

COMMUNITY FRIDGE SET TO RETURN IN MID-MARCH

by Nima Koliwad, Weavers Way Outreach Manager

THE AMBLER COMMUNITY FRIDGE, WHICH LIVED outside the Co-op's Ambler store until September 2023, will be returning to the borough late next month in a new home: Ambler Mennonite Church.

The church is located at 90 E. Mt. Pleasant Ave. The community fridge is a way for neighbors to share

food — fresh food, in particular — with neighbors. It will be open all day, every day for small businesses and individuals to donate food, and for anyone who needs help putting food on the table to get what they need for free.

The fridge will be located outside the church, next

to the main entrance as you enter the parking lot from Mt. Pleasant Ave. A cabinet for pantry items will be located next to it.

The fridge was established in May 2021 as a way of sharing surplus fresh food, including food from the Co-op's Ambler store, with the community. It was shut

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The Shuttle

JANUARY-FEBRUARY 2025 Since 1973 | The Newspaper of Weavers Way Co-op

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Spring Is on Its Way and We're Preparing for It!

by Kiasha Huling, Food Moxie Executive Director



An offshoot of Weavers Way Co-op

THE WINTER MONTHS ARE a great time to plan and prepare for our springtime gardens at Food Moxie. We are looking forward to warmer weather and vibrant programming at Saul High School, Stenton Family Manor and Awbury Arboretum. We will resume all activities in April.

We are most excited to be launching our Community School at Awbury Arboretum, with programming for every neighbor and household. In the meantime, here are some gardening tips so you can plan for abundant gardens at home while we do the same for our valuable community gardens and green spaces:

Review and adjust your garden layout. Plan which crops you want to grow, based on the space and light you have available. Consider crop rotation and companion planting for better yields. Homes have different spaces for growing. Try establishing container gardens, like tomatoes growing in a pot or a bin of onions. This is the perfect time to design a plan for fruit trees and herb beds. Use your imagination!

Browse seed catalogs or websites. Se-



Photo courtesy of Food Moxie.

Keep feeding your composter so you'll have plenty of compost for your beds in spring.

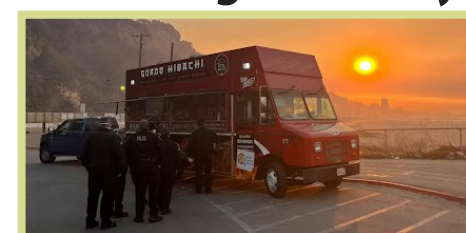
lect the varieties you want to plant in spring. Many seeds can be started indoors in late winter, so now is a great time to order them — they are a great source of inspiration. Explore uncommon vegetables like Romanesco broccoli or strawberry spinach. Introduce yummy new foods to your garden and later, to your table.

Clean, sharpen and repair your gardening tools. Make sure they're ready for the busy season ahead. Tool safety and care are important to a successful garden. Stay warm and clean and repair your tools indoors.

Start seeds indoors if you have the space and light — especially early crops like tomatoes, peppers or herbs. Many of these crops require six to eight weeks of indoor growth before being transplanted outdoors. Consider using grow lights to supplement the light available for your indoor seedlings.

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Shoppers Share Their L.A. Love On Giving Saturday



World Central Kitchen
Fundraiser for California
Wildfire Relief



WEAVERS WAY SHOPPERS AND members showed up and showed out the third week of January, raising over \$15,000 during an online and in-person fundraiser for World Central Kitchen, which has been on the ground in Los Angeles County feeding first responders and residents displaced by wildfires that began on Jan. 7.

The Co-op matched the first \$1,000 raised.

Here's the breakdown by store of the contributions received on Jan. 18, the day of the Giving Saturday event:

- Mt. Airy: \$1,416.81 (302 donors)
- Chestnut Hill: \$2,144.49 (214 donors)
- Ambler: \$906.93 (76 donors)
- Germantown: \$1,542.92 (223 donors)
- Mercantile: \$48 (15 donors)

According to WCK's website, the (Continued on Page 6)



Philly's Own Trailblazing Black Architect

In February, the Co-op's Diversity, Equity and Inclusion Advisory Committee celebrates the contributions of Blacks as part of Black History Month.

JULIAN ABELE (1881-1950), A brilliant craftsman and architect, was the youngest of eight children born to Charles and Mary Abele, a prominent Black Philadelphia family.

He earned his bachelor's degree in architecture from the University of Pennsylvania in 1902 and was the first Black graduate of Penn's graduate school of fine arts. He was also the first Black president of Penn's Architectural Society.

(Continued on Page 6)

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



LIKE SO MANY OTHER FOLKS IN THE Delaware Valley and beyond, I'm stoked that the Eagles are headed to the Super Bowl. By the time this issue drops, it'll be nine days until Game Day — plenty of time to make watch plans, stock up on food and maybe add to your collection of team swag.

I'm hoping that the Birds can defeat Darth Vader and the Imperial Army (a.k.a. the Kansas City Chiefs), like they did the New England Patriots in 2017. My beloved Bills can't seem to get past those dudes, so my 1A team will have to get it done.

The Eagles' status as one of the teams playing in Super Bowl 59 means we've got more sports in this issue than usual — which is easy, since we usually don't have any.

GM Jon Roesser's column (p.7) is packed with Birds-related tidbits, including some numbers that explain why many of us get no closer to Lincoln Financial Field during a game than driving past it on I-95. There are also plenty of food-related factoids to inspire your buying decisions in the days up to the Big Game.

The other big bird development has to do with something a lot less pleasant — the nationwide egg shortage that's resulted from the outbreak of avian flu in wild birds and some poultry flocks (p.3). According to Retail Director Jess Beer, the Co-op is only experiencing some shortages and other bumps right now, but that could change if the situation drags on.

In other non-Super Bowl news, our community fridge in Ambler will make a return in mid-March in a new location, about a year and a half after being shut down by the Montgomery County Board of Health; the article about it is on our front page. Community fridges are a vital resource everywhere and rely on volunteers and donations to keep them going. If you're interested in getting involved to help Ambler's, make sure you check out the story.

Go Birds! Catch you in the pages in March.

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

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

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

Advertising

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

THIS MONTH'S Co-op FINDS

WED. FEB 5 TO TUES. MAR 4, 2025

Celebrating our diverse local vendors for **BLACK HISTORY MONTH**

Ed Hipp
Quality Smoked Beef & Turkey Since 1975

\$1 OFF

Sliced Turkey Bacon (12 oz) reg. \$6.99/ea
Sliced Beef Bacon (12 oz) reg. \$11.99/ea
Hot Beef Sausage (1 lb) reg. \$7.99/ea

\$1 OFF
Win Win

Signature Blend (12 oz) reg. \$14.99/ea
Signature Decaf (12 oz) reg. \$14.99/ea
Birtright Roast (12 oz) reg. \$14.99/ea

PARTAKE
Chocolate Chip, Classic Grahams, Vanilla

\$1 OFF

Partake
Crunchy Chocolate Chip Cookies (5.5 oz) reg. \$6.99/ea
Graham Crackers (6.75 oz) reg. \$6.99/ea
Vanilla Wafers (7 oz) reg. \$6.99/ea
All Partake Cookies (5.5-7 oz) reg. \$6.99/ea

Vegan and Gluten Free, Top 9 Allergen Free

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Amira's Delites Muffins
2 pk (Various Flavors) reg. \$4.49/ea

Mt. Airy Candle Company

Glass Tumbler Candle (9.5 oz)
Black-owned maker specializing in hand-poured soy candles (Only being available at AB, GT & MA stores)

\$3 OFF
reg. \$25.99/ea

*Sales good while supplies last. | Ambler • Chestnut Hill • Germantown • Mt. Airy | Open daily 8am-8pm
No further member discounts apply.

7 YEARS

SLICE IT DICE IT SERVE IT

Lettuce – Love It or Leaf It

There are many foods we classify as aphrodisiacs for their supposed ability to enhance intimacy — oysters, chocolate and berries come to mind. But rarely does something explicitly get labeled for being an aphrodisiac. There is one item in the produce department, though: lettuce.

According to ancient mythology, Adonis hid in a bed of lettuce from the boar that killed him. Aphrodite laid his body among lettuce. The Romans took advantage of the medicinal qualities of lettuce to stimulate digestion. They also served salads after dinner, because they believed that lettuce was a sleep aid. This reputation persisted and even made it into the works of Beatrix Potter.

The best way to use lettuce heads is to make a salad. That's how the word "salad" arrived to us, thanks to the Romans. A recipe for dressing from that time combined salty garum (ancient Roman fish sauce), vinegar and oil.

Of course, you can also add lettuce to a sandwich or burger. Sturdier varieties like romaine can be used as a wrap or edible plate for easy eating.

If you want to keep lettuce fresh once you bring it home, it's best to prep it before storing. Trim and separate the leaves, cut them to your preference, and wash and dry them. But don't dry them too much, because lettuce likes a bit of moisture to keep the leaves crisp and firm.

Airflow is also important to keep lettuce leaves from getting slimy and wilted. A piece of paper can wick off excess moisture at the bottom of any container you choose, but don't overfill it or pack in the lettuce too tight.

Lettuce is ubiquitous at lunch or dinner and is used consistently across the ages. But consider skipping the wedge or Caesar this Valentine's Day; it'll be there for you any other day of the year.

the word on wellness

How AI Technology Can Enhance Wellness and Connectedness with Community

by Karen Palmer, Weavers Way Ambler Wellness Buyer

HAPPY 2025! THE DAWN OF A FRESH START REALLY gets my creative juices flowing. Every year, I set out to learn one new thing each month. This year, I jumped into planning with the help of artificial intelligence. I started my AI education last year by learning about and using ChatGPT and Copilot, and I want to encourage you to learn about AI and its practical applications.

AI is transforming how we live, work and stay connected. While it might sound futuristic, it is already a practical tool that anyone can use to enrich their lives, from enhancing wellness to simplifying everyday tasks.

You may be aware of AI-powered apps like Google Assistant or Amazon Alexa and how they can make life easier. Need a grocery list for your next trip to Weavers Way? Ask your virtual assistant to create one. Want to set reminders for doctor appointments or medications? These apps can handle that, too.

For personalized wellness support, apps like MyFitnessPal and Fitbit use AI to track your nutrition, steps and exercise and offer daily suggestions tailored to your goals. If you're curious about mindfulness, Headspace provides guided meditations and relaxation exercises to help reduce stress and improve focus.

Staying Connected, Enhancing Learning

One of AI's most meaningful contributions is helping people stay connected. Tools like Skype, Zoom and WhatsApp use AI to enhance video calls, making it easier to see and hear loved ones no matter where they are. (During COVID, we relied on Zoom to "see" our family and friends). For those who prefer writing, voice-to-text apps like Dragon Anywhere or built-in dictation tools on smartphones let you speak your messages instead of typing them.

Feeling lonely? Apps like Replika use AI to simulate humanlike conversations and provide a safe, nonjudgmental space to chat. While it's not a replacement for human connection, it can be a comforting way to explore thoughts or feelings.

AI can also inspire creativity and lifelong learning. Want to master a new language? Duolingo uses AI to tailor lessons to your pace. Interested in hobbies like sustainable living or gardening? Platforms like Skillshare offer AI-curated courses on topics you'll love.

AI writing tools like ChatGPT can help you draft letters, recipes, memoirs or helpful personal advice. I have been using it regularly for months now and am so impressed that I had to write about.

Recently, I had a problem that I needed help with. I put all the details into ChatGPT and asked for assistance with understanding the problem and creating possible solutions. It was an incredible resource! ChatGPT helped me articulate my thoughts clearly, offered a balanced perspective and guided me on how to communicate effectively without escalating the conflict. It was like having a thoughtful, nonjudgmental friend to brainstorm and strategize with, especially when emotions were running high.

Through the process, I found a resolution and gained insights into setting boundaries and advocating for myself in a respectful and confident way. ChatGPT's ability to help me process my feelings and structure my responses made a difficult situation much more manageable. I truly felt supported, and it reminded me of how technology can be used as a tool for personal growth and connection.

My 12 New Things to Learn in 2025

Here's what I'm setting out to learn this year, along with the apps I will use. I encourage you to develop and tackle your own list:

- January: basic sewing skills (SkillShare)
- February: meditation practice (Headspace)
- March: Home Repair Basics (YouTube — replace a faucet)
- April: how to grow plants from seeds (SkillShare)
- May: creative journaling (self-taught)
- June: photography basics (SkillShare — focus on black and white photography)
- July: furniture refinishing (I'm working on four dining room chairs)
- August: first aid and CPR (in person — YMCA)
- September: AI education (what's new?)
- October: baking sourdough bread (SkillShare)
- November: personal finance basics (SkillShare)
- December: holiday DIY crafts (make something with lavender from the garden)

While AI offers incredible benefits, it's important to be mindful of privacy as well as costs. Avoid sharing sensitive personal or financial information and be cautious about downloading unfamiliar apps. AI isn't just for tech enthusiasts; it's a resource for everyone. With a little curiosity and some patience, it can bring ease, wellness and calm into your daily life. Why not give it a try?

Co-op Egg Supply is OK, for Now — But We Can't Predict the Future

by Karen Plourde, Editor, Weavers Way Shuttle

THE WIDESPREAD OUTBREAK OF H5 BIRD FLU OR avian flu in wild birds, coupled with sporadic outbreaks of the virus in commercial poultry flocks, has led to shortages of eggs in food markets across the country. According to Weavers Way Retail Director Jess Beer, the effect at the Co-op so far has been limited to eggs from outside the area. But because no one knows how long the outbreak will last, it's hard to determine what will happen going forward.

"We are getting shorted on a lot of our nationally supplied eggs," Beer said. "Luckily for us, the majority of our sets are local eggs from vendors that we have longstanding relationships with."

The timing of the outbreak and resulting shortage is also a problem. In the winter, hens lay fewer eggs, which is an issue for the Co-op's smaller suppliers. "I texted Jimmy from Lancaster Farm Fresh [and said] 'hey, we're getting shorted on a lot of our eggs; we'd love to get more Lancaster eggs in the mix,'" Beer said. "And he said, 'we're in the middle of flipping flocks, and supply is tight, so we're struggling to fill current commitments.'"

Normally, the nationally supplied eggs would make up for the gap in local production. But since that's where the shorting of orders is coming from, there's no one to pick up the slack.

The biggest issue thus far for the Co-op has been in the supply of eggs approved for the federal supplemental nutrition program for women, infants and children, known as WIC. Those eggs have to fit specific requirements, one of which is that the hens can't be vegetarian fed.

"Right now, the one we've been stocking from Bozuto's, our conventional distributor, is not available due to the Avian flu," Beer said. "The only egg we can find that still fits those criteria is from Restaurant Depot, and it's crazy expensive. So we're getting them, but we also know that the reason that egg sells is not just to WIC shoppers; it's also because it happens to be our most affordable egg in the stores we stock it in — Germantown and Ambler. All of a sudden, having a WIC egg at \$5.79 — we can't assume it's going to move in the same way."

(Continued on Page 6)

VENDOR SPOTLIGHT





This month, we're shining the spotlight on Doro Foods!

Doro Foods is a minority-owned, woman-owned, and family-owned business based in Montclair, New Jersey. The company was founded by Christine Gregory — their recipes reflect her unique heritage — a delicious blend of her mother's spicy Korean food and her father's traditional soul food dishes. This fusion results in flavors that are vibrant, with a touch of sweetness and a whole lot of personality.

Christine, a former civil rights attorney, traded her legal career to pursue her passion for food. As the co-founder of Harmony Global Foods and co-creator of the Doro brand, she aims to celebrate ethnic cuisine as a reflection of culture and history, while uplifting the culinary talents of historically marginalized communities.

We're thrilled to welcome Doro Foods to our stores and can't wait for you to try their delicious products! Find them in the refrigerated section of all our locations.



Photo by Karen Plourde

A full fridge of eggs at Weavers Way Germantown on Jan. 23.

Workshop for ADHD Students and Parents

Natural Creativity, a nonprofit resource center for self-directed partnership education in Germantown, is hosting a workshop on attention deficit hyperactivity disorder and executive functioning for parents and teens (ages 13 and up) on Feb. 8 from 2 to 4 p.m.

The workshop will be led by Mike McLeod of GrowNOW ADHD, a Media-based firm that coaches parents to help their children learn self-regulation, self-awareness, self-motivation and self-evaluation. He will offer research-backed strategies to help families and teens address executive functioning challenges. It's open to all — no diagnosis of ADHD is necessary.

Admission is \$10; there is no charge for families associated with Natural Creativity, Philly ALC School and Cupola Academy. The workshop will begin with a presentation by McLeod, followed by time for questions and answers. Childcare will be provided, and American Sign Language interpretation will be available. For more information or to purchase tickets, go to www.naturalcreativity.org/events.

Network for New Music at Settlement Presents Tribute Concerts for Composer

NETWORK FOR NEW Music continues its 40th anniversary celebration, "40 at 40", with its "Companions" concert, which honors composer and teacher Richard Wernick.



Philadelphia-based composer T.J. Cole and Mt. Airy native Eliza Brown. Cole's piece, "The Insect Shadow Box Display Wall (but if they were alive and not dead)", written for flute and guitar, explores the intersection of sound, color, object and movement through the world of insects to create a multi-sensory experience.

The performances will take place on Feb. 21 at 7:30 p.m. at the Germantown branch of Settlement Music School, 6128 Germantown Ave., and Feb. 25 at 7 p.m. at Haverford College's Jaharis Hall.

The program, which will be centered around Wernick's "Duo for Cello and Piano," will also feature new commissions by Ingrid Arauco, David Crumb, Yinan Leef, Phil Maneval, Jay Reise and a mystery composer with a close connection to Wernick. These composers were all past students of his and were selected by him to supply new pieces for this concert.

The pieces serve as homages to Wernick's legacy and were inspired by his "Duo" and his rich musical personality. They will be performed by Thomas Kraines on cello and Charles Abramovic on piano.

The concert will also include the premiere of commissioned works by

In "Switch Slides," Brown lets their curiosity take the lead. The piece, written for flute/piccolo, clarinet, electric guitar, violin, viola, cello and double bass, changes moods and timbres frequently, taking the audience on a journey in which we question whether we should keep or break rules.

NNM's "40 at 40" season features commissioned works and performances by more than 40 composers from Philly and beyond. The works include such collaborative projects as a mosaic work, a dance suite and a folk song suite.

For information and tickets to the Settlement Music School performance, go to www.ticketleap.events/events/networkfornewmusic. The Haverford College concert is free, and no tickets are required.

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JOIN Weavers Way during our membership drive, and you'll receive this cloth shopping bag as our gift.



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The Weavers Watcher

'Something from Tiffany's' Explores the Need for Honesty in Romance

by Jana Marie Rose, for the Shuttle

WHILE MANY OF US MAY BE RELIEVED THAT holiday festivities have passed — the lights, the money bleeding, the multiple events and activities — others might want to reimagine our holiday celebrations with a happier ending. You can do that by watching "Something from Tiffany's", a romantic dramedy set over two Decembers in New York City. The film contains romance that's appropriate for all ages, and features fabulous lighting, diverse and talented actors and an interesting plot twist that fosters good conversation.

I don't care much for fancy jewelry from places like Tiffany's, so if it weren't for my having already seen director Daryl Wein's previous work and loving it, I may not have sought out this movie. I like the way he finds and directs strong stories that are interwoven with the diversity of the world we live in, rather than making characters' differences from each other the central plot point. I don't think that happens often enough on screen.

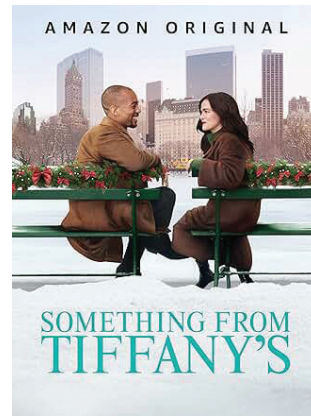
There are many stories out there that highlight the challenges of a hero or heroine being outside the social norm of a hierarchical society — being Jewish, poor, Black, gay, transgender and more. What if the story is a classic, but the casting is how we see a filmmaker offer diversity and a fresh look, outside conventional algorithms? In this film, we see a happy, healthy relationship between a lesbian couple, a single dad raising his daughter alone, characters whose religion causes them to celebrate the holidays differently, and

an interracial relationship that develops naturally, from a place of honesty and equality. This subtlety in presenting various backgrounds and ways of life, while adhering to a smart plot and strong acting, allows us as viewers to integrate and better understand our society's changing social norms.

In the film, Rachel Meyer (played by the beautiful Zoey Deutch) is a bakery owner in New York who seems to live her life with ease and mastery. She's an independent woman who isn't flustered or full of complaints about her busy life. She handles everything like a boss, and she is the boss. She is kind and generous, wears great lipstick, and has a sense of humor and a lot of grace.

Ethan Greene, played by Kendrick Sampson, is visiting New York with his daughter for the holidays and devising a plan to propose to his girlfriend. He's hot, smart, smooth and genuine. While doing a good deed, he discovers a big lie that needs to be revealed with delicacy, so as not to hurt Rachel's feelings.

The movie has a plot twist, so I don't want to give away too much. It may be more fun than an Agatha Christie novel, especially while watching people consume coffee, croissants, cookies and cornettos, the Italian version of a croissant. I had a cornetto with apricot jam in Rome years ago, and wondered afterward why



anyone would buy a croissant if they had the Italian version available as an option. Maybe even baked goods suffer from bad promotion and politics!

Rachel looks like she never ate a cornetto in her life. But watching her take a bite here and there while walking through city streets with awesome vermilion lipstick is enough to cheer anyone on a cold Philadelphia night. (The lipstick never smears!)

"Something from Tiffany's" asks whether we're willing to be honest even when it's awkward — even if you may lose something you love. Is it ever worth it to hold back an important truth because you're afraid of the way it might be received?

The scriptwriting by Melissa Hill and Tamara Chestna shows that truth comes out whether you want it to or not — and integrity is the surest way to keep what's most important in your life. The movie is available to stream for free to Amazon Prime members.

Jana Marie Rose is a writer, teacher, occasional performer and reiki practitioner. She has published a book for young women along with several short stories, and she writes about film weekly on her blog, The Ms. Wonderful Film Club (mswonderfulfilm.substack.com). You can find out more about her on her website: www.janamarierose.com.



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 (January 26, 2025)

Store	Prep	Deli	Bulk	Produce	Beauty & Topical Remedies	Grand Total
Ambler	5,323	1,292	2,182	3,841	0	12,638
Chestnut Hill	6,448	2,031	1,784	0	13	10,276
Mt. Airy	2,895	1,657	2,742	0	1	7,295
Germantown	0	0	19	0	0	19
Totals Sold	14,666	4,980	6,762	3,841	14	30,209
Deposits Refunded						19,103
Return Rate						63%

How the Container Refund Program Works

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



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

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New Book Examines the Spread of Economic Inequality in the U.S.

by Coleman Poses, Weavers Way New Economy Incubator Committee

“NATURE, CULTURE, AND INEQUALITY” is a new book by Thomas Piketty, whose bestseller, “Capital in the Twenty-First Century”, exposed the enormity of global economic inequality. The new book’s 60 pages of text and the superficial treatment given to many topics hardly justifies spending \$21.43 for the hardcover version. But even with these shortcomings, it’s still worth the two or three hours spent digesting its content.

Piketty has made his living writing about income and wealth inequality. But in this book, he is more optimistic, informing us that nations have been trending toward equality since the late 18th century — specifically, 1789.

To prove his point, he stratifies the world’s societies into three classes: the upper 10%, the middle 40% and the lower 50%. Using Europe as an example, he explains that over the past two centuries, the share of income going to the highest 10% of income earners declined 20%, while the bottom 50% saw their share rise by about nine percent. In addition, over the past century, a middle class emerged for the first time in Western Europe: About 40% of the population went from owning about 10% of the wealth in 1913 to currently owning about 40%.

Nevertheless, inequality remains a stubborn problem. Piketty targets South Africa as being possibly the most egalitarian nation on Earth. Only five to six percent of the country’s total income there goes to the bottom 50% of income earners, while the upper 10% earns about 70%. Contrast that scenario with that of Northern Europe, where the upper 10% receives 20 to 30% of a typical country’s total income, while the bottom 50% earns 20 to 25%.

Before Westerners can pat themselves on the back, however, Piketty reminds us that colonialism has played a significant role in explaining why such discrepancies exist between the most egalitarian and unequal societies. As dire as income differences are between the various classes, wealth discrepancies are even more stark. Wealth in European countries — France, in particular — has been distributed more fairly over the last century, but that is only because distribution has taken place between the middle 40% and the upper 10%. The bottom 50% has seen virtually no change in its wealth ownership.

As noted in the book, the lowest gender inequality in the world exists in the countries with some of the most fragile democracies: Russia and Central Asia. There, the income share of women as compared to total hours worked is about 40%. However, the greatest gender inequality also appears in authoritarian regions such as those in the Middle East and North Africa, where women only receive about 15% of income to hours worked.

Piketty argues that “Contrary to what some (including the author himself) have claimed, equality has not been the product of wars per se.” He points to the Great Depression, which brought about a significant movement toward economic equality in the United States, and the political mobilization and union pressure that accomplished the same feat in Sweden, to prove his point.

As part of his Sweden argument, Piketty explains that in the early 20th century, only 20% of men in that country could vote. Enfranchisement was based upon ownership of property, and the amount of property determined the weight of one’s vote. Corporations also had the right to

vote — something we seem to be trending toward in the United States.

Due to several concurrent influences, including general discontent over the injustice of the economic and political system and the pressure from unions and the Social Democratic Party, universal suffrage was legislated in 1920 and voters subsequently elected the Social Democratic Party into office in 1932. That brought Sweden into the realm of a welfare state, in which government entitlements such as health care and social security would be financed through a progressive tax system. Records that had been used to determine the degree of voting rights from income and property were subsequently used to determine what brackets citizens fell into in the newborn Swedish tax system.

Progressive taxation in the United States, which was enshrined in the ratification of the 16th Amendment in 1913, resulted from the fear that we might become as unequal as Europe. Upper tax rates inched their way up during the administration of Franklin Roosevelt to address the financial crisis and the number of social welfare programs instituted at that time. High upper tax rates in the United States lasted until the Reagan years, when they tumbled from 70% to 28%, allegedly to stimulate America’s economy.

But according to Piketty’s data, “The factor that actually leads to greater prosperity is education” and “...education spending has stagnated since the 1980s and 1990s...”, no doubt because of the Reagan tax cuts.

One of the most sobering aspects of this book is the realization that it is in-



tended specifically for French readers. As a result, it feels like Piketty is talking behind our backs when he writes that “...any comparison between the United States system — based largely on a for-profit structure — and the European system almost always shows the former at a disadvantage. As we all know, the U.S. system costs more, and its public health results are disastrous when compared with Europe’s.” In addition to health care, Piketty believes that education, pensions, housing and infrastructure should also be eliminated from a market-based economy.

This book is not the first time that Piketty has described the United States’ descent from model to pariah in terms of economic egalitarianism. But maybe now it will be the kick in the pants we need to make America truly great again.

Coleman Poses is the chair of the New Economy Incubator committee at Weavers Way. You can contact him at cposes1@gmail.com to learn more about the committee.

Philly’s Own Trailblazing Black Architect

(Continued from Page 1)

After graduation, Abele was hired by the Horace Trumbauer design firm, which financed his first three years of European travel and study. He spent his career with them and worked on such Philadelphia area buildings as the Museum of Art, Parkway Central Library, the Land Title Building, the Ben Franklin Hotel, the Union League, Rittenhouse Plaza, Widener Memorial School, the Philadelphia Art Alliance and Philadelphia Convention Hall and Civic Center. He also helped design several mansions in the area, including Edward Stotesbury’s Whitemarsh Hall. At Penn, he helped design Irvine Auditorium, the Dunning Coaches Center and the President’s House.

—Rosa Lewis



Community Fridge Set to Return

(Continued from Page 1)

down due to Montgomery County Board of Health regulations, and the Co-op and community volunteers have been searching for an alternate site for it ever since.

“We’re delighted to build this partnership with Weavers Way and other community members to facilitate neighbors helping neighbors experiencing food insecurity,” said Michelle Curtis, co-pastor of Ambler Mennonite.

After many weeks of planning and preparations, we hope to open the fridge for use by mid-March. If you’re interested in learning more or volunteering,

please attend the community meeting(s) that will be hosted in February and March; date(s) and time(s) will be shared in upcoming editions of the Enews.

At the meetings, we will share more information about the fridge at its new home. There will be big and small roles for folks to help. Whether you want to help fundraise, schedule volunteers for donations or fridge maintenance, or to shop for it, we need your help!

If you’re interested in helping but are not able to attend the meeting, email amblermennonites@gmail.com.

Spring Is on Its Way — We’re Getting Ready!

(Continued from Page 1)

Grow herbs. Basil, mint, parsley or chives can be grown on windowsills in a small indoor garden setup. They thrive in indoor environments with some attention.

Keep on composting. Even though it’s cold, you can continue composting kitchen scraps. If you’re using a compost bin, ensure it’s in a sheltered area to prevent freezing and maintain the microbial activity needed for decomposition. Produce

from the Co-op that has seen better days can become nutrient-rich compost for your garden!

Spring is right around the corner — get ready with us and stay tuned for more programming updates and happenings from Food Moxie. We are excited to get back to sharing Weavers Way’s mission and Ends with our neighbors. See you soon!

Shoppers Share Their L.A. Love On Giving Saturday

(Continued from Page 1)

group has given out more than 200,000 meals to first responders and families in need.

The Palisades, Hurst and Eaton wildfires forced about 30,000 residents to evacuate, consumed about 4,000 acres and threatened over 13,000 structures. AccuWeather estimated the total cost of damages from the three fires at more than \$250 billion.

On Jan. 22, a new blaze, the Hughes fire, began near the Castaic Lake reservoir, 40 miles northwest of downtown Los Angeles, and quickly spread to 3,400 acres. As a result, several nearby suburban neighborhoods were evacuated.

If you didn’t get a chance to contribute during the Co-op’s fundraiser, or would like to make an additional donation, go to www.wck.org.

—Karen Plourde

GM'S
CORNER

Go Birds! When They Do Well, the Co-op's Business Booms

by Jon Roesser, Weavers Way General Manager

THIS COLUMN IS BEING WRITTEN IMMEDIATELY following the Eagles crushing NFC Championship victory over Washin gton, so I'm in an excellent mood. Judging by all the fireworks, so is the rest of the city — at least, I hope those are fireworks.

As owners of the Co-op, you should know that when they're hot, the Eagles are great for business. So are the Phillies, which made last year's playoff belly-flop extra disappointing. Presumably, if the Sixers or Flyers ever started winning, that would be good for business too, so now you have a reason to pay attention to them.

In the 24 hours prior to an Eagles kickoff, sales of avocados, tortilla chips, hoagie trays, tomato pies, ice cream and a bunch of other stuff spike, especially during the playoffs. When kickoff is at 1:05 p.m., Sunday mornings are a madhouse. When it's a late game, it's the afternoon that's busy.

If you're not a fan, shop while the game is being played — you'll have the store to yourself.

The Super Bowl is America's second biggest eating day — Thanksgiving wears the crown. But a Super Bowl with the Eagles is a grocer's double jackpot. Football fans spend money — a lot of money, and not just on food.

The average Eagles season ticket package costs about \$2,100, not including parking or playoff games. If you're thinking about it, there's no need to break out your credit card yet, since there's a many-years-long waiting list. Current season ticket holders renew at a rate of 99.7%.

You might be better off cozying up to a rich friend so you can snag a seat in a luxury box, which cost between \$20,000 to \$40,000. Per game. At least, those include food and booze.

Not in your budget? They're going fast, but you can try to get your hands on an official NFL licensed

“ **The Super Bowl is America's second biggest eating day.** ”

Saquon Barkley Eagles jersey, which goes for a cool \$175.

If you're poor and an Eagles fan, I suppose they're fine with you cheering them on. And a six-pack of “Fly Eagles Fly” Bud Light cans will only set you back about eight bucks.

The firehose of discretionary income spent on sports fandom might come as a surprise to anyone sifting through exit polls from the presidential election. Inflation, we are told, is what drove people to re-elect the man who is now our president, uhgain. The price of eggs had gotten too high, which is important, because you can throw eggs at Cowboys fans without being charged with a felony.

Considering all this conspicuous consumption, it's perhaps worth noting that the Philadelphia Eagles are a product of the Great Depression, a fact known by approximately zero percent of fans.

It's true. Our city's first National Football League franchise was named, oddly enough, the Frankford Yellowjackets. They played at long-forgotten Frankford Field, which was just north of the El terminal at Bridge and Pratt streets. They wore uniforms of blue and yellow to match our municipal flag.

The Yellowjackets were owned by the Frankford Athletic Association, a democratically controlled, civ-

ic-focused organization with an unpaid board of directors and a charter requiring all profits to be donated to charity. Their business model was like our own, but inconceivable in today's NFL.

The Depression hit the league hard. It was less than a decade old, with teams like the Muncie Flyers and the Columbus Panhandlers, and was a far cry from the entertainment juggernaut it is today. Many teams went belly up, including the Yellowjackets, who played their last game in October 1931, beating the Chicago Bears.

Philadelphia was then the country's third largest city, so the NFL was keen to fill the void left by the Yellowjackets demise. A group of investors led by Bert Bell picked up the pieces and forked over the \$6,500 franchise fee — less than \$70,000 in today's dollars — and in 1933, we were back on the gridiron.

Bell chose to name the new team the Eagles to honor the Roosevelt administration's New Deal, which used the eagle as its symbol. Share that bit of trivia with any conservative Eagles fans in your life.

Bell's investment paid off. Today, the Eagles are one of the world's most valuable sports franchises, with an estimated value of \$6.6 billion, according to Forbes. That's slightly less than the San Francisco 49ers (\$6.7 billion), and a bit more than Manchester United (\$6.5 billion), which plays a different kind of football.

Fortunes, however, are fleeting, and future events are impossible to predict. The Yellowjackets won the NFL Championship — there was no Super Bowl in those days — in 1926, only to go kaput five years later.

So, let's celebrate the present: We're going to the Super Bowl! The Co-op is ready to make sure everyone is well fed on game day. Don't even think about buying your guacamole anywhere else.

See you around the Co-op.

Co-op Egg Supply is OK, for Now — But We Can't Predict the Future

(Continued from Page 3)

Currently, Co-op administrative staff are petitioning WIC to have Legacy Free-Range eggs from New Holland, Lancaster County — which are currently priced lower than the WIC eggs — added to the WIC-approved vendor list. They're still waiting on a decision.

Beer doesn't think the egg shortage problem will go away soon. As spring approaches and hens start laying

more eggs, the supply from local vendors will increase, provided that their flocks aren't hit with avian flu. The supply of Legacy eggs is limited due to the increased demand, but so far, they're holding their own.

“We're talking to our suppliers all the time,” she said. “We're doing everything in our power to keep eggs in stock at all times in all of our stores.”

As of now, Beer believes the Co-op won't increase egg prices, but that could change if costs from wholesalers increase.

“Our goal, as always, is to have healthy, affordable groceries for our shoppers, and we can't control the market,” she said.

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Celebrating Trees: A Fitting Farewell to Rabbi Ellen Bernstein

by Betsy Teutsch, for the Shuttle



Photo by Steven Tenenbaum

THE DEAD OF WINTER IN THE Northeast is an odd time to be celebrating trees. But on Feb. 16, Germantown Jewish Centre will do just that by holding a seder for Tu B'Shevat, a minor Jewish festival. At the same time, GJC will honor the memory of beloved community member Rabbi Ellen Bernstein, who died on Feb. 27 of last year.

Tu B'Shevat is a full-moon celebration that falls in the Hebrew month of Shevat. It marks the day when the almond trees, the first to blossom in Israel, become visible. When Jews migrated to colder climates, the holiday took on mystical meanings. In recent years, the custom of celebrating seder for the holiday has been revived. While a seder is associated with Passover, the word itself means a prescribed order of prayers.

For our local community, the event will be bittersweet. Ellen was one of our greatest innovators and powerfully linked Jewish and ecological wisdom. She headed up last year's seder, which featured her then-newly published book "Toward a Holy Ecology: Reading the Song of Songs in the Age of Climate Crisis." Not

long afterward, she fell ill and was diagnosed with end-stage colon cancer; she only lived a few more weeks.

Ellen's passing was a deep loss for our immediate community and beyond. Her death was reported in the New York Times and widely in environmental communities, both Jewish and secular.

The seder will feature Ellen's writings and teaching. Here's her reflection on wind, and how it humbled her:

"I used to dismiss conversations about the weather as small talk. Not anymore. When I take time to notice the wind and clouds and rain, I have a subtle sense of God's presence, streaming inside me and flowing all around me."

On her understanding of the spirit of the universe:

"I have always understood the oneness of God as a testimony to the inter-relatedness of all being. If God is one, and also infinite, that oneness must encompass the whole of creation. And if God is one, then we and all the creatures of the world are related — kin-bound together in the oneness..."

The seder will be led by Rabbis Nathan Martin and Beth Janus. Kenny Ulansey, a friend of Ellen's for decades who played the first time she led a Tu B'Shvat seder in Philadelphia over 40 years ago, will provide music. He will be joined by Max Nemhauser, a student of Ellen's from when she served as a chaplain at Hampshire College in Amherst, MA, where he studied.

Ellen was laid to rest in Nature's Sanctuary, Laurel Hill Cemetery's green section. Her body rested on a platform woven of natural materials. It was wrapped in a linen shroud and covered with flowering branches, in accordance with what she loved. When her body was lowered into the grave, family and friends dropped in evergreen branches from the trees she protected so fiercely.

All are welcome to attend the seder, which will begin at 10:30 a.m..If you'd like to attend, RSVP to RachelFalkove@outlook.com.

Farewell, Ellen. Your teachings will live on as we marvel at the beauty of our Earth and grapple with the challenges of how to protect it and all living creatures from climate catastrophe.

CELEBRATE TU B'SHVAT, THE NEW YEAR OF TREES
SUNDAY, FEBRUARY 16, 2025, 10:30

Highlighting teachings from Rabbi Ellen Bernstein 77

*Toward A Holy Ecology:
Reading the Song of Songs in the Age of Climate Crisis*

We'll honor Ellen's legacy and upcoming first yahrzeit with a fruit feast and musical seder.

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Kenny Ulansey, Max Nemhauser, and friends

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All are welcome.

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Livestream: bpteutsch@comcast.net

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Balancing the Need for Road Salt with Protecting Streams, Drinking Water

by Erin Landis, Wissahickon Trails Water Programs Manager

ROAD SALT KEEPS US SAFE ON ROADS AND SIDE-walks during the winter months, but it's equally important to understand its potential impacts on our environment and community health. Every year, towns, cities, businesses and individuals utilize approximately 20 million tons of salt across the United States to ensure safe travel through snowy conditions. As snow melts or rain falls, that salt gets washed into storm drains and streams, and can even make its way into drinking water sources.

The corrosive nature of road salt leads to significant expenses each year; repairs to vehicles, bridges and road infrastructure cost communities around \$5 billion annually. Additionally, in some areas, drinking water is gradually becoming saltier, and most treatment systems cannot effectively remove chloride from water. Higher sodium in drinking water may impact the health of those on low-sodium diets. Additionally, salty drinking water can corrode old pipes, increasing the risk of lead leaching into tap water.

Of course, freshwater streams like the Wissahickon Creek are impacted. Seasonal chloride data collected in the Wissahickon show significant spikes of salt levels after winter storms. High salt levels in waterways can increase the mortality of fish and other aquatic critters, and there is evidence that year-round salt concentrations in our waterways are rising over time due to decades of road salt overuse.

We know there are a lot of downsides to salt, but to give credit where it's due, road salts prevent thousands of vehicle accidents and injuries every year. Salt is critical to the safety of our communities in winter weather, so it's key to strike the right balance of salt used for safety while minimizing the negative effects on our environment. For example, did you know a 12-ounce coffee mug of salt is enough to treat a 20-foot driveway?

Here are a few more tips for responsible salt use at home:

- If possible, shovel snow first. The more you remove, the less salt you'll need.
- Scatter salt evenly on hard surfaces. Remember, you don't need to hear "the crunch" of salt for it to be effective; using more salt does not guarantee better results.
- Salt does not work if the pavement temperature is 15°F or lower. In these cases, consider using sand or other low-temperature de-icing products.

While mindful salt use at home is important, many of the areas salted during winter weather are large commercial parking lots and roads. These are salted responsibly, but at other times, salt piles can be seen on roadways where salt was spilled or overapplied. Large salt stockpiles are left uncovered into the spring, so rainstorms wash it straight into the closest stream. In these cases, advocacy and raising awareness can improve the situation.

Here are a few ways to engage your community about responsible salt use:

- Consider writing letters to editors on the topic to raise awareness about the impacts of salt use and share best practices for de-icing.
- Reach out to your municipality to understand their salting practices and ask if they would consider reducing salt use through practices like brining. The process of brining involves using a liquid salt solution that reduces the salt content when de-icing roads, thereby reducing the environmental impact of salt use.
- Talk to local property managers, business owners and legislators about salt use challenges and solutions.
- If you see a salt stockpile that is uncovered, consider reaching out to your municipality. You can also call or



Salt-o-Meter graphic courtesy of the Izaak Walton League of America.

email Wissahickon Trails' water program manager at erin@wissahickontrails.org or 215-646-8866.

- For those interested in monitoring salt levels in local waterways, Wissahickon Trails has chloride water testing kits available to test salt levels in your local waterway. Reach out to erin@wissahickontrails.org for more information.

While salt is an integral tool for winter safety, it also harms infrastructure, streams and drinking water. Practicing responsible salt application is essential to the health of our communities and waterways. By working together, we can create safer streets while nurturing a brighter, healthier future for our communities and waterways.



ELECTRONICS RECYCLING

Saturday, April 5

9 a.m. to 1 p.m.

Chestnut Hill College
9601 Germantown Avenue



Anything that turns on and off



NO BATTERIES
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ALL ITEMS FREE except

Older CRT TVs and monitors \$40 - \$80 each (depending on size)

Air conditioners, dehumidifiers, air purifiers \$25

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ENVIRONMENTALLY RESPONSIBLE RECYCLING

Suggested donation \$10-\$20

Donations finance Grants given to the community.

This event is co-sponsored by the Sisters of Saint Joseph Chestnut Hill • Philadelphia and Weavers Way Environment Committee. Recycling services provided by PAR-Recycle Works. For more information go to: www.PAR-RecycleWorks.org







Preschool



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INFORMATION SESSIONS
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1/17/25
2/3/25
2/21/25

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Stagecrafters Kicks Off 2025 With Wohl's 'Grand Horizons'

STAGECRAFTERS THEATER IN CHESTNUT HILL WILL BEGIN THE 2025 PORTION OF its current season with the Tony-nominated play "Grand Horizons" by Bess Wohl, starting Feb. 7.

This comedy-drama of marital and family discord begins with a quiet dinner between Nancy and Bill in their unit at Grand Horizons senior community. Nancy suddenly announces, "I think I would like a divorce," and Bill replies, "All right." As their children descend to try to mend their parents' 50-year marriage, the explosive and comic revelations mount as they discover that they really did not know Bill and Nancy.

Wohl is a playwright and filmmaker. Her plays have been performed on and off Broadway at such theaters as Second Stage, Manhattan Theater Club and the Goodman Theater.

Performance dates are Feb. 7, 8, 13, 14, 15, 20, 21 and 22 at 8 p.m. and Feb. 9, 16 and 23 at 2 p.m. Tickets are \$26 online and \$30 at the door. Discounted tickets are available. Visit www.thestagecrafters.org for more info and to purchase tickets or call 215-247-9913 for reservations. Stagecrafters is located at 8130 Germantown Ave.



Weavers Way has been nominated for Sustainable Business Network's 2025 Triple Bottom Champion award!

THIS AWARD WILL GO TO A MEMBER business or organization within SBN that exemplifies the triple bottom line approach to their business by being mindful of people, planet, and profit. The recipient will be announced at this year's annual meeting Feb. 6, at the Science History Institute, 315 Chestnut St. The recipient will also serve as SBN's Triple Bottom Champion Ambassador, helping to amplify their commitment to sustainability and presenting next year's award.



Find more information about the nominees here:

<https://tinyurl.com/2s3cn7hd>

To vote:

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WEAVERS WAY EVENTS

Jump Start Your Immunity with Kara Jo

Monday, Feb. 3 6:30-7:30 p.m.
Virtual Event

Learn practical, at-home herbalism from our favorite clinical herbalist, Kara Jo, in this four-part series. We will discuss herbal remedies for immunity, sleep, digestion and joy. In this first session, she will focus on immunity. Learn how to notice when the body is starting to come down with illness and learn what herbs to take to support you. We will also discuss long-term immunity support.

You will receive a Zoom link after you register.

Kara Jo, a working member at Weavers Way, has been a high school English teacher in Ambler for the last 16 years. She has her master's in special education, is certified to teach yoga and has studied at the Mindfulness Institute at Jefferson University Hospital.

Kara Jo's Tips and Tricks to Uplift Your Mood and Boost Your Spirits

Monday, Feb. 10 6:30-7:30 p.m.
Virtual Event

In the second session of this four-part series, Kara Jo will focus on joy. Learn how to

support your body and mind through the darkness of winter with mood-lifting herbs. She'll share how to brew herbal preparations like tea and tinctures that she has used herself.

You will receive a Zoom link after you register.

Gut Health and Digestive Wellness Tips with Kara Jo

Monday, Feb. 17 6:30 -7:30 p.m.

In her third workshop on at-home herbalism, Kara Jo will focus on digestion and gentle ways to mend your gut issues.

You will receive a Zoom link after you register.

Virtual New Member Orientation

Tuesday, February 18 6:30-8 pm

We encourage all new members to attend a member orientation. Our virtual orientation will include an overview of membership at the Co-op, how it works and why it's valuable. We'll explore our online Member Center, discuss the benefits of membership and help you choose if working membership is right for you.

You'll receive two hours working member credit. The orientation lasts approximately 1.5

hours.

You will receive a Zoom link by email prior to the meeting.

Please sign up at the Member Center.

Top Tips and Tricks for Sleep Health with Kara Jo

Monday, Feb. 24 6:30-7:30 p.m.

In her last session, Kara Jo will focus on herbal remedies for sleep. She will share which herbs can help with sleep health and how to prepare easy herbal concoctions in your kitchen to aid your sleep troubles.

You will receive a Zoom link after you register.

Membership Office and Notary Hours

Mt Airy: 555 Carpenter Lane
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11 a.m.-5 p.m.

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For more info: www.weaversway.coop/events





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Women's Clothing for the Taking at GJC's Annual Giveaway

by Betsy Teutsch, for the Shuttle



ATENTION, EAGLES FANS (AND OTHERS): GERMANTOWN JEWISH Centre's annual women's clothing giveaway will happen on Feb. 23 — two weeks after Super Bowl 59. So the Big Game shouldn't get in the way of you going through your closets, picking out gently used items you no longer wear and donating them. And it won't keep you from attending.

This year's event, which is run by volunteers, takes place from 11 a.m. to 1 p.m. If you're interested in volunteering, email Leah Corsover at leahcorsover@gmail.com. Volunteers are also welcome for the Feb. 22 evening mega-sorting. Endless bags, boxes and piles of donated clothes await the workers. Over the course of a few hours, they'll transform the room into an inviting pop-up clothing store, with items all neatly sorted by size. Evening sorters can take a few favorite picks home, by the way.

In the early giveaway years, I kept an eye out for clothes for myself and my daughter and daughter-in-law, neither of whom had much time for shopping. Last year, I discovered a new customer: my granddaughter Shula, a fashionista. On the Extra Small table, I found a whole load of fancy party dresses. I snagged a few, and when I presented them to her, she was ecstatic. We did wonder who might have donated party dresses that fit a fourth grader; Shula guessed that maybe they were dance recital costumes.

I was tickled to have found some clothes that Shula enjoys slipping into for dress up. At Thanksgiving, she came to dinner in a bright red, slinky, off-the-shoulder dress from the giveaway. Surprise!

If you can't attend, but have clothes to give away, bins await outside the GJC parking lot, which will be open the week preceding the giveaway, Feb. 16 through Feb. 21. Sunday and Friday hours are 9 a.m. to 2 p.m.; Monday through Thursday hours are 8 a.m. to 7 p.m. GJC is located at 400 W. Ellet St. in Mt. Airy.

Note that this is not a clothing swap, per se; there's no need to donate anything. But most donate far more than they take home.

Suggested admission is \$20, which is split between covering GJC's costs and Juntos.org, a local immigrant rights community organizing group. All leftover clothing — and there is a ton left over — will go to Whosoever Gospel Mission.



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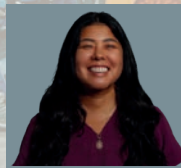
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The Great Foodscape

While You Wait for Spring, Plan, Prune and Start Your Seeds

by Boris Kerzner, for the Shuttle

AS I WRITE THIS, A COLD WIND BLOWS OUTSIDE, and most of the trees have lost their leaves. There isn't much work to do outside until spring returns. For some, this is a welcome reprieve from the demands of the growing season; others may find it lonesome. But fear not: We are here to present gardening tasks that will fill your time this winter.

Review Last Season, Plan for the Next

Winter is a great time to think back on the past growing season. What went well, and what didn't? Take notes for future reference. Make a collage of garden photos from last year to share with friends and inspire yourself for the next season.

A review of the past growing season leads us to consider what we want to do differently in the next. What new vegetables or gardening techniques will we try? Should we plant a new apple, peach or quince tree?

Planning the next growing season can be fun. Peruse seed catalogs, get excited about new varieties you have yet to try, and mentally visualize new additions to your yard. Take your time and let your imagination run free! That's much harder to do in the heat of the summer, when multiple tasks — weeding, harvesting, pest management — demand our swift attention. Enjoy the process!

We can help with all design work, whether it's creating a design for an entire property, drafting a planting plan for next season's vegetable garden, or filling in empty spots around your home with fruit trees, berries and native flowers. Having your design in hand will help you begin to implement without delay when

warmer temperatures arrive.

Prune Trees and Shrubs

If you have fruit trees, raspberries, blackberries, blueberries or the like, you'll want to prune at the end of the winter while the plants are still dormant. Pruning can confer many benefits, such as increased vigor and fruit production and a more aesthetic form.

Pruning "opens up" the tree to allow more sunlight to infiltrate the middle, since fruits need to receive sunlight to develop; it helps them reach their biggest, brightest and juiciest potential. Pruning also allows you to shape the tree or shrub to look more even from all angles, and it can stimulate new growth.

More fruit forms on newer wood, so new growth has tangible benefits. Pruning raspberries and blackberries helps keep planting organized and contained by removing dead wood and thinning the canes. We'd be happy to prune your trees and shrubs come February — reach out and let us know what you need.

Start Vegetable Seedlings

Growing your own vegetable starts from seed is satisfying, whether you grow them indoors under grow lights, outdoors in a greenhouse or next to a sunny south-facing window. Although there is an initial upfront cost for necessary infrastructure, seeds and soil, you can save money over the years, especially if your garden is larger.

The atmosphere in a greenhouse is magical, warm and pregnant with possibility. February or March are good times to start, and we can help advise on appropriate setups.

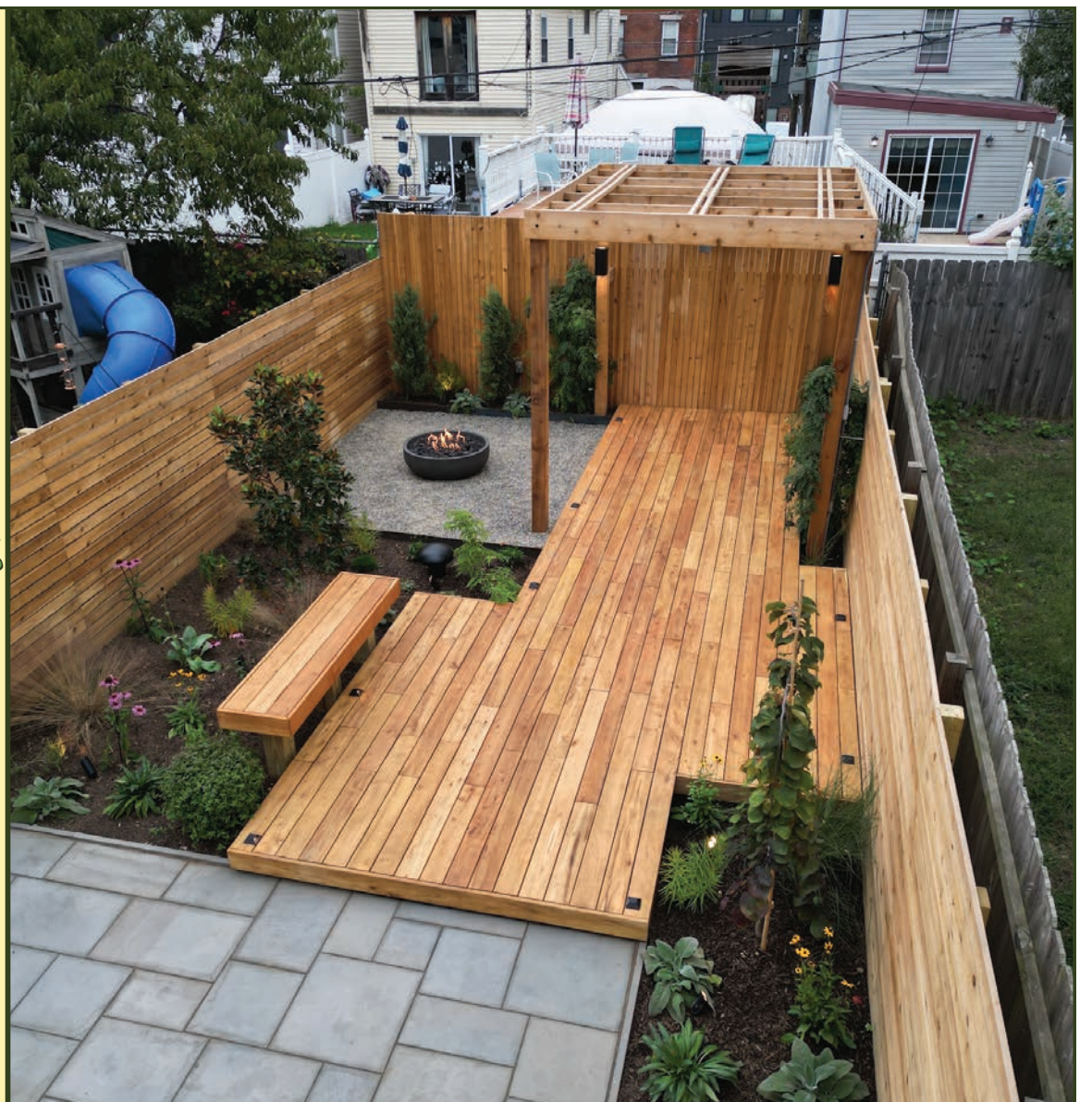
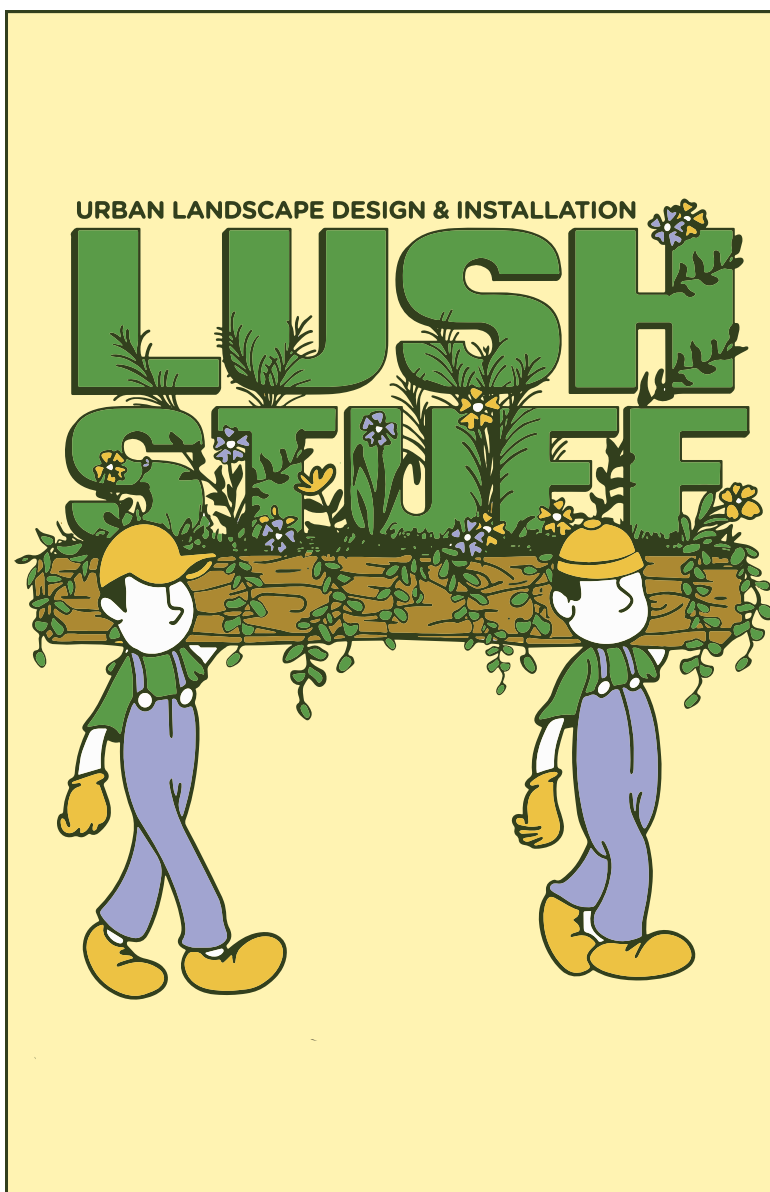


Many seeds, when stored under proper cool, dry conditions, can remain viable for several years. Avoiding peat and plastic in your garden can be another impetus to grow your own vegetable starts. A special tool called a soil blocker creates compact cubes of soil that your seeds can grow in without a plastic container.

Peat-free seed starting mixes — such as the one from Organic Mechanics, a local soil company — are available for purchase.

The early bird gets the worm, as they say. So once you're done resting, recuperating and rejuvenating, refer to the above tasks to help keep you occupied through the winter months. Feel free to reach out to us for design work, pruning and consultations.

Boris Kerzner is the owner of Grow Our Food (www.growourfood.com), an all-service gardening company focused on increasing food-producing landscapes in the Greater Philadelphia area.



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Nature Walks, Improvement Projects on Tap for Our 101st Year

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

THE WISSAHICKON FOREST IS QUIET this time of year, the silence only broken with the sound of scampering gray squirrel feet or the rhythmic calls of a chickadee. You could wander a trail in these cooler months and see more wild-life than people! But while the park might be hibernating, Friends of the Wissahickon is hard at work preparing for another exciting year of stewarding the park for more than two million annual visitors.

This past year was certainly a banner one for us. We completed our largest capital project to date, the Lida Way pedestrian bridge. We also hosted our most successful event to date, the “100 Years of Wild” gala, which was the culmination of our 100th anniversary celebrations. Lastly, we recorded nearly 20,000 volunteer hours!

Last year will be a tough act to follow, but our slate of engagement, infrastructure and habitat programs will continue the momentum of our huge centennial year. Here are some of the programs and projects we’ll be working on in 2025:

Bird Walks Along the Wissahickon with Troy Bynum

We’re excited to welcome our longtime contributor Troy Bynum, a local birder and photographer, to a new role with FOW. This year, he’ll lead four birding hikes throughout different areas of the Wissahickon. During our January hike in Valley Green, we spotted mallards, mourning doves, red-tailed hawks and, of course, Canada geese! Join us for our next installment on Apr. 27, beginning in Houston Meadow, by registering at fow.org/events.

Germantown Neighborhood Connection Project (a.k.a. Harvey Street Project)

As part of our ongoing trail and beautification enhancements to this area, our work will move on to improving access for neighbors to the gathering area around the Henry Houston statue. We’ll add new sidewalks and a crosswalk with traffic-calming elements.



Photo courtesy of FOW Staff.

Newly installed wayfinding at the Harvey Street entrance to the Wissahickon Valley Park.

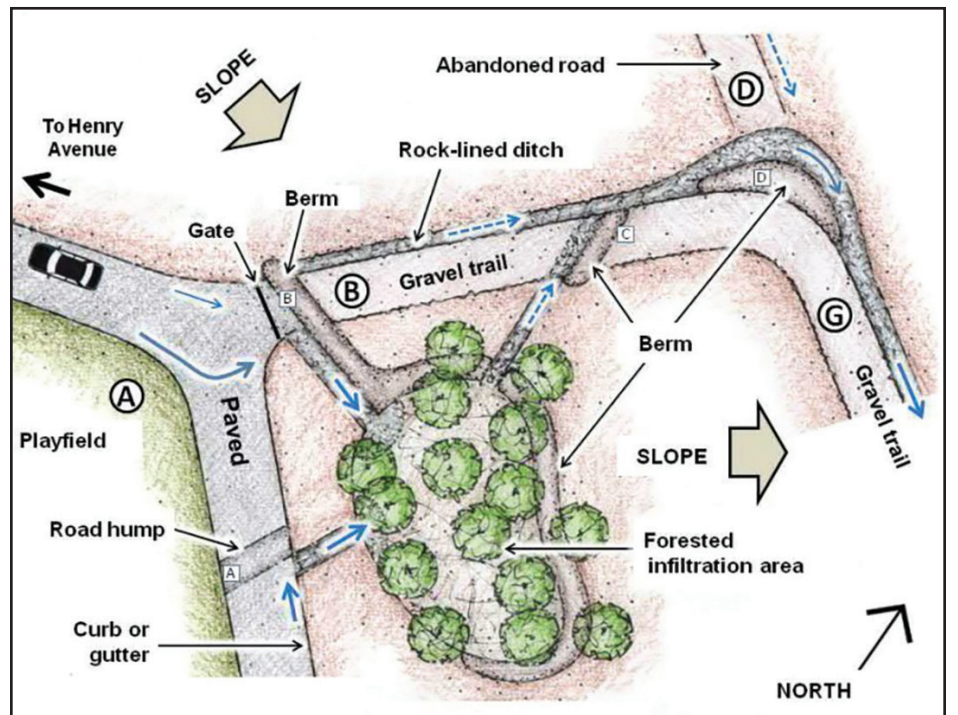
Our goal is to complete a larger park-wide connection to link the Harvey Street trail entrance to the main stem of the park. The next phase will involve planning for a new trail that would begin behind the statue and exit across from Saylor Grove.

Pachella Gully Restoration and Sedimentation Reduction Project

In partnership with the Philadelphia Water Department and Philadelphia Parks and Recreation, FOW is restoring an actively eroding 500-foot gully along an access trail behind Pachella Fields in Roxborough. We’ll be installing a forested infiltration basin with native trees and shrubs, which will improve stormwater conveyance and landscape resiliency and curb the level of pollution entering Wissahickon Creek. We’ll continue to work on bringing this project to full funding, with construction anticipated to begin in late 2025 or early 2026.

Want to stay in the loop with all FOW’s events and park improvements? Sign up for our weekly eNewsletter at fow.org/newsletters.

Thank you to everyone who helped make our centennial year our most impactful yet and for your ongoing support to keep the Wissahickon healthy and vibrant for the next 100 years.



Rendering courtesy of Skelly & Loy Engineering Services.

Concept design for forested infiltration basin behind Salvatore Pachella Field.



Photo courtesy of Stacey Gray.

Spotting birds in the Wissahickon with Troy Bynum.



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Ease Your Winter Blues with These Indoor Gardening Tasks

by Sally McCabe, for the Shuttle

IF THE WEATHER IS KEEPING US INDOORS, let's concentrate on making our surroundings a little brighter and greener. There are plenty of ways gardeners can bring the garden indoors in the winter. Here are a few:

- **If you got flowers or plants as gifts over the holidays, it's time to freshen them up or throw them away.** If you're a garden hoarder, save the vases and containers for next year, but get rid of the arranging foam. And unless you're an expert, don't try to hang bouquets to dry; I promise you will never use them. If you were lucky enough to receive an Amaryllis kit-in-a-box, get that started immediately. Three to six weeks from now, you'll have crazy bloom.



Seedlings at Norristown Farm Park.

Photo by Morgan Horell.

- **Quarantine holiday gift plants for a few weeks, until you're sure that they're not harboring any pests.** While you inspect the new additions, examine each of your existing plants. Winter is tough on these babies, with decreased light and humidity indoors. Dust them, wash their leaves and even stick them in the shower for a refresh. Isolate and treat any plants that have insects, such as mealy bugs or soil gnats, which are especially common this time of year.

- **Turn plants every few weeks to expose their backsides to the light.** They tend to get one-sided after a while, and unless you are outside your window looking in, you're missing the best part. I'm blessed enough to have a south-facing bay window in my office, but everybody isn't so lucky. If natural light isn't sufficient, especially during shorter days, using grow lights can help. Full-spectrum LED grow lights are a great option and can be used to extend daylight hours for plants.

- **Add some spots of color.** I'm partial to amaryllis, cheap orchids from the produce store and blue bottles (not horticultural in the least, but they look great with sunlight shining through them.) Don't be afraid to jazz up your pots or repot into colorful containers to make things pop.

- **Group plants by need.** When you bring plants indoors, it's easy to group everything together. Now is a good time to reorganize according to need — lots of water, no water, pots with no drainage, tall vs. short, demanding v.s. low maintenance vs. no maintenance. If you can't easily reach the plant, you're never going to water it. Find a watering can with a straw-type spout to water hanging pots overhead.

- **Wash your windows and your light bulbs (turn them off first!)** I was amazed at how dirty windows and light bulbs can get and how much that cuts down on

the light that gets to leaves. Plant growth slows down in the winter, but photosynthesis still happens, and this simple cleanup task can help ensure you're making the most of your light, both natural and artificial.

- **Be considerate of your pets.** If you don't have spider plants for your cat to chew, consider sprouting some "cat grass." You can buy kits at the pet store, but it's cheaper to sprout some from garden seed, especially cover crops like chia, oats, rye and even bean sprouts. They provide a welcome addition to your cat's diet and the grass keeps them from munching on your amaryllis.

While you're sprouting seeds for kitty, do the same for yourself. We're all jonesing for fresh food from the garden, and thankfully, crops like broccoli, alfalfa, radishes, pea shoots and mustard greens can grow quickly on windowsills or under lights. These are ready to eat in a matter of days and add a nice bite to almost any meal. Just remember to be religious about rinsing them daily, since they can get funky if they get anaerobic.

Once you're done dealing with the houseplants, it's time to think about the great outdoors. It's seed ordering time, and the catalogs are tempting us to order waaay more than we can plant. Be judicious; order with a friend and share seeds or go to a seed exchange. And be sure to take chances with new types of seeds. For a refresher on how to start seeds, the PHS Gardener's Blog is a great resource: www.phsonline.org/for-gardeners/gardeners-blog/how-to-grow-your-own-plants-from-seed.

To Dos for the Community Gardener

Do you lead or are you involved with a local community garden? Even though it's too chilly for outdoor growing, January and February are perfect for contacting current gardeners and recruiting new ones for the spring. This

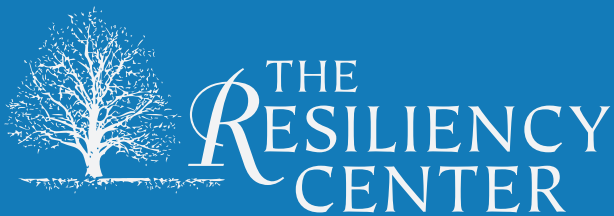


is a good time to schedule a garden planning meeting and regroup with fellow gardeners ahead of the upcoming season.

Community gardeners should consider ordering and starting seeds or arranging a seed swap with fellow gardeners. Now is also the ideal time to draw any new garden maps you'll need for spring, harvest any last winter greens, start winter sowing efforts, and organize garden supplies and any needed infrastructure repairs.

Even if the weather is dreary and cold, there are plenty of ways that gardeners can bring the garden inside with them. From tending houseplants, to starting seeds, infusing color with Amaryllis and orchids, or getting a jump on spring and ordering seeds, now is a fantastic time to turn our attention indoors to brighten our homes with plants and start planning for the new growing season.

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



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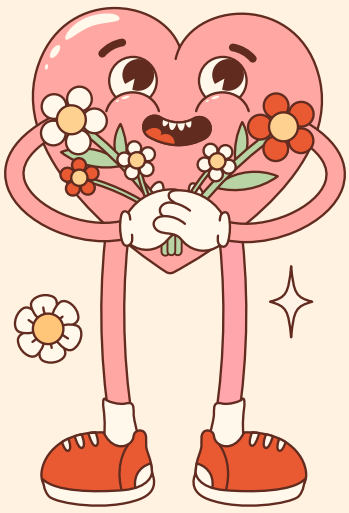
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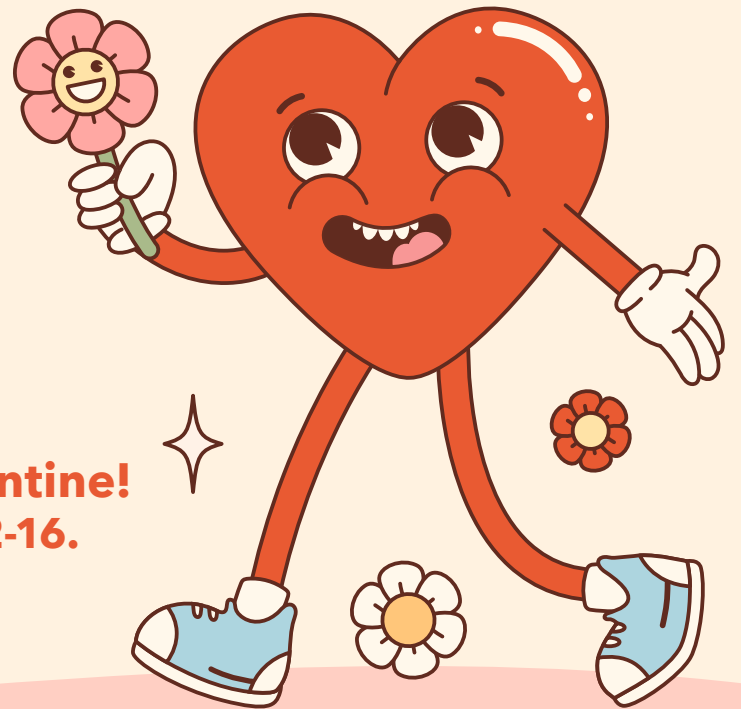
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ENVIRONMENT COMMITTEE COMMUNITY GRANTS



Download a form and guidelines on the Weavers Way Website:

www.weaversway.coop/community-grants

Deadline for the submission of proposals is Friday, March 7, 2025

Grant applications can also be picked up from the Weavers Way Environment Committee mailbox upstairs at the Mt. Airy store.

Weavers Way Environment Committee for awards from \$100 to \$500 for clearly identifiable public purposes resulting in tangible community improvement including community gardens, environmental education and park and street plantings). Priority will be given to projects that help to address climate change.

Submissions are invited from local community groups and organizations with projects in areas served by Weavers Way and for projects located in underserved neighborhoods.



Animals Are Cute, Fun, and Do Much Good in the World

by Sandra Folzer, Weavers Way Environment Committee

AS A FRIEND SAID, CAN ANYONE who doesn't care about animals care about people?

I remember seeing how a former boyfriend of my daughter treated our beloved elder dog. The boyfriend wasn't cruel, but controlling and impatient. I didn't want any future grandchildren treated in a similar manner. Luckily, my daughter broke up with him and I now have a fine, caring son-in-law.

Animals matter. Not only are their antics fun to watch on YouTube, but they also benefit us in many ways we often don't recognize.

Beavers Battling Wildfires, Dogs Fighting Invasives

Some of the worst wildfires in California have happened in the last few years, including in early January. Almost a million acres burned in 2020, and another 1.5 million burned the following year. This year's Palisades, Hurst and Eaton wildfires consumed about 4,000 acres and threatened over 13,000 structures.

In response to worsening damage from recent wildfires, the state began the Beaver Restoration Program near the Sierra Nevadas in 2022. The beaver is a keystone species — an animal critical to other species. Beaver dams trap water in pools so the surrounding area gets more moisture, making it more difficult for wildfires to start. Beaver dams also improve water quality by filtering the water.

Before Europeans settled in North America, there were about 200 million beavers. But after they were hunted for their fur in the 1800s, their numbers dwindled. It didn't help that farmers would kill them because they considered them to be pests.

Presently, the Tule River Tribe of Tulare County, CA is working alongside other entities to restore the beaver population, which should improve wildfire resilience and increase biodiversity. But it's unfortunate that we waited so long to tap into native wisdom.

Invasive plants and animals cost the United States around \$120 billion annually, according to a Jan. 2022 article published by WUSF in Tampa, FL. A nature preserve of 444 acres in Miquon, WI now relies on "conservation" dogs to identify invasive species. They can find invasive parsnip in its first year when it's close to the ground and hidden by other plants. If caught early, the plant cannot spread rapidly.

Keep in mind that dogs have about 200 million olfactory sensors, while humans have only five million, so there is a world of smells we humans know nothing about. The dogs must be trained from the time they are puppies to identify endangered animals as well as invasive plants. This unique venture is possible because of the cooperation between the Miquon Nature Preserve and the Wood Turtle Project of the Oneida Nation. Once again, tribal wisdom protects the land.

Goats as High Tech Recycling Machines

In Littleton, CO, 1,200 new employees — goats — have been clearing 98 acres of open space near a campus of Lockheed Martin. None of them are engineers, but they bring a set of needed skills. They eat the vegetation and clear the land to re-

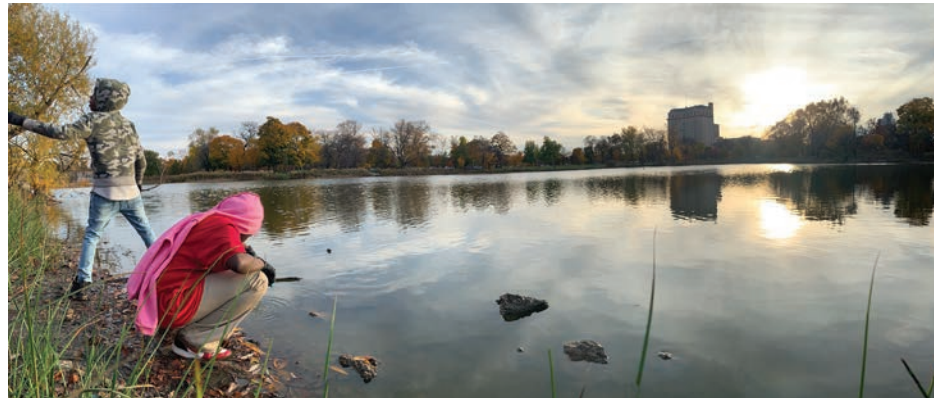


Photo courtesy of Professor Brian T. Murphy

Middle school students analyzed goose poop samples from Garfield Park Lagoon in Chicago, working with the University of Illinois Chicago.

duce the risk of wildfires.

The goats reduce fodder for fires and clear the way for fire equipment when needed. They control the weeds without the use of pesticides, can work in dry conditions, and work on steep hillsides where machinery can't. They're "high-tech recycle machines" because their hooves aerate the soil, help to break down nutrients and increase the soil's ability to retain moisture. They also fertilize the soil. Aside from preventing forest fires, the goats enrich the land.

Gophers Regenerating Plants, Mussels Fighting Water Pollution

After the Mount St. Helens volcano erupted in Washington state in 1980, the lava from it burned everything within miles. Three years later, there were only about a dozen plants that thrived by pushing through the porous pumice.

But some researchers had a hunch that gophers might regenerate the soil. Forty years later, they're reaping the benefits of that decision. The gophers introduced beneficial bacteria and fungi, generating 40,000 plants and old forest growth. By moving old soil to the surface, mycorrhizal fungi appeared, making the growth of plants and trees possible. On the other side of the mountain, the land remained barren without gophers.

Using mussels to clean water is a tricky proposition. It may be a grand idea, or it could backfire. Where the Fairmount Water Works once stood is a laboratory to study freshwater mussels and their potential to filter water. Freshwater mussels consume nitrogen and phosphorus as well as some heavy metals. They also stabilize stream banks, allowing insects to support the ecosystem for fish.

Four miles downstream is Bartram's Garden, where an education center and a mussel hatchery are being built at the cost of \$21 million. This is one of 28 National Estuary programs to restore and protect the Delaware River and Bay. However, John Jackson of the Stroud Water Research Center worries that propagating mussels and introducing them into waterways, where they may not have existed historically, could cause ecological damage, because there is no evidence for using mussels to clean waterways. If a waterway is already healthy, it would be wise not to introduce the mussels.

Historically, freshwater mussels were common in the Delaware watershed. Then in the 19th century, their shells were used for buttons, which caused overharvesting. Dams and pollution have also contributed to their decrease. Seventy percent of freshwater mussels are now imperiled or extinct. They are considered "the most imperiled invertebrate" world-

wide, according to the Center for Biological Diversity.

The Benefits of Venom And Goose Poop

What were you doing in seventh grade? Probably not serious scientific work.

Some middle school students, working with the University of Illinois at Chicago, analyzed samples from Garfield Park Lagoon in Chicago to find potential antibiotics.

One student, 13-year-old Camarria Williams, decided to analyze goose poop because she saw how birds ate anything at her mom's bird feeder. Because she and other students were trained to isolate bacteria, she found a cancer-fighting compound for ovarian and skin cancer. Her findings were published in the American Chemical Society's Omega Journal and she is named as a co-author.

Venom differs from poison in that it must be injected. We usually associate venom with snakes, but many other animals produce it. The Gila monster lizard, which lives in Arizona and the Mexican desert, is unusual in that it spends 95% of its life underground and only eats a few meals every year. Their venom contains molecules exendin-3 and -4, which help the pancreas to produce insulin. It was approved for Type 2 diabetes in 2005. After it was discovered to cause weight loss, it became popular and is now known as Ozempic. This wonder drug also seems to protect against kidney and heart disease, as well as Parkinson's and Alzheimer's.

Even small insects produce venom, another reason not to kill insects indiscriminately. There are over 1,250 species of venomous catfish, according to a Dec. 2009 study published in the open access journal BMC Evolutionary Biology. Corals and mollusks also produce venom, along with platypuses and shrews. Some spider and snail venom contains thousands of molecules that can serve multiple purposes.

Venoms are "essentially ecological Swiss Army knives" according to a 2019 review in the journal Toxins. Many of the molecules are peptides, composed of short chains of amino acids, which are the building blocks of proteins. They are used in most drugs because they are so small, they can slip through the membranes of cells. One example of a peptide is insulin.

Thus, a venom can be beneficial or dangerous, depending upon the dose and context.

The venom from a Brazilian viper can dilate blood vessels, allowing more blood to flow. While that venom could cause uncontrolled bleeding, it is now

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Be Warned: Your Fave Teabag May Contain Microplastics

by Marsha Low, Weavers Way Environment Committee

If you're a tea drinker who uses tea bags instead of loose-leaf tea, you may be shocked to learn that you may have unknowingly been ingesting micro and nanoplastics for years, since some tea bags contain plastic.

Once a tea bag with plastic is immersed in hot water, it releases micro and nanoplastics into your brew, which you then imbibe. The worst of these are tea bags made entirely of plastic — those pyramid-shaped plastic pillows that are often marketed as "luxury teas." Steeping one at brewing temperature releases approximately 11.6 billion microplastics and 3.1 nanoplastics into a single cup of the beverage, according to a Canadian study done at McGill University in 2019.

Most tea bags are made from natural fiber materials such as unbleached paper or abaca pulp, which is made from banana stalks and is also called Manila hemp. But many also contain polypropylene, which is used to seal the bag and/or to provide structure. It's impossible to tell just by looking at a tea bag that appears to be completely natural if it is free of plastic.

The easiest way to be sure you're not getting a dose of microplastics with every cup of tea you brew is to switch to loose-leaf teas, which also create less waste. Even if your tea bag has doesn't contain plastic, it's likely that the bag it usually comes in does — or it may contain other non-compostable or non-recyclable materials.

If the convenience of tea bags is more important to you, there are, thankfully, several tea companies that use tea bags that are completely plastic-free. They include Equal Exchange, Republic of Tea, Numi Tea, Yogi, Stash and Traditional Medicinals (among others).

used as an ACE inhibitor to treat high blood pressure.

Spider venom is considered an eco-friendly natural insecticide. It has also been found, when injected into mice, to cause 60% less neural damage from oxygen deprivation after a stroke, compared to other rodents not given the injections.

Meanwhile, scorpion peptides have been found to bind to malignant tumors. They can be engineered to be fluorescent so surgeons can remove all of a tumor. Eventually, they might be used to kill cancer cells outright.

Thanks to advanced technology, only a little venom is needed to determine its amino acid sequence and hence replicate it synthetically. Scientists wish they could sequence all creatures before they become extinct with climate change.

We humans need to recognize that all creatures, including us, are the same at the molecular level and should be treated with respect. Someday, another creature could save our lives.

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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

You may have heard of a concept called "category management", in which products and services are grouped in categories and subcategories to better manage inventory turns, space allocations and customer satisfaction (and of course, return on inventory investment). Within the broad category of shelf-stable beverages, there is a subcategory known as "plant water." In the past, we've seen items like coconut water, cactus water, watermelon water and the infamous asparagus water from Whole Foods. We recently received this message from our main grocery supplier to promote banana water, which is apparently a trend:

"...promotion on Woodstock's Banana Water (the top growing item in the plant water category) for additional cross store category tie-in to help ensure this promotion drives sales across the entire store."

This glimpse into our food system shows where some of our food system energy is deployed. Products are created that brands hope will fill a niche, or in cases like banana water, create a niche for a product no one has asked for. This consumes resources for packaging and transportation, but hopefully makes a little money for the brand and everyone involved in its supply chain. The consumer ends up getting a few more electrolytes into their body compared to tap water. Is the cost worth the benefit?

In other recent food system news about products whose main role is to generate profit, the Food and Drug Administration has banned the use of red dye #3 starting in 2027. Hopefully, that's enough time for brands like Jelly Belly and PEZ to reformulate their essential items. It's such a relief that M & M's use red dye #40, which is not banned.

Artificial color started being used



around 1860 because it was so much cheaper than natural colors. Without regulation, brands used toxic substances like coal, tar, lead, arsenic, mercury and who knows what else, since the main goal of the brands was profit, even at the expense of consumer and environmental health. While U.S. regulations eliminated additives like lead in the food supply, Europe and California have taken a much more activist approach, banning many artificial food colors. It's interesting to note that Europe in general has banned way more food additives than the United States. I wonder why?

suggestions and responses:

s: "When I was doing my cooperatior hours at the Chestnut Hill store, your colleague Dan gave me your email so I could write and ask you to stock light olive oil. I once pettily counted 11 varieties of evoo at the Chestnut Hill store, and not a single light variety. I have to buy it at Acme. Can you please stock it or something similar? Apparently, of any of the high-temp cooking oils, it's the best for you.

r: (Jess) We don't carry light olive oil at any of our stores, and we have not gotten many requests for it over the years. I see that we can get one from Delallo; would that be a brand you would be interested in? If so, we can easily get a case for you as a preorder. I will also see whether we have space in the stores to sneak it in. But I must admit that since our stores are so tiny, we don't have as much space for every variety of oil (or any grocery category) in the same way that Acme does. I appreciate you passing along this feedback; please let me know if I can preorder a case for you.

s: "What happened to the Impossible

(Continued on Next Page)



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(Continued from previous page)

burgers, meatballs, etc.? We used to get them at Ambler, but they appear to no longer be stocked. We always found them to be better than the Beyond brand and much less smelly.”

r: (Virginia) We once carried Impossible burgers, meatballs, etc. at some of our stores. Unfortunately, the sales didn't justify keeping them in our freezer sets and the line was dropped. If you're interested, we can always preorder your favorite item for you. The case size is about six to eight packages, depending on the item (unfortunately, we cannot mix and match). Please let us know if this is something you're interested in, and I can connect you with our buyer.

s: “Why don't we sell lemon meringue pie? It used to be a family favorite.”

r: (Norman) Weavers Way has been around over 50 years, with many vocal members, and this is the first request we've gotten for lemon meringue pie. We don't know why. It's probably difficult to create a natural version that would hold up on a shelf, and packaging might be a challenge.

Surprisingly, lemon meringue pie was invented in Philadelphia, (no, not by Horn and Hardart, whose automat slices make for fond memories). It was created by Elizabeth Goodfellow, a 19th century pastry shop proprietress who also ran one of America's first cooking schools and had a pastry shop in South Philly. One of her students was Eliza Leslie, who took notes and ended up writing cookbooks, one of which included a recipe for lemon meringue pie.

s: “Do you still stock Kaffree Roma caffeine-free “coffee”? I haven't been able to find it lately in Mt Airy.”

r: (Virginia) By happy coincidence, we are planning to bring Kaffree Roma to all our stores in January. I'll also reach out to our Mt. Airy buyer to see if we can get it in sooner, so keep your eyes peeled.

s: “I am a member and regular shopper at the Chestnut Hill and Mt. Airy stores, and I wonder why Weavers Way is not selling Howe's, Brown's, and some other locally produced honeys. I saw Howe's Hot Honey on display at the deli counter in Chestnut Hill, but there are no local honeys in the usual honey display, only one from New Jersey called Fruitwood Orchards and the honey in the plastic bear. I also saw Henry Got Crops Honey in the Chestnut Hill produce depart-



Brands used toxic substances like coal, tar, lead, arsenic [and] mercury.



ment, which of course is local. But that was the only local honey I could find. Why isn't it displayed with the other honeys? I would appreciate it if the stores could stock local honey again and keep all the honeys in the same display.”

r: (Jess) Thanks for reaching out about the honey selection. We will get the Henry Got Crops honey back into the honey display in Chestnut Hill; I agree that it should be with all its honey “brothers” in the same set.

By our local definition, all the honey in our sets is local, except for our everyday low price offering from Field Day. However, as you have pointed out, honey is one of those categories for which “local” can mean different things to different people.

It seems that you're on the hunt for something hyper local to each store, like WeeBee or Howes vs. Fruitwood/Hound Dog (from New Jersey and Chester County). I agree that this has been an oversight. We will work to get something more hyper local back into each honey set in addition to Henry Got Crops honey.

s: “I love the wide range of local and non-local coffees Weavers Way offers. I do not drink this nectar often, as I'm too sensitive to caffeine. When I do, I use de-

caf beans. But how are the beans decaffeinated? I can't tell by looking at the bags, which state the origin and flavors colorfully. I want to make sure I select water-processed coffees. Do your vendors offer any insight on this?”

r: (Norman) In the recent past, there were two main choices for decaf processing: a solvent-based process and a water-based process. Once we understood the difference, we only stocked the water-processed product; that was like 30 years ago. Now there are several other decaf processes including CO2 and the “sugarcane” process, which uses ethyl acetate from sugarcane.

Both the CO2 and sugarcane process are considered natural, nontoxic processes. Unfortunately, it's a crapshoot as to whether a brand shows the process used for decaffeination on their packages; some do, but many do not.

The best bet is to go to the brand's website. This is what Equal Exchange shows:

“Have you ever wondered why our decaf coffee is so flavorful? We start with the same high-quality, organic, small farmer grown Arabica beans that we use in all our coffees. We remove caffeine from the fresh beans using a technique called CR3 — Natural Liquid Carbon Dioxide Decaffeination. The natural liquid carbon dioxide used is the same CO2 that gives sparkling water its carbonation. This process removes 99.9% of the caffeine yet leaves the bean and its natural oils intact.”

s: “We keep a few backyard ducks because we like fresh duck eggs. With bird flu now a threat, we would like the Co-op's pet store to stock a bird flu vaccine that we can give to our ducks.”

r: (Norman) This is the first suggestion for a vaccine that we've received. None of our suppliers stock a vaccine for ducks. But as we've grown, we've done research and development on a few things, including bulk bins, elevator gap covers, reusable food containers and cloning staff, so we can give a bird flu vaccine a shot. We've ordered some mRNA vaccine development kits from Amazon, and there are plenty of ducks in the Wissahickon to experiment on.



WEAVERS WAY ENDS

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

AS A RESULT OF ALL WE DO:

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

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

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

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

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

END 6 The local environment will be protected and restored.

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



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*The Backyard Beet***We All Have a Food Epiphany Story — Share Yours with Us**

by Mike Bennett, for the Shuttle

ON A COOL SUMMER EVENING IN NORTHERN California some years back, my bandmates and I dined on fresh heirloom tomatoes, homemade goat cheese and sweet slices of Walla Walla onions the size of softballs. We were a trio of modern-day troubadours who decided to take a six-month lap around the continental United States in search of inspiration for lives as musicians and creators.

We lived out of a small SUV packed efficiently with three tents, a camping stove and music equipment, among other necessities. My best friends and bandmates Derek and Teddy and I set out to find adventure and connect with nature.

Among the 30 or so little gigs we played during our trip, the most memorable was providing background tunes for a farmers market in Humboldt County, CA. In the days that followed, we were welcomed into the home of Jacques and Amy Neukom of Neukom Family Farm. They ran a 28-year-old, 17-acre organic fruit and vegetable farm in the area, and were involved with organizing the market.

After the gig, we stayed in the area for three weeks, camping in our tents along the Mad River and spending many hours with the Neukoms and their farm staff. During our time there, we had close encounters with black bears and went whitewater rafting. The night we dined on homegrown food outside their sustainably built home in the middle of their famous peach orchard ignited my love for all things homegrown food.

Accompanied by the setting sun, the farm staff, livestock and my best friends, I built cracker sandwiches with the freshest ingredients imaginable and synthesized everything I have come to love about our relationship to food and food growing. Connection with the land, community and personal health all remain unchanged years later, as tenets of the homegrown food and sustainable agriculture movements. After returning from that trip, I covered my postage stamp-sized Manayunk backyard in annual and perennial edibles and started to experience the magic for myself.

Soon after returning, I connected with my now-business partner and Backyard Eats founder Chris Mattingly. He experienced a homegrown food epiphany similar to mine when he bit into a perfectly ripe backyard blueberry and thought, “Everybody has to experience this.”



