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A Summer of Big Changes for Board Leadership

by Esther Wyss-Flamm, President,
Weavers Way Board of Directors

ON JULY 26, BOARD PRESIDENT Toni Jelinek informed the Weavers Way Board of Directors that she was resigning effective immediately. She did so with the belief that, after over a year of serving in this capacity, a change in leadership would better serve the Board and the Co-op as a whole. We are immensely grateful for Toni's unwavering support of the Co-op throughout her tenure and look forward to seeing her in the aisles of our stores.

Per our bylaws, as vice president, I have stepped into Toni's role to ensure ongoing continuity. I was first elected to the Board in 2018, and along with being an enthusiastic Co-op shopper, I have a background as an organizational consultant, an academic in organizational development, and as a small business owner. I have helped put together our annual Board retreats and have been active on several of the Co-op's committees, including the Racial Diversity, Equity and Inclusion Committee.

On Aug. 10, just over two weeks after Toni's resignation, the Board convened to address succession issues, and elected Cheryl Croxton vice president. As a relatively new member of the Board, Cheryl is ready to contribute her vast legal and community organizing experience. I am honored and grateful that she is stepping into this role.

Also at that meeting, the Board unanimously voted to fill the vacancy result-

(Continued on Page 6)

The Shuttle

SEPTEMBER 2021

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 49 | No. 7

Get Ready to Flash Your Member Card?

by Kirsten Bernal, Weavers Way Membership Manager

LONGTIME WEAVERS WAY MEMBERS MAY WAX NOSTALGIC thinking back to when we rounded the corner on the checkout line in Mt. Airy to thumb through card file drawers in search of our member cards. We used those dog-eared ledger cards to track everything!

I was the membership assistant at the time, and spent hours writing big red block numbers on the cards. We had an elaborate system of different colored foil stars signifying equity status and work hours. When we checked out, we handed the card to our cashier to scan. From there, it went to a shelf above each register, and, at the end of the day, it was a cooperator's job to refile the cards. Believe it or not, that system continued into the beginning of the 21st century!

(Continued on Page 22)



New cards will be arriving soon.

EV Showcase Returns to Ambler with New Models

by Michael Frost, for the Shuttle

“HOW DO YOU TURN THIS THING ON?”

If you're like me, your first time attempting to drive an electric vehicle may mirror your first time trying to turn on a cell phone — except this time, you won't need to push and hold the “off” button. All you'll need to do is sit down.

Your big opportunity to test drive and/or learn more about EVs is coming up on Saturday, Sept. 25, when the Drive the Future EV Showcase takes place once again in the joint parking lot of Weavers Way Ambler and Ambler Beverage Exchange. At press time, the showcase was scheduled to feature three models from industry standard-setter Tesla on hand, as well as electric models from Chevrolet, Nissan, Hyundai, Volkswagen and Polestar, a collaboration between Volvo and its corporate parent, Geely Car Group. Geely is seeking to do what every other EV-producer would like to do: become a Tesla slayer.

Who knows? You might even see Ford on hand with its “Mustang” Mach-E, which might not look like a Mustang. I find it more akin to a Shetland pony, but it has been garnering good reviews. And 2022 will mark the arrival of the F-150 Lightning, the highly anticipated all-electric version of America's best-selling pickup truck.



photo by Michael Frost

The designated spots for charging electric vehicles at Weavers Way Ambler.

If you're in the market for a brand-new car and you aren't considering going electric, you're missing the boat (if you'll pardon the mixed metaphor). Prices are coming down, and if you couple federal cash incentives of \$7,500 (at least for non-Teslas, since each manufacturer can only offer a finite number of these discounts) with the amount of money you'll save on gas,

(Continued on Page 15)

Rosh Hashanah

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Editor’s Note

by Karen Plourde, Editor,
Weavers Way Shuttle



THANKS TO FRIENDS OF THE Wissahickon, in the last year I’ve been able to fulfill a goal I put forth (in front of witnesses) at a weekly sales meeting at our Chestnut Hill store in 2015 or 2016. We were taking turns answering the icebreaker question “name one thing you want to do this summer,” and I said I wanted to spend a little time in the Wis-sahickon, because I hadn’t in a long time. Five years later, I finally set aside that block of time, so I could write my article for the FOW’s quarterly newsletter.

In the last year, I’ve done two more articles for FOW newsletters, which adds up to around three hours I’ve spent in various parts of Wissahickon Valley Park. For my fall newsletter story, I made two trips there, because I wasn’t happy with the first set of photos I took.

That’s chump change compared to many of you, who run, bike or walk there (with a dog or not) every day or weekly. Even so, I’m pleased at the relatively big uptick in the time I’ve spent there, even though I’ve done it more out of obligation than anything else. The Wissahickon is a wonder and a treasure, and a big reason why I got hooked on Northwest Philly soon after moving here in 1986. It shouldn’t have taken me this long to get back, but it’s a welcome swing toward the positive.

By the way, if you’re a working member who likes to write and would like to contribute a Wissahickon-themed article to a future FOW newsletter, email me at editor@weaversway.coop; you’ll earn hours for the time you spend on the story. The next deadline will come up soon enough, and it would be good for me to share the creative nature vibes. The sooner you respond, the better your chances of getting the assignment.

See you on the trails (I hope). And catch you in the pages next month.

Former Barista Hones Years of Coffee Knowledge Into a Company that Focuses on Community

by Karen Plourde, Editor, Weavers Way Shuttle

LUIS GONGORA GOT INTO THE COFFEE business the way so many others do — as a barista in a neighborhood café. But unlike most coffee shop vets, he stayed in the profession for 10 years and learned about roasting, brewing methods and the science behind both.

With time on his hands after being laid off during the pandemic, Gongora took what had been a hobby to the next level, developed a business plan, and started Vamo Coffee last October. Their coffees were recently introduced at Weavers Way Ambler.

Vamo, a Black and brown-owned company, operates a “roasting studio” out of a maker space in Callowhill. They exclusively source specialty grade green coffees for the company’s selections.

“These coffees are paid a premium, [and] that extra premium pay goes out to the farmers and producers who will grow and process these coffees,” Gongora said. “[We’re] making sure that they can have a positive net revenue to reinvest in their farms and their employees. Therefore, [we’re] keeping a really nice quality, but also are having that extra leverage to keep producing and growing those coffees for the next year or the next harvest.”

One aspect of Vamo that distinguishes it from other local roasters is the roasting and brewing classes they offer in the Callowhill space. As part of the roasting classes, individuals and businesses can source single-origins through Vamo, or create a custom blend coffee. They can even come up with their own design for their coffee bags.

As a former barista trainer, educator and quality control specialist for Square One Coffee Roasters in Lancaster, Gongora enjoys sharing what he’s learned with others.

“We’re very focused on quality and consistency, but also learning and education,” he said. “Not just for the company, but also for folks who want to learn more.”

In a region in which high-quality local roasters are plentiful, Gongora believes Vamo’s focus on building commu-



A sampling of some of Vamo’s coffees

nity distinguishes it from other coffee companies. They put together small projects and promotions to help different local nonprofits to raise funds, including a recent fundraiser for the Cesar Andreu Iglesias Garden in North Philly to help them maintain their growing spaces in a neighborhood that’s undergoing gentrification. And last year, they supported the Black and Brown Coalition of Philadelphia during the Black Lives Matter protests in the city.

