I want to shout out our proofreaders — the three or four working members who spend a couple hours the week-end before the Shuttle goes to the printer going over a big portion of the coming issue. I read over every article that appears in the Shuttle twice and edit where necessary. But the closer it gets to the deadline, the more likely I am to miss checking the usage of a word, phrase or punctuation. I tell myself I know more than I do.

With their fresh eyes and resourcefulness, our proofers go over the articles, look up those details I've missed and point them out. Most of the time, they're right. I truly value their dedication and attention to detail.

One last tip: If food, especially unfamiliar food, is a thing for you, be sure to check out Debra Wolf Goldstein's article on the food tour of Northeast Philly she took with former Weavers Way General Manager Glenn Bergman and others through Mt. Airy Learning Tree (p.1). It sounds like a fun, filling time — plus, they washed down their lunch with cherry vodka!

Catch you in the pages next month.

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

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

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

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

Advertising

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

Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

All Wellness and Good

Due to prolonged out of stocks from one of the Co-op's private label manufacturers, many Weavers Way branded supplements will now be packaged in glass rather than plastic bottles, according to Across the Way Manager Sarah Risinger. After dealing with the out of stocks for a while, the Co-op reached out to another supplier, with whom we already work closely, that only uses glass bottles.

Less plastic can only be a good thing, so the switch in suppliers is positive. Replacement bottles will show up on shelves in all our wellness locations over the next few weeks.

Bakery Bites

I'm sad to report that **Hank's Cinnamon Buns** is scaling back operations and stopped stocking the buns in our stores late last month. They're labor intensive, and Hank McCoy was having trouble making enough for them and his pop-ups, many of which happen in farmers markets. If you need a fix, go to his Instagram account ([hankscinnamonbuns](https://www.instagram.com/hankscinnamonbuns)) to see where he'll be next. Hank, thanks for two-plus years of decadent tastiness!

In Co-op Finds news, here are a couple items from the September edition. The sales began a couple days ago and are in effect through Oct. 2.



Shelburne Farms cheeses are based in Shelburne, VT. The farm is an education nonprofit that's on a mission to "inspire and cultivate learning for a sustainable future through its

programs and products," according to their website. The 1,400-acre property is home to the Institute for Sustainable Schools, which was formed in 2021 as a place for professional learning for educators.

Now, about the cheese. Their raw milk cheddars are made on the property from their herd of Brown Swiss cows. Our delis have added their six-month and two-year raw cheddars. The six-month cheddar has the delicate flavors of fresh cream and buttered toast and is on sale for \$14.99 a pound (regularly \$18.99) through Oct. 2.

The two-year raw cheddar is a classic Vermont cheddar, extra sharp with some minerality and sweetness on the back end. It's marked down to \$18.99 a pound (regularly \$22.99) through Oct. 2.

If you're curious about sea moss gel and its benefits, our wellness locations have added jars of **Sea Moss 4 Life** sea moss gel. It has a texture like aloe vera and a briny taste. Like all seaweeds, sea moss is high in iodine, potassium and calcium, as well as vitamins and protein, and it's said to positively impact everything from skin to your immune system. It may also prevent Parkinson's disease and support thyroid health, but the jury is still out on those claims.

Through Oct. 2, 16-ounce jars of Sea Moss 4 Life are \$5 off (regularly \$24.99).





6 YEARS

SLICE IT
DICE IT
SERVE IT

A Guide to Local Apples

by Kieran McCourt, Weavers Way Ambler

During the transition from summer to fall, there are a few signals that sweater weather is on the way — the return of pumpkin spice lattes, back to school hype, a pallet of Sweetsels or those first chilly nights. For me, it's the crate of local Ginger Gold apples next to the end of the summer peaches.

Apples are ubiquitous, thanks to their near year-round availability and how they permeate the stories we tell, from "Snow White" to Johnny Appleseed. We know how to use them: We can eat them out of hand, bake them, turn them into sauce or butter, or make juice or cider. That part is easy: What's tricky is to pick the right apple as the local ones come into the stores.

Most of the apples from local orchards that can be found in the Co-op's produce sections are table apples. They're perfect for eating out of hand, while some double as great for cooking.

For those who enjoy tartness, some of the common options available throughout the fall are Jonathan,

Empire, Cortland, Stayman, Winesap, Braeburn, Cameo, Granny Smith, Nittany, Northern Spy, Rambo and Mutsu. Sweeter eating varieties include Golden Delicious, Ginger Gold, Jonagold, Jonamac, McIntosh, Baldwin, Fuji, Gala, Macoun and Red Delicious.

For cooking apples, especially if you want the apple slices or chunks to retain some or most of their shape, look for Baldwin, Granny Smith, Nittany, Smokehouse, York Imperial, Jonathon, Braeburn, McIntosh, Cortland, Winesap and Wolf River varieties.

Mix and match and try to find your favorite cultivar this fall; remember to make a note of which apples you picked out and what they look like. Nothing is worse than filling up a 1/4 peck bag, getting home and wondering which apple is which.



Lowa/Erie Insurance Golf Outing



Photo courtesy of the Lowa Group.

Members of the Lowa Insurance Group in Pottstown took second place in the Erie Insurance Charity Challenge golf tournament at the Khakwa Club in Erie on June 10. Their efforts netted \$12,000 for the Weavers Way Community Fund.

Cuisine from the Former Soviet Republics Shines in NE Philly Food Tour

(Continued from Page 1)



Photos by Debra Wolf Goldstein

Above left, former Weavers Way General Manager Glenn Bergman checks out the collection of frozen pierogies at Netcost supermarket in Northeast Philly. Above right, the wide array of ethnic prepared foods at Netcost.

We started the tour at the Netcost supermarket at 11701 Bustleton Ave. This chain, which locates only in ethnically diverse neighborhoods, specializes in importing foods from a staggering array of homelands. Eastern European delicacies in particular lined the aisles. Bins of dense rye breads beckoned, and counters displayed pickles, smoked meat and fish, 140 kinds of imported honey, and 30 varieties of jam.

The dairy aisle was loaded with exotic fetas, kefir and baked yogurts and stretched the length of the store. We watched shoppers scoop up veal, potato and beef pierogies from large bins in the freezer section.

In the grain aisle, Glenn stopped a browsing Ukrainian woman. "How do you prepare your buckwheat groats?" he asked. She shared her recipe, then wagged a finger and implored, "Please, you buy only Ukrainian brand, not Russian!"

Glenn sweet-talked the smoked-fish specialist, Ivana, into giving us samples of salmon and beluga caviar, chili-cured lox and my favorite, a creamy and flavorful butterfish. I wanted to buy one of everything, but settled on a few slices of the expensive butterfish, a small tray of baklava stuffed with pistachios and honey, and a jelly roll with savory poppy seed filling. Purely for research purposes, of course!

Shared Plates and Cherry Vodka

We had lunch at Uzbekistan Restaurant (12012 Bustleton Ave.). The owner, Arthur, proudly showed us the oversized outdoor bar and dining area he'd built from salvaged wood. "Drink, drink!" he commanded, pressing shots of cherry vodka on us.

We shared plates of eggplant dip garnished with walnuts and pomegranates; potato vereniki (dumplings topped with fried onions); lula kebabs made with ground lamb and beef; stuffed cabbage; skewered chicken hearts (not bad) and Uzbeki pilaf. All were tasty and inexpensive.

We tried to save room for the next restaurant stop, but Arthur plied us with complimentary platters of chahobili (chicken stew) and samsas (savory pies stuffed with minced meat). "Eat, Eat!" he commanded. We washed it down with more cherry vodka.

The next restaurant, Gamarjoba (13033 Bustleton Ave.), which means "hello" in Georgian, was half-filled with unsmiling, muscle-bound, shaved-headed men watching soccer on TV and drinking enormous mugs of beer. Glenn ordered a refreshing tomato, cucumber and onion salad tossed in a creamy walnut sauce to start. We then had our choice of terrific khachapuris (freshly baked cheese bread), the national dish of Georgia. I'm

still dreaming of the khachapuri Adjaruli, a boat-shaped, open-faced stromboli filled with salty cheese and topped with a sunny-side-up-egg. (It was like the best egg and cheese sandwich you ever ate, on steroids.)

The final dish, khinkali, or "beggar's purse" soup dumplings, reminded me of a Chinese dim sum steamed bun, which befits Georgia's location on the ancient Silk Road trade route between East and West.

"The trick is to hold a spoon to the bottom of the dumpling, so you don't spill the soup inside," Glenn instructed. I pinched the little twisted handle of dough at the top, bit into the spiced ground lamb filling, and happily slurped up the tasty liquid.

Our last stop was Georgian Bakery & Café (11749 Bustleton Ave.), which specializes in stuffed and unstuffed breads, most baked in a traditional circular stone oven. I brought home a delicious khachapuri "in the Megrelian style," filled with brined sulgani cow's milk cheese.

Glenn is thinking of doing a West African food tour of West Philly next. I won't wait to sign up this time.

Debra Wolf Goldstein is a land conservation lawyer and a children's book publisher and author. You can learn more about her at www.OneLittleEarth.org.

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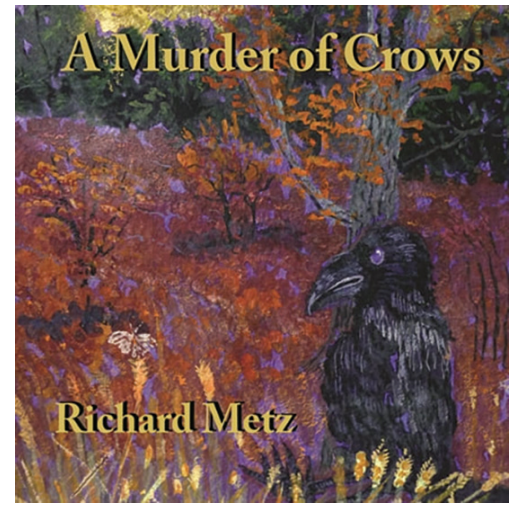
'Artist in Our Aisles' Curator Publishes Art Book on Crows and Ravens

THE LATEST WEAVERS WAY MEMBER TO PUBLISH A WRITTEN work is local artist Richard Metz, who curates the "Artist in Our Aisles" feature in the Shuttle.