And so Backyard Eats was born, to share the mission of homegrown food. Eight years into exploring this urge with clients and employees in the Philadelphia area, it delights me that everyone has a food story. Not everyone quits their job and travels around the country to live out of an SUV, but everyone has a reason for coming to the garden.

Some want to give their kids the same garden experience they were given as children by their parents or grandparents. Others are on a personal health journey and want to know where their food comes from or are looking for a new hobby so they can connect with nature. Most people’s story fits into one of these categories, but everyone has a unique experience. Hear-

ing about why people started gardening and how it has transformed them never ceases to energize me.

The vegetable garden is an amazing bridge to experiencing the natural world hands on. It’s a gateway drug to becoming a steward of the planet. I believe everyone can relate to food, and through that process, to where food comes from. Maybe then we can see how we are meant to relate to nature. Regardless of your “why”, we hope you find what you’re looking for.

Mike Bennett is one of the owners at Backyard Eats, which just released a new educational series, “Finding the Magic.” More information is available at www.backyard-eats.com



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Artists in Our Aisles

Kimberly Montes-Bacon

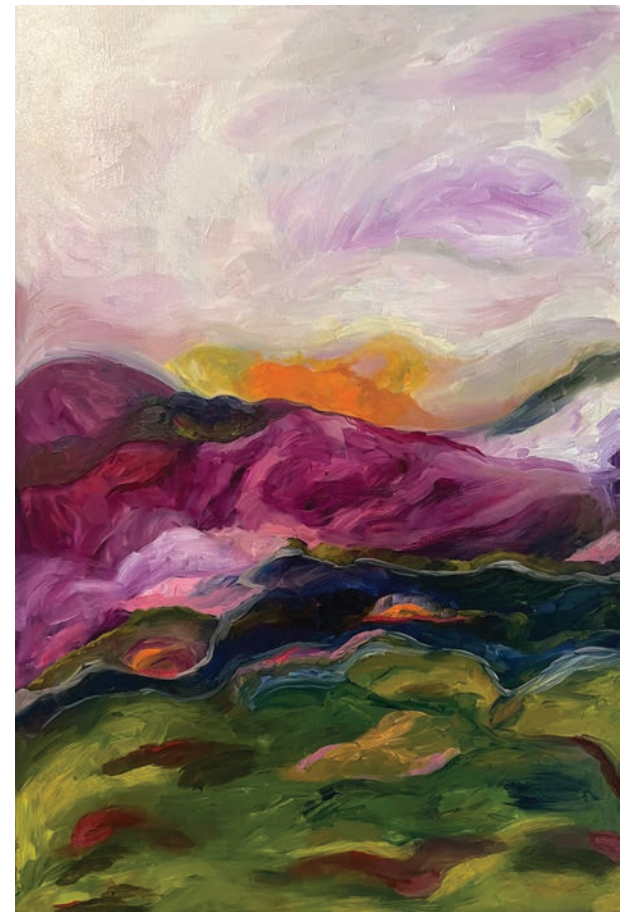
Kimberly is a painter and designer based in Philadelphia. She possesses a range of skills in various paint mediums, including acrylic, oil, pastel and watercolor. When she's not painting, she sketches in her journals, creates digital art and develops designs for her nonprofit organization, Youth Design Philly. Her work has been showcased in exhibitions in Philly, West Chester and Yorklyn, DE.

Kimberly studied at West Chester University and became a K-8 educator. During her five years of teaching, she discovered a love for inspiring and guiding others, particularly in the realm of creativity. She studied interior architecture and design at Drexel University from 2015 to 2018 and is currently an interior design instructor there. Her dedication to education, combined with her passion for the arts and design, played a crucial role in influencing the mission of YDP.

"Connection to Self" is her current body of work. It is deeply personal, showcases her artistic journey and serves as a narrative for others. Overcoming stereotypes and obstacles to staying true to oneself is a universal theme. She intends to help others connect with their inner child, find confidence within themselves and connect to nature.

Montes-Bacon fills her paintings with what some might see as chaos or happiness. The inclusion of treelike images and landscapes with vibrant colors and whimsical shapes symbolizes growth, strength and the interconnectedness of living things.

Incorporating abstracted florals in a folk-art style adds another layer to her work. Folk art often carries a sense of tradition, cultural identity and a connection to the past. The abstracted florals can represent the beauty and complexity of life's experiences and symbolize a unique aspect of personal growth and transformation.



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

Weavers Words

FALL LEAVES GONE CRAZY

Sitting outside in my back yard in November
I love to watch the yellow, orange, or brown
leaves
sail toward the ground when a breeze blows.
It's as if the leaves have gone crazy.
Sometimes they land on me.

—William Hengst

YOUR ACTUAL

Your actuality is more exciting than my idea of you,
And more resilient to anything I think I might want.
It is thrilling to be in love with more than a thought,
And think all the more of love, it's beneath doubt —
You have to go low,, it holds everything else up.
Your actual---why, I run out, all at once! —

There is a sky! A world filled with water...!

—Caryl Johnston

From her book, *Indulge Me Once*

ECSTATIC

The illusion of a separate self hovers like a ghost
In and out of kaleidoscopic relationship vibrating
in sympathy. This world, this concentrated thought born
through relative motion in the flow of time through
the force of believing. The colors of infinity, a redemptive
blue. It is the art and the salvation, evidence of great
intentions calling forth a truer essence from behind
a common fact. This observable world coded in signs,
its colors threaten to smudge into night.
Nature shouts to make itself heard. It will be heard.
The earth tilts as days and longings grow louder and
The self is invited to dance the dance of the paradoxical.
Let the dream that is your life collapse.
Look through the veil, at intimations of awful transcendence.

—Mira McEwan (reprinted with permission)

Our Revised Submission Guidelines:

1. Original poems must be of a reasonable length. Lengthy poems that are the subject of a reflection will be excerpted.
2. The Shuttle editor has the final say as to whether a poem or reflection is suitable for publication.
3. The number of poems or reflections in an issue is determined by the amount of space available.
4. Members and nonmembers are welcome to submit.
5. Email your submissions to editor@weaversway.coop and put "Poetry submission (or reflection) for Shuttle" in the subject line.



Imagining a World Without Waste

A Polymer is Born

Polyethylene (PE) plastic manufactured in Pennsylvania begins at the fracking well head, which is situated in numerous bucolic farm fields above the Marcellus shale. In addition, gas from other sources is piped from as far away as Houston via the Shell Falcon Ethane Pipeline system. The piped gas is used to feed the Unipol® polymerization process at the Potter Township cracking plant.

The 800-acre Shell polyethylene plant is located on the shore of the Ohio River and took six years to construct. The plant became operational in November 2022.

The plant is also known as “The Shell cracker plant”, because the process of converting ethane to polyethylene involves a chemical reaction known as “cracking” in petrochemical refining parlance.

The shale gas extracted in Pennsylvania, along with gas piped in from Houston is purified and introduced into the production process. The plant can produce 1.6 million metric tons of polyethylene plastic annually. One metric ton is equal to 1,000 kilograms or 2,200 pounds, and the plant is permitted to emit 2.2 million tons of CO2 annually, which is roughly like having 433,000 automobiles on the road. It would take 2.7 million acres of forest to absorb that amount of CO2 in a year.

Ethane gas, the main product of the cracking process is needed to produce PE pellets. The shale gas pulled out of the ground in Pennsylvania is a mixture of light hydrocarbons and other volatile compounds. Roughly 4% of raw shale gas is ethane, it must be purified before it can be used to make plastic.

The portion of gas not used in plastic production is used to power the plant, sold or burned off, along with volatile process by-products, in stack flares. Naturally occurring hydrogen sulfide (a compound present in shale gas) turns into extremely acidic sulfur dioxide when burned in open air. Oxides of nitrogen are also a by-product of combustion at the plant site. Flaring to burn off volatile gases is inefficient at best and the emissions produced may include toxic chemicals.

Industrial production of PE plastic on a large scale produces a large amount of waste. Cutting off the demand for PE by opting for sustainable packaging and container reuse could eliminate the need for cracker plants and PE production.

The PE pellets that are manufactured today in Potter Township will take 500 to 1,000 years to decompose in a landfill. Buying products from the bulk section of the Co-op and using recycled glass or paper containers is a good way to cut the demand for unsustainable packaging and scale back the demand for PE.

—Roy Eisenhandler

Vitamin Supplement Makers Can and Should Do Better

Again this month, we are asking Weavers Way customers to contact companies that supply many of the vitamin and health supplements found at our stores to request non-plastic packaging such as glass. Manufacturers will need to hear from many customers before considering a transition to sustainable containers.

For now, we are contacting Source Naturals, Nature’s Way and Natural Healthy Concepts. Each has a website and a way to click on the ‘contact us’ tab. We will try other companies in the coming months.

www.sourcenaturals.com/contact_us/
www.naturesway.com/pages/contact
www.nhc.com/contact-us

We can start off by saying that we love their price and selection of products, which enable us to be healthier. But their containers are killing us and the Earth.

I hope you will give it a try. Here’s a sample letter that you can alter or cut and paste:

To (insert company name):

I really value your vitamins and supplements, and they help me stay healthy. But, your plastic containers are poisoning our bodies and our planet. I’m writing to ask you to offer or switch to glass containers.

Plastics are widely known to cause a host of unhealthy outcomes for humans, animals, the planet and our future. They include: toxic fracking for oil and gas, poisoning of waters when pipelines leak, toxic refineries, production of pollution and carbon-warming gases in the manufacture of plastics, leaching of microplastics into our food and drinks from plastic containers, and air and groundwater pollution from the disposal of plastics.

The answer is simple – switch to glass for a healthier world.

Please let me know your response, because I want to continue being your customer.

Thank You.

—Richard Metz



Need to Know Info For Our Jar Library

- Tell the bulk staffer on duty when you are dropping off your jars so they can inspect them to see if they are appropriate for the jar library.
- Drop off clean, dry glass containers only — no plastic containers.
- Remove labels as much as possible. Volunteers maintain the jar library; the more labels there are to remove, the more difficult their job becomes.
- Larger jars are especially appreciated, e.g. tomato sauce or quart sized. Also, consider if the jar you’re donating would be useful.
- If the incoming jar box is full, please do not leave your jars. Currently there is no place to store surplus jars.
- For any item you buy in bulk using your own container or a container from the jar library, you will receive a 15-cent discount at the register.



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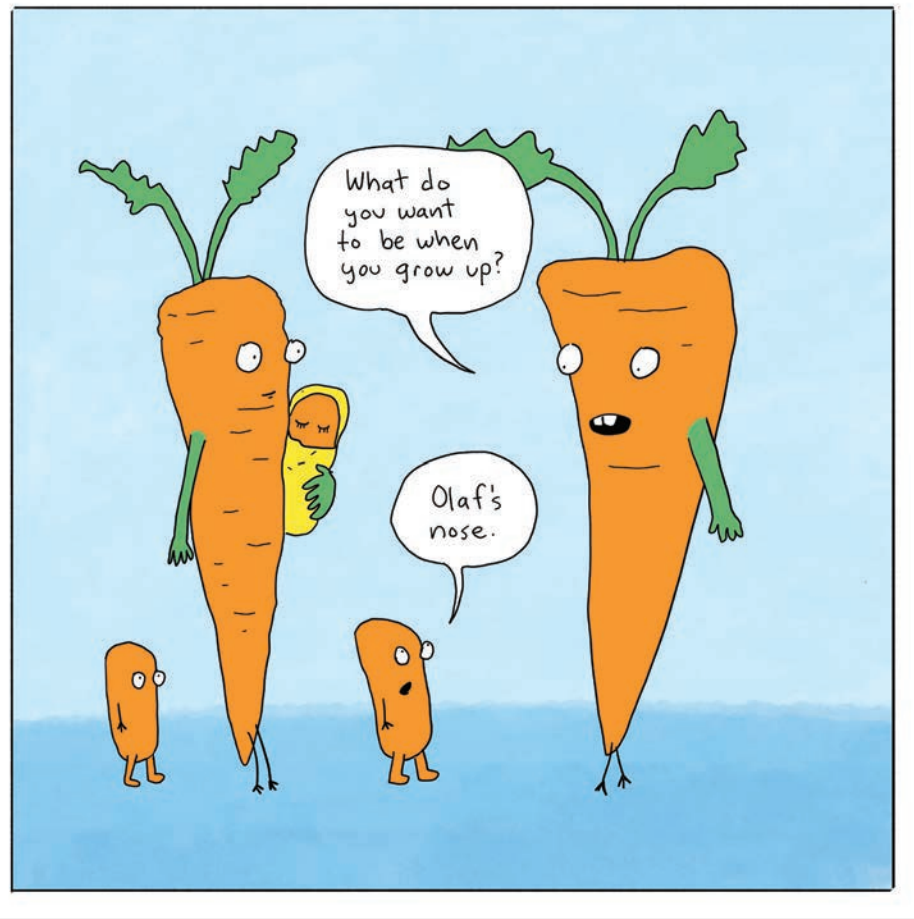
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Illustration by Alli Katz



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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. 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.

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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

Tuesday, January 21

6:30-8:00 pm

To register visit: www.weaversway.coop/events

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



Member Appreciation



Members get an extra 5% off!

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

Friday, Feb 14 - Friday, Feb 28, 2025