

# Thoughts on America’s Racist Culture From Inside the Co-op

by Devon Watts, for the Shuttle

WILL TODAY BE THE DAY I’M BRUTALLY slaughtered by the police? I’d be lying if I told you such disgusting thoughts enveloped my mind a few months ago. Rampant police brutality has been an issue since the inception of organized law enforcement in this country. Yet the thought of me being the vic-

tim of such a monstrous act at the hands of our nation’s protectors always eluded me. I am indeed a Black male. But I was born and raised in Mt. Airy. I’m educated. I’ve always had a cohort of white friends. I engage in creative endeavors and am the epitome of politeness. Of course I’m not

on police officers’ radar, I thought. I’m not a criminal... Unfortunately, the visceral images and painful personal accounts that have flooded the media lately exposed my flawed and toxic way of thinking. I am now fully aware that I always have to consider what I look like and the poten-

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Community-Owned,  
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## IN MEMORIAM: Vivian Schatz, Pillar of the Co-op, 1925-2020

by Laura Young, for the Shuttle



Vivian Schatz at the Mt. Airy store, fall 2013.

VIVIAN SCHATZ, A FOUNDING MEMBER of Weavers Way Co-op, died June 16 at her home in Mt. Airy of complications from dementia. She was 95.

Vivian is survived by two daughters, Linda Schatz and Diane Klein, and four grandchildren. Her husband, Albert, who discovered the antibiotic streptomycin, died in 2005.

Vivian had a profound influence on the Co-op beyond her many years of service as a board member and head of the Education Committee. A pioneer in environmental advocacy, she was instrumental in moving the Co-op toward greater awareness of its environmental impact, both locally and beyond.

“Vivian was clearly one of the members who cared about not only the Co-op but also about our role in educating

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# The Shuttle

AUGUST 2020

Since 1973 | The Newspaper of Weavers Way Co-op

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## Germantown Neighbors Create Fund To Address Needs During Pandemic

by Lindsay Stolkey, for the Shuttle

NEIGHBORS IN GERMANTOWN are creating mutual aid support networks to care for each other in the face of COVID-19-related hardship. With so many jobs affected and issues with unemployment benefits, many folks are having a difficult time making ends meet. In the mutual aid concept, everyone is connected and can be involved in an exchange of resources; we all have something to offer and receive.

One project that embodies this concept is the Germantown Mutual Aid Fund, created at the end of April. GMAF pools money and distributes it twice a month. Neighbors in need of financial support may request gifts from the fund to help cover their basic and/or emergency expenses. In the first two months, just over \$28,000 has been collected and \$16,000 given out.

Anita Wood, a lifelong Germantown resident and single mom of two young boys, lost her job at a day care when the shutdown began. Unemployment was slow to kick in, and she needed help covering rent. A financial gift received through GMAF met that need.

The most commonly requested gifts through the fund are for rent and utilities. Child care, transportation, emergency home repair and medical expenses are also eligible types of expenses. Applicants who are senior citizens, long-



A mini food pantry in front of a Germantown resident's home.

time Germantown residents and people of color were given higher priority. Urgency and degree of need were guidelines as well.

The fund was created and is operated by a volunteer committee of Germantown Residents for Economic Alternatives Together, a grassroots neighborhood group and 501(c)(3) non-profit organization. Committee members Cathy Brown, Jill Saull, Marie-Monique Marthol, Susan Christian, and Lindsay Stolkey met weekly on Zoom for about two months to get all the systems in place.

A COVID-19 Solidarity Organizing

(Continued on Page 22)

## Staff Task Force Looks to Increase and Promote Minority Vendors

by Jess Vorse, for the Shuttle

IN OUR COUNTRY’S CURRENT STATE OF unrest there is a nationwide call for white people to do more; to be more actively anti-racist, to use our historically privileged voices to re-distribute power with the goal of creating a more equitable society.

How does Weavers Way fit into this equation? How are we using our platform to generate positive change? As a young cashier, I was brainstorming with co-workers about what the Co-op could do to lift up the voices of the Black community. What started as a simple idea to create a display of Black-owned products quickly snowballed into a much larger undertaking. This is because the Co-op does not have demographic information for any of our vendors and is thus unable to create a display highlighting any minority group. Immediately, it was decided that this needed to change.

Over the past few weeks, a task force has been created to begin collecting this demographic information for all of our vendors. The group consists of four employees: Alexandra Feagans, Christopher Feagans, and myself from our Chestnut Hill store, and Mira Kilpatrick, floral buyer for our Ambler store. Our primary goal is to establish a baseline of the ownership of our current vendors. Once this is

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CHANGE SERVICE REQUESTED



# Editor’s Note

by Karen Plourde, Editor,  
Weavers Way Shuttle



I GUESS YOU’RE WONDERING ABOUT the delay in the Shuttle.

I’d like to explain, but it’s tricky, because it involves members of my family. Before 2020, we all thought we knew what it meant to take precautions; this year has doubled down on that phrase. As some of you may have found out, there are no benign symptoms these days, not much certainty, and a fair bit of flailing, in particular when it comes to testing and getting results in a timely fashion. In the meantime, we can only do what we’re supposed to do — mask up, avoid crowds, wash our hands — and look forward to better, freer days down the line.

Bottom line: We’re all fine. And the Shuttle rolls on.

You may have read Devon Watts’ thoughts (page 1) on police brutality from the mindset of a young Black man before you got here. If not, please do before you move on from the paper for the month.

I follow Dev on Instagram, and before that, I knew him as one of the guys in my son’s friend circle. Reading one of his posts right after George Floyd was killed stopped me short: “I’m now fully aware that I always have to consider what I look like and the potential consequence of every step I take,” he wrote. Gulp.

What if a police officer or citizen saw Dev not as the gregarious, gentle guy he is, but as a tall, somewhat burly Black man who was acting “sketchy”? How would he come out on the other side of their interaction?

“I must remember a white man’s artistic endeavor is a Black man’s death wish,” he writes further down. Dev’s a photographer (He uses film!), and two of his many excellent photos of Philly’s protests against racial injustice accompany his story. Many would like to believe the color of someone’s skin doesn’t affect how we view someone’s abilities. But with all we know now, can we deny his point?

Catch you in the pages next month — really.

**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](mailto: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](http://www.weaversway.coop/shuttle), or call 215-843-2350, ext. 314, or email [advertising@weaversway.coop](mailto:advertising@weaversway.coop). Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

## What’s in Store at Weavers Way



# Give Your Caesar a Reboot with Fresh-Grilled Greens

In late June, Weavers Way Executive Chef Bonnie Shuman appeared on PHL17’s “Morning News” to promote the taste benefits of grilling fruit and greens. She showed off the following recipe, featuring escarole from our farms. (FYI, she says romaine will work well here, also.)

### Grilled Caesar Escarole Salad

Time: 30 minutes active, 1 hour total time

Servings: 4-6

#### Caesar Dressing:

- 1 cup mayonnaise
- 1/3 cup olive oil
- 1/2 cup Parmigiano Reggiano, grated
- 2 tsp. anchovy paste
- 3 cloves garlic, roughly chopped
- 3 tsp. lemon juice
- 3 tsp. Worcestershire sauce
- 2 tsp. Dijon mustard
- 1/4 tsp ground pepper

Place all ingredients in a food processor or blender. Blend until smooth, about 30 seconds. Reserve.

#### Escarole Caesar:

- 1 large head escarole, trimmed with root intact, cut lengthwise into quarters or halves depending on size
- 1/3 cup shaved Parmigiano Reggiano
- 4-8 anchovy filets (optional)



#### Homemade Croutons:

- 2-day old crusty dinner rolls, cut into ½-inch cubes
- 1/4 cup olive oil
- 1/2 tsp. oregano
- 1/2 tsp. thyme
- 1 tsp. garlic powder
- salt and pepper to taste

Preheat the oven to 350°. Line a baking sheet with parchment paper. Add all the ingredients in a mixing bowl and toss until bread cubes are evenly coated with the oil and herb mixture. Spread the bread cubes in one layer on a baking sheet. Bake until golden brown, about 10-15 minutes. Remove from oven; cool.

#### Assembling the salad:

Place escarole flat side down on grill and cook until grill marks appear, about one minute. Place each wedge on a plate and drizzle liberally with Caesar dressing. Top with the shaved Parmigiano Reggiano, the croutons, and the anchovy filets, if you are inclined that way. Serve immediately.

# The Scoop on the Lack of Zsa’s Pints in Our Stores

by Karen Plourde, Editor, Weavers Way Shuttle

ZSA’S ICE CREAM, THE MANAYUNK-made Co-op favorite with a scoop shop in Mt. Airy, touched base with wholesale clients in July to explain the lack of their pints in stores since the COVID-19 pandemic. The bad news? Don’t expect to see pints in the freezer cases until next year. The good news? Business at the scoop shop is great, and the company is doing well overall.

“I consider us fortunate to have the ability to pause our wholesale business once we saw that the business coming from our shop was what would pull us through these strange times,” Daniellle Jowdy, owner of Zsa’s, wrote in a July 23 email. “Being forced to slow down and stand still, something that I’m not great at, has really put me in a position to think through what our next steps are and how to improve efficiencies and processes to be a better manufacturer.”

Typically, Zsa’s would employ four to five additional seasonal ice cream producers in their tiny Manayunk production kitchen. That number of workers can’t social distance in the space, so Jowdy has had to keep her crew small, although she didn’t lay off anyone. The group on hand initially tried to produce



Danielle Jowdy, owner of Zsa’s

ice cream for the shop and the stores, but found that impossible.

“The revenues from our retail shop support us immediately and directly,” Jowdy wrote. “A wholesale business is at times a six-week turnaround time between receiving a purchase order — filling it, shipping it, and being paid for it — and the expense to keep it going is great.”

Zsa’s products have been distributed through Bassett’s Ice Cream, and there was a large inventory at the start of the pandemic, but it is now gone. Jowdy wrote that she isn’t able to provide Bassett’s with an ETA for when she’ll be ready to take on wholesale business again. They are waiting on the arrival of a pint filler, which will help her crew be more efficient in the space, but the shipment has been delayed. Once it arrives, her staff will need time to train on the machinery.

According to Jowdy, Zsa’s has committed to making sure that co-ops and local grocers will get the first crack at wholesale orders. She will continue to provide updates as their timeline and production processes evolve. Contact her with any questions at [danielle@zsasicecream.com](mailto:danielle@zsasicecream.com); emails from that address will be answered on a weekly basis.

Zsa’s scoop shop is located at 6616 Germantown Avenue in Mt. Airy; it’s open Friday, Saturday and Sunday from noon to 8 p.m.