"Murder of Crows" was published last month by Frayed Edge Press and is a collection of drawings, paintings and poetry. The images, which include graphite drawings and gouache paintings, focus on crows and ravens in their present and historical realms. Rich, a resident of Erdenheim, has been making

art for 40 years and has a relationship with the murder of crows that lives in his neighborhood.

The book is available online through Amazon, bookshop.com, barnesandnoble.com and frayededgepress.com. You can also find it at Booked in Chestnut Hill and Capricorn Books in Jenkintown. The standard edition is \$22.50; there's also a premium fireball edition for \$25 that features higher quality paper on the cover and interior pages and is signed by the artist.



Together Women Rise Total Raised



Photo by Betsy Teutsch

Members of the Co-op's Together Women Rise chapters pose with the total amount they've raised for organizations that empower women and girls in the Global South over the last 13 years.

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“Profit & Prosper” Networking Mixer



A group of new and aspiring entrepreneurs gathered at the Co-op’s Germantown outreach office on Aug. 10 for a “Profit and Prosper” networking mixer. They learned the basics about starting a small business, tips for long-term success, money management and investing pointers, profitable side hustles and more.

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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 (August 24, 2024)

Store	Prep	Deli	Bulk	Produce	Beauty & Topical Remedies	Grand Total
Ambler	4,899	1,150	1,844	3,207	0	11,100
Chestnut Hill	5,833	1,635	1,596	0	1	9,065
Mt. Airy	2,856	1,640	2,734	0	0	7,230
Germantown	0	0	0	0	0	0
Totals Sold	13,588	4,425	6,174	3,207	1	27,395
Deposits Refunded						17,556
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 fully prewashed and free of food residue.
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.
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Solar Panels Project Set at Germantown Store

(Continued from Page 1)

on a few items, including a final ok from PECO to connect with the electric grid," she said. The Clean Energy Co-op owns the solar system and will be selling electric power to Weavers Way at a competitive rate. The system is expected to continue supplying about one-fifth of the power used by the store for 25 years or more.

A crew of three to five installers from Solar States, the solar contractor, built the 140-panel array over nine days. Solar States used a telehandler forklift to put the panels on the roof. The panels rest on trays on the roof, and ballast blocks are used to hold the trays in place. James Mitchell, manager of the Germantown store, worked closely with Solar States to ensure that the electrical setup of the solar system went smoothly, Baxter said.

Roesser has said that solar arrays can potentially be added to other Weavers Way facilities as part of the Co-op's plan to become more sustainable.

The solar system in Germantown is the seventh installation of the Clean Energy Co-op, which uses an award-winning method of developing solar projects using pooled investments by its members. This structure allows individuals to directly increase the amount of renewable energy installed in Pennsylvania.

Clean Energy, which is run by volunteers, has used this method for six previous solar projects ranging from a Unitarian Universalist Congregation church to a community theater. "Becoming a member of the Clean Energy Co-op will help make future projects a reality," Baxter said.

To learn more about the Clean Energy Co-op, go to www.cleanenergy.coop, or scan the QR code. To keep up with plans for the celebration, follow the Weavers Way events calendar.

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

A Modest Proposal for Communal Emergency Preparedness

by Josh Mitteldorf, for the Shuttle

“LIFE IS STRANGER THAN ANY OF US EXPECTED,” WROTE A favorite poet of my adolescence. Would my teenage self recognize the world we are living in today?

Reality has trained us to expect the unexpected; now we have the opportunity to do something about it. A group of Weavers Way members is inaugurating an emergency preparedness program.

I won't dwell on the disasters, local and global, that might knock our community off balance. But they could include:

- Solar flares big enough to disrupt the electric grid
- Weather events that could precipitate a crop failure
- A trade war that threatens our infrastructure
- A pandemic of monkey flu, swine pox or corona-bird disease
- Post-election riots and lockdowns if one half of the country or the other believes the election has been stolen

The next emergency may not be one of these I listed. But it could be something weirder than any of us imagined.

If we lived in other parts of this country, we might be building separate shelters in our basements. We'd stock them with food meant only for our family, and would make sure there's a gun handy in case anyone wants to share our provisions.

But in greater Northwest Philadelphia, a lot of us do things communally.

I recently installed a backup generator for my house that's just large enough to keep the furnace burning and the lights on in case of a winter power outage. I plan to share my home if a winter emergency arises that leaves my neighbors shivering.

Other neighbors are stockpiling water and propane. One family specializes in canning and preserving vegetables. Others have off-grid internet access through a satellite link. We are blessed to have doctors and emergency first aid specialists in our community. We also know people who know how to forage for edibles in the wild.

Our neighbors in Germantown have prepared a guide to help us think about the unexpected: <https://tinyurl.com/GTown-Prep>. We are in the process of creating a directory of neighbors who are willing and able to help in an emergency. That's the first prong of our response.

The second prong is to put together a communal stockpile of non-perishable food. This will require expanded warehouse space, and we plan to start with subscriptions. For a few hundred dollars, you will have an opportunity to reserve adequate nutrition for 90 days for a family. We're thinking it should be based on dried beans and grains, supplemented by home-canned fruits and vegetables. It may be important that none of this requires refrigeration.

The report of the Emergency Preparedness Committee is at <http://tinyurl.com/WWPrep>.

Would you be interested in getting an emergency provisions subscription? Do you have resources or skills that you would be willing to list in a directory? Are you interested in helping to create and organize our plan?

To get in touch with our group, please email preparedness@weaversway.coop. One of us will be in touch with you.

Josh Mitteldorf is a member of Weavers Way Co-op.

SHUTTLE LETTERS POLICY

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

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Prepping for Pandemics and Disasters Needs to Happen Locally and Nationally

by Jon Roesser, Weavers Way General Manager

BACK WHEN I WAS IN GRADE SCHOOL, EVERY year I would be sent home with a list called “nuclear war survival kit,” or something like that. It had little check boxes next to all the things my parents were supposed to be keeping on hand, most of which were cans of soup.

Even as a kid I found this odd, since my teacher also told us that the Willow Grove Naval Air Station right up the road was a likely target for a Soviet ICBM. We were comforted that in the event of a nuclear war, we would be instantly vaporized, along with our stockpile of soup cans.

Ah, the good old days.

Disaster preparedness had a post-Cold War encore after 9/11, when the newly created Department of Homeland Security advised us to keep things like bottles of water and energy bars in our basements. That didn't last too long, and today most of us can be forgiven for not having done much to prepare for something catastrophic.

On the one hand, that's a good thing: A society that lives in fear of the future is liable to make choices that will lead to a fearful future. On the other hand, like it or not, our world is a random, dangerous place, so prudence compels us to take reasonable preparatory steps.

In this issue of the Shuttle, Co-op member Josh Mitteldorf writes about a group of members that has been meeting to talk about how to best prepare ourselves, collectively, for the unexpected — be it a catastrophic weather event, an act of bioterrorism, another pandemic or something else altogether.

That strikes me as a sensible approach. Working together, we can be much better prepared than any of us could be on our own. The group is grappling with challenging questions related to what reasonable limits are, and whether people would be willing to shoulder the inevitable extra costs.

The Co-op can commit to helping this group organize and communicate their message. But as member-owners, we also need to ask ourselves what reasonable steps we should be taking to ensure we can continue to

“

Like it or not, our world is a random, dangerous place.

”

function as a business in the event of the unforeseen.

Weavers Way is part of a local, national and international food system. The pandemic highlighted critical weak points in those systems, particularly those related to a thin and fragile supply chain. In the spring of 2020, high infection rates among employees at meat and poultry processors, trucking companies and warehouses came close to shutting down whole parts of our food systems.

In some ways, we were lucky with COVID-19, since food systems buckled, but never broke. Another pandemic, (one deadlier than COVID-19), a major natural disaster, or an act of bioterrorism that threatens our food systems could knock us offline completely.

While we can all breathe a sigh of relief that things have more or less returned to normal, regrettably we do not appear to be taking action based on the hard lessons learned during the pandemic. Mostly in the name

of efficiency and profit maximization, our national and international food systems are as fragile as ever.

Weaknesses in the food system should not prevent us as a business from taking prudent steps to be better prepared for whatever the future brings. Fortunately, some important steps have already been taken.

For starters, in the event of an electrical grid failure due to a catastrophic weather event or sabotage of the power grid, our Mt. Airy, Chestnut Hill and Ambler stores have permanent backup generators. Our store in Germantown does not yet have a generator, but it has been designed so that a portable generator can be hooked up quickly, and we have a portable generator reserved for this purpose through a local power equipment company.

Short supply chains are necessarily stronger than long ones, and the Co-op's longstanding relationships with hundreds of local farms, orchards, bakers, coffee roasters and other food producers served us well during the COVID-19 pandemic. This model is highly inefficient, which is why big, for-profit corporations don't adopt it. But having redundant and secondary suppliers is a net-plus in the event of supply chain disruptions.

The shortest supply chain of all is our own farm, and we would certainly work to maximize crop yields from there if need be. But our total cultivated land — less than five acres — is wholly inadequate for meeting the food needs of our membership.

Our warehouse, located in the Common Market building on Erie Avenue, has the capacity for us to store more nonperishable product if needed. We also have multiple trucks that can pick up from local farms and food producers if they were unable to deliver to us.

All of this helps, and our disproportionate emphasis of the local food system gives us a level of resilience other grocers do not have. But ultimately, we should be addressing weak points in our food systems on a national and international level.

As a cooperative enterprise, our priority must always be to meet the needs of our members — not just today, but tomorrow, no matter what tomorrow brings.

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The Weavers Watcher

Salma Hayek as a Healer Dining with the Privileged of Newport Beach

by Jana Marie Rose, for the Shuttle

IS AUTHENTICITY REFRESHING? FOR THOSE WHO want to be honest and outspoken, perhaps it is. But for others, who like the confines of social status, it may not be. “Beatriz at Dinner” (2017), starring Salma Hayek as Beatriz, raises this question.

Beatriz is a holistic healer in Los Angeles who mostly works with cancer patients, teaching them yoga and meditation and offering bodywork services like Reiki. One night, after traveling to see a client in Newport Beach, her car breaks down and the client invites her to stay for a dinner party while she waits for a friend to come help her. The client and her guests come from a wealthy and privileged background and one guest in particular — Doug Strutt, played by John Lithgow — makes many economic decisions at the cost of environmental health and people’s wages. Instead of staying silent about this, Beatriz speaks up.