Vamo’s current bagged offerings in Ambler are Minas Gerais, a Brazilian coffee, (\$15.99 for a one-pound bag), Cesar Andreu Iglesias Community Garden and Kiriyaaga, a Kenyan roast (\$16.99/bag).

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

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

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

Advertising

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



**SLICE IT
DICE IT
SERVE IT**

Get Jacked for Celeriac

by Kieran McCourt, Weavers Way Ambler

It’s different than stalk celery, and was cultivated for the edible stem root instead of the leafy stalks. It has an earthier, more vegetal flavor than the stalks.

— it can be eaten raw, blanched, fried, braised and even spiralized once peeled.

How to pick: Look for a root that feels heavy for its size, since they are mostly fiber and water.

—as it dries out, it begins to lose flavor and can be harder to work with.

Once peeled, celeriac begins to discolor, so a bowl of acidulated water can keep the flesh looking good, much like with apples.

Celeriac can be used raw in salads or slaws to add a different crunchy texture and vegetal sweetness. Julienne it, cut it into matchsticks, or for the brave, break out the mandolin for thin disks. It’s great with a mustardy dressing that’s full of herbs.

It’s a great addition to a tray of roasted vegetables, and works well with carrots, parsnips and other tubers. The chopped pieces can also be quickly blanched or parboiled for a more tender-crisp texture.

Add celeriac into braises, soups or stews for a different flavor spin. It can also be used in a mirepoix, either as a replacement for stalk celery or carrots.

Mashed or puree it for wintertime comfort. Also, it can substitute reasonably well for potatoes, especially for the paleo or keto crowd. It can even be grated and fried up as fritters.



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Fall and the Return of In-Person Learning

by Lisa Mosca, Food Moxie Executive Director

AS THE SEASONS BEGIN TO CHANGE, THE FOOD MOXIE team is excited to re-engage students with in-person programming at W.B. Saul and Martin Luther King high schools this month.

At Saul, the largest urban agricultural high school in the country, we work with students in horticulture classes to engage them in hands-on growing and scratch cooking experiences as well as entrepreneurial and business planning activities that meet Career and Technical Education standards. Program Manager Dorene Reggiani and Growing Spaces Manager Brandon Ritter provided incredible pivoted programs last year with support from Weavers Way working members and other amazing volunteers through home deliveries. Now our staff is excited to get back to in-person support for our high school programs.


Every Thursday, Food Moxie staff support themed experiences for our Land Lab in-school programming at Saul. Each lesson includes a seasonal tasting opportunity as well as an interaction with our growing space. The fall and spring are filled with hands-on activities in the garden, while our winter classes often involve planning and entrepreneurial activities.

At MLK, our staff works with students affected by autism and other learning differences to meet CTE standards for life skills, including team building, public presentation skills, fine motor skills and exposure to trying new things. We also support culinary arts students at MLK with opportunities to engage with a beautiful growing space that includes fresh culinary herbs and other crops.

Do you have time and talent to share? We often have volunteer support opportunities listed for cooperators in the Food Moxie section of the Member Center.

If you would like to support the above programs, along with our Garden Club and Hope Kitchen programs, please also consider buying a ticket to Seed to Supper, our annual farm-to-table fundraiser, at www.foodmoxie.org/seedtosupper. All proceeds from this event, scheduled for Thursday evening, Sept. 30, benefit the children, parents and students who learn and teach us about growing, cooking, tasting and eating nutritious food.

Co-op Executive Chef Bonnie Shuman is planning an amazing meal this year with a focus on vegan dishes that highlight local seasonal produce. In October, our annual Urban Farm Bike Ride returns for its 16th year. Look for information on that event in the October Shuttle.



Soup Challenge at Saul.

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FOOD MOXIE



Harvesting at Hope Garden



Students watering a sapling at Hope Garden



Healthy lunch options at Henry Got Crops Farm at Saul High School in Roxborough.



Food Moxie growing spaces and greenhouse at Saul High.

THANKS TO...

- Mia Bevilacqua, Drexel Coop Fellow
- Elissa Goldberg, Bridging the Gaps Fellowship Coordinator
- Hazel Iashmolkina, Bryn Mawr Fellow
- Gentry Jonte, Powercorps Fellowship Coordinator
- Danny Joseph, Bridging the Gaps Fellow
- Janice Lion, Haverford Fellowship Coordinator
- Adrian McGill, Powercorps Fellowship Coordinator
- Dominic Speech, Powercorps TRUST Coordinator
- Lauren Tanel, Haverford Fellow
- Kevin Yu, Bridging the Gaps Fellow
- April Zeng, Haverford Fellow
- Our Seed to Supper Host Committee and Sponsors
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- All our partners, their staff, and teachers
- The Food Moxie board and staff
- Weavers Way Co-op staff and members
- All the Co-op members who have been helping with our workdays and deliveries

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L.E.T.T.E.R.S

Thanks for the Hospitality

Three of the Weavers Way Together Women Rise chapters returned to the Ambler Weavers Way for our August dinner, which of course, we had to skip last year. The staff was incredibly accommodating and creative. Many thanks to Bernadette Dougherty and Kathleen Casey for managing our boxed dinners and reservations.

The staff set up tables in the parking lot, the weather cooperated, and we had a delightful reunion. And who should come out, wearing a Weavers Way apron and attending to us, but our General Manager Jon Roesser! He shared with us how happy he was to see us, the first social event since lockdown in spring 2020.

Thanks, Weavers Way, for always coming through for us and bringing us together.

Betsy Teutsch

CORRECTION

THE HEADLINE OF THE WISSAHICKON Trails column, “What You Can Do to Help the Endangered Monarch Butterfly” in the August Shuttle was incorrect. The term ‘endangered’ is a classification that Monarchs currently do not have.

According to the senior naturalist at Wissahickon Trails, the U.S. Fish and Wildlife Service believes Monarchs should be listed as endangered, and will review their situation annually to determine if they should make the change.

The Shuttle regrets the error.

A Summer of Big Changes for Board Leadership

(Continued from page 1)

ing from Toni’s resignation. We agreed to invite Jason Henschen, the next runner-up on the slate of candidates from our recent elections held in April; he accepted.

Let me assure you that the Weavers Way Board is alive and well. We have 11 talented and dedicated member-elected individuals who are committed to supporting the broad vision of the organization and ensuring that things run smoothly into the future.

These have been challenging months for us all, including those of us on the Board. Like many of you, we’ve been running our business and monthly meetings virtually via Zoom and phone calls. We watched as discussions and decisions that were once open and smooth become stilted, voices muffled, and video flash in and out as we worked together to review the Co-op’s performance. We have stood by General Manager Jon Roesser as he made decisions in a climate of extreme uncertainty regarding wages, budgeting, COVID regulations, and communications to staff and membership. And like organizations and co-ops across the country during this pivotal time, we have struggled to address diversity, equity, and inclusivity.

Between now and our next meeting, scheduled for Tuesday, Sept. 14 at the Venetian Club in Chestnut Hill, I will speak with each Board member individually to make sure we are addressing any concerns and questions regarding this transition as we move forward into the fall and a new fiscal year.

Thanks to Jon’s consistent leadership, we have been in excellent hands during these times. We have watched him show up when unruly shoppers disrupted the store, burn the midnight oil as he wrote missives to update us about developments regarding COVID, and support the staff with battle pay. There are times when a Board plays a heavy-handed role with a general manager to ensure the future of the organization, and there are times when the GM’s steadiness supports the Board. We are grateful for Jon’s steady leadership during the Board’s rockier, more introspective time this summer.

We are cognizant of our role as representatives of the membership. I look forward to seeing you at our first in-person celebration — it’s been a while! — at the General Membership Meeting at Awbury Farm on Saturday, Oct. 2.

SHUTTLE LETTERS POLICY

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

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Why a Relic of the Midcentury Mod Grocery Store Era is Now on the Ropes

by Jon Roesser, Weavers Way General Manager

IF SALES AT OUR MERCANTILE STORE (2021 BEST of Philly, thank you, Philadelphia Magazine!) are any indication, we have quite a few Midcentury Modern enthusiasts here at the Co-op. Considering all the coffee tables, lounge chairs and floor lamps we’ve sold in the last couple of years, the living rooms of Northwest Philadelphia must look like the set of “Mad Men.”

I too am a bit of an MCM fan, although my particular interest is rather specific, perhaps appropriately so for the manager of a food co-op: I have an affinity for Midcentury Modern grocery store design.

Laugh all you want, but it’s a thing. Grocery stores built in the 1950s and ‘60s reflect America’s postwar prosperity. They represent the coming of age of the nation’s industrialized food system, one on which we continue to depend today.

MCM supermarkets were characterized by their big, open spaces, high ceilings, glass fronts, bright lighting, and modern amenities like automatic doors and ample parking.

Inside, aisle after aisle showcased the bounty of a rich nation with a modern infrastructure, capable of supplying every community with oranges from Florida, lettuce from California, beef from the Midwest, and almost every other conceivable food necessity — all under one roof, all to be had in one convenient shopping trip.

These were food palaces, and the architecture of the day reflected the high place they held in society. Today’s supermarkets, basically concrete bunkers built on the cheap, reflect how our food system, once revolutionary and beguiling, is now essentially taken for granted.

Throughout the Philadelphia region, some remnants of grocery’s bygone era remain, though most have been altered nearly beyond recognition. There’s the Whole Foods in Jenkintown, which was once an Acme, and the Holy Redeemer Medical Center in Rockledge, converted from a Genaurdi’s. The Produce Junction in Glenside, once an A&P, is a smaller version of the style and still largely unaltered.

But for me, the undisputed champ is the old Frankford Thriftway. In the shadow of the El terminal at Bridge-Pratt, this massive structure is the epitome

“Our food system, once revolutionary and beguiling, is now essentially taken for granted.”

of Midcentury Modern commercial design. It’s also endangered.

It was originally built by the Penn Fruit Company, one of the pioneers of the postwar American supermarket. With its sleek lines, giant arched roof and glass front, the building screams Midcentury Mod. It doesn’t take much imagination to picture the parking lot filled with tailfin cars and the place packed with shoppers with beehive hairdos and Ronsir glasses.

Penn Fruit met its demise in the 1970s, but up until a few years ago the Frankford store was the Holiday Thriftway. It wasn’t the cleanest grocery store you’ve seen, but nevertheless continued the vital service of providing groceries to a hardscrabble part of town.

The Thriftway closed a few years ago, and since then has sat vacant, its glass front covered up to protect it from damage. It’s a gaping hole in the Frankford Avenue commercial corridor.

The building is now owned by the Rite Aid Corporation. You can guess where this story is heading.

Rite Aid wants to open a new drugstore in Frankford, one that would offer a selection of groceries.

The old Thriftway would cost millions to repair and upgrade; better to knock it down and put up something new. If you’ve seen a Rite Aid, you have an idea of what they have in mind.

The good people of Frankford desperately want a place to buy groceries; if the Thriftway building is a casualty in achieving that goal, so be it. The Frankford Community Development Corporation, also anxious to get groceries back into the neighborhood, reluctantly agrees.

Even the Preservation Alliance of Greater Philadelphia, while bemoaning the loss of such an iconic building, is supportive of Rite Aid’s plan. “A missed opportunity,” its executive director told WHY? last year.

All that’s left are snobs like me, someone who doesn’t live in Frankford, who will shake his head when the Thriftway’s demolished and replaced by some ugly concrete box.

The tale of the Frankford Thriftway highlights just how important grocery stores are to a community — any community, rich or poor, white or Black, city or country. More so than any other commercial business, a place to buy groceries is fundamental.

The tale of the Frankford Thriftway also highlights how big corporations continue to control the game. Only a corporation like Rite Aid, or a deep-pocketed commercial developer, would have the resources to buy such a big property. They can then afford to put together their plans, declare any alternatives unworkable, and effectively hold a community hostage until the necessary stakeholders fall in line.

They get what they want, and they claim to have the community’s best interest in mind. And ironically enough, if a building built to showcase the progress of postwar America stands in the way of their progress, bring on the wrecking ball.

I might be a snob, but I see through their veneer. See you around the Co-op.

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Musician Brothers Strike Cautious Notes About Returning to Play Live

by Karen Plourde, Editor, Weavers Way Shuttle

BROTHERS, PROFESSIONAL MUSICIANS AND WEAV-ers Way members Dave and Rich Posmontier have spent more than 40 years making music locally, gigging at private events and playing clubs, mostly as part of various ensembles. Both started out in the jazz world, performing as the Posmontier Brothers Band and recording an album in 1983. While Dave mostly stayed in jazz, Rich became a bandleader, put together a 12-piece group and handles the booking for fundraisers, weddings and other events.

Both have spent close to two years mostly sidelined due to the COVID-19 pandemic, which led to some big changes in their daily lives.

“I’ve been able to eat three meals a day at the same time each day, which I’ve never done before,” said Dave, who lives in Cheltenham with his wife, Debbie. “...For the last year and a half, I’ve been able to eat breakfast at 11 and lunch at 2 or 3 and dinner at 7 o’clock. And it’s been very orderly.”

Before COVID, Dave was playing a couple Mondays a month with a quartet at LaRose Jazz Club in Germantown. He also gigged as part of a duo at the Prime Rib restaurant in the Live! Casino and Hotel in South Philly on Saturday nights, and played with another group that specialized in weddings.

“As a freelance musician, it’s always different, every week, but a lot of gigs are played with the same group of musicians,” he said. “There’s maybe about 10 or 20 musicians that I generally play with.”

During the pandemic, Dave and several fellow musicians livestreamed some concerts through Facebook, most of which happened in his driveway. The group also recorded a few hour-long sessions and sent them to various retirement homes where they normally perform live, for which they were paid. In addition, he and his son, Alex, recorded a concert in Dave and Debbie’s living room, with Dave on keyboards and Alex, also a professional musician, on organ.

Since June, Dave, who started playing keyboard at age seven, has been getting gigs again. He started playing solo at the Rittenhouse Grill in Rittenhouse Square, and some of the retirement homes where the group played before the pandemic are now allowing them to perform live.

“Things are opening up,” he said. “Not quite as much as they were, but gigs are coming back...and hopefully, they’ll [stay] open. You never know what’s gonna happen.”

At the end of August, Dave and six bandmates were scheduled to play at a friend’s outdoor wedding for 100 guests. But with the rise in COVID cases due to the Del-

ta variant, 60 guests declined the invitation. The wedding will still go on with a smaller crowd, but the band has been trimmed from seven pieces to five, and guests and musicians will have to submit proof that they’re vaccinated and be tested for the virus.

Dave’s looking forward to fall, when Jazz Bridge, a group he’s been involved with for about 15 years, resumes monthly live jazz concerts from October to May in different venues; the series did not take place last year. He hosts the shows that take place at the Cheltenham Arts Center, and Philly Stomp, the traditional New Orleans jazz band he plays with, will perform there in November. Proceeds from the concerts go to help musicians with medical expenses and other needs.

With Pandemic Unemployment Assistance to help with the loss of income, Dave could be a bit more philosophical about his change in routine. Even so, he’s glad to be playing live again.

“It was kind of nice to be able to be home and have time to do things that I’ve been putting off, but at the same time, I kind of missed the music and playing with the people I play with,” he said.

All of a Sudden, An Empty Calendar

As a bandleader for 30 years, Rich Posmontier, a resident of Wynnewood (?), is used to having a year’s worth of parties booked ahead of time. Those went away with the onset of COVID-19 in March of 2020.

“It’s funny; when it first hit, they said ‘two weeks,’” he recalled. “...well, of course, two weeks turned into almost two years.”

This past spring, the ensemble started doing parties again — only about eight or 10 so far. And some clients are postponing their dates until 2022. In June of 2020, they were scheduled to do the Moonlight and Roses Gala, a big fundraiser, at Morris Arboretum. Once the pandemic descended, it was postponed to June of 2021; it’s now postponed to June 2022.

Since the group has returned to playing live, Rich has noticed a little tension in the air at events. He requires everyone in the band to be vaccinated.

“You might have 200 people, most of them not masked, and you always have some anti-vaxxers in every crowd,” he said. “...there’s a little bit of tension, maybe even fear, about [whether] this is going to be a super-spreader event.”

Rich, a trumpeter-turned-percussionist, was concerned about the financial situation of his musicians, most of whom don’t have day jobs. As with his brother, they were mostly able to get PUA money, which was scheduled to end in early September. He, meanwhile, got



Bandleader and percussionist Rich Posmontier.



Dave Posmontier at his keyboard.

a part-time job doing quality control with the U.S. Census; he was later promoted to census field supervisor, and the hours got closer to full time. That position is scheduled to wind up at the end of the year.

“All in all, it’s not been the devastation financially that it could have been for most people,” he said. “I’m really grateful for the government funding of all the unemployment so that these guys who didn’t have other things are doing Ok.”

**NATIONAL
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September 15 to October 15

Look for Hispanic and Latinx-themed segments from the Co-op’s Racial Diversity, Equity and Inclusion Committee in the September editions of the Weavers Way eNews!

Local Boots on the Ground at the Line 3 Protests

by Eileen Flanagan, for the Shuttle

INITIALLY JOINED THE INDIGENOUS-LED STRUGGLE against the Enbridge Line 3 pipeline in Northwestern Minnesota because of climate chaos. Just when we urgently need to get off fossil fuels, it’s especially reckless to expand pipeline routes for Canadian tar sands oil, one of the worst fossil fuels for increasing greenhouse gases.

As soon as I got to the Red Lake Treaty Camp, the evidence that the climate was changing was clear. In the Red Lake River, which borders the camp, clams had died in droves from the heat. The water in the river was only knee-deep in many places from drought. Meanwhile, we breathed smoke said to be coming from wildfires in Oregon, Montana and Canada.

From the camp, we could see over Enbridge’s chain-link fence to the land that the Canadian company had already stripped of trees. A massive drill was expected to arrive any day, at which point they would work round the clock to blast through the Earth and install the pipeline under the river. This is a dangerous process that has already caused accidents at the Willow River and the headwaters of the Mississippi River, which the pipeline crosses twice.

If completed, Line 3 will cross 22 rivers and many other bodies of water. That is the second reason people everywhere are affected by this pipeline, built by a company with an atrocious record in terms of spills. If ever there was a place where the old slogan, “We all live downstream,” was irrefutable, it’s the headwaters of the Mississippi, the largest watershed in the United States.

Violating the Trust Built by Treaties

There’s a third reason to oppose the Line 3 pipeline, one I came to appreciate more from listening to indigenous leaders there: It violates treaties, which the U.S. Constitution says are the “supreme law of the land.” The Red Lake Nation — one of several Anishinaabe bands in Minnesota affected by the pipeline — signed their treaty with the U.S. government in 1863, giving up huge swaths of land but retaining the right to fish, hunt and perform ceremonies along the rivers of that territory. The Red Lake Treaty Camp was asserting these rights by camping along the river, where people fished and hunted.

During the 10 nights I camped there, five Purification ceremonies, which use river water, were performed. As Gina Peltier, a member of the Turtle Mountain Band of Chippewa and one of the indigenous water protectors and climate activists who are part of the effort to halt construction of the pipeline explained, “If there’s no water, we can’t fish, we can’t hunt, and we can’t perform ceremony.”

The indigenous leaders of the campaign against Line 3 have emphasized that “we are all treaty people,” since the treaties were signed by indigenous nations and the



Top photo by Chris Baker Evans; bottom photo by Eileen Flanagan.

Top, the author leading an action at TD Bank in Philadelphia on July 23. Bottom, a sign urging a stop to the building of the Line 3 pipeline along the banks of the Mississippi headwaters in Northwestern Minnesota, where Enbridge was extracting water despite drought conditions.

U.S. government, making us all responsible for upholding them.

Another reason to speak out against the pipeline is the police violence that has been escalating against water protectors, who are using nonviolent direct action to slow construction wherever possible, especially at rivers the pipeline is set to cross. Some actions have centered around spiritual ceremony. Some have been focused on grandparents or women. Some have involved trespassing on Enbridge construction sites, which is supposed to halt work. Others have involved dramatic lockdowns or even people crawling inside pipes to delay their installation.

In response, in late June, police in Hubbard County blockaded one camp, preventing them from leaving their own driveway. In July, charges escalated, especially felony charges out of all proportion to nonviolent actions that did not destroy property.

After I left Red Lake Treaty Camp, 22 people were arrested while performing a spiritual ceremony, and reported rough treatment from the Pennington County police. A few days later, while the 22 were celebrating their release, the police detained a young indigenous member of the camp as he exited a nearby gas station restroom and then arrested two more people when they demanded to know why their friend was being detained. Most recently, water protectors in Pennington County were shot with rubber bullets, a clear escalation of police brutality.

Siding with Corporations Over People and Environment

The police response illustrates a broader problem — the defense of a foreign corporation’s financial interests by various branches of government over the water and the people trying to protect it. When there have been spills, it has been the water protectors who have identified and reported them, not the Minnesota Department of Natural Resources.

When the water was too low for Enbridge to drill, an indigenous woman, the official tribal monitor, called to report it to the Army Corps of Engineers. Even so, the police showed up to monitor her as she measured the water, not the company. Moreover, President Biden, who rejected the long-controversial Keystone XL pipeline, has not come out against Line 3, despite his pledge to be the climate president.

The good news is that the movement to stop Line 3 is growing, including in Philadelphia. On my way home from Minnesota on July 21, I started calling friends from Earth Quaker Action Team and POWER, a justice group that represents over 50 congregations in central and southeastern Pennsylvania, to organize a solidarity action in Philly two days later. My idea was to try to raise awareness of what was happening at Red Lake Treaty Camp by risking arrest myself while pressuring TD Bank, one of the pipeline’s major financiers.

Twenty-eight people showed up on short notice, at least four of them Weavers Way members. Seven of us were willing to risk arrest. Although TD Bank decided to lock out their own customers rather than speak to us, the Philadelphia police made no arrests.

The action generated social media and contributions toward jail support in Pennington County, where arrests were just beginning. Most importantly, it helped increase the number of people speaking out about this issue in our area. Two actions took place before the July 23 protest, and two more happened last month, one on Aug. 13 at Chase Bank and another on Aug. 18 at the Philadelphia District of the Army Corps of Engineers in Penn Square East.

We can support the indigenous leaders of the Line 3 fight by calling or writing President Biden. In addition, we can pressure TD and Chase banks to stop investing in this dangerous project. For more information or to get involved, contact the Philadelphia Waterkeepers at Philly-WaterProtectors@gmail.com.

Eileen Flanagan is an award-winning author whose forthcoming book will include the campaign to stop Line 3. The former clerk of Earth Quaker Action Team, she teaches online courses on effective activism.



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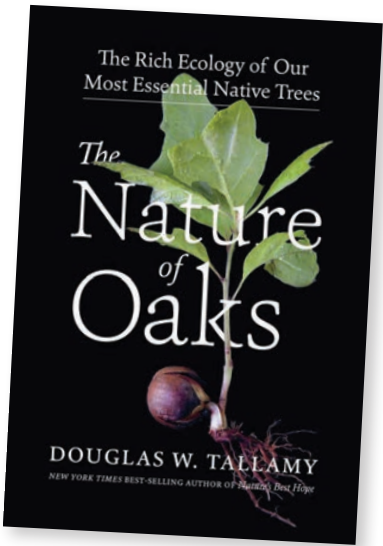
by Sarah Endriss, for the Shuttle

HAVE YOU EVER READ SOMETHING THAT KNOCKS you over, that alters how you see and understand the world around you? That was what it was like for me reading “January”, the fourth chapter of Doug Tallamy’s new book “The Nature of Oaks.” As a practicing ecological landscape design professional, the idea of birds feeding on caterpillars in the dead of winter was profound. I thought that birds ate seeds, nuts and berries in winter, not hundreds of caterpillars a day!

Of course, it’s not a revelation that birds eat caterpillars; I’ve understood that they and insects play an integral role in bird appetites in spring, summer and even fall when the weather is warmer. But I hadn’t ever contemplated that birds such as black-capped chickadees, nuthatches, titmice, woodpeckers and cardinals, all winter visitors to my feeders, would also eat caterpillars in sub-zero weather. According to Tallamy, neither had he up until recently, and it’s a game changer.

To read “January” is to look newly at the importance of intentionally preserving, protecting and cultivating native trees and shrubs in our yards, parks and natural landscapes, especially keystone species such as oaks (*Quercus*), cherries (*Prunus*), willows (*Salix*), birches (*Betula*), hickories (*Carya*), pines (*Pinus*) and maples (*Acer*). Tallamy not only shares observations of winter bird behavior from his own white oak; he also shares scientific data and observations from colleagues and students that together paint a vivid and disturbing picture of why the loss of our native forests and trees are contributing to the real and alarming decline of North American bird populations. According to the journal Science, the bird population has declined by three billion in the last 50 years, with 430 bird species declining so rapidly in North America that they are now considered at risk of extinction.

For the past 20 years, I have understood that to create sustainable bird habitat, we must plant native vegeta-



tion that provides seeds, nuts, berries and shelter for winter; caterpillars were not part of the equation. According to Tallamy, although many species of caterpillars, particularly inchworms, “spend the winter in the caterpillar stage... they stop eating leaves and either hide among the nooks and crannies of the tree’s bark or stay where they are on small branches and do absolutely nothing. They just sit on a twig looking every bit like a stick themselves, all winter long! When it drops below freezing, they rely on glycerin ... the same chemical in antifreeze, to keep their cells from bursting!”

So during the winter, when our trees, especially oaks, look bare, they are actually overwintering sites for caterpillars, the number one natural food source for sustaining healthy bird populations. This matters because, according to Tallamy, “...most songbirds in North America are primarily insectivores... and most of our bird species cannot reproduce without a ready supply of insects.”

Complicating matters further, of the 12,810 species of North American caterpillars, only a handful can eat from more than one or two plant species. Caterpillars are specialists!

As we begin to plan for the autumn planting season, consider reading “The Nature of Oaks”; it’s eye opening. Also, think about increasing the habitat value of your yard by planting native trees and shrubs that will support caterpillars, moths and butterflies year-round.

Here are Tallamy’s Top Five choices, compiled from “The Nature of Oaks” and Tallamy’s 2009 book “Bringing Nature Home.”

1. Oak (*Quercus*) — 80 species in North America supporting 534 species of Lepidoptera PA Native Trees (large) include = Northern White (*Quercus alba*), Chestnut (*Q. montana*), Bur (*Q. macrocarpa*), Pin (*Q. palustris*), Willow (*Q. phellos*), Northern Red (*Q. rubra*), Post (*Q. stellata*) and Black (*Q. velutina*)
2. Willow (*Salix*) — 97 species in North America supporting 456 species of Lepidoptera PA Native Shrubs include Pussywillow (*Salix discolor*), Black Willow (*S. nigra*) and Silky (*S. sericea*)
3. Cherry (*Prunus*) — 31 species in North America supporting 456 species of Lepidoptera PA Native Trees include: Black Cherry (*Prunus serotina*), Chokecherry (*P. virginiana*) and Pin Cherry (*P. pensylvanica*)
4. Birch (*Betula*) — 16 species in North America supporting 413 species of Lepidoptera PA Native Trees include: Paper Birch (*Betula papyrifera*), Yellow (*B. alleghaniensis*), River (*B. nigra*), Black (*B. lenta*) and Gray (*B. populifolia*)
5. Aspens, Poplars & Cottonwoods (*Populus*) — Eight species in North America supporting 368 species of Lepidoptera PA Native Tree: Eastern Cottonwood (*Populus deltoides*)

Sarah Endriss is principal of Asarum LandDesign Group, adjunct faculty at Jefferson University and a restoration design consultant for WildLawn, an ecological native grass alternative to traditional lawns. She can be reached at Sarah@asarumlanddesign.com

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Walk the Wissahickon Offers Views of History and Natural Beauty

by Lisa Hansell, Senior Development Manager, Wissahickon Trails

TAKE PART IN THE 25TH ANNIVERSARY OF Walk the Wissahickon on Sunday, Sept. 26 and experience the beauty of the Green Ribbon Trail through Montgomery County. Choose from three hike lengths —four, seven or 12 miles — along Wissahickon Trails’ longest and most popular trail. Staff and volunteers will lead you along the natural, mostly unpaved trail through diverse wetlands, woodlands and meadows as you follow the Wissahickon Creek.

All funds raised support our organization’s efforts to protect and restore the Wissahickon Creek and surrounding trails for the entire community to enjoy. If you’ve participated in previous years, you will notice that we are not offering the 21-mile hike due to trail closures along Lincoln Drive.

All the walks will begin at 8 a.m. from Parkside Place in Upper Gwynedd township; participants will be bussed back to the starting point. We ask that participants continue to follow all CDC guidelines to reduce the spread of COVID-19. The end points of each walk are as follows:

- Four-mile walk: Penllyn Park, Lower Gwynedd township
- Seven-mile walk: End with lunch at Four Mills Barn, Ambler
- 12-mile walk: Fort Washington State Park, Flourtown Day Use area

The fee for the walks is \$35 if you register by Sept. 6, \$40 if you’re registered by Sept. 19 and \$45 for registrations on Sept. 20 and after. The fee includes snacks, lunch at Four Mills Barn, bus transportation and a t-shirt. Those who register by Sept. 2 are guaranteed a t-shirt.

Register online at wissahickontrails.org/events/walk-the-wissahickon-2.



Green Ribbon Trail Garden Club Stepping Stone Crossing



About the Green Ribbon Trail and Preserve

The 12.6-mile Green Ribbon Trail follows the Wissahickon Creek from Parkside Place to where it connects with Friends of the Wissahickon’s Forbidden Drive in Philadelphia. The trail offers access points through several towns and boroughs including North Wales, Gwynedd Valley, Penllyn, Ambler and Fort Washington. Along the way, you will find historic sites that offer a glimpse of life in the Wissahickon Valley many years ago. Around mile 2.5, you’ll encounter the Evans-Mumbower Mill, a fully operational gristmill built in 1745 where our open houses take place. At mile 3.5, look for the old fireplace at King’s Woods that ice skaters used as a warming hut. And at mile 8, find our headquarters, located in the historic Four Mills Barn. The barn was designed by Philadelphia architect Horace Trumbauer and built in 1891 as part of an estate called “Abendruh.”

For nearly 60 years, Wissahickon Trails has worked with individuals and community organizations to gain permission to hundreds of acres to complete the Green Ribbon Trail. By visiting the trail, you can become part of a community tradition.

2

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October 4 | Creating Community: The Early History of Philadelphia’s African-Americans

October 5 | Meet the Artists

October 6 | Lorene Cary’s, “The Gospel According to Nana”

October 2–6 | Black Arts Showcase: Residents’ Private Collections

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10 REASONS TO VOTE IN EVERY ELECTION, AND HOW TO GET IT DONE

by Lori Jardines, for the Shuttle

- 1. Your vote is your voice.**
- 2. Every vote counts.** Some elections are decided by one vote. In some instances, an election may result in a tie and can then be decided by a coin toss.
- 3. Politicians make laws that affect our daily lives and can protect or limit our freedoms.** We elect the president every four years, and the president nominates judges to serve on the Supreme Court, whose justices have a lifetime appointment. The Supreme Court interprets laws which affect our daily lives and can protect or limit our personal freedoms and voting rights. Elections have consequences.
- 4. Vote to protect your health.** Everyone needs access to affordable, high-quality health care in this country.
- 5. Vote for the people who will protect your life, civil rights and your rights at work** (fairness in hiring, pay equity, job security) and will raise the minimum wage. The official minimum wage in Pennsylvania is \$7.25/hour.
- 6. Vote to protect** our environment. Ask yourself why poor neighborhoods are located near the biggest polluters. Why don't poor neighborhoods have green spaces and trees?
- 7. Vote for the way your tax dollars are spent.** Do you want to see schools improved, more green spaces for children, universal pre-K, and investments in youth programs and addiction treatment? Vote for programs that will allow for ex-prisoners to reenter society and be successful.
- 8. Vote because there were so many people who were beaten and/or died for your right to vote.**
- 9. Vote for our future.** Everything we do today affects the next generations.
- 10. Vote for a city government that will improve your quality of life.** In Philadelphia, you must know where your City Council member stands on issues including school funding, gentrification, and "councilmanic prerogative" – the inordinate power lawmakers have over the transfer of public property into private hands, according to the website Billy Penn.

How are your elected city officials responding to the public health crisis and long-term effects of gun violence? Children growing up with gun violence in their neighborhoods suffer long-term effects in the development of their brains and bodies. Philadelphia's children deserve better.

HOW TO REGISTER TO VOTE:

- Fill out the voter registration form and turn it in
- Register online at pavoterservices.pa.gov or call **1-877-VOTESPA**

REASONS TO VOTE BY MAIL:

- It is safe and secure.
- You will avoid long lines at your polling location.
- You can become a "super voter," allowing you to easily vote in every election.
- You will not show up at the wrong polling location on Election Day.
- You will have time to learn about the candidates and any ballot questions.
- You will have the option of being added to the annual mail-in ballot list and will receive an application to renew your mail-in ballot each year.

HOW TO RETURN YOUR MAIL IN BALLOT:

1. Fill out your ballot completely.
2. Place the ballot into the smaller secrecy envelope.
3. Place the secrecy envelope into the outer mailing envelope.
4. Sign and date the mailing envelope. If you do not do this, your ballot will not be accepted.
5. You can place your completed ballot in a mailbox (Ok), bring it to your local post office (better), take your ballot to a secure drop box, which is open 24/7 (better), or bring it to the County Board of Elections office at City Hall (best). The city will announce the locations of the drop boxes prior to Election Day.
6. Your ballot must be received by 8 p.m. on Election Day.

HOW TO APPLY FOR A MAIL IN BALLOT

- Fill out the application and return it.
- Apply online at VotesPA.com/mailballotapply
- Call **1-877-VOTESPA**

Are You Vaccinated Against COVID-19?

Protect yourself, family members, friends and neighbors – get vaccinated. The vaccine is available to anyone 12 and older. For more information about vaccination locations, go to www.vaccinate.pa.org. If someone you know is homebound or disabled, call 215-685-5488 to have someone come to their home to deliver the vaccine.

A Fruitful Food Fund Drive

Three local food pantries split up \$3,822.41 raised during this summer's Food Fund Drive organized by the Co-op's Food Justice Committee.



At left, Executive Director Cindy Wedholm (left) of Mattie N. Dixon Community Cupboard in Ambler receives a check and a \$500 Weavers Way gift card from Food Justice Committee Chair Whitney Lingle.



At right, Father David Morris, rector of St. Luke's Episcopal Church in Germantown, accepts the church's check and gift card for their food pantry from Nima Koliwad, the Co-op's outreach and community programs coordinator.



The Hope Pantry at Holy Cross Catholic Church in Mt. Airy (not pictured) also received a check and gift card as part of the fund drive.

Act II Playhouse Theater Set to Go Back Live With Five-Show Season in 2021-22

ACT II PLAYHOUSE IN AMBLER returns to live theater performances with a five-show season that kicks off Nov. 30 and will continue through Aug. 7, 2022.

The mainstage season opens with “Really Good Tidings,” a holiday variety show that features sketches, songs and improvisation. Previews run Nov. 30-Dec. 2; the show opens Dec. 3 and runs through Dec. 30.

The schedule for 2022 includes “A Couple of Swells” (Jan.11-30), featuring classic double-act routines from “The Carol Burnett Show”, Nichols and May, and Burns and Allen, as well as original material; “Buyer and Cellar,” “an outrageous comedy about Di-valand, the price of fame and the odd-est of odd jobs” (March 1-April 3); the musical “I Love You, You’re Per-fect, Now Change,” (May 3-June 12), and the theater’s premiere of “Togeth-er Off Broadway: Merman and Mar-tin”, a musical look into the lives of Ethel Merman and Mary Martin (July 5-Aug.7).

According to Artistic Director Tony Braithwaite, the theater is track-ing local and national guidelines on the return of live theatre and will respond accordingly as Act II’s reopening date gets closer.



photo by Mark Garvin

Tony Braithwaite, artistic director of Act II Playhouse.

Renewal subscriptions are avail-able now by phone, mail, or in person; new subscriptions go on sale Sept. 16. Act II’s box office, located in the lob-by of the theater at 56 E. Butler Ave. in Ambler, is open Monday through Sat-urday, 2-6 p.m. and is following CO-VID safety practices. Phone number is 215-654-0200. Single tickets (\$35 and up) go on sale Oct. 1. Full-price sub-scriptions start at \$128, with discounts for early renewals and seniors.

Stagecrafters Reopens for Live Performances with Production of “Rogues’ Gallery”

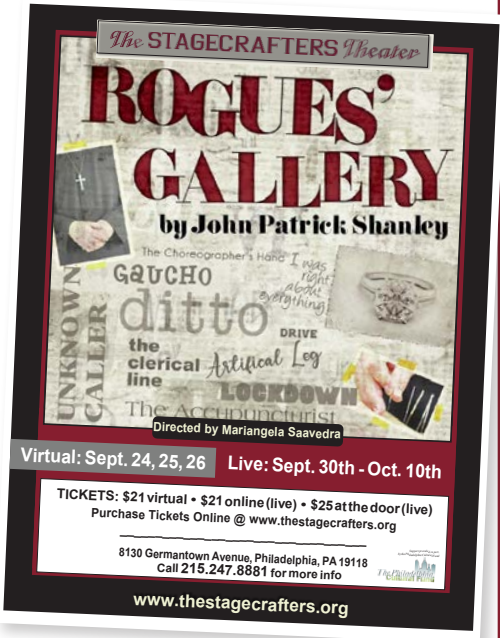
THE STAGECRAFTERS THEATER in Chestnut Hill kicks off the 2021-2022 season and returns to the stage after a lengthy hiatus with the production of “Rogues’ Gallery” by John Patrick Shanley, Sept. 24-Oct. 9 in a series of streamed and live performances.

“Rogues’Gallery” features 10 offbeat and suspenseful monologues delivered by a group of assorted indi-viduals who tell us about their loves, disappointments, transgressions and the perturbing circumstances that life tosses their way. Shanley wrote the play in response to the lock-down of the performing arts world during the pandemic, and is donat-ing the proceeds of all performance royalties to The Actors Fund.

Streamed performance dates are Sep. 24-26, with live performances scheduled for Sept. 30, Oct. 1, 2, 7, 8 and 9 at 8 p.m. The final live per-formance takes place Sunday, Oct.10 at 2 p.m. Tickets are \$21 online and \$25 at the door. Thursday evening per-formances are two for \$32 online and two for \$35 at the door. Discounts are available at the door for seniors, stu-dents with valid ID and industry per-sonnel. Groups of 15 or more are of-

fered a reduced rate of \$15 a ticket, paid in advance.

Subscriptions are still available for the season at \$75 each and may be purchased online or at the box of-fice when attending a show. The box office opens 45 minutes before each live performance. For information call 215-247-8881; for reservations, call 215-247-9913. The theater’s website is www.thestagecrafters.org.



Talk All Things Co-op

with **Jon Roesser**
Weavers Way General Manager

- › **BYO Happy Hour in the Chestnut Hill backyard every First Friday, starting Sept. 3 from 5-6 p.m.**
- › **Coffee and Tea at the outdoor tables in Ambler, every First Monday starting Sept. 6 from 10-11 a.m.**

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When Trying to Eat Healthier, Consider Going the Mediterranean Route

by Nicole Schillinger, Weavers Way Wellness Team.



AS A REGISTERED DIETITIAN, I AM REQUIRED to take Continuing Education Units to maintain my licensure. In a course I recently took, I learned that according to a new study published online in the journal Heart, the “green” Mediterranean diet might be even healthier than the traditional Mediterranean diet.

What makes the diet green? Three to four cups of green tea drinks per day with 100 grams a day of mankai, the tiniest green leafy vegetable on the planet.

The Mediterranean diet emphasizes more fish and seafood as the primary animal protein source, plus nuts, seeds and beans. Less poultry, eggs and dairy are consumed, and red meat appears to have been removed completely. In the study, the group following the green Mediterranean diet lost a total of 6.2 kilograms, while the traditional Mediterranean diet group lost 5.4 kilograms and the healthy diet group lost 1.5 kilograms. The green Mediterranean group also saw the greatest reduction in LDL or bad cholesterol — close to a four percent decrease. This version also helps decrease the fat on the liver in those with non-alcoholic fatty liver disease.

According to a recent study, adhering to the basic principles of a Mediterranean diet prevented disease progression among men with localized prostate cancer on active surveillance.



“The Mediterranean diet consistently has been linked to lower risk of cancer, cardiovascular disease and mortality,” said Dr. Carrie Daniel-MacDougall, associate professor of epidemiology at the University of Texas M.D.Anderson Cancer Center in Houston, in a press release. “This study in men with early-stage prostate cancer gets us another step closer to providing evidence-based dietary recommendations to optimize outcomes in [patients with cancer] who, along with their families, have many questions in this area.”

When whipping up your meals and thinking of new recipes to try, consider eating more Mediterranean — it will be healthier for you for many reasons!

Nicole Schillinger-Vogler RD, LDN, is a certified personal trainer and group exercise instructor. Currently, she directs her own private practice, The Functional Health Center, where she applies medical nutrition therapy to help individuals with diseases improve the quality of their lives.
www.functionalhealthcenter.net

September Valley Talk Devoted to the Language of the Lenape Nation

by Ruffian Tittmann, Friends of the Wissahickon, Executive Director

LAST FALL, FRIENDS OF THE Wissahickon held a virtual Valley Talk on “The Past and Present of the Lenape in Pennsylvania.” The presentation drew more than 350 people and sparked an overwhelming desire to learn more from our stewardship partners at the Lenape Nation of Pennsylvania, a nonprofit organization dedicated to increasing awareness of Lenape history while continuing the preservation and revival of the language and cultural traditions.

Given the enthusiasm about the language, I am thrilled to welcome Shelley DePaul, the Nation’s chief of education and language, to kick off our fall virtual Valley Talks with a deeper dive into the subject on Tuesday, Sept. 14 from 6-7 p.m.

The Lenape language was passed orally from person to person. But beyond a few dictionaries compiled by colonial linguists that either are inaccurate or mix dialects, the language essentially became extinct.

Shelley is spearheading efforts to change that. A genealogical and historical researcher, she has gone from studying Lenape dialects to what the University of Pennsylvania has credited as being one of only four people in the world who speaks conversational Lenape. She has taught Lenape language classes at Swarthmore College for which she literally wrote the book — the only classroom textbook of its kind.

According to Shelley, if you’re going to study any culture, the language is a good place to start. Interest is growing, and not just among Nation members. At first, Shelley’s main goal was “just to give the language back to our people,” but now she’s teaching both introductory and advanced classes online four nights a week to people

from Philadelphia to Scranton and all over the country, and there’s a waiting list.

She has also begun training teachers. “The more speakers the better,” she said, “especially in Pennsylvania, our indigenous land.”

Join us for the latest conversation with our friends of the Lenape Nation. The educational and fun event will include how the history and culture of the Lenape people influenced their language. Register for the Valley Talk at fow.org/event/valley-talk-lenape-language/. Registrants will receive a Zoom link.



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Of Sledding Hills and the Impetus to Make Changes in Our Lives

by Victoria Valadao Napier, Weavers Way Plastics Reduction Task Force

JOSHUA SPODEK’S ZERO WASTE JOURNEY BEGAN with a sledding hill. As a child, he would sled down “Tommy’s Hill” off Wissahickon Avenue. It had just the right slopes, twists and turns, with a grand finale in which sledders would try to swerve away from the cold creek. He’d ride his Flexible Flyer among friends, surrounded by parents.

As he describes in his TED Talk, “Stop Suggesting Small Things. Do Meaningful Things”, little by little he watched as his sledding hill grew more distant as Wissahickon Avenue got wider and wider. It happened imperceptibly; only years later did he notice it was no longer part of the neighborhood. In his talk, he wants us to ask what our “sledding hill” is, the thing that reminds us how precious a place is, that inspires us to want to preserve it and stop other such losses.

One day, while looking down at the garbage in his bin, Spodek decided to take responsibility — he challenged himself to stop eating packaged food products for one week. To his discovery, the pain and sacrifice brought him more joy, community and connectedness. To share these stories, he started “The Sustainable Life” podcast to learn about the “sledding hills” of others.

More than five years later, his yearly garbage output is less than a bin, which he projects he won’t fill until 2022. He then challenged himself not to fly for a year, and now hasn’t flown in over five years.

My own recent “sledding hill” came to mind. I lived in Brazil for 10 years, on the coast just below Rio de Janeiro, in a city called Niteroi. In that part of the world, the sky, which is clear most days, is marked by the moving image of soaring albatrosses: straight lines, loops and curves that slowly trace their flight. They were never seen landing on the beach, but flew continuously. I treasured watching them; it helped me establish a home away from home, a sense of place.

After I moved back to the United States, I stumbled across a TED Talk by Chris Jordan, “The Midway Journey”, about the plight of the albatross. During the talk, Jordan showed photos he had taken in the Midway Atoll in the North Pacific Ocean, which is more than 2,000

miles from any continent. The photos showed carcasses of albatrosses, including chicks. He opened the carcasses to reveal what filled their bellies: masses of identifiable tiny plastic particles — soy sauce bottle tops, plastic cigarette lighters, plastic bottle and pen caps, fishing trinkets, and more. He described how albatross chicks are dying because adult birds feed them the little colorful plastic, which the chicks can’t regurgitate.

I was so saddened after watching his talk that I made a New Year’s resolution to greatly reduce my dependence on single-use plastics, with the goal of eliminating them entirely. The Great Floating Garbage Patch the size of Texas was horrifying, but it was too abstract an idea to me, as uncomfortable as it was. When I saw the little chicks filled with plastic, I was personally moved. My “sledding hill” was the graceful and beautiful albatross.

Although he grew up going to Weavers Way and did his share of work shifts, (his father, Howard Spodek, was member number 55), Joshua Spodek now lives in Manhattan and is a member of the 4th Street Food Co-op. To the question from 4th Street’s Zero Waste Skill Share Contributors form, “If you could see the co-op adopting a more zero waste culture, what would it look like?” he replied that he sees the co-op adopting a more zero waste culture: One that barely produces trash or sells products with trash components, one in which ideas for change come not only from the top (administrators) but also from the bottom (shoppers); a co-op that works with suppliers to reduce packaging of all sorts, especially non-recyclables; a focus on values more than price, and visionary, long-term thinking that reduces pollution, which he sees as helping the most needy and keeping oil in the ground.

“It’s not regressive, though producers try to characterize it that way,” he said. “I see plastic like asbestos or leaded gas — useful, but deadly. We don’t just tax them; we ban them.”

He encouraged the co-op to promote what works: problem solving and building community. He suggested that most of the ways to avoid using packaging are easy once the habit is formed, and added that role models are important to support what’s possible. He’s been



moved by folks like Bea Johnson, Lauren Singer and Josh Becker, who inspired him to see the average American’s amount of waste as unacceptable. I believe readers of his vision will see where our Co-op can be congratulated and where it falls short.

Recently, the Plastic Reduction Task Force has launched two exciting programs that support shoppers in their desire to avoid single-use plastic. The fledgling plastic Container Refund Program allows shoppers to buy walnuts, dried mango and more in sturdy, screw-top returnable plastic containers with a \$2 deposit. As of the week ending Aug.21, the program averted 1,025 plastic containers from the waste stream while 480 jars have been returned. That’s a return rate of 47%. Imagine what we’ll do this winter!

It is important to remember that when people return the jars, it helps the Co-op avoid purchasing more. In addition, shoppers can then get their deposit money back.

Although a deposit is not offered, shoppers can return their used and clean Wholesome Dairy Farms yogurt containers at all stores. which go back to the Berks County farm for reuse.

Please support the Co-op’s returnable container programs. And finally, as former Weavers Way member Josh Spodek asked in his podcast, what is your sledding hill? What is that personal place or thing in your life that has opened you up to change? We shared ours. Will you share yours?

EV Showcase Returns to Ambler

(Continued from page 1)

it’s starting to make economic sense even if you don’t give a hoot about the environment. And if you do, zero emissions is better than anything a gas-powered vehicle has ever been able to offer, and most likely ever will be able to offer.

What about road trips? They’re entirely possible, according to Rick Denzien, a local recording artist, music producer, environmentalist, and modern-day Ed Begley Jr., who is once again serving as host/organizer of the showcase. In 2019, he took part in an 8,000-mile concert tour with fellow musician and wife Debra Lee, driving their Tesla Model S in what was billed as “the longest music tour ever in an all-electric, zero emissions vehicle.”

Denzien will be among about 20 registered owners who will be in Ambler to show off their EVs and perhaps

give you the opportunity to sit down and turn them on. He estimates he has given more than 500 such rides since 2013, during which time he and his wife have saved approximately \$15,000 in gas costs.

Denzien believes that the primary benefit of EVs is to reduce the 152 million tons of carbon dioxide released annually by gasoline-powered engines around the world. But he also recognizes that the arguments for EVs go well beyond that, to collective economic and societal benefits.

“If we can open up and talk to each other, we can see some of these commonalities come out,” he said. He hopes the event will provide the opportunity to do that.

EVs have come a long way since Denzien got his first EV, a 2013 Nissan Leaf, which had a range of 96

miles. “And that was being generous,” he said. Now, top ranges of current vehicles pretty much exceed 200 miles and extend to 300 miles for the latest Tesla and Ford offerings.

With more and more towns following Ambler’s lead by installing charging stations, and companies like Electrify America forming a national network, you can now go well beyond showing off for your local yoga instructor — you can drive all the way to California to meet a new one.

The showcase will require all attendees and volunteers to wear face masks whenever they are within six feet of another person. More information is available at www.driveelectricweek.org/event.

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A New Take on the Ever-Present ‘Gallon of Soda’ Weed

by Alessandro Ascherio, Weavers Way Mort Brooks Memorial Farm Field Manager

“GALLON OF SODA,” JOHN SAID rather dully one day in 2007 while pointing to a light green plant with little yellow and white flowers. We were working on a farm in northern Vermont, not too far from Jeffersonville.

“What?!” I exclaimed.

“Gallon...of.... soda,” he repeated. “That’s a trick to remembering the name of Galinsoga, if you say it fast enough. It’s a very common weed on this farm.”

“Ah, understood,” I said.

Galinsoga was one of the first few agricultural weeds I learned about while working on that farm. Often it seemed the name trick made me forget the real name of the plant, but I have pointed out Galinsoga to people a whole lot more than I might have otherwise, always resharing the gallon-of-soda trick.

For the first 11 years of my farming career — if you can call it that — Galinsoga was a nondescript plant that was abundant on many farms in the Northeast. While tenaciously reproductive and sneaky with tiny seeds that can mature even after you pull out the plant, it is relatively easy to manage around crops, even in large numbers. Galinsoga did its thing, I did my thing. We