# What's in Store at Weavers Way



## Native Plants from LandHealth Institute Find a Home in Ambler

by Taisia Osipova, for the Shuttle

THIS SUMMER, SHOPPERS AT WEAVERS WAY AMBLER have had the chance to buy native perennial plants for their home gardens grown by LandHealth Institute, a nonprofit based in the West Parkside neighborhood of West Philly. The plants range from summer standbys like black-eyed Susan to less well-known natives such as anise-scented goldenrod.

The Institute's motto is "Put Nature Back," and one of our programs is the upkeep of a nursery established on formerly vacant industrial land. In most years, a significant amount of the labor at the nursery is provided by participants in programs for people with intellectual disabilities. These volunteers from SpARC Services in Hunting Park get vital community interaction, learn about caring for plants, and also participate in nature-based art experiences. Both the plants and the people working with them are aspects of the land revitalization in LandHealth's mission.

The Weavers Way/LandHealth partnership is based on a common concern about making use of products that are both good for people and for the natural environment that sustains us. LandHealth plants are adapted to our local environment and usually have fewer problems with pests. This means less need for maintenance, and eliminates the need for artificial pesticides or fertilizers. Locally-adapted plants are also excellent hosts for beneficial insects, including pollinators.

As summer progresses, fall-flowering native plants such New England aster will be part of the mix at the Ambler store. We're hoping that locally grown native plants from LandHealth will be available at the Mt. Airy and Chestnut Hill stores soon.

*Taisia Osipova is the marketing and communications lead for the LandHealth Institute.*



The collection of LandHealth Institute native plants in Ambler.

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SLICE IT  
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Preserving Produce Bounty

by Kieran McCourt, Weavers Way Ambler

Tips for Freezing:

- Prep your fruit or veg in the way you'd like to use it. Trim and cut hearty greens like kale and collards into ribbons. Cut off kernels from corn cobs. Halve or quarter stone fruits. Trim green beans.
- Should you blanch? Depends. If the veggies will end up in soup or stews, you can skip it. Green beans always benefit from blanching before freezing, because that helps to set the bright green color.

Bonus Tip:

Corn cobs can be simmered to make a broth that provides an excellent base for cooking grains, thinning sauces and chowders, especially plant-based ones.

Fruity Compound Butter:

Combine 1/2 cup of fresh fruit (berries and peaches work well), two sticks of butter and honey or brown sugar to taste in a stand mixer or food processor. Shape into a roll, wrap in plastic or foil and store in the freezer. (The roll can also be pre-portioned with an ice cream scoop, frozen on a parchment-lined baking sheet

and stored in a zip-top bag.) Peach or berry butter goes great on fresh biscuits, scones or pancakes.

Yes, You Can Can

The water bath method is easiest. Always make sure to follow a reputable recipe and food safety guidelines. "The Ball Blue Book Guide to Preserving" is an excellent source and point of reference.

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FOOD MOXIE

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Our Summer Youth Program Goes Online;  
We Need Help with Getting Food to Students

by Lisa Mosca, Food Moxie Executive Director

AS I WRITE THIS IN EARLY JULY, THE FOOD MOXIE SUMMER youth program has moved online for 2020 in collaboration with Saul High School, The U School, and 8th and Poplar Farm in Northern Liberties to support 21 youth around Philadelphia with paid summer employment opportunities. We are providing five Saul youth with summer jobs that allow them to expand their growing and cooking knowledge, create resumes and explore career pathways associated with sustainable agriculture and green jobs.

We are so excited for this collaboration, which allows us to share our resources and our youth to benefit from our partners’ resources. All of the youth have received container gardens, pantry staples, cooking equipment and other supplies to support hands-on experiences from home that will expand their knowledge while keeping them safe during COVID-19. They are also experiencing live Google Classroom experiences with various interviewees in different related careers.

In other updates, we distributed summer plants as part of our ongoing work to support local community food security. We shared thousands of seedlings with home gardeners during our bi-weekly Martin Luther King High produce box distribution, and we will schedule another seedling share in mid-August. Our staff is also working hard to maintain our four growing spaces that have already provided over 1,500 pounds of organically-grown greens, culinary herbs and flowers. I am grateful for the amazing work that Brandon and Dorene have been doing to keep our spaces bountiful and welcoming, and for the behind-the-scenes work being done by Michelle.

To date, we have also distributed over 40,000 pounds of locally-grown produce to families of students and residents in emergency housing. Recently the requests for home deliveries to food-insecure students have doubled. If you would like to help us with produce deliveries to homebound students and receive working member hours, please sign up for cooperator shifts with Food Moxie for our home delivery driver slots, available every other week on Wednesdays through at least the end of the month.

Thank you to all our supporters, including Co-op staff, our board, and all those who have donated to support our programs during these uncertain times. We are grateful as we continue to plan meaningful programs, both online and in person, using best practices for social distancing.



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FOOD MOXIE



Kale harvest from FM beds



Container garden package for students



Dish made by student with box distribution



Blueberries ripening

THANKS TO...

Compass MicroGrant Program volunteers and staff including Anne Andres, Kelsey Bailey, Beth Dahle, Andrew Dunheimer, Joseph Harlan, David Kreisman, Jenna Leibowitz and Megan Tomey

Haverford Fellows and staff including Alexandra Edwards, Janet Lion and Sarina Smith

Summer youth program partners Saul High School, U-School, 8th and Poplar Garden

Patricia Kind Family Foundation

MLK High School, Ruth Bennett Community Farm, Chester Food Bank, Weavers Way Farm for their support of our ongoing food and plant distributions

All our recent individual donors, sustainers, high five members and volunteers

All our partners, their staff and teachers

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Thanks for Continued Transparency

[A longtime member wrote to Weavers Way General Manager Jon Roesser in response to the Co-op's recent communication about two Ambler employees who tested positive for COVID-19 last month.]

A GAIN, I CAN'T THANK YOU AND the Co-op enough for your diligence and transparency regarding COVID-19 information. It makes me continue to be even more loyal (if that is possible; I do about 99% or more of my grocery shopping at the Co-op, unless there is something I cannot get there. And that is rare, since I much prefer and utilize almost exclusively Earth-friendly cleaning and body products, as well as our food grocery options.) I feel much safer, even in such close quarters as the Mt. Airy store, than in any of the local grocery stores.

I wish those who are ill a speedy recovery.

Valerie Glauser

SHUTTLE LETTERS POLICY

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

Editor's Note was Inaccurate

A S NEW MEMBERS OF WEAVERS WAY, WE WERE excited to obtain the June issue of the Shuttle and planned to read it cover to cover. With heavy hearts we stopped reading after the opening Editor's Note on page 2, knowing it is our obligation to respond to what we see as harmful, inaccurate and discriminatory words.

In the second sentence, Ms. Plourde writes, "Philadelphia and cities across the country are dealing with the aftermath of looting and destruction..." Such a characterization is a gross misrepresentation of what is instead a passionate, hopeful, transformative movement that, with the leadership of Black citizens, many of them youth, can bring about the change that many who are members of Weavers Way and other co-ops have been anticipating.

Using the word "looting" as the primary activity of not just nationwide, but international protests against racism is a choice of words that cannot be overlooked. The word smacks of racism and a historical stereotyping. What is "looting," if not what has been done to people of color ever since the first colonizers arrived on our shores? Overwhelmingly, protests in the past few weeks have been peaceful and the vast majority of physical harm has been police perpetrated and executed.

Ms. Plourde goes on to describe the murder of George Floyd as a "police-involved death." Let's be clear: George Floyd was the victim of premeditated murder carried out by one white policeman (who had over 10 previous complaints against him for violence) while his partners watched.

As new neighbors, we hope this letter is printed in the July newsletter, in the hope that further dialogue about implicit and explicit racism continues.

Deb Gausmann and Craig Stevens

It's Important to Mask Correctly

This is a plea to everyone: Wear a mask correctly while shopping in the Co-op.

In the last few weeks, the Centers for Disease Control has advised us that masking while indoors is an effective way to slow down COVID-19. Primarily, masks protect others from the virus; it also provides the wearer with some protection. However, a mask is only effective if it covers both one's mouth and nose.

I have witnessed about one-third of people in the Co-op at any point — customers and sometimes employees (in Chestnut Hill, and to some extent in Ambler, but less so in Mt. Airy —wearing masks incorrectly, most likely unaware of the dangers they pose to others. Maybe they don't realize that an individual can have COVID-19, yet not realize it. And it's likely that a proportion of shoppers and employees are infected at any particular moment.

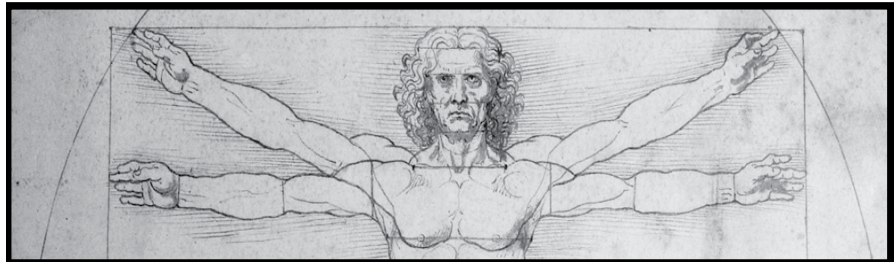
If those among us carrying the virus asymptotically feel fine, they may not feel endangered. They may feel healthy and safe, which may explain why they don't don masks correctly or fail to remain distant. They don't grasp that they are a vector for spreading the disease in the Co-op. Thus, they may be inadvertently responsible for causing illness or even death.

Both Co-op employees and shoppers could be alerted to the seriousness of mask wearing. I would hope that managers or other employees would say something to anyone in our space who's not wearing a mask correctly. I would like to feel safe while shopping at the Co-op — more so than in shopping at the Acme. I hope that the Weavers Way community will pull together in protecting one another from the virus.

We all are a walking danger to others, and we have a responsibility to minimize that threat. We can't really know —unless we are tested every day — whether we are infected or not. To protect others, we must assume that we have the virus and act accordingly.

I loved the way that Weavers Way responded swiftly and early to this virus threat. We trust each other and have a shared faith in that trust.

Grace Flisser



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GM'S  
CORNER

# You Can Try to Woo Us, But We’re Not Expanding Anytime Soon

by Jon Roesser, Weavers Way General Manager

IN THIS JOB, HARDLY A WEEK GOES BY WITHOUT A call from a commercial realtor or local poohbah pitching their development or town as “perfect” for the next Weavers Way.

Almost always, they’ve been to one of our stores, or they’ve read an article about us, or they have an eccentric friend or slightly loopy neighbor who’s a member and is constantly raving about us.

The overtures are always flattering, and I’m truly appreciative of their interest. And their interest is not unfounded: Quite simply, a neighborhood, town, or commercial development is enhanced by the presence of a natural foods store.

I’ve recently been shown two “community interest” surveys, one for a neighborhood in the city and one for a town in Montgomery County, in which residents were asked to list what would make theirs a better place to live.

Answers could be anything: green space, libraries, bowling alleys, etc. But the number-one answer in both surveys? Trader Joe’s.

A few years back, real estate research firm Attom Data Solutions concluded that homes were worth more money, and appreciated in value faster, the closer they were to a Trader Joe’s. Hey, who needs parks and libraries when you’re within walking distance of avocado yogurt and jars of spreadable cookie dough?

Yes, every community wants its very own Trader Joe’s. And when, inevitably, Trader Joe’s fails to return their phone calls, those communities wind up calling Weavers Way. It’s sort of like being second choice for a prom date.

Local realtors have understood the power of proximity for years. Their listings often include the phrase “Walk to Weavers Way Co-op” along with a house’s other amenities such as granite countertops, open floor plans and whatever else appeals to prospective home buyers these days.

Notwithstanding all this, my answer to inquiries about “the next Weavers Way” is always the same: We’re not expanding anytime soon.

For starters, we remain in full-out pandemic mode. Navigating the Co-op through the duration of the pandemic, until such time as COVID-19 is no lon-

“ **Strategic planning must be conducted at a future time — post-pandemic — when we can give such a weighty matter the serious consideration it needs** ”

ger a public health threat, will require our undivided attention. This is not the time for long-term planning.

We’re also in the midst of a business cycle in which we’re prioritizing paying down debt. This month, we will pay back our final Chestnut Hill member loans (10-year loans issued shortly after our Chestnut Hill store opened). Later this year, we will begin paying back the first round of our Ambler member loans (issued in 2016, about a year before we opened the Ambler store).

As our debt-to-equity ratio improves, we’ll be better positioned to borrow at some point in the future. Only then could expansion to a new store be given serious consideration.

Regardless of whether you consider future expansion a good or terrible idea, it would only be tied to

meeting the needs of our members. So while places like Quakertown or Collingswood, NJ, might be great for a food co-op (or a Trader Joe’s), they are not locations for a future Weavers Way.

But if at some point we do consider opening a new store, there are three neighborhoods in which many Co-op members already reside, making them deserving of particular consideration.

Roxborough is already the home of our highly successful seasonal Farm Market at Saul High School, which we sometimes refer to as our “fourth store.” Between Roxborough, Manayunk, and East Falls, we have 650 member households on the west side of the Wissahickon.

We have 550 member households in Glenside, concentrated on the western part of the zip code, closer to Chestnut Hill, in neighborhoods such as Wyndmoor, Laverock and Custis Woods. Glenside has a surprising lack of natural food stores, though there’s a Whole Foods (and, yes, a Trader Joe’s) in nearby Jenkintown.

In Germantown, we have 930 member households. Most of those households are in the northwest corner of the Germantown zip code, north of School House Lane and west of Germantown Avenue. These households overwhelmingly shop in our Mt. Airy store, which was bursting at the seams before the era of social distancing and is now even less able to support member demand. A new store in Germantown would both support the needs of our members who live there and take pressure off of the Mt. Airy store.

For now, talk of expansion is just casual midsummer chit chat. Strategic planning must be conducted at a future time — post-pandemic — when we can give such a weighty matter the serious consideration it needs.

But that won’t stop folks from trying to woo us! See you around the Co-op.

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# COVID-19 Turned the Animal World Upside Down, Too

by Brenda Malinics, for the Shuttle

DAILY WE HEAR ABOUT HOW COVID-19 IS IMPACTING our health, our economy and our daily way of living. But its fallout has also taken a toll on our domestic and wild animals.

I founded Brenda’s Cat Rescue, a small 501(c)(3) nonprofit run by volunteers and located in Northwest Philadelphia. Since March, when we had to close our adoption center at the Plymouth Meeting PetSmart, our average working day has doubled. We are busier than ever — manning phones, answering emails, vetting applications, problem solving, arranging adoptions and doing hands-on cat care seven days a week.

In March, the Department of Agriculture banned all spay/neuter surgeries. The beginning of spring is also the beginning of kitten season, so this mandate was received with shock and disbelief. It affected low-cost sterilization clinics as well as private vets. Some medical professionals communicated that they felt the rationale was to preserve the limited supply of personal protective equipment in the United States, while others thought that it was done to preserve the drug supply, since some of the same drugs that are used on animals during surgeries are also used on humans.

Whatever the reasoning, it meant that all the pregnant stray female cats could not be aborted and spayed and that there would soon be an explosion of kittens. Females can go into heat while still nursing, so there would be repeated numbers of litters born over the summer by the same female. And females as young as four months can get pregnant.

We had to rewrite our adoption policies and invent creative, workable ways to achieve non-contact “meet and greets” as well as finalize adoptions, since no one could be allowed into our foster homes. And because people were suddenly quarantined, our foster and adoption inquiries dramatically increased. Although there were many celebrated media reports of shelters being emptied, many shelters and rescues were concerned for the animals’ futures when quarantine was over and people went back to work.

Due to job loss and financial hits, many animals were simply abandoned. The number of calls and emails BCR received daily from desperate people asking for food and help were staggering and gut-wrenching. We also received numerous calls about people going into the hospital and unable to care for their pets, and/or from people who wanted to establish contingency plans should they get sick and need to be hospitalized.

Calls increased daily from people finding pregnant cats or moms with litters in yards, under sheds, decks, patio furniture, window wells, etc. Frustration levels ran high on both ends of the phone because we had no solid resources to provide.

Wild animals lost any avenues of help when wildlife rehab clinics also closed. Spring is baby season for wild animals, so all those baby birds, bunnies, mammals and reptiles in need would perish, along with any sick or injured adults.

Scientists have labeled COVID-19 as a Zoonotic disease, suspecting that it jumped from animals to humans in China.



Illustration by Ariel Dinero, Weavers Way Across the Way Staff.

But the wild animals associated with it were taken from their natural habitat and brought to “wet markets” where they were slaughtered for human consumption in unsanitary and unnatural conditions.

Our pets cannot pass COVID-19 to us humans, but humans can transmit the virus to animals, as proven at the Bronx Zoo, when several tigers caught the disease from their human caretaker. Animals can also get sick from other animals who are infected with the disease. So if a person got infected with COVID-19, their pets would have to be quarantined from other similar species for two weeks, just as an exposed human would have to quarantine themselves.

The Department of Agriculture lifted its spay/neuter ban recently, but the dreaded explosion of kittens has occurred. Some wildlife rehab centers have reopened with non-contact admissions and some spay/neuter clinics have resumed operations, but as soon as a staff person comes down with COVID-19, it must close and quarantine.

BCR is planning to showcase some of our cats on weekends only at our adoption center at the Plymouth Meeting PetSmart starting in July, but it will not be business as usual. No one knows when life will resemble the good old days, without masks and without fear. Until that time comes, please give our animals a helping hand. Put out water bowls (empty them daily so you don’t breed mosquitoes), provide food for momma cats and/or kittens, and keep trying to get them off the street.

If each person assumes some responsibility to help an animal in need, it will have a huge impact, especially for that animal. Please know that they are struggling to survive, just like humans.

## Staff Task Force Looks to Increase and Promote Minority Vendors

(continued from page 1)

established, we will use the data to grow the number of vendors owned by people of color, women and LGBTQIA individuals, and to generate new marketing campaigns centered on raising customer awareness of minority-owned products.

In collaboration with administrative staff, it was decided that a survey would be the most effective way to collect the information we need. It will disclose the type of business, the owners and percentages of the ownership (private, public, cooperative etc.) Of course, vendors will have the option not to share information with us or to request we do not share certain information with customers. The whole process will be based on voluntary vendor responses and full consent for marketing campaigns.

As we receive responses, the data will be compiled, organized and interpreted by the task force and then distributed to administrators and buyers in order to accomplish the two goals outlined above. We have set ourselves the optimistic deadline of summer’s end for the completion of this project so that we can make information available to customers in the fall. However, the deadline will be dependent on the speed and volume of responses we receive.

This project is only a first step in the Co-op’s efforts to be continually and authentically anti-racist. With over 10,000 members, it is our responsibility to use our platform to create a more equitable society. We are incredibly excited about what this work will do for our community.

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# Having Trouble Sleeping? Try These Tips to Achieve a More Restful Night

by Carmine Van Deven, D.O.

SLEEP IS FOUNDATION OF HEALTH, ESPECIALLY DURING these times of high stress and uncertainty. While we sleep, the body repairs itself, builds energy, produces hormones, creates memories and removes toxic waste from the brain. Our subconscious also speaks to us through dreams.

On the flip side, lack of sleep may be sabotaging your health. In addition to being chronically fatigued, you are also prone to poor immune and cognitive function, anxiety, depression, hormonal imbalances, weight gain and increased sensitivity to pain. Poor sleep also increases your risk of hypertension, diabetes, cardiovascular disease and stroke. It is of utmost importance to cease burning the midnight oil and start prioritizing rest and sleep.

### To improve your sleep and well-being:

1. Aim for eight hours of sleep per night — more for children.
2. Keep a regular schedule — in bed by 10 p.m. and up at 6 a.m., for example.
3. Relax the body before bed with a warm Epsom salt bath or progressive muscle relaxation.
4. Avoid alcohol, large meals and exercise several hours before bed.
5. Enjoy a walk outside in the morning. Twenty to 30 minutes of sunlight at this time of day will help synchronize your body clock to a healthy sleep-wake cycle.
6. Physically connect with the earth while barefoot. This grounding practice, also known as earthing, allows us to absorb electrons, stabilize our bioelectrical system, and tune into the healing potential of nature.
7. No caffeine after 2 p.m.; its effect may continue into the evening. This includes coffee, tea, supplements containing caffeine, and yes, chocolate.
8. Review any prescription medications to see if insomnia is a side effect. Speak with your physician before making changes to your medications.
9. Embrace an evening ritual to calm the mind, i.e. journaling, light reading, meditation, tai chi, qi gong or restorative yoga.
10. Minimize your exposure to artificial light in the evening; the blue light wavelength that's emitted suppresses melatonin production in the brain. If you must look at a digital screen, wear blue light-blocking glasses with amber lenses. Choose warm incandescent light bulbs; they produce some of the lowest amounts of blue light.



11. Turn your cell phone off, or put it on airplane mode to minimize sounds and exposure to electromagnetic frequencies. Then put the phone away.
12. Turn off Wi-Fi at night; it may stimulate the brain.
13. Reserve bed for sleep and intimacy only; not reading, television or movies. Create a sleep sanctuary.
14. Keep the bedroom as dark as possible and cooled to about 65 degrees F. Cover all light from electronics and consider blackout shades.
15. Herbal and nutritional sleep supplements should be reserved as an option after making changes to lifestyle and sleep hygiene. Always speak with your doctor before starting any new supplements.

If you snore or gasp for air while you sleep, speak with your physician about participating in a sleep study to investigate obstructive sleep apnea. There may be a simple solution.

After incorporating all of the above, if getting a good night's sleep remains a challenge, there is a deeper root cause that warrants evaluation. The root cause may be biochemical or structural in origin. Biochemical causes of poor sleep include hidden infection; heavy metal, mold or environmental toxins; food sensitivity, nutritional deficiency or hormonal imbalance. Each requires unique testing and treatment.

Previous physical trauma may also impact your sleep, going as far back as childhood. The trauma would have created pain, and also disrupted the natural function of the nervous system. In these situations, osteopathic manipulation is often helpful; some patients even fall asleep on the treatment table.

Here's wishing you deep, restorative sleep, in rhythm with the natural world.

*Carmine Van Deven, D.O. is an osteopathic physician providing personalized care with osteopathic manipulative manipulative medicine and functional medicine in Wynnewood. He sees patients of all ages and treats a wide range of conditions. To learn more, visit [www.drvandeven.com](http://www.drvandeven.com).*

## Vivian Schatz

(continued from page 1)

the community on environmental issues...," said Glenn Bergman, the Co-op's general manager from 2004-2015. "She wanted to make sure that I knew that our actions are important, that we should be aware of the issues, and that we should act."

Purchasing Manager Norman Weiss recalled that Vivian's activist involvement spanned decades.

"Vivian was an outspoken supporter of the United Farm Workers' grape boycott and other consumer boycotts, as well as early Weavers Way environmental efforts," he said. "She was also an outspoken advocate for fair treatment of our staff and the people in the world that produce our food."

In addition to environmental activism, Vivian worked all her life for peace and social justice. A frequent presence at demonstrations and a prolific letter writer, she advocated for nuclear disarmament and civil rights and in support of the poor and marginalized. She often held leadership roles at local organizations, including the Nuclear Freeze Campaign and the Women's International League for Peace and Freedom, which honored her with its Peace and Justice Dove Award in 2017.

"One of my mother's core concerns was the imbalance in how people are treated," her daughter Diane said. "It was important to her that everyone be treated equally and fairly."

Born in Philadelphia, Vivian grew up in northern New Jersey. Vivian earned a science degree from New Jersey College for Women (now Douglass Residential College, part of Rutgers University) as well as a master's degree in biology from Drexel University and a second master's in medical biochemistry from the University of Pennsylvania.

In 1962, Vivian and her family moved to Chile, where she was named acting director of Colegio Nido de Aguilas, a bilingual K-12 school. After returning to Philadelphia in 1969, she was hired as a junior high school science teacher. Her passion for nature enriched her classes at the Crefeld School, William Penn Charter School and what is now Springside Chestnut Hill Academy. She also consulted for the School District of Philadelphia, showing teachers how to use elements from nature to provide hands-on science lessons for pupils.

"What is most important to me about my mom," her daughter Linda said, "was her keen eye for beauty, her appreciation and care for nature, her passion for life and determination to make the world a better place for all."

A memorial for Vivian took place via Zoom on July 26.

Donations in Vivian's memory can be made to All Together Now Pennsylvania ([alltogethernowpa.org](http://alltogethernowpa.org)) and the Environmental Defense Fund Monarch Butterfly Restoration Project ([www.edf.org/monarcheffect](http://www.edf.org/monarcheffect)).

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Weavers Way Wellness Team

A Regular Nap is a Healthy and Restorative “Brain Break”

by Michelle Stortz, Weavers Way Wellness Team

YOU MAY THINK NAPPING IS JUST SLEEP- ing. But there’s so much more to this rest period.

According to Arianna Huffington, in her book “The Sleep Revolution,” research shows that napping boosts your learning power and lowers your blood pressure. She also reports that older adults who take a 30-minute nap and engage in moderate exercise can improve the quality of their nighttime sleep.

If you’re not sold on the beauty of napping, consider it a “brain break” — a time to mentally reset and prepare for your afternoon work. Or consider it a time for creative problem solving.

Try taking a current problem to your nap spot; settle in, let your mind relax, and focus on your body and breath. Then drop in the issue — like dropping a pebble into a pond, pose the problem to your relaxed mind. Let your mind free-associate and notice what it’s like to swim in the world of the issue without grasping for answers. Let go of any expectations for a solution. Let your relaxed, creative, right brain play around with the issue. At a certain point, you’ll either find an interesting clue, drift off to sleep or both.

Napping helps you shift into the parasympathetic nervous system — the calm, relaxed zone. If you can spend more time in PNS (i.e. stay calm and relaxed), you’ll have an easier time with your evening sleep.

Basically, we’re talking about retraining your nervous system. Many of us live with a ramped-up nervous system that’s always on go, go, go! This is chronic, low-grade activation of the stress response (fight or flight) of the sympathetic nervous system. It’s hard to downshift



from SNS when it’s a habitual way of being. Taking time to focus on your body, breath and quieting your mind, as one does while napping, is a great start in this retraining.

And if you haven’t heard by now, sleep has many, many health benefits. For one thing, it’s your biggest immune booster, because the body restores itself when you sleep. In addition, sleep can help regulate blood pressure and cholesterol levels, process stress hormones and reduce inflammation.

Sufficient sleep supports mental clarity, improves memory, helps you process emotional stress and wards off Alzheimer’s disease. Clearly, it’s worth spending time to retrain your nervous system in order to get some good quality rest.

For many people, the cultural stigma around napping (“You’re lazy and weak if you nap”) keeps them from doing it. But if you’re more interested in your health than what people think of you, take the nap!



Summertime is peak napping season. So find a comfortable spot, settle in and tune into the sensations in your body and the movement of your breath. Thoughts will come and go, like clouds in the sky. Let your mind be the sky, watching everything arise and pass away. Sweet dreams!

Michelle Stortz, C-IAYT, ERYT500, MFA, is a certified yoga therapist specializing in cancer and chronic illness. She works in numerous medical settings in the Philadelphia area and enjoys designing custom yoga programs that anyone can do regardless of ability. Michelle also teaches meditation, drawing on both the Buddhist tradition and the Mindfulness Based Stress Reduction curriculum. She conducts classes, retreats and private sessions. [www.MichelleStortz.com](http://www.MichelleStortz.com)

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# Racial DEI Committee Outlines Next Steps after Zoom Meeting on Racial Injustice

by Karen Plourde, Editor, Weavers Way Shuttle

A VIRTUAL DISCUSSION IN MID-JUNE ON THE uneven impact of COVID-19 on people of color in neighborhoods surrounding Weavers Way has become a springboard for follow-up efforts by the Co-op’s Racial Diversity, Equity, and Inclusion Committee to educate shoppers and increase the diversity of shoppers in areas served by the Co-op.

In all, 53 members logged on to the June 18 Zoom call. The ongoing protests against police brutality in Philadelphia and throughout the world clearly were on the participants’ minds. Many expressed the desire to work in their communities to advance racial justice and to see the Co-op take a leadership role.

The Racial DEI Committee has created specific definitions for the terms that make up the committee’s name, as illustrated in a document they recently shared. While, for their purposes, diversity still means “The ways people differ, both in ways that can and cannot be seen”, the group distinguishes equality from equity, noting that getting to equity “may require giving different treatment to different people to ensure everyone has what they need.”

The document also makes a distinction between integration and inclusion, defining integration as “Bringing people together in a way that doesn’t make everyone feel they are truly wanted or welcomed; maybe because people were forced together by a law or policy.” In contrast, it defines inclusion as “A sense of belonging and being a full member of a community with access to all privileges and experiences in the community.”

The committee’s document notes that while a business or department can use equality to deliver fairness, “the business outgrows this strategy as it becomes more diverse.” It also contends that “A focus on diversity without inclusion can lead to people having different experiences at work and in our stores due to who they are and what they look like.”

Racial DEI hopes to educate and broaden its reach with the launch of a podcast from the Co-op, hosted by Board of Directors member De’Janiera Little. Potential content includes relevant news, events or topics directly related to Racial DEI, a history of the Co-op, local food issues, questions for the general manager, and more.

In addition, Racial DEI is looking to combine its efforts with other Co-op committees, including Food Justice, Environment, and the New Economy Incubator, to set up Zoom workshops and/or work on other projects.

This fall, Racial DEI plans to conduct a survey of shoppers and/or members the old-fashioned way — by standing outside the stores and asking them questions. They hope that the data from the survey will give the group a baseline, and over time, lead to an increase in the racial diversity of co-op shoppers and members who live in the neighborhoods where the stores are located.

If you want to attend future Zoom meetings, get information about our podcast, or find out what other committees are doing, go to the Co-op’s website: [weaversway.coop/committees-and-clubs](http://weaversway.coop/committees-and-clubs)

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# House Meetings Are an Orderly Path to Resolving Conflicts in the Family

by Claudia Apfelbaum, Weavers Way Health and Wellness Committee

WHAT DID OUR LIFE LOOK LIKE before house meetings?

I can tell you that our household was full of tension. People would yell up and down the stairs to get each other’s attention. We would ask each other about things while we were busy, and get annoyed with each other for interrupting our respective trains of thought.

As currently structured, our house meetings include sharing our lists of concerns; each person gets to share one concern they have per turn. Our lists are not equally long, but the topics concern everyone to some degree. They include things like who is going to cook when, getting help with a computer program, setting up time to do something fun, what to do with a pair of old boots in a shared space in the house, etc.

In the case of the boots, the soles were shot, and I was ready to put them in the trash, but they had meaning for my daughter. I put them on my list of things to discuss when we met. I did not accost her in the middle of the day. I did not throw the boots in the trash. I did not think about them anymore, because I knew the issue would be addressed.

My daughter understood immediately I did not want them in the front hall. So she willingly took them up to her room and put them in her closet. That was the end of that problem. Hurrah! It was so simple and could have been such a mess!

We talk about more than practical things. We also share, often at the start of a meeting, something we are feeling good about in our lives; it helps to start on a positive note. And we might talk about feelings or long-term planning, to keep our lives and our family on track.

The key elements are that we all attend, that we agree to a starting time, and that we meet often (sometimes daily) to handle the many small and larger things for the smooth(er) running and emotional health of our family.

House meetings offer a time and a place for everyone’s voice. I think children as young as eight or 10 have thoughts and feelings they would like to share with others in their family. I find this a respectful way to engage everyone and to figure out our lives during this time of enforced togetherness.

*Claudia Apfelbaum, LCSW, is a psychotherapist in NW Philadelphia. She works with individuals, couples and families and runs a group called “In the Time of Corona.”*

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# WMAN Renews Commitment to Continue Fighting Racism



Dear Neighbors of West Mt. Airy,

West Mt. Airy Neighbors has a proud history of residents and local businesses joining hands to help create a community in which people of all backgrounds, races and religions can live side by side.

However, there is more work to be done.

It is a heartbreaking tragedy that, in 2020, we have to collectively shout “Black Lives Matter” because that statement is not universally accepted in this country.

It is a heartbreaking tragedy that in 2020, our neighbors have to be worried about things as routine as jogging, owning a cellphone, or bird watching in Central Park.

It is a heartbreaking tragedy that, in 2020, we have to demand justice for the murder of an innocent, unarmed black man.

Would those four officers have been charged if the murder of George Floyd didn’t spark global outrage?

All words seem inadequate, but silence is not an option.

It is time for WMAN to go back to its roots, and activate the community once again, to continue the fight against racism. WMAN recognizes that it has a platform and a steadfast desire to support our entire community. We began this renewed commitment with a community forum on the evening of Tuesday, June 9.

Mt. Airy can feel like a bubble at times, but we are certainly not immune to the issues at hand. The tendrils of institutional racism are pulling at the fabric of our historically and beautifully diverse community.

WMAN will continue to stand with all neighbors in this fight against countless racial injustices.

We will work to make our programming more comprehensive.

We will continue to listen to the voices of our community with humility and we will not look away.

We will continue to create space for our community to share their stories and ideas as we are committed to help create change and look forward to working with you to help our community heal and grow.

*The Board and Staff of West Mt. Airy Neighbors*

# Artists in Our Aisles



## Jonathan Eckel

Jonathan Eckel is primarily focused on painting and drawing, exploring new subject matter and styles. He often blurs the line between abstraction and representation. The diversity of his imagery is strongly influenced by his world travels, along with his deep interests in the history of art, anthropology, philosophy and music.

Eckel’s work is included in the permanent collection of the Woodmere Art Museum, the U.S. State Department Art Bank Program and the Ballinglen Contemporary Museum of Art in County Mayo, Ireland. He lives and works at Greene Street Artists Cooperative in Germantown.

[www.jonathaneckel.com](http://www.jonathaneckel.com)



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# The 5th Annual All Trails Challenge: See and Support the Entire Wissahickon

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

IN 2016, FRIENDS OF THE WISSAHICKON LAUNCHED THE All Trails Challenge as a way for people to explore the Wissahickon Valley Park’s 1,800 acres and 50+ trails while also supporting the continuation of FOW’s extensive conservation work. Since then, this event has grown in popularity and impact, engaging 1,500 donors and Challengers, and with 24,000 miles explored and more than \$103,000 raised for park preservation.



The fifth annual ATC kicks off Monday, Aug. 17 for FOW members, Monday, Aug. 31 for the general public, and continues through Wednesday, Dec. 2.

ATC isn’t a race, and you don’t have to be a conditioned athlete to take part. It’s a fun, family “friendly” activity that invites people of all ages and fitness levels to hike, walk, run, bike or horseback ride through every corner of the beautiful Wissahickon. (Dogs, on leash, of course, love it too!)

Many people rarely go beyond Forbidden Drive when visiting Wissahickon Valley Park, let alone exploring all 50 scenic trails. Now is your chance to truly go the distance: Discovering new — and often lesser travelled — trails is a great way to add social distance between you and more crowded areas. At the same time, you will be helping safeguard the future of the park that adds so much to our quality of life.

The Wissahickon is always there when our bodies and minds need healing, for which we were especially grateful during the height of the pandemic’s restrictions. The significant health benefits of spending time outside, including reducing heart disease and high blood pressure due to stress, have been widely documented. Overall, it just feels good to get fresh air and move your body.

These, along with other factors, have motivated ATC participants in the past, as you can see from these comments we’ve collected over the years. Maybe they will motivate you to take the Challenge as well:

- “I love the park — have been walking some trails for 35 years. But always the same trails; I never ventured to the Roxborough side, for example.”
- “I wanted to know I’ve been on every bit of trail. I’m a Trail Ambassador and am in the woods a lot, but there were crannies I hadn’t been on.”
- “I have had significant health problems in the last few years... I joined the Challenge to affirm health and to have motivation to explore ‘unknown’ parts of the park.”
- “I have hiked a lot of the Wissahickon trails already and figured, why not raise money for doing something I love!”
- “We love the Wissahickon and wanted more time to connect our children to it!”
- “There are trails I’ve never been on, despite having grown up here, and my wife hadn’t been on more than a few trails (repeatedly) before joining the Challenge.”
- “I was new to the area and had a busy fiancé in medical school and a puppy who needed to work off his energy.”

Once you register as an ATC Challenger and start sharing your progress, you’re well on the path toward fabulous prizes for mileage and more. Along the way, while you help fundraise for FOW’s trail improvement projects, you’ll also be getting cool swag and building a Challenger community at ATC events. (All participants must register with a minimum of \$50 raised or contributed to be eligible to compete for any prizes.)

You can find more participation information at [fow.org/all-trailschallenge](http://fow.org/all-trailschallenge) — visit often for regular updates and news about incentives, giveaways, and prizes. And keep up with the ATC fun by following @FOWissahickon and #FOWAllTrails on Facebook, Twitter, and Instagram.

This year, we’re proud to welcome Chestnut Hill Hospital as the Presenting ATC sponsor, and our early sponsors Uninvest, AQUA, Kouvenda Media, and Chestnut Hill Brewing Co. Sponsorship opportunities are still available by contacting Maeve Pollack at [pollack@fow.org](mailto:pollack@fow.org).

SAVE THESE DATES  
for the Fifth Annual  
All Trails Challenge

Thursday, Aug. 6, 6 p.m. –  
ATC 2020 Virtual Warm-Up  
Information Event

Learn about the ATC mileage tracking and hike apps, setting up your fundraising page, tips for getting donors, sharing updates with friends and family, limiting exposure during the time of COVID-19 and more. Register at [fow.org/event/atc-2020-virtual-warm-up-information-event](http://fow.org/event/atc-2020-virtual-warm-up-information-event).

Monday, Aug. 17 –  
Advance registration for  
FOW members

Monday, Aug. 31 –  
Official ATC start date





**IMPACTS**

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# Briar Hill, Ambler’s Own Preserve, is a Shade-Grown Beauty

by Gail Farmer, Wissahickon Trails Executive Director

IF YOU HAVE NEVER VISITED OUR BRIAR HILL PRESERVE IN AMBler, now is a great time to lace up your hiking books and head to the trail. Briar Hill — and the adjacent Cheston Family Preserve at Briar Hill — is an incredible piece of preserved land in the Wissahickon watershed. This tucked-away spot is located next to Whitpain Township’s Prophecy Creek Park.

The simplest way to enter Briar Hill is through Prophecy Creek Park. Enter from Skippack Pike in Blue Bell and park in Prophecy Creek’s large lot. Head past the barn and through the grassy field to the woodline to enter the trails. There are several to choose from, including a nice loop trail around the Preserve.

The trails are forested and shady, which makes this a great hike for a summer morning or evening. Wildlife is abundant at Briar Hill, and you can hope to see and hear a variety of bird species, amphibians, butterflies, red foxes and, if you are lucky, a coyote.

You will cross the Prophecy Creek and some smaller tributaries along the way, so be sure to wear your hiking boots. Wissahickon Trails has recently installed a new footbridge across one of the muddier and more challenging creek crossings. The bridge, which can accommodate hikers and people on horseback, was made possible with donations from more than 50 trail users and a matching gift from Horseways, a local equestrian club that uses and supports our trails.

Briar Hill Preserve is a living testament to what a community can accomplish when working together. Since 1981, we have been working with individuals and community partners to protect the area along Prophecy Creek. Thanks to these collective efforts, Briar Hill is part of a 200-acre contiguous stretch of open space along the creek. Thanks to the protected open space, the Prophecy Creek is now considered the healthiest tributary to the Wissahickon.



Photo by Margaret Rohde

New footbridge installed by Wissahickon Trails at Prophecy Creek Park.



Photo by Kristy Morley

A Red fox on the prowl at Briar Hill Preserve.



Photo by Kristy Morley

A snapping turtle catches some rays at Briar Hill.



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Liberate Your Lawn & Garden

Ah, the Benefits of Trees — And Tree Swings, Too

by Sarah Endriss, for the Shuttle

“One generation plants the trees, the next gets the shade.”  
— Chinese proverb on a bumper sticker hanging in my office

IT’S DUSK, 85 DEGREES AND I HAVE A thought while sitting on my front porch listening to my son and daughter’s laughter as they swing enthusiastically out over the sidewalk: What if every home in Philadelphia had a swing suspended from a tree like this? Can we even imagine the opportunities?

Our swing hangs from a tall, beautiful Red Oak (*Quercus rubra*) that has stood vigil at the front of our house for at least 50 years. It’s one of more than two dozen large street trees in our neighborhood, and I have always been grateful for the shade and respite it provides on hot days, as well as the privacy it affords our second-and third-story bedrooms and the protection it offers beyond our home to our local Wissahickon Watershed.

If you enjoy reading about nature as I do, there are volumes written on the benefits of trees: improved health and well-being; lower temperatures; improved air quality and carbon sequestration; stormwater mitigation; clean water; and soil protection, to name a few. These are all ecosystem services — local ecology providing necessary utility for us, naturally and free of charge!

According to the EPA’s website on heat island effect, tree-shaded surfaces may be 20-45 degrees cooler than unshaded and can reduce peak summer temperatures by 2-9 degrees. This offers considerable savings to homeowners — we only just turned on our air conditioning this week — and our municipalities.

And then there’s biodiversity. According to Doug Tallamy, entomologist and author of “Bringing Nature Home,” our majestic Oak supports some 534 species of Lepidoptera (butterfly, moth and skipper insect families) and is a huge source of food for small mammals, including the growing squirrel family in our backyard. In a nutshell, it’s a source of sustenance, nourishment and life.



I grew up in Connecticut, on more than 10 acres in the rural outskirts of New Haven County. We had a tire swing, wooden swing, treehouse, numerous forts in the woods (my favorite under a grove of Eastern Hemlock [*Tsuga canadensis*]), a pond with box turtles and bull frogs, a meadow filled with fireflies, and an apple orchard. To say I was blessed is an understatement, as I spent more time up in a tree, and outside than in. It was only after moving to Philly that I recognized and acknowledged the privilege it was. For this reason, you could say I have a love-hate relationship with our fair city — urban yards, sparse vegetation, limited community park space and lots of hot, paved spaces. “Unbearable” is a word that easily comes to mind.

In July’s heat, in the middle of a global pandemic with family home, I am reminded daily of the stark contrast between my childhood and that of my kids and others in Philadelphia. With limited camp and vacation options right now, everyone needs a little nature. So, what if every family in every neighborhood had a large native tree that provided much welcome shade, seasonal intrigue, habitat for birds and butterflies, increased health benefits, and, of course, a swing? A different landscape? Yes! An opportunity? Absolutely! Valuable? Priceless!

*Sarah Endriss is an ecologic restoration design professional. She is principal of Asarum LandDesign Group located in Germantown, Adjunct Faculty at Jefferson University, and a restoration design consultant for WildLawn, an ecologically aware native lawn alternative.*

NEI Committee Aims to Reimagine and Support Changes to Local Economy

by Coleman Poses, Chair, Weavers Way New Economy Incubator Committee

THE NEW ECONOMY Incubator? What’s that? Over the past eight years, our committee has submitted articles in the Shuttle, explaining and re-explaining who we are and what we do.

If you surf the Web, you will find the New Economy defined as anything from online shopping to anarchist collectives. So this might be a good time to introduce what I and the current members of the committee believe the new economy to be, and what we hope to achieve from our various perspectives.

Our mission statement on the Co-op’s website reads as follows:

“The New Economy Incubator Committee identifies and develops best practices for the implementation of a local economy within our Northwest community. These best practices assure the equitable delivery of goods and services within our community, with the greatest autonomy and the least environmental impact.”

One of our members sees the new economy as “coalition/ collaborative businesses for integrated and re-imagined capitalism in a more just, equitable and compassionate world.” Whatever our perspective, we all seem to view it as a shift to a distribution of goods and services where there are no losers, and to achieve that goal, we are trying to develop as many enterprises as possible in this community that shares the values and employs the practices of Weavers Way itself.

Since our inception, we seem to be doing some things right. The Northwest Philly Solar Co-op, the Free Loan Association of Germantown and the Farmers Market of Germantown were all enterprises conceived within the body of our committee. Obviously, there is still plenty of work to do. Assessing the feasibility of worker-owned-and-operated co-ops, as well as developing a commercial kitchen, are currently on our agenda.

The New Economy is, therefore, a challenge to the more common concepts of what an enterprise is and does. As Sun Ra, the late, great composer who lived in Germantown for many years, wrote: “Somebody else’s idea, of things to come... may not be the only pattern, to build a world on.”

Our economic status quo can be so much better than it is — and cooperatively, we can get there. For more information, you can contact me at cposes1@gmail.com.



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# Environmental Racism is Another Scourge Faced by Communities of Color

by Sandra Folzer, Weavers Way Environment Committee

SOME TYPES OF RACISM ARE LESS VISIBLE THAN others, yet no less destructive, for it is generally the poor and people of color who are most affected by pollution. Landfills, power plants, toxic waste sites, sewage treatment plants and industrial sites are often located in their communities.

This may be the worst type of racism, because pollution can cause serious illness, even death. Unlike identifying a culprit like the Ku Klux Klan, environmental racism is subtle. The chemicals can't be seen, so cause and effect are difficult to establish.

Unfortunately, children are most susceptible to pollution, because their lungs are not fully developed, and they breathe more air and ingest more pollutants in relation to their size. According to a 2018 study from the Centers for Disease Control, 13.4 % of black children had asthma, compared to 7.4% of white children.

North Richmond, CA, a Black majority community located in Contra Costa County, has been home to the Chevron Richmond oil refinery for over a century. In 2010, according to an Environmental Protection Agency inventory, 3.5 million pounds of toxic chemicals, including benzene and hydrocyanide, were released into the air, water and waste sites there. More than 80% came from four oil refineries, including Chevron.

The long-term health effects on residents are clear. Blacks in North Richmond are 1.5 times more likely to die of heart disease and strokes, and 1.5 times more likely to go to a hospital emergency room for asthma than other residents of the county, according to a 2012 report in SF Gate, the San Francisco Chronicle's news website.

Flint Hills, TX, near Corpus Christi, is another area impacted by environmental racism. The Flint Hills Resources Corpus Christi East oil refinery was found in 2018 to have the fifth highest average annual benzene emissions in the country, according to the Environmental Protection Agency. By the way, the leader in that category was the now-closed Philadelphia Energy Solutions refinery in Southwest Philly. Benzene exposure can cause

vomiting, headaches, anemia, increased risk of cancer and in high enough concentrations, death, according to the CDC.

The Flint Hills refinery is a subsidiary of Koch Industries, owned by the infamous Koch brothers. In 2000, they paid the largest civil environmental fine in American history to date, \$35 million for oil spills in Texas and five other states.

Closer to home, the Delaware Valley Resource Recovery Facility in Chester emits more particulate matter than any other facility in the country, according to WHYY's "Radio Times." Meanwhile, the Covanta Camden Recovery Facility in Camden, NJ is the second-largest emitter of lead among incinerators nationwide.


Both of these majority minority communities aren't alone in hosting trash incinerators. According to a 2019 report from the Tishman Environment and Design Center at the New School, nearly 80% of these facilities are located in marginalized areas, including 10 of the 12 that emit the greatest quantities of lead every year.

The report goes on to say that the plants are "A product of historic residential, racial segregation and explosive zoning laws that allowed whiter, wealthier communities to exclude industrial uses and people of color from their boundaries."

The upside is that these plants are increasingly being seen as a less attractive option for managing waste. Last year, Governor Andrew Cuomo signed legislation to block plans for a \$365 million trash incinerator planned for New York's Finger Lakes region.

Combined with community activism, declining profitability may end up forcing cities to find a healthier, more sustainable solution to managing their trash.



eco tip

### Leave Fledgling Birds Alone While They Continue to Grow

by Marsha Low, Weavers Way Environment Committee

It's August, and the birds you've seen this season have finished nesting and producing offspring. Or have they?

While we think of spring as the prime time for birds to have babies, many birds have more than one clutch of eggs and may start nesting even in winter; some nest into late summer and even early fall. Some common species that may have several broods per season are the mourning dove and the American robin.

Because successfully raising offspring depends upon food being available, some species that eat seeds may not mate until late in the summer or early fall when seeds become abundant. One example is the goldfinch, which eats seeds from wildflowers and relies upon milkweed and thistle for nesting material. So don't be surprised if you find a fledgling on the ground later than you expected.

In July, we had a pair of tree swallows that nested in a nesting box. The day after one of the babies fledged (we saw it in our garden), I looked out my window and saw a basket tied to the nesting box. We immediately realized that a neighbor must have found the fledgling and was worried for its safety, so put it in the basket and tied it to the box. When we went to retrieve the basket, no bird was found, and we assumed that it had flown away. However, it's possible that while it was in exposed in the basket, a predator, such as a hawk, may have carried it away.

The main thing to remember is that all fledglings spend time on the ground while they wait for their wings to get stronger and to become proficient at flying. Their parents are around during this time, guarding and feeding them, so unless you're absolutely certain a fledgling is injured, leave it where you found it.

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- 7 Concern for Community

Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR WRITING. 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.

For some reason, maybe related to COVID-19, I’ve been getting increased solicitations from new vendors. Dozens of companies are all of a sudden in the mask and personal protective equipment business (except all are still short of disposable gloves). I’m hearing from lots of food and supplement companies too, with the usual new (and unique-in-the-market) claims for snack bars, breads, donuts (low carb, of course), sauces, waters, drinks (rosehip juice is a new one), sausages (now with 30% veggies), CBD everything, chocolate, coffee and more.

Frequently, these prospective vendors are not content to send product info, samples and prices; many ask me if I’d be willing to “jump on a call.” This is an immediate deal breaker; I do not “jump” on calls. I’ve never seen anyone “jump” on a call. In fact, outside of basketball and the gym, I rarely see people jump, period. What would jumping on a call even look like? Cell phone in hand, talking while jumping? Most people would soon be too out of breath to talk.

Taken literally, a telephone call consists of human vocalizations forming language to communicate via moving electrons either through wires or



electromagnetic radiation. You could maybe jump on the wires while talking on a wired phone and have jumped on a call, but it’s hard to jump on electromagnetic radiation, which you can’t even see.

I think this term has become its own form of viral infection (although it didn’t originate in a wet market). I would like to know where it started; probably by someone that fancies themselves an “influencer” or “thought leader.” Remember the word “jawn?” It came, infected lots of people’s language for a while, then faded away. Does language have viral forces in nature, too? Do we need a vaccine for these kinds of words? I want immunity!

During some of the recent looting aftermath, I found myself wondering where all that plywood came from. Is the stock of it now low, like what happened with toilet paper after the hoarding? Now that it’s been removed, what happened to it? Was it trashed? Recycled? It seems like we have plenty of plywood available on a moment’s notice to protect property, but not enough to build even temporary housing for the homeless — another societal disconnect exposed by the virus.

(Continued on Next Page)

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(Continued from Preceding Page)

suggestions and responses:

- s:** “As a long-standing member of Weavers Way, I have always wondered about what options the Co-op has to avoid distributing food and beverages in Tetra Paks. As you must know, these are non-recyclable, despite the packaging note that usually says, “Recyclable where facilities exist,” which they don’t. This is greenwash!”
- r:** (Norman) Our info is that the city changed this a few years ago; same for paper milk and orange juice cartons and the like. The Streets Department website used to be more specific, but is now more general. But according to Green Philly, Tetra Paks are recyclable in Philadelphia’s single stream recycling program. Tetra Paks have three layers —paper, foil, and plastic —and each material is fairly recyclable if the machinery exists to separate it. In the last few years, enough recyclers invested in this machinery because the market supported the investment, making a once non-recyclable package, recyclable.
- s:** “The toilet paper we’ve been selling recently is less effective and comfortable than our old brands.”
- r:** (Norman) When the pandemic hit, consumer-oriented toilet paper was one of the products hoarded and the industry is still trying to catch up. Ironically, as restaurants and institutions closed, there was plenty of the commodity, institutional-type toilet paper typically made for public bathrooms.
- What we’ve been selling is what we normally use in our own bathrooms. Even four months after the pandemic hit, supplies have not caught up, and many of the consumer brands we normally stock are still in short supply from our main supplier. Some brands are reporting they won’t be available again until November. We do order our normal brands most weeks to see if any are coming back, but it’s been spotty. We would love to stock Marcal, which is made nearby, but none of our distrib-

- utors carry it and we are too small to buy direct.
- Incidentally, almost none of our suppliers list toilet paper as toilet paper, preferring the term “bath tissue.” Since a bath involves immersing one’s body in a tub, I don’t really see the point of tissue; it would just disintegrate. This seems like a misnomer, which we need to get away from in this era of fake news.
- Accuracy in language is something to be valued. So is accurate knowledge of history, so here is a bit of history (assuming Google results are accurate): “The first modern toilet paper was made in 1391, when it was created for the needs of the Chinese emperor and his family. Each sheet of toilet paper was perfumed, and that version is close to the version that we use today.”
- s:** “What’s up with Bell & Evans? They’ve been in the news lately for COVID and worker exposure and support, plus higher than normal levels of salmonella.”
- r:** (Norman) Like much in the news about the meat industry lately, there is a lot going on. Some things are transparent, some things not so much and some in between. So far, on balance, we still think Bell & Evans is the best choice for locally and “naturally” raised chicken at an affordable price. We were disappointed to hear of these issues, and tried to find out what we could by talking to both our distributor of B&E products and a B&E rep directly. For a couple orders, we also did some subbing of B&E with other brands. We’ve also been subbing out other meat brands, including B&E, as COVID has disrupted the meat supply chain more than other foods.
- Regarding B&E and COVID, they claim they responded promptly and transparently and prioritized the safety and health of their workforce. They claim no confirmed cases for well over a month as of July 5. You can read their full response here: [www.bellandevans.com/wnews/21327/](http://www.bellandevans.com/wnews/21327/), or go to their web-

“Does language have viral forces in nature, too?”

site and search “COVID.” Their statement is what you would expect a large company to say — they’re in compliance with the Centers for Disease Control; they provided personal protective equipment; they extended sick leave; they practice social distancing; they put up dividers, they do extra cleaning, etc. We have no way of independently verifying these claims; all we really know is that over the years B&E has appeared to put more effort in to producing chicken products in a more healthy way than their competitors, and this started like 25 years ago, before humane treatment and healthy raising practices were as large a concern as they are now. We’d hope this same concern would carry over to staff treatment, and this was the first we heard that it may not have. They do get decent ratings on Indeed.

Like most large companies, it wouldn’t be surprising if there were gaps, and with COVID, gaps are much more serious. Regarding salmonella, B&E had two products (chicken parts and ground chicken, technically called “comminuted”) that tested Category Three, the worst. B&E responded that they in general get good ratings, that salmonella measures can fluctuate due to a variety of factors, including warmer weather, and that transparency is not an issue since salmonella scores are public in-

formation available to anyone via the U.S. Department of Agriculture website. I checked this, and B&E (listed as Farmer’s Pride) is one of five companies that scored Level 3 in their USDA district. This is not to say this is good or acceptable, more that it’s a measure of the difficulty of maintaining low scores over long periods and varying conditions over dozens of products, of which the raw material (chickens) originates from numerous farms.

There have been no warnings or recalls for any B&E products. Consumer guides, and the food safety training many of our staff receive, always suggest cooking chicken to an internal temperature of 165° to kill salmonella, and avoiding cross-contamination by washing knives, cutting boards, hands and other surfaces and keeping raw meat of any kind separate from ready-to-eat food. If anyone wants to see the full B&E letter about this, email me and I’ll send it to you.

**s:** “I know we’ve had seedless watermelon. Why can’t we get hairless corn? I can never seem to get them all off. They get all over everything and annoy me.”

**r:** (Norman) Do you want to live in a world without sex or corn kernels? The “silk” is how pollen’s genetic material gets to the ovules to form kernels on the cob — one strand per ovule, monogamous and couple-like. Corn silk has been used in folk medicine, although I’m not sure it has any proven beneficial medicinal effect.

As for getting the silk off, I did see a brush on Amazon for removing corn silk with a nice review: “This is just a toilet brush made in a more pleasing color and attached to a smaller handle.” Another productive approach is to trim the silk using haircutting scissors to practice precision haircutting.



# 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.



# Dining for Women Teams Up with Results.org to Lobby Congress for Additional Relief from COVID Effects

by Betsy Teutsch, for the Shuttle

OUR FOUR WEAVERS WAY DINING FOR WOMEN chapters continue to thrive during the COVID-19 pandemic, moving from in-person dinners to Zoom meetings. We know that during crises, economic stress and health woes impact women and girls even more.

Our national DFW model is to support a vetted, dynamic, grassroots women’s empowerment initiative each month. The Co-op’s chapters, now going on nine years old, have cumulatively raised more than \$225,000.

Beth Ellen Holimon, DFW’s head, has long reasoned we could do even more for women and girls by becoming focused policy advocates. With over 500 chapters covering most every state, it gives us expansive potential to lobby legislators.

So a committee researched potential advocacy partners, and concluded that Results.org could be an excellent match. According to their website, Results, which just celebrated its 40th anniversary, is “ a movement of passionate, committed everyday people who use their voices to influence political decisions that will bring an end to poverty.”

Our missions align so well that we’ve formed a Dining For Women/Results chapter. Our monthly virtual meetings feature training in how to write letters to the editor and to legislators, focusing on a specific issue. At present, we are advocating for the United States to set aside \$12 billion of the fifth COVID-19 Relief Bill for



international aid. (In the first four bills, no funds were allocated for this purpose.)

In June, DFW advocates teamed up with Results volunteers from our respective home states to schedule meetings with our senators and designated staff members of congressional representatives in Massachusetts, California, Pennsylvania and South Carolina.

As a newbie, I was really nervous; it’s daunting to speak on behalf of billions of people and ask for billions of dollars. The aides were courteous and well-informed as we reviewed strategies to strengthen the Supplemental Nutrition Assistance Program (formerly known as food stamps) the earned income tax credit and child tax credit, the Global Alliance for Vaccines and Immunizations and the Global Fund.

We specifically requested that legislators sign on to the bipartisan letter introduced by two Florida representatives, Democrat Loise Frankel and Republican Francis

Rooney, requesting robust U.S funding for the international response to COVID-19. We were elated when, one by one, most of the Pennsylvania representatives whom we lobbied signed on to this initiative, some of them in direct response to our meetings.

Dr. Leslye Heilig, chair of DFW’s new Advocacy Committee, has steadily built a relationship with her local congressional representative’s staff. When she started a year ago, she had never done anything like this. During the Results/DFW week of lobbying, she was elated to sit down and talk about global health and poverty issues with her rep via Zoom. Not too shabby: her rep is Richard Neal, chairman of the powerful House Ways and Means Committee.

Results.org knows that direct constituent lobbying has the highest impact of any citizen engagement. Targeted, consistent relationship building with our legislators, letting them know what we think they need to do, is a slow process that requires patience.

Would you like to join us? You don’t need to be a member of DFW; anyone interested is welcome. We have a lot of work to do to repair the havoc wreaked upon our country. Many of us are worn out and despairing; advocacy for the voiceless is a great antidote!

*Betsy Teutsch is a Dining For Women board member, as well as a member of the DFW/Results Chapter. Contact her for more information: bpteutsch@comcast.net.*



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# Weavers Words

## GREEN

Green all around me  
I sit in a bowl of green  
Sunlight dappled trees and plants  
Soundtrack of the waterfall and bird calls fill my heart  
At peace, at home in my backyard.

—Brian McMonigle

## QUARANTINE

This is awful, no?  
Retired husband stays home  
Now must cope with me.

—Fern Ziegler

## COSMIC JOKE

We hide behind isolating walls, thinking we're safe.  
We dodge our fears and end up missing our dreams.  
A cosmic joke, repeated endlessly if we cower.  
Do not wave the white flag of surrender to the enemy inside yourself.  
Step courageously from behind your hiding place.  
Laugh at your self-sabotage until it surrenders and retreats.  
Raise the powerful cone of your healing center and out-trick the trickster.

—Gloria Roblfs

### Feeling Inspired? Here Are Our Guidelines:

1. Poems must be written by you and can contain no more than eight lines.
  2. The Shuttle editor has the final say as to whether a poem is suitable for publication.
  3. The number of poems 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](mailto:editor@weaversway.coop) and put "Poetry submission for Shuttle" in the subject line.
  6. Preference for publishing will be given to those whose work has yet to appear in the paper.
- Thanks. We're looking forward to your creation!



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# PACA Looks to Mutual Aid to Build An Equitable Economy

by Jamila Medley, Executive Director, and Emily Wyner, Co-op Development Administrator, Philadelphia Area Cooperative Alliance

OVER TWO CENTURIES AGO, FREE Black Philadelphians organized for their collective benefit and advancement through mutual aid. The Free African Society, founded by Richard Allen and Absalom Jones in 1787, invited members to contribute money monthly. Funds were distributed throughout the Black community to support widows, orphans, and the indigent and infirm, as well as the education of Black children. The society worked to instill a sense of agency, self-determination and worth by recording marriages and births, among other actions. These acts of self-actualization are the core principles of movements today, including Black Lives Matter.

Trans activist, writer and teacher Dean Spade has noted that mutual aid is a form of solidarity, not charity. Whereas charity differentiates those who have from those who need and puts those who have in a position of power to make decisions about how to meet others’ needs, mutual aid emphasizes working cooperatively to meet each others’ needs. Charity is vertical; mutual aid is horizontal.

Throughout history, especially in times of crisis, people turn to cooperation to meet their needs. Since COVID-19 hit, “concern for community” has shown up in such activities as advocating for frontline workers and neighbors getting groceries for the elderly and immunocompromised. We are also witnessing unprecedented acts of solidarity in the renewed fight to eliminate anti-Blackness and racism.

The Philadelphia Area Cooperative Alliance was born from Principle Six – Cooperation Among Cooperatives – of the International Cooperative Principles. Weavers Way, Mariposa Food Co-op, The Energy Co-op, Childspace day care centers, Home Care Associates, Ardent Credit Union and the Life Center Association were the founding co-ops to establish PACA as a co-op of co-ops with a mission to improve the lives of people in the Philadelphia region by supporting democratically organized businesses, promoting the principles of the international cooperative movement and growing the cooperative economy.

To build an equitable and cooperative economy, PACA acknowledges and takes action to repair the impact of hundreds of years of racial and economic injustice in this country. We prioritize providing services to Black, Indigenous and people of color as well as immigrants and refugees from poor and working-class backgrounds.

In solidarity with the racial justice uprising and in recognition of the work remaining to be done by many white-led co-op businesses locally and nationally, numerous statements of support have

been issued. These have included steps toward change for more inclusive, diverse, and equity-centered co-ops. Weavers Way shared that it will focus more programming on the “important contributions of African Americans to the co-operative movement.” As a Black-led co-op development organization, PACA stands with the Weavers Way community. We offer our support toward the study of the historical and contemporary ways in which Black people organize mutual aid efforts. These efforts can teach us a great deal about how to manifest cooperative values in our actions and operations.

This spring, PACA hosted our network of co-ops – those that currently exist, along with start-ups – in a dialogue about how to practice mutual aid within our co-op community. We explored our current situation and asked what it is teaching us about the broader systems we need to change.

One start-up wanted to offer online events, so another offered to follow up and connect about their emerging platform. The child care and education co-ops shared similar experiences with navigating systemic challenges that need policy responses on a federal or state level and are in dialogue about how to advocate together.

Several co-ops needed financial resources to support their people and/or to make a pivot in their operations to adapt to COVID-19 realities. PACA opened its pre-existing fundraising campaign to include a commitment to redistribute half of every dollar we raised within our co-op community. Initial distributions of \$2,500 each went to Birth Brown Cooperative, Home Care Associates, Making Worlds Bookstore, Soil Generation, and Urban Creators. By the time this piece is published, we will likely have distributed another two or three grants of this size.

In June, we mobilized members of our community to testify at the City of Philadelphia’s budget hearings, to make clear that we wanted our elected officials to #DefundThePolice and #FundOurCommunities.

We will keep listening together, building together and confronting systems of exploitation together in the spirit of mutual aid and collective liberation. As organizer and abolitionist Mariame Kaba once said, “Through those relationships that get built, we’re creating new social relations that we’re going to need into the future to disrupt the structural violence and oppression in the systems.”

Join us by visiting [www.philadelphia.coop](http://www.philadelphia.coop) to learn more about the history of mutual aid and cooperatives and to make a donation to fund a more cooperative future.

## Thoughts on America’s Racist Culture

(continued from page 1)



tial consequence of every step I take. I must remember a white man’s artistic endeavor is a Black man’s death wish, and Black innocence is intrinsically linked with reasonable suspicion.

Regardless of the company that I keep or the way present I myself, in our country I will always be a suspect. I and anyone who looks like me is Ahmaud Arbery, Breonna Taylor, Mike Brown, Eric Garner, George Floyd, Amadou Diallo, Trayvon Martin etc. We are all on the chopping block, awaiting our unjust and cruel demise, strategically coordinated by our oppressors.

Maybe when I’m putting gas into my car tomorrow or taking a hike in the Wissahickon one of my generous white compatriots will spare the world from having to see my Black face again. Perhaps the government should start an initiative to physically replace every Black person with an iPhone; at least then, our people would be worth something in this country. That would of course be too easy, because history has proven our country is incapable of functioning without completely diminishing Black progression and our sense of security.

The archaic ideals on which our country was built upon, fused with ever progressive methods of discrimination, create a lethal cocktail. They intoxicate the public, challenging the concept of

compassion. I was asleep, but now I’ve awoken, and this country is rancid.

We must mutilate this country’s inherently discriminatory structures from within, in order to build a nation worth fighting for. Anyone who thinks the current “social unrest” is merely a vehicle for defunding the police has lost the plot and clearly hasn’t awoken from their own slumber.

This is the fight of my generation, the fight of my life. Anyone who hails minor changes in our country’s institutional and societal practices as the realistic method of change has made their intentions clear.

A systemic overhaul and a total shift in the collective psyche of the American people is the only way we can instill any semblance of American civility. It’s pointless to replace the beams of a structure that is inherently rotten.

So the next time you lash out at a staff member for not having your organic strawberries, maybe you should consider channeling your frustrations toward advocating for a cause — one that may contribute to systemic change in your community, and potentially save a life.

*Devon Watts is a member of the deli staff at Weavers Way Mt. Airy.*

## Germantown Neighbors Create Fund During Pandemic

(continued from page 1)

Fund grant from Bread & Roses Community Fund provided funding for GMAF to pay a Germantown-based bookkeeper. A few more neighbors joined the committee in June — Felicia Coward, Tiffany Dominique and Barbara Dowdall — so that members could better share the responsibility and sustain their roles in the effort.

Our hope is that folks see GMAF not as a one-time gift, but as a step toward building a more caring community where people look out for one another and help to meet each other’s needs. Each small act helps strengthen the fabric of our neighborhood. We encourage everyone involved to participate in other acts of care — to check in with their elderly neighbors; to offer to pick up groceries or look after a child; to respond to requests for help through our Germantown Time Bank, or to help with mutual aid projects organized by other residents and activists like the Germantown Supply Hub on Church Lane or the mini food pantries in front of private homes.

Of the 157 donations made to GMAF, a large majority came in just after the launch. One of the first came from Donna Bonnett. “...I wanted to help contribute to my neighbors in some small

way,” she said.

Bonnett, a native of Guyana, has lived in senior housing in Germantown for 15 years. “You know the saying... a little can go a long way,” she added. With donations starting at \$10 each, that’s the mentality that has generated such widespread generosity.

As word about GMAF spreads deeper into the community, we expect to start receiving many more requests for support, so the fund will only be able to sustain itself as long as there are incoming contributions.

We hope that neighbors will continue to feel solidarity with those experiencing higher financial stress, and consider playing a role in this effort to keep people rooted in their community. There is no minimum donation amount, and every single donation is impactful.

You can help us grow this culture of care by visiting <https://chuffed.org/project/germantown-mutual-aid-fund>. We can also accept checks sent to:

Germantown Mutual Aid Fund  
P.O. Box 48011  
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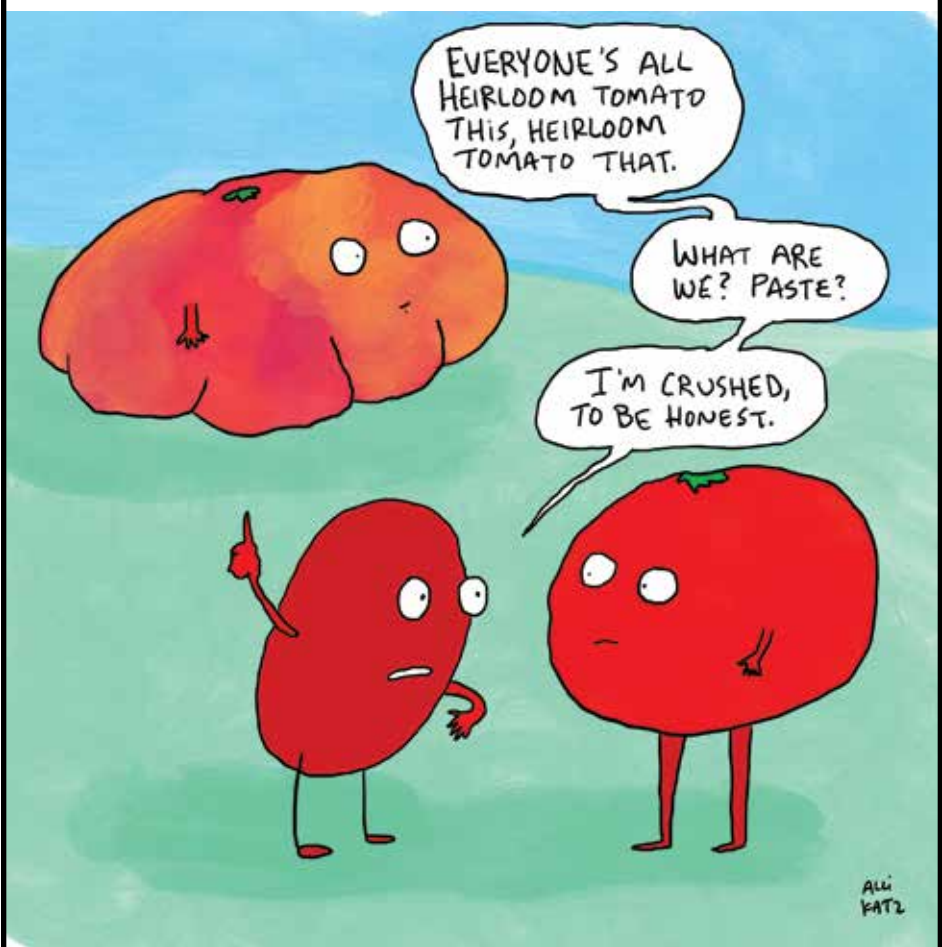


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### Locally Grown

*Illustration by Alli Katz*



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

### Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. Meetings are taking place online during the COVID-19 crisis. 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](http://www.weaversway.coop/board). Board members' email addresses are at [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop) or 215-843-2350, ext. 118.

**2020-2021 Weavers Way Board**  
**President:** Toni Jelinek  
**Vice President:** Esther Wyss-Flamm  
**Treasurer:** Michael Hogan  
**Secretary:** Sarah Mitteldorf  
**At-Large:** Hilary Baum, Larry Daniels, Danielle Duckett, Olga Corrias Hancock, Whitney Lingle, DeJaniera Little, Frank Torrisi

### Weavers Way Mt. Airy

559 Carpenter Lane  
**10 a.m.-7 p.m. (temporary)**  
**215-843-2350**

### Weavers Way Chestnut Hill

8424 Germantown Ave.  
**10 a.m.-7 p.m. (temporary)**  
**215-866-9150**

### Weavers Way Ambler

217 E. Butler Ave.  
**9 a.m.-7 p.m. (temporary)**  
**215-302-5550**

### Weavers Way Across the Way

610 Carpenter Lane  
**10 a.m.-7 p.m. (temporary)**  
**215-843-2350, ext. 6**

### Weavers Way Next Door

8426 Germantown Ave.  
**10 a.m.-7 p.m. (temporary)**  
**215-866-9150, ext. 221/222**

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### DID YOU KNOW?

You can read the Shuttle online.

[www.weaversway.coop/shuttle-online](http://www.weaversway.coop/shuttle-online)



### New Member Orientations

are postponed

during the COVID-19 crisis.

### 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 co-operative model. You'll receive two hours of work credit for attending. We look forward to meeting you!





# WE PROMISE TO WORK FOR RACIAL JUSTICE

Our Co-op operates within a society in which institutional racism is real, and silence and inaction on our part at this time is unacceptable.

We must commit to ensuring the Co-op is welcoming, inclusive, and equitable, and we must acknowledge that we've failed to always live up to these commitments in the past.

Everyone must feel safe, valued, and included when they set foot in our stores.

*Action matters more than words, and so we will commit to the following first steps:*

## DOING A BETTER JOB AS A BUSINESS

- Budget resources for staff training and education on diversity, equity, and inclusion.
- Develop a diversity program to improve the racial diversity of staff and management.
- Re-write vendor guidelines to place additional emphasis in supporting vendors owned by People of Color.

## EDUCATION & ADVOCACY

- Ensure the Co-op's line up of workshops and seminars include a larger portion dedicated to understanding and combating institutional racism and the advancement of racial justice.
- Use the Co-op's various methods of communication to educate, raise awareness, and report on issues related to institutional racism.
- Dedicate space in our newspaper, the Shuttle, to articles and commentary on institutional racism and racial justice, authored by people of color as much as possible.

## FINANCIAL COMMITMENT

- Re-prioritize the Co-op's giving to ensure that we are supporting more organizations working for racial justice and the end of institutional racism.
- Dedicate several Giving Tuesdays every year to organizations aligned with these goals.

You can learn more about the Co-op's efforts on our website:

**[WWW.WEAVERSWAY.COOP/  
RACIAL-JUSTICE](http://WWW.WEAVERSWAY.COOP/RACIAL-JUSTICE)**