As a part-time holistic healer, I know that we give space and ground for people and for the light to flow in. Truths erupt on their own, usually — they don’t have to be forced. Everything is energy. In the book “The Soul of Money” by Lynne Twist, she talks about a time she worked alongside St. Teresa of Calcutta. She witnessed a wealthy and privileged Indian couple come in to speak to Mother Teresa and act in ways that Twist found horrifying. When the couple was gone and she asked Mother Teresa why she allowed them to behave like that, she told Twist that the rich needed as much unconditional love as the poor. Privilege is in the eye of the beholder.

I don’t think anyone expected Beatriz to be St. Teresa in this film. But with all the depth and compas-

sion the character would naturally have for people who are sick, I was surprised she was not able to hold that for the guests at the dinner party. Instead, I felt the story was some sort of revenge fantasy by the filmmakers, a propagandistic tale for “sticking it to the man” rather than a story allowing for a genuine humanity that changes hearts and minds.

I loved Hayek as “Frida” (2002): In that film, her glamor and brilliance soar. But in “Beatriz at Dinner,” I felt she as a Latin American woman was being pigeonholed as a placeholder for social and economic classes and not presented as a whole person of her own.

As a viewer, I was torn about Beatriz’s behavior at the dinner party, maybe because I am unknowingly biased about whether Beatriz should speak up. I respect the friendship Beatriz has with Cathy (played by Connie Britton), the owner of the house, and I don’t want her to disrupt that to talk to a rich man who isn’t likely to change. We don’t get to know Beatriz from a loving and truthful place, because we are thrust so quickly into these awkward moments at the dinner table among strangers.

If the film took place on Beatriz’s own turf — in her home, with accidental guests, or in her workplace at the lunch table — we might be better able to sit with the dis-



sonance of rich and poor as a storyline. Instead, Beatriz seems like she has an agenda, and that makes me question the realness of the story.

The screenwriter of “Beatriz at Dinner” is Mike White, whose work I loved in HBO’s two seasons of “The White Lotus.” There, he has the time and space over the course of several episodes to allow the truth of class and privilege, and the secret truths of relationships, to unfold through the characters’ lives. But “Beatriz at Dinner” does not allow this space for us to be grounded and connected to her, so the filmmakers risk her being their pawn, just as they criticize the way poor people are made to be pawns.

Even so, I like the premise of this movie; it’s an interesting thought experiment. Could “Beatriz at Dinner” be a litmus test for us all? Can we eat with someone we normally wouldn’t eat with? Are we able to disagree? How personal is our political? How human is our humanity?

I’d love to know the results of your experiment. Just go easy on the wine!

Jana Marie Rose is a teacher, performer and writer. Her current blog is “The Ms. Wonderful Film Club.” You can find out more about her on her website: www.janamarierose.com.

Peru’s Ancient Incan Architectural Marvel

MACHU PICCHU, WHICH MEANS “OLD PEAK” in the Quechua Indian language, is one of the world’s most recognized archaeological sites. This sacred 80,535-acre city is in the Peruvian Mountains, 7,970 feet or 736 stories above sea level. It is surrounded by steep cliffs, clouds and dense forest.

Macchu Picchu was constructed during the 15th century and contained 150 to 200 structures, including temples, plazas and terraces. It was designed to reflect the natural contours of the mountain, underscoring the Incas’ reverence for nature.

It’s estimated that over 5,000 men built the city, which is considered earthquake proof. This feat was realized without the use of metal tools or the wheel.

Construction involved pushing stones, some of which weighed 50 tons, up the steep switchback mountain trail to the treasured city’s summit.

The number of tourists who visited Machu Picchu annually grew steadily from the early 1990s until the global COVID shutdown. In 2023, 950,000 travelers explored the site, according to the Hindustan Times.

—Rosa Lewis



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Expand Your Wissahickon IQ by Participating in the All Trails Challenge

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

JUST BECAUSE SUMMER IS ENDING, IT doesn't mean that summer fun has to. Every summer, Wissahickon Valley Park gets a bit busier. The warm weather, and perhaps a bit more time to do the things we love, bring folks out to the trails.

Whether you've spent June, July and August on Forbidden Drive, or are new to the area and looking to get acquainted with the park, we have a way to keep your love for the Wissahickon alive through October: Join Friends of the Wissahickon for our ninth annual All Trails Challenge.

Each year, we invite our friends to challenge themselves to explore all 50 miles of trails in the Wissahickon and fundraise in support of our work to improve them. As you'll learn on your journey, the park is sprawling, and it requires the generosity of our volunteers and members to ensure it remains a thriving green space we can all enjoy.

The challenge has already begun, but you have until Oct. 11 to complete the ATC. Don't know where to start? I'm sure you're familiar with Forbidden Drive, but here are some of our favorite spots to help you up the mileage on your challenge! I hope to see you out on these trails less traveled, whether by bike, foot or even hoof.

Susan Niescier, who participated in the ATC in 2020 and 2021, loved that she became acquainted with spots in the park she previously didn't know about.

"One of my favorite hikes is the Houston Meadow Loop," she said. "To see all the wildlife coming out as you're hiking is pretty thrilling, and it's an amazing sunset area, too. Another hike that's really fun is the annual haunted hike. You see some of the "spookier" places of the Wissahickon, like the Cave of Kelpius, Lover's Leap and the Sarcophagus.

Matthew Kokoszka, a 2018 Trail Ambassador and ATC participant who completed all 50 miles of trails in the Wissahickon while traveling only by public transit, said that there's a lot to love about the park.

"I remember loving the Cresheim Trails because I was the only one around at the time," he said. "It's a really interesting and beautiful area, and I felt like I was discovering it. I love the diversity of the Orange Trail — the incredible rock formations, and that it winds along the Wissahickon Creek. I also had an incredible experience exploring the Andorra trails."



Horse and bike photos by Chuck Uniatowski; hiker photo by Stacey Gray.

Participants in the All Trails Challenge can explore parts of the Wissahickon on horseback, via all-terrain bike or on foot.

Jean McWilliams, also a trail ambassador, said her favorite route is to take the Lavender Trail to the Orange Trail and then go to the Covered Bridge. "[There are] lots of beautiful sights [that are] not too rigorous or long for a person new to the park," she said.

McWilliams is also a fan of Andorra Meadow. "In every season, it has its own special charm, but I think fall is best," she said. "The colors, the migrating birds, the cool air make it a perfect place for a hike or a bird walk."

Sign up for the ATC and get weekly hike ideas to help you reach every corner of the park. You can also download FOW's map app at fow.org/mapapp/. You'll have access to all that the Wissahickon has to offer (even without Wi-Fi) and can also find guided tours like the spooky one Susan mentioned above and a brand new ATC hike through the Houston Ramble.

You can learn more and sign up for the ATC at atc.fow.org.



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Stagecrafters to Kick Off New Season With Show About NFL Legend

STAGECRAFTERS THEATER IN CHESTNUT HILL WILL LAUNCH ITS 2024-25 season with “Lombardi,” about a week in the life of legendary NFL Coach Vince Lombardi.

The play, based on the book “When Pride Still Mattered” by David Maraniss, was written by Eric Simonson, who won an Academy Award for his 2005 documentary short “A Note of Triumph: The Golden Age of Norman Corwin.” Lombardi led the Green Bay Packers to three straight and five total NFL championships as well as victories in the first two Super Bowls in 1966 and 1967.

Lombardi, born in Brooklyn in 1913, was the son of Italian immigrants and became a national symbol of determination to succeed. He was widely admired for his views on hard work and winning. In 1971, the Super Bowl trophy was named in his memory, and he was inducted into the Pro Football Hall of Fame.

Performances will take place Sept. 13 and 14, 19-21 and 26, 27 and 28 at 8 p.m. Matinees are scheduled for Sept. 22, 28 and 29 at 2 p.m. Tickets are available online for \$26, \$30 at the door. Student, senior and industry discounts are available with ID. For info, call 215-247-9913 or visit www.thestagecrafters.org.

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A Low-Key List of September Tasks for Your Garden

by Sally McCabe, for the Shuttle

SEPTEMBER IS A TRANSITIONAL TIME in the garden. As we go into fall, it's a great time to take care of some garden cleanup, plant cover crops and perennials, plan for spring and celebrate the season of harvest. Below is an overview of key things to tackle to ensure a fruitful garden through the fall, as well as a vibrant garden next spring.

Clean up the Garden and Plant a Cover Crop

Now that we can stand being outside again, it's time to do some garden cleanup. Sadly, if you neglected the cleanup during the hottest months of the summer, more is liable to go out in trash bags than into the compost bin. Any weeds that have gone to seed should be disposed of where they can do no harm; on a small property, that means into a trash truck. The same is true for anything that shows disease. It is also important to clean up under tomatoes and especially under the grapevine. Fungal diseases splash onto plants from last year's debris, so get that stuff out of there.

This month, every time you pull out anything in the vegetable garden, add organic matter, turn the soil and plant a cover crop. Fall cover crops control erosion, break up heavy soils, improve soil fertility and reduce weeds. They sprout quickly, grow fast and die young, often before they get a chance to bloom. Leave them on the soil surface, then dig them in during the spring to add organic matter. Legumes such as crimson clover, winter peas, hairy vetch and subterranean clover also add nitrogen to the soil. Non-legumes include oats, wheat, barley, winter wheat and rye. I don't recommend radish or rapeseed in the city because they can harbor harlequin bugs through the winter.

The markets are flooded with mums and asters right now, and they are beautiful — just what we need to fill in where the heat killed off all the annuals. Plant them or leave them in pots and move them around, fooling your friends into thinking you have many more than you do.

Shop for Bulbs and Find a Fest

Tulips, daffodils and a host of minor bulbs are now available, even in the big box stores and local nurseries. Remember that you get what you pay for, and the size of the bulbs does matter. If you want a display that will last for years, bigger is always better.

September is also a great time to check out a fall festival near you. Unless you've been irrigating, heat and drought have brought the garden to an almost complete standstill, so let's enjoy the fruits of someone else's labors. Harvest fairs are popping up weekly now, and ads for U-pick apples are starting to creep in as well. Or check out PickYourOwn.org to find a list of U-pick farms near you. I've also often knocked on people's doors for permission to pick apples when I see a heavily laden branch hanging over a gate or the sidewalk.

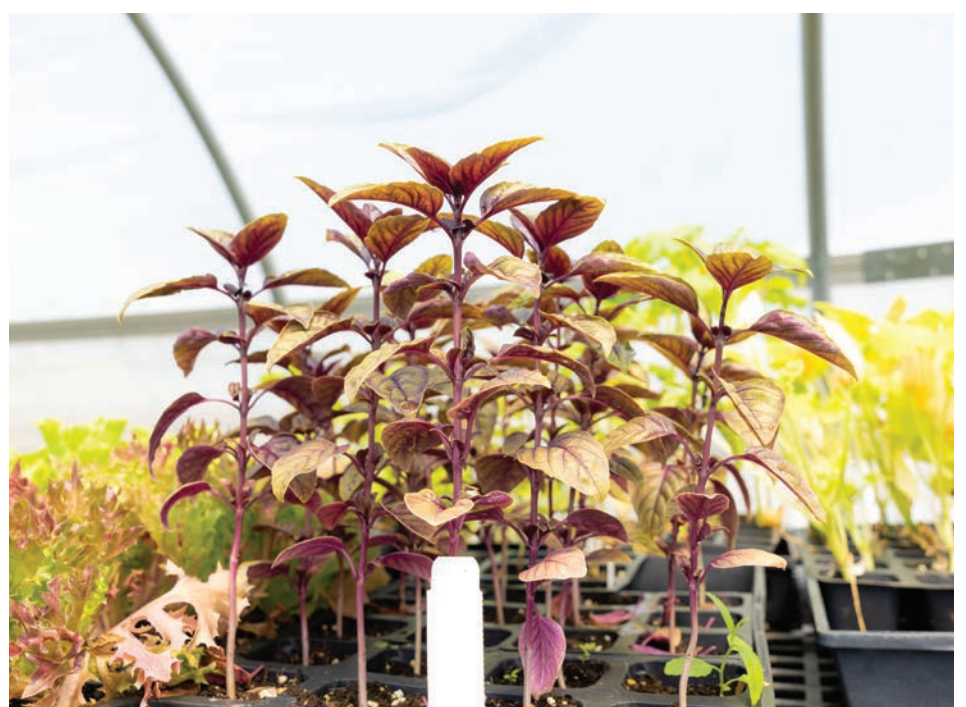
Keep Picking Veggies!

Keep picking those tomatoes — and peppers and eggplants. If they've survived this long, they'll continue to bear fruit if you keep picking the ripe stuff. In fact, since there are only six weeks left in the tomato season, harvest tomatoes a little early; this will hustle the next crop of green ones along to ripen before the summer's over.

September is also a great time to do some "last chance" gardening — planting lettuce, mustard and basic greens if you want them big enough to feast on by Thanksgiving, or even to survive the winter. It may be hard to think about that when the temps are still in the 80s, but it's true!

With these tips in mind, you'll be prepared for the transitional time in the garden that is September, and keep your garden beautiful and functional through the fall.

Sally McCabe is associate director of community education for the Pennsylvania Horticultural Society.



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The Great Foodscape

Embrace the Cooler Temps and Relaxed Pace of Fall Gardening

by Boris Kerzner, for the Shuttle

IT'S THE MOST WONDERFUL TIME OF THE YEAR!

People often think of spring as the time to begin new gardening projects. We set up vegetable gardens and plant all types of trees, shrubs and perennials. With summer comes exuberant growth and first harvests. Fall is the end of the growing season, when things taper off. We harvest, wind down and start taking stock.

Not so! Let's rethink that.

Fall is actually a great time to start a vegetable garden. It's also the best time for planting fruit trees, berry bushes and almost everything else. Let's go through the reasons.

First of all, many of our favorite garden vegetables prefer the cooler temperatures and do not thrive during our hot summers — think carrots, beets, radishes and sweet peas, as well as leafy greens, such as lettuce, arugula, Swiss chard, bok choy and tatsoi. This is the time for crispy lettuce salads and colorful stir fries made with your homegrown produce. And let's not forget garlic. Plant it in late fall, then harvest it in June — one clove turns into a whole garlic plant, and a small amount of space can yield a large amount of garlic.

Second, the cooler temperatures of fall mean less rampant weed growth and a more enjoyable experience for us, the gardeners. Third, if you're a new gardener, it's a great way to start small and hone your skills in a less demanding season, before the full growing season of the following year. In addition, building a vegetable garden in the fall ensures that you are fully prepared to take advantage of the spring growing season the following year. Without that prep, it might be May by the



time you've done it yourself or hired someone to do it for you, and the person you hire might be busy in the spring and unavailable to install until later in the season. You will have missed out on the opportunity to make the most of spring.

Finally, fall provides new plantings with two shoulder seasons of low heat — late fall and early spring. During those times, the plants can focus on growing a strong root system and situating themselves in their new home, without needing to contend with surviving the high heat and potentially drought-like conditions of summer. When late spring and summer come the following year, the plant is in a much better position to thrive.

Things to consider:

- Where is the best place to site your vegetable garden?
- Will your garden need protection from deer and other local fauna?

- Do you want to install drip irrigation and automate the task of regular watering?
- Will you be growing in raised beds or directly in the ground?
- How will your garden visually fit into the existing plantings around your house?

Different gardens and spaces call for different approaches. I find it can be helpful to work with someone who can work with your unique goals, yard and situation. Perhaps you want to start small and phase in a larger garden over time. Or maybe you're an advanced gardener experiencing an upsurge in deer browsing and need a fence around an existing garden.

Perhaps you want to redesign an existing ornamental garden bed while leaning on edibles such as blueberries, honeyberries, pomegranates and figs. Grow Our Food Landscaping can help. We have a formally trained designer on staff who will come out for a free estimate and work with your unique situation to generate a custom, a la carte quote.

Reach out to Grow Our Food Landscaping at www.growourfood.com/contact or 267-415-6076 to schedule your free estimate.

Happy fall and happy growing!

Boris Kerzner is the founder of Grow Our Food, a business focused on the design, installation and maintenance of food-producing landscapes in the greater Philadelphia area.

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WEAVERS WAY EVENTS

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Sunday, Sept. 8 Noon- 2 p.m.
7095 Henry Ave., Roxborough
 Gather with our fiber community and shop at the farm market in between stitches, knots and spins. All ages and abilities are welcome to bring a project, a chair or blanket and snacks. Prior to the start of the crafting session, Shaun C. and Neroli Soft will offer a special sound bath (\$30). Note: In case of bad weather, this event will be canceled. Register www.weaversway.coop/events.

Weavers Way Blood Drive

Thursday, Sept. 10 1-6 p.m.
Weavers Way Ambler and First Presbyterian Church in Germantown, 35 W. Cheltenham Ave.
 The Co-op is partnering with the Red Cross and Miller Keystone Blood Banks for these events. Each donation has the potential to save up to three lives! Our Ambler location will have a bloodmobile in the parking lot. Those who give (or try to give) blood will receive a \$10 Happy Shopper card. Go to the link in our online events calendar to fill out the registration form.

In Person New Member Orientation – Germantown

Thursday, Sept. 26 6:30-8 p.m.
326B W. Cheltenham Ave.
 We encourage all members to attend a new member orientation after joining. These informal gatherings offer a comprehensive overview of the Co-op's history, outline the scope of present day operations and help you understand what your Co-op membership means. We'll explore our online Member Center, discuss the benefits that come with membership and help you choose if working membership is right for you. You'll have the opportunity to meet other members and Co-op staffers while enjoying light refreshments and learning how to make the most of your Co-op membership! Plus, all members will earn two hours of work credit just for attending. What a great way to jump start your working membership!

Gentle Community Yoga

Saturday, Sept. 28 10-11 a.m.
7095 Henry Ave., Roxborough
 Meesha offers this class as a space to explore gentle āsana (poses), yogic philosophy, prāṇāyāma (breathwork), and dhyāna (meditation). This class acknowledges yoga as a South Asian spiritual practice as well as a healing modality. We hope you can experience connection to yourself and the land through this class. FREE; no registration or RSVP necessary. Attendees will need to bring a mat and a water bottle. Questions? Please call our farm market: 267-876-3101.

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Round Up contributions will go to Weavers Way Community Fund, a registered 501(c)3 nonprofit that supports healthy food access. Your contributions are tax deductible. You may opt out of the Round Up program at any time. You can access a record of your Round Up transactions through the online Member Center or ask your cashier.

Co-op Couple Brings Coffee and Curated Thrift to Roxborough

by Barbara Sheehan, for the Shuttle

SAY YOU HAVE AN HOUR OR SO to kill in between appointments or Zoom calls and want to leave the house for bit to get motivated to start a project. A conducive environment that includes a good cappuccino might do the trick. Consider a visit to Eremita Café, a new coffeehouse located in a spacious storefront at 5548 Ridge Ave. in lower Roxborough.

Phil D’Agostino, a local musician and longtime Weavers Way member, opened Eremita in February. He’s a bass player who has toured the country and played in several bands, performed solo, and worked as a studio musician.

The cafe’s name is derived from the Italian word for hermit. D’Agostino was inspired by Johannes Kelpius, legendary hermit of the Wissahickon, who founded a society of musicians, astronomers, mystics and artists around the turn of the 18th century.

“I wanted it to be neighborhood specific, with the lure of the hermits,” D’Agostino said. “Everyone that works here and a huge portion of our clientele fit into that realm as well.”

Eremita’s menu includes a full selection of 100% organic coffee locally sourced from Burlap and Bean of Media and tea from the Random Tea Room in Northern Liberties. The café features pastries from Au Fournil of Narberth and Le Bus Bakery in King of Prussia.

One wall of the shop features a mural by artist Alison Dilworth that features images of abstract tree branches and leaves in fall colors; it was inspired by a walk in the Wissahickon. Dilworth also designed Eremita’s logo, which was based on the reflection of trees she saw in her cup of coffee. The furniture in the space is a mixed blend of thrift shop finds.

Ben Bass, a friend who is a woodworker, made the cafe’s sign, wooden tables and countertops. Another friend, Kevin Jordan, made the seat cushions and curtains that shade the storefront window. Sarah Schacht’s paintings currently hang on the wall opposite the mural.

The café’s features include a chessboard-topped table, a solid selection of games and books to browse through, and a free Pac-Man table (courtesy of D’Agostino’s father) like the ones from the ‘80s. The space is cozy, and the noise level is good for carrying on private conversations or concentrating on writing or reading. A tin-tiled ceiling and terracotta-inspired vinyl tile floor add to the nostalgic ambiance.



Phil D’Agostino, owner of Roxborough’s Eremita Café.



Colleen Coyer, owner of Poppy and Bean, a curated thrift shop on Ridge Avenue.



Mural by artist Alison Dilworth. Inset: Eremita sign and logo.

Across the street, at 5543 Ridge, Colleen Coyer, D’Agostino’s wife, owns and operates Poppy & Bean, a boutique that features old and unique finds. Coyer named the shop after her grandfather, a fellow collector of old and unique items whom she called “Poppy” and who called her “Bean.”

The store is filled with some vintage and not-so-vintage finds that Coyer displays with a tasteful eye. She describes the theme of the shop as “curated thrifting.” There are also some new items, which have mostly been sourced from local artists and makers.

Like Eremita, which serves organic coffee in actual mugs and uses real silverware and plates, Poppy & Bean reflects an ethic of sustainability. Coyer sells upcycled clothing, shoes, housewares and other items that still have a good amount of life left in them.

Both D’Agostino and Coyer want to use their venues to build community as well as to support local artists and musicians. Eremita hosts evening special musical events and offers display space for visual artists. Poppy and Bean hosts regular pop-ups that feature the work of an individual artist who makes an appearance in the store to display and discuss the work they have for sale.

“My wife and I both want to make this part of Roxborough/Wissahickon vibrant in some way,” D’Agostino said. “It’s always been a great neighborhood, but there hasn’t been a lot going on.”

The couple live a few blocks away from their shops with their two sons. The children attend Cook Wissahick-



Poppy and Bean storefront.

on, the local public school, which is also within walking distance.

So far, both Eremita and Poppy & Bean have been a successful, according to D’Agostino.

“We are incredibly fortunate with our clientele,” he said. “In the first six months, almost every single person who comes in here has been an absolute joy to deal with.” Coyer agrees. “At both Eremita and Poppy and Bean, we have really been embraced by the community,” she said.

Eremita Café is open every day from 8 a.m. to 2 p.m. Poppy & Bean is open Thursdays through Sundays from 11 a.m. to 4 p.m.

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Balancing the Benefits of EV Ownership with the Challenges

have an added benefit, according to Pinsky: The smooth ride they offer.

“Driving internal combustion engine cars produces a fatigue that I never noticed until using an EV,” he wrote. “Even hybrids have some fatigue factor once they switch to the gas engine. This benefit doesn’t get a lot of attention.”

Long-distance driving, while smoother in an EV, creates many logistical challenges. The first is locating chargers and adding in the extra time required for charging, even with Level 3 Super Chargers, the fastest available.

A second challenge is the unreliability of information about public chargers. It’s no fun when drivers arrive at them low on charge, only to find them nonfunctional. Charging infrastructure is neither ubiquitous nor reliable. (What’s taking so long? That’s another article.)

It can be difficult to find charging options at your desired destination. If it’s a sparsely populated area, watch out. As battery storage increases, along with better serviced, more plentiful public charging, these hassles will decrease.

Tesla is known for excellent charging, but owners are finding that the resale values on their cars have plummeted. One friend’s model was damaged by another driver, and they waited nearly three months for the repair. There is also the Elon Musk problem: Some Tesla drivers no longer want to be associated with his company.

Are Two Cars Better If One is an EV?

For households with two cars, using an EV for all local trips and reserving the conventional (or hybrid) car for long distance is beneficial. However, that doesn’t

work for singles.

People with driveways generally install an at-home slow charger. Times and capacities vary, but generally it’s like charging a cellphone; they just plug in. Some apartment complexes and condos now feature EV charging, which then encourages the purchase of EVs. The parking lot at the Co-op’s Ambler store features an EV charger so shoppers can add capacity while in the store.

Environment Committee member and longtime environmental activist Sandra Folzer drives a 2018 Prius Prime PHEV (plug-in hybrid electric vehicle). PHEVs have smaller battery than all-EV cars but allow Folzer to go all-electric for in-town driving. For long-distance driving, she switches to gas as needed. Her car’s solar panel contributes to the charging, which takes place on her street.

“We don’t have a garage or driveway, so the cord goes across our sidewalk, covered by a mat. It doesn’t seem to be a problem,” she wrote.

Naomi Klayman answered my EV questions with such clarity that I asked her if I could share them. She agreed; enjoy her reporting!

Here are the advantages of her VW ID.4:

- "There is no oil to change, so there are no 3,000-mile trips to the repair shop. I took my car to VW for its annual inspection and maintenance, and it cost \$49 and took one hour.
- There is no catalytic converter for thieves to steal and no annual emissions inspection.
- Because EVs utilize regenerative braking, brakes don’t wear out as fast.

(Continued from Page 1)

- You can run the air conditioner or heater while charging, so if you are on the road, you can sit safely and comfortably in your car and use your electronic devices while charging the auto.
- There is no engine to warm up, so you can run the heater or AC without having to “turn on” an engine. Also, since the heater does not run off the car’s heat, the heater starts warming the car immediately.
- The car accelerates quickly at any speed, so merging onto highways with heavy traffic is easier.
- I purchased a Tesla adapter, so I can charge at Tesla chargers, which expands my ability to charge on the road.
- During a power outage, you can charge your electronic devices from your car without worrying about having enough charge left in the car to start it up.
- I was in an accident with significant front-end damage. Fortunately, nobody was hurt. I took it to Dr. Ralph’s Automotive Services Center in Roxborough, and it was repaired within a month.
- Although charging the car while on the road is a bit of a hassle, think about never having to go to a gas station again. Overall, less time is consumed keeping the car “filled up” if you have a home charger. (That advantage shrinks if you have to do significant long-distance driving.)
- The cost of charging my car at home is about a third to a quarter of what I previously spent on gas."

Betsy Teutsch, a working member of the Co-op, has been writing Shuttle columns for a really long time!

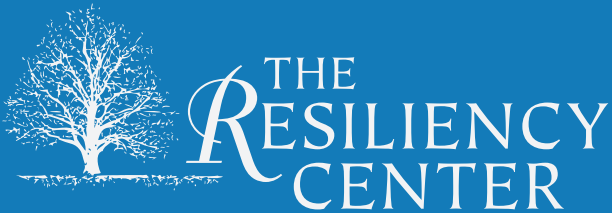
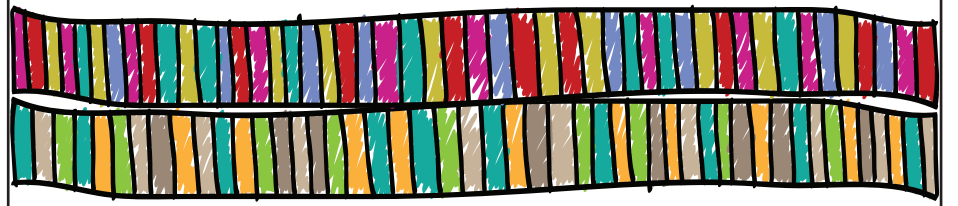


Photo by Rachel Coats, Weavers Way marketing manager

Weavers Way Executive Chef Bonnie Shuman looks on as Jennaphr Frederick of Fox 29’s “Good Day Philadelphia” puts together smoothie ingredients at the Co-op’s Germantown store on Aug. 12. The segment highlighted healthy Back to School snack options.

Calling All Member Crafters and Makers!

The Co-op will host a Makers Mart at our **Fall General Membership Meeting** on Oct. 5 at the Waldorf School of Philadelphia in Germantown. If you're interested in participating, please email outreach@weaversway.coop for details.



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Jumping onto the Bandwagon that Supports Bird-Friendly Coffee

by Margaret Rohde, Conservation Manager, Wissahickon Trails

IF YOU'RE LIKE MANY OF US, YOU START YOUR DAY with a cup (or two) of coffee. When you take that first sip, do you ever think about where and how your coffee grew, and the impact it had on the environment? What about how it connects you to the birds outside your window?

Many of those birds are migratory and spend half or more of their lives in South and Central America. Species like Baltimore orioles, ruby-throated hummingbirds and wood thrushes (all important for pollination, insect control and seed dispersal) are declining at alarming rates, and one big reason is habitat loss. That's where coffee comes in.

Coffee cultivation takes up about 27 million acres of land on which over 240 migratory species winter, and the way it's produced matters for their survival. At one time, it was grown under the shade of tropical forests and didn't impact the landscapes used by birds and other wildlife. That changed when sun-tolerant coffee crops were engineered in the 1970s to produce more yield, and millions of acres of tropical forest were cleared for sun grown (and often chemical-heavy) coffee farms. As with most things, productivity was valued above all, including the preservation of millions of acres of significant bird habitat.

There are coffee farmers who still maintain biodiverse, native forest canopy. And while there are several seals that tell you about the quality of your coffee (Fair Trade, USDA Organic, etc.) the farms with the highest standards are certified as Bird Friendly® by the Smithsonian Migratory Bird Center, which signifies that these coffees are shade grown, fair trade, organic and sustainably produced. This kind of coffee production is also best for the human communities nearby, who would otherwise be subject to pesticide and fertilizer runoff from conventional farming practices.

Recently, Wissahickon Trails joined the Willistown Conservation Trust's Bird Friendly Coffee Coalition, which focuses on encouraging local roasters to source their beans from certified farms and to bring more bird-friendly coffee to local cafés and grocers (Weavers Way, for instance). We're excited to be part of the coalition and help spread the word. You can join the effort by ask-



Photos courtesy of Wissahickon Trails.

Above, a Ruby-throated hummingbird. Above right, Pipersville, Montgomery County's The Coffee Scoop coffee, which is certified Bird Friendly and is available at Weavers Way Ambler.

ing for and choosing Bird Friendly® coffee in person or online.

Like so many seemingly small choices in life, the coffee we choose can have a major impact on our environment. Shade-grown coffee is better than conventionally farmed varieties, and shade-grown and organic is even better. But if you can, buying certified Bird Friendly® coffee is the best way to support the farmers doing their best to protect the environment, their local communities, and the birds that connect us to those far-off places.



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Why Our World is Burning Up and What's Being Done About It

by Sandra Folzer, Weavers Way Environment Committee

YOU PROBABLY BELIEVE THAT CLIMATE change is happening, but what are you doing about it?

You might think what you do doesn't matter. But if everyone thinks that way, we're in trouble.

Everything you do matters! The less fossil fuel you use, the fewer emissions, and the less our earth will heat up.

At the risk of depressing you, I must state as strongly as possible that our planet is in grave danger. As I write this, a wild-fire in California is burning 5,000 acres every hour — 429,000 acres so far. And it is one of 100 fires currently happening in the United States. In all, they've scorched more than two million acres. The warmer the weather, the fiercer the fires.

John Vaillant's excellent book, "Fire Weather: On the Front Lines of a Burning World" explains how our rising CO2 levels contribute to our extreme weather patterns and unusual fires. He introduces the "Lucretius Problem," which might explain why we haven't been more aggressive in addressing climate change.

In essence, the Lucretius Problem is rooted in the difficulty humans have with imagining and assimilating things outside their own personal experience. Because climate change seems unreal, warmer temperatures may not be enough for us to make changes. But explosive fires might.

Fire occurs frequently in nature from volcanic eruptions and lightning, but humans cause more fires. Vaillant's book focuses on a fire in Fort McMurray in Alberta, Canada in 2016 that grew from four acres to 150 in two hours. Nearly 100,000 people were evacuated, the largest single-day evacuation in history. The fire emitted 100 million tons of CO2, which means that more heat is retained in the atmosphere. And that increases the chance of more deadly fires.

Since 2016, places we never considered prone to wildfires are burning, including the Arctic, Sequoia National Park in the Sierra Nevada mountains, the Amazon, the moors of the British Isles and Boulder, CO.

We take gas and oil for granted; yet all the fuel we use is millions of years old.

Every gallon of gasoline represents roughly 100 tons of marine biomass — principally algae

and phytoplankton — which has gone through a long curing process deep underground. Valiant states that one way to visualize a tank of gas is to imagine "a mass of ancient plant matter weighing as much as 15 blue whales crammed into a tank next to your spare tire...a typical driver can burn that in a week, often for the most trivial of reasons." He believes people feel entitled and disregard that all things on Earth are finite.

Early Adopters of Climate Change

Eunice Newton Foote, a scientist and

suffragist, was the first person to identify the potential for climate change. In 1856, she discovered that a glass cylinder with carbon dioxide (carbonic acid) heated up twice as quickly than one filled with air when exposed to sunlight.

A male colleague had to read her findings at the Annual Meeting of the American Association for the Advancement of Science, because women were not allowed to attend.

Roger Revelle, an oceanographer, was first to discuss anthropogenic climate change before members of Congress in 1957. He said that within a few generations, "man is burning the fossil fuels that slowly accumulated in the earth over the past 500 million years." At that time, anyone who opposed growth at time of energy development in the 50's was accused of being a communist or an "environmentalist."

Climate change received more press in the past than today, when the term has been politicized. In 1953, the Washington Post stated that the release of CO2 from coals and oils "blanket the earth's surface 'like glass in a greenhouse.'"

In 1956, an article in American Scientist claimed an increase in the average temperature of seven degrees Fahrenheit would end life as we know it. In 1958, Frank Capra produced an educational film to explain weather and climate change, entitled "The Unchained Goddess", which is still available on YouTube.

In 1981, an article by James Hanen of NASA, "Study Finds Warming Trend that Could Raise Sea Levels" made the front page of the New York Times. Two years later, an article on a report by the Environmental Protection Agency, "EPA Report Says Earth Will Heat Up Beginning in 1990s", also made the front page of the Times.

Do Fossil Fuel Companies See the Threat?

In 1959, the American Petroleum Institute, along with Columbia University, brought together 300 top scientists, business executives and economists to talk about the future. Edward Teller, the father of the hydrogen bomb, warned the group about the effects of climate change. He also proposed deploying a nine-kiloton nuclear bomb at Fort McMurray to free up the bitumen there. Fortunately, "Project Oilsand" was abandoned.

In 1966, the president of Bituminous Coal Research, Inc. warned that the amount of CO2 in the earth's atmosphere is increasing rapidly due to the combustion of fossil fuels. He added that "if the future rate of increase continues...the temperature of the earth's atmosphere will increase and that vast changes in the climates of the earth will result."

In 1968, the American Petroleum Institute commissioned a study from Stanford which said that levels of CO2 are rising quickly. The most likely source is the

burning of fossil fuels, which has a cumulative impact on the Earth's climate. And in 1991, Shell produced the film "Climate of Concern" about the negative impact of climate change.

But despite the efforts to warn us about climate change, there are just as many to deny it. In 1984, the API disbanded its CO2 and Climate Task Force. By 1986, President Ronald Reagan had gutted the research on renewable energy and eliminated tax breaks for wind and solar technology. He later removed the solar panels President Carter had installed on the White House in 1979.

Exxon and the Koch family spent \$200 million on pseudoscience studies to cast doubt on climate science. Exxon hired Susan Avery, former president of Woods Hole Oceanographic Institution in Falmouth, MA, to deny the impact of fossil fuels on the environment. From 1989 to 2004, Exxon ran ads that denied temperatures were rising. It continues to invest in fossil fuel exploration worldwide. In 2023, fossil fuel companies collectively invested 2.5% of their capital on green power, according to a report from National Public Radio that year.

Too many people deny climate change. Even though Ford pickups burn 16 gallons of fuel per mile, more than 60,000 are sold every month. SUVs were the second-biggest cause of the increase in CO2 during past decade; yet, they remain popular.

Lawsuits and Disinvestment Can Create Change

Lawsuits are about recouping losses and changing the public's mind. As of 2021, there are 1,500 lawsuits filed in United States and Canada against oil companies for deceptive business practices. Some were filed by children, like Sharma vs. Minister of Environment, a class action suit filed by high school students from New South Wales, Australia. They lived through a wildfire in 2019-2020 which burned more than 20% of continent's forests; billions of animals perished.

The Union of Concerned Scientists alleges that there is enough evidence to pursue litigation against gas and oil companies, and scientists are now finding a causal chain between companies' actions and temperature-related deaths. Public Citizen believes they can be tried for negligent homicide.

Keep in mind that Exxon made \$56 billion in profits in 2022 — more than \$100,000 every minute.

Divestment from fossil fuel investments began at Swarthmore College in 2010. In 2012, they were joined by 350 other organizations. Since then, hundreds of universities, churches and pension plans have pledged to divest.

President Biden's Inflation Reduction Act of 2022 was the largest climate investment in U.S. history; it included \$369 bil-

eco tip

A Whole Host of Uses For Silica Gel Packets

by Marsha Low, Weavers Way Environment Committee

What should you do with those little silica gel packets that come in everything from medicine and supplement bottles to boxes of new shoes and even inside new handbags? Save and reuse them!

Because silica is a non-toxic substance that absorbs and holds water, the packets can be repurposed in many ways. For example, if you're a gardener who saves seeds, put them into a relatively airtight container (empty glass vitamin bottles work well) along with a silica packet, which will keep the seeds from going moldy. Then store the containers in a dry, cool place.

Here are some other uses (though by no means all):

- After working out at the gym, throw a few packets into your gym bag along with your sweaty clothes. The silica will wick away some of the moisture, which will help to reduce odor.
- If you like to dry flowers, speed up the process by placing a bouquet into a plastic bag with some packets.
- Help prevent your silver jewelry or flatware from tarnishing (a process facilitated by humidity) by placing a few packets in your jewelry box or silverware drawer.
- To reduce the condensation that often forms on your car's windshield, place a few packets on your dashboard.
- If you drop your cell phone into water, silica packets can help dry it out and possibly save it. Dry off the phone as best you can, then put it into a container or bag with several silica packets. Close the container or bag and wait 24 to 48 hours before turning your phone back on.



lion to support clean energy. Since it was part of a larger bill, it passed Congress while, sadly, most legislators oppose any action to divert climate change. Projects include grants in California to fund electric vehicles, reducing emissions from landfills in New York State, and funding renewable energy in Michigan. Experts say the act will reduce emissions by 43-48% compared to 2005 levels.

What can you do? Remember every small action matters: driving less, using less heat or air conditioning, flying less, turning off lights, even hanging your wash outside. Be creative. Your grandchildren will thank you; it is they who will suffer.



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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.

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.

In recent political chatter, price gouging in the grocery industry has come up as an issue to be dealt with. When I heard about this, I got to thinking about what price gouging would look like. After all, our country has a capitalist economy in which prices are usually based on supply and demand. The cost of production and distribution contribute to formulating the base cost, but the retail price is often what the producers think the market will bear.

One example of this, which I remember from the 1980s, was the introduction of the personal computer. IBM came out with the first one and prices were high. Then companies like Compaq and Gateway came out with significantly cheaper versions. Does that mean IBM had been price gouging?

The independent grocers of today are crying "foul" when they're accused of price gouging. From their perspective, they are victims of the super big producers, wholesalers and retailers of grocery products (Walmart, Amazon, Kroger, Tyson, Kraft, McClane, C & S etc.) who control the supply chain. They point to how those companies' profits went up more than usual in 2022. With more clout, the larger companies could set conditions with their suppliers to reserve limited production and inventory availability for themselves, to the exclusion of smaller chains and independents.

As I read about some of the technology available to retailers, I wondered if a retailer would use the combination of camera/sensor devices and electronic shelf tags (which are easily changed) and AI to change prices based on the perception of a shopper's income. Theoretically, the sensors can see if you are car-



rying a Gucci bag or wearing expensive shoes, jewelry, etc., AI can then calculate your likely income and determine a price higher than average, which would display on the shelf tag as you approach it. This could be fun, although shoppers could dress down when planning shopping trips.

In other recent food news, a company named Flytrex announced it has completed 100,000 drone deliveries across its current service areas in North Carolina and Texas. The top three items ordered from grocery stores delivered by drones were bananas, limes and pints of ice cream. I wonder if predatory birds will view drones carrying food as prey? Might be fun to watch a hawk attack a drone and steal the cargo, although you wonder if pepperoni pizza would be good for a hawk's digestive system.

Recently, we were solicited by a plant-based food company, Altro Food, that makes burgers, taco "meat", nuggets, eggs and similar products. One thing that distinguishes Altro from competitors like Beyond Meat is that their products are shelf stable; most products in this category are refrigerated or frozen.

I noted that Altro has chosen to package its products in plastic pouches. In the last few years, some of the grocery world has moved away from containers like paper boxes, metal cans and glass jars and toward these plastic pouches. They are relatively cheap, can preserve freshness, are light, easy to print on or label, and stand up on the shelf (although they do not stack like cans and boxes). They are also easier for a small producer to create a package for, since minimums and up-front costs are relatively low.

(Continued on Next Page)



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(Continued from previous page)

But from an environmental point of view, you have to wonder about them, since most plastic packaging ends up in landfills and the ocean. Lately, we've seen things formerly sold in glass or cans being offered in a plastic pouch — kimchi, pickles, olives, soups, baby food, etc. We've seen how “plant based” has grown as a food trend. Apparently, the next trend is “pouch-based”, with a kangaroo logo, which reinforces in our minds how pouches are safe and comfortable spaces.

suggestions and responses:

s: “Hi, I'm a member of the Co-op and I'd like to request that you bring in choy sum (also spelled choi sum) as a vegetable in your produce departments.

r: (Danielle) Thanks so much for reaching out. Before this email, I never heard of choy sum; it seems interesting! It's fascinating how many varieties of brassicas exist —that's the power of domestication.

I reached out to our produce category manager, Mira, for some insights. While we carry bok choy and in the past have carried tat soy (though not in some time), she's never seen choy sum as a product that is available to us through any of our distributors. We think your best bet for this kind of specialty produce would be to check an Asian or international market. A lot of times the more interesting or exotic varieties of fruits and vegs are, unfortunately, out of reach for us.

s: “I would like to suggest the following products be made available at Weavers Way Germantown:
1. Coconut Cult original: probiotic coconut yogurt
2. Cocoyo vanilla living coconut yogurt
3. A vegan pesto, preferably local, but I don't have a particular brand that I am committed to. Thank you for your time!”

r: (Jess) Greetings and apologies for the delay in reply! We appreciate you sending along your product requests. We are currently looking into different vegan pestos, so stay tuned. Hopefully, we will get one slotted in Germantown soon.

As for the two yogurts, I looked into adding them and unfortunately, I don't think we have room at this time. I've made a note of them, and we will see if we get other requests. However, we can always grab a case of either as a preorder with an additional 10% preorder discount. Please let me know if that is something you are interested in and I can connect you with our grocery manager, who will make it happen!

s: “I read in the Shuttle that we stock cornmeal from Castle Valley Mill. They also produce truly outstanding



Independent grocers

are crying ‘foul’

when they're accused

of price gouging.



rye and whole wheat flours that are excellent for baking; they're bursting with flavor. I drive out there to buy 10-pound bags. As you probably know, it's a real early 19th-century working mill.

Unless things have changed, I'm not aware that Weavers Way offers their other products. The owner told me a while back that they are interested in having their flours at the Co-op. Since we sell their cornmeal, can we also stock their other flours, including rye? It's not practical for the Co-op to make a solo run to pick them up, but they ship. Or I could pick it up from time to time for my work requirement. I realize there may be other behind-the-scenes obstacles to surmount, but hope you'll give it some thought. Thanks.”

r: (Danielle) Thanks for reaching out; I'm glad this Shuttle segment of mine got to you. Let's talk flour! For baking products in bulk, we only tend to offer the bare bones, since bulk baking on average isn't nearly as popular as our other bulk categories. Retail packaged baking is a similar story, although it's not quite as prohibitive to be experimental on the shelves as it is in bulk, where there's such a space constraint.

I'm with you that Castle Valley has some incredible products. They have a pasta that's made with their flour

by Vera Pasta, a local manufacturer, that I think is incredible. We carry it at our farm market.

Right now, we don't have great sales justification for specialty and artisan baking products in the stores. But if more folks like you reach out and suggest we carry them, that may change. In the meantime, I can offer you a preorder from Lancaster Farm Fresh, the supplier from whom we get Castle Valley Mills, so that you can purchase it for yourself. If you're interested, I can connect you with your preferred Co-op location so they can give you info on pricing and product availability. Let me know if that's something you'd be interested in.

s: “Is it possible to make the ‘use your own container’ credit easier for the cashiers to apply to purchases? In my experience, it's a rare occasion when the credit is applied to each of the eligible items. While a couple of times no discounts at all were applied, it is far more common that one or two get missed. This isn't surprising, since the cashier needs to apply the credit by hand to each individual bulk item. I know the 15 cents isn't a lot, but as someone who buys in bulk multiple times a week, it adds up. Given all that the cashiers need to do/ask with each transaction, I'm sure they would also appreciate streamlining this process. Thanks.”

r: (Norman) Thanks for pointing this out. We recognize it can be a problem and are working on an improved process. Because this is a somewhat unique program in the grocery biz, there is no stock feature of our POS system to handle it efficiently.

s: “I'm on a new diet for which you only eat food that was transported by freight trains. It's kind of a sustainability thing and kind of a karma thing, as I'm convinced my afterlife will be affected by the food choices I made when I was alive and eating daily. Is there a ‘sustainably transported’ certification on any of our products?”

r: (Norman) Thanks for your concern. There is no such program in place, so we may have to innovate a solution. Speaking of karma and trains, all our stores' karma has them located within walking distance of train stations, so on paper at least, a rail-to-store supply chain is possible. For the final leg from the rail station to the stores, we'd have to use some other sustainable transportation method. Maybe a mule with a cart would work (co-operators can only carry a box so far).



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International Co-op Principles

1 Voluntary and Open Membership

4 Autonomy and Independence

2 Democratic Member-Owner Control

5 Education, Training and Information

3 Member-Owner Economic Participation

6 Cooperation Among Cooperatives

7 Concern for Community

The Backyard Beet

10 Ways to Make the Most of Your Summer Harvest

by Chris Mattingly, for the Shuttle

IT'S NEARING THE END OF SUMMER, AND WE HOPE you're enjoying bountiful homegrown harvests! However, it can sometimes be challenging to keep up with eating everything fresh from the garden.

At Backyard Eats, we try to connect the dots from garden to plate with tools like our QR code system, which guides people on when to harvest their homegrown produce and how to store it properly. The pages also contain cooking inspiration for each fruit or vegetable to suit a variety of tastes. However, many preservation techniques can be applied to similar crops; for example, blending herbs or greens into pesto.

If you're tired of making endless servings of tomato sauce or zucchini bread, try these 10 ways to preserve your produce and enjoy the fresh flavors of summer all year long.

1. Freezing

Freezing is ideal for preserving the fresh taste and texture of vegetables like green beans, peas and leafy greens like spinach or kale. For best results, blanch vegetables before freezing them to retain their color and nutrients. Store in airtight freezer bags or containers for a quick addition to a weeknight meal.

2. Vinegar Pickling

You don't need a lot of equipment or time to make quick pickles, which are also called "refrigerator pickles," using vinegar, water, sugar and salt. We have a full tutorial on quick pickling in our blog! Store quick pickles in the refrigerator for a tangy, crunchy snack. FYI, they won't last as long as fermented or canned vegetables.

3. Fermentation

Preserve vegetables for longer by fermenting them, which will add beneficial probiotics to your diet. Simple recipes like sauerkraut and kimchi only require salt, vegetables and time. They're also a unique way to add more flavor to your home-cooked meals.

4. Canning

Traditional canning is perfect for long-term storage of high-acid vegetables like tomatoes and pickles, as well as low-acid vegetables using a pressure canner. Follow safe canning guidelines to prevent spoilage and enjoy your produce year-round.

5. Jam and Jelly Making

If you grow berries at home, you can turn fruit into delicious jams and jellies using pectin, sugar and lemon juice. Find my favorite blackberry jam recipe on our website.

6. Drying/Dehydrating

Dehydrating is a convenient way to preserve vegetables without taking up a lot of space in your freezer. Dehydrating uses low heat to slowly dry out food over time. You can use a dehydrator or oven to dry vegetables like tomatoes, carrots and zucchini. Store dried produce in airtight containers for use in soups, stews and snacks.

7. Infused Oil

Infusing is a unique way to capture the flavors of herbs by steeping them in oil. These flavored oils will elevate any meal! Place clean, dry herbs or garlic in a bottle, fill with oil, and let sit for a few weeks. Use in salad dressings, marinades and more.

8. Pesto and Herb Pastes

Pesto is a classic way to use up a lot of basil at once, but variations can be made with other herbs and greens as well, like our Garlic Scape Pesto. To make pesto that freezes easily into cubes for easy portioning and long-term storage, blend herbs like basil, parsley and cilantro with olive oil, garlic and nuts.

9. Herb Butter

Preserve the fresh flavors of herbs by mixing them into softened butter. Roll the herb butter into logs, wrap in plastic and freeze. Use for cooking meat, potatoes or vegetables, or spread it onto fresh bread.

10. Hang-Drying Herbs

If you're not sure how you want to use your herbs yet, or you just want to refill your spice cabinet, you can hang-dry them for later use. This is a slower but easier way to dry herbs than dehydrating. It works best for hardy varieties such as rosemary, thyme and oregano — not tender herbs like cilantro or dill. Hang small

bunches in a well-ventilated, dark and dry area until fully dried.

These methods offer a variety of ways to enjoy your summer harvest long after the growing season ends, preventing food waste and dreaded indecision in the kitchen. What technique will you try to make the most of your summer produce?




Chris Mattingly is the founder of Backyard Eats, a full-service food gardening business with an array of offerings in the greater Philadelphia area. Visit www.backyard-eats.com



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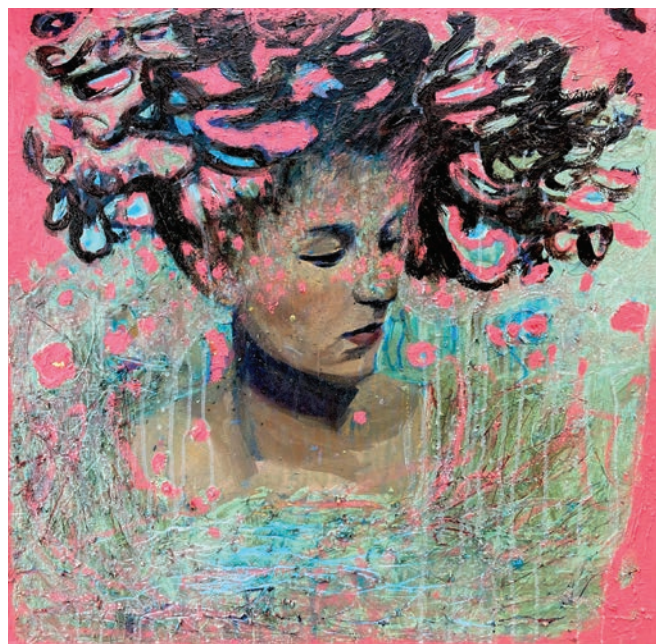
Artists in Our Aisles

Maria Ignelzi



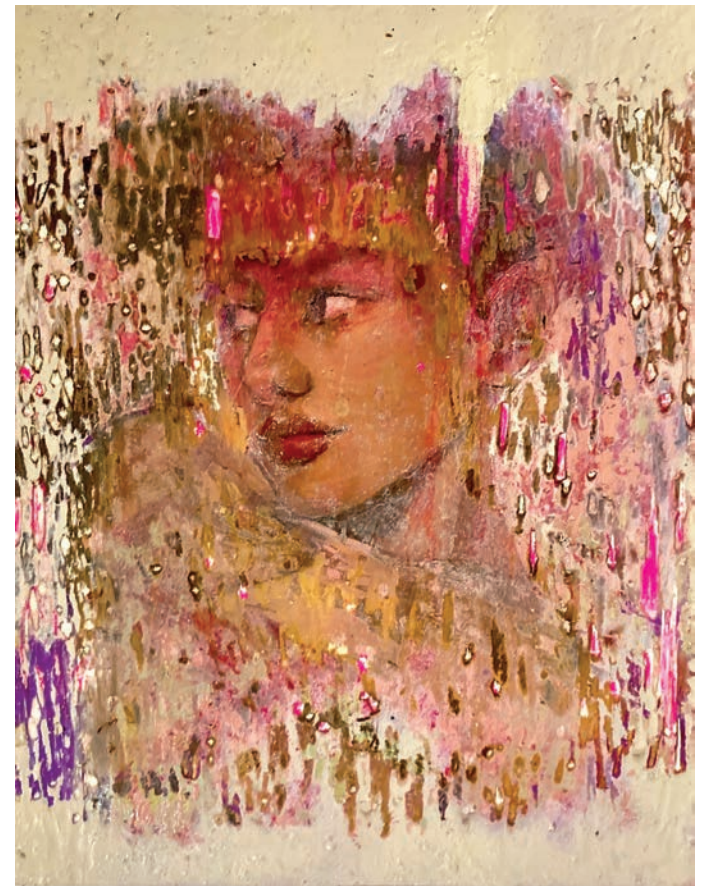
I graduated from the University of Pittsburgh in the spring of 2017 with a bachelor's degree in studio arts. During my time there, I learned painting, drawing, photography, sculpture and printmaking. Being trained this way has served my creativity well and has left me open to experimentation in my work. I currently live in the Philadelphia area, taking care of my daughter by day and painting by night.

My work is about striking a balance between total abstraction and realism. I employ the human form, particularly the female portrait, as a means of expressing, exploring and understanding human emotion. I also paint abstractly, which helps me embrace the subconscious, intuitive aspects of art making. By using color, composition and concept, these elements of abstraction and realism come together to create something new. They invent intangible spaces for my subject to capture her personal spirit and understand more about our human condition.



In the world of contemporary art, I believe there is a gaping chasm between wild originality and heavy conceptualism and a single-minded focus on traditional skill. In my own work, I hope to bridge that gap. My mediums include oil paint and mixed media.

www.mariaignelzi.com



SUBMISSIONS NEEDED

We want to feature your art in the Shuttle!

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

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

Weavers Words

THAT FIRST MORNING

First, the imagined journey,
 then the suitcase cobbled together
 with the stuff that can cross time zones:
 socks, pills, toothbrush, an umbrella, touchstones
 that softened those first
 clumsy footsteps onto unknown streets
 over which clouds rich as pudding
 and air so pure I wanted to bring it home
 as a souvenir marked the start of sightseeing.
 That first morning, stumbling
 into a seaside cafe, perched on the edge
 of a wicker seat sipping cappuccino,
 sunlight spread over the harbor's
 unpredictable wake and I basked
 in the thrill of anticipation,
 a tourist in a new land.

~Sara Wenger

PSALM

To set my compass by the source,
 I listen for the flow.
 The gentle loosening frees me.
 The beautiful calling guides me.
 The ever-deepening strengthens me.
 Like a stone in the current,
 I am shaped and shined and located.
 Everywhere I go, I am in the stream.

—Jan Jee Bean

RECALL

The man at the hardware store
 Told us about his father's tools
 And the way he would change the oil
 And tune the spark plugs.
 He said his son has no use for these tools now.
 When he takes the car in
 It's just a software thing.

—Barbara Hoekje

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.

Co-op, weave new threads
 Plant based bounty, fill the shelves
 Meat's refrain subsides
 Fruits roots greens, grains and legumes
 Our commitment to the earth
 Sustainable embrace
 For climate and health
 and souls we cannot fathom
 Life, more life, more love

- ChatGpt and Brian Rudnick



Bilingual Mobile Preschool Program Seeks Children, Parents, Caregivers

XIENTE, THE NONPROFIT FORMERLY known as Norris Square Community Alliance, has rolled out a free bilingual mobile preschool and is looking for kids ages 3 to 5 and their families to enroll.

“Busesito” provides kindergarten readiness to children who are being cared for by relatives, friends or neighbors who are not certified teachers. The program is structured like a cohort, with each cohort lasting six months. Children receive instruction on the bus for two and a half hours twice a week, while caregivers get training through the mobile preschool coordinator or

the Parent Child + Mirror, Windows and Doors program. Meanwhile, parents will be assigned to an economic mobility counselor, who will help them become more economically stable by helping them access educational, work, health and financial resources. Caregivers will receive technical assistance, educational materials, and access to a supportive community of other caregivers and educational professionals.

For more information on the program, go to www.xiente.org. To find out more about Busesito, email sarah.clemency@xiente.org or call 215-426-8734.



7TH ANNUAL

SUPPORT LOCAL FOOD PANTRIES

SEPT. 1 - SEPT. 30, 2024



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www.weaversway.coop/food-drive

Your donation is tax deductible

TO BENEFIT:

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Holy Cross Parish Food Pantry, Mt. Airy
St. Luke's Community Nutrition Programs in Germantown



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West Mt. Airy Historic House Tour

Sunday, October 20th
12:00 pm - 4:00 pm

This self-guided tour will showcase unique features of the interior and exterior of numerous 19th and 20th century residences, with knowledgeable docents on hand to enrich the experience.

\$35 advance registration;
\$40 day-of-tour tickets



Register at www.mtairylearningtree.org
or call 215-843-6333

Begin your adventure between 12:00 pm and 2:00 pm by picking up a Tour Program and Map at 30 Pelham Rd.



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Did You KNOW?

The Postwar Abode of a World War II Navy Hero

652 Phil Ellena St., Mt. Airy
 Built: 1925
 Architectural Style: Colonial Revival

THIS WAS ONCE THE HOME OF WORLD War II decorated submarine commander Adm. James Charles Dempsey. As commander of the USS Spearfish, Dempsey helped to evacuate the last American survivors from the island of Corregidor before it fell to the Japanese on May 6, 1942. This heroic act won him a Gold Star in lieu of a second Navy Cross.



Dempsey won his first Navy Cross at the outset of World War II, when a submarine under his command, the USS S-37 (SS-142) sank the first Japanese destroyer on February 8, 1942. His evacuation of Americans from Corregidor was depicted in the film "Operation Petticoat" in 1959, starring Cary Grant as the commander. His notable feats were also detailed in the TV series "The Silent Service" (1957-58), with DeForest Kelley playing Dempsey.

Dempsey married Virginia Weakley Brandt on June 12, 1937, at St. Madeline Sophie Catholic Church, located at Greene and Upsal streets in West Mt. Airy. He is interred at Arlington National Cemetery.

For more information about West Mt. Airy Neighbors' Historic Preservation Initiative, contact wmanhpi@gmail.com.

—Adrienne Carpenter

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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Grocery Manager
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lmears@weaversway.coop
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215-866-9150, ext. 220/221
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nicolette@weaversway.coop

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Grocery Manager
 Kristina Walker;
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Mt. Airy
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 8 a.m.-8 p.m.
215-843-2350
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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!

NEW MEMBER ORIENTATION

Thursday, Sept. 26 from 6:30 to 8 p.m.
 326B W. Cheltenham Ave.

To register visit: www.weaversway.coop/events

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



JEWISH High Holidays

MENU

Online pre-ordering opens Sept. 6 at
www.weaversway.coop/high-holidays
Pick-up is available at all of our stores.

ROSH HASHANAH

Enjoy the holiday with your loved ones and delicious food offerings!
Order by Sept. 25. Pick up dates are Oct. 1 - 4.

The following items are available in portions for 2:

Salmon with Tzatziki Sauce (1 lb)	\$22.99
Beef Brisket with Gravy (1 lb)	\$21.99
Spinach Noodle Kugel (1 pint)	\$7.99
Cinnamon Noodle Kugel (1 pint)	\$7.99
Tzimmis (1 pint)	\$8.99
Potato Latkes with Sour Cream & Applesauce (4 latkes)	\$9.99

YOM KIPPUR

Break the fast with our delicious smoked fish platter.
Order by Oct. 6. Pickup dates are Oct. 10 - 12.

Smoked Fish Platter (serves 8-10) **\$99.00**

Includes: Ducktrap Smoked Salmon (1.5 lbs), Smoked Whitefish Salad (8 oz), Kipperd Salmon Salad (8 oz), Cream Cheese (16 oz), Capers, Sliced Tomato & Red Onion

Baker's Dozen Mixed Bagels \$12.99



Varieties of smoked fish, and favorite holiday desserts like Jewish Apple Cake and Rugelach available in store!

The Co-op's promotional efforts took another big leap last month with the debut of wrap signage on SEPTA buses, as well as at regional rail stations. Members can help celebrate by taking a selfie with Co-op SEPTA signage, posting it to your socials and **tagging us (#weaversway)**. Doing that will **earn you \$5 in Easy Pay credit**.

Now hit the streets and get started!



Kathleen Casey, Development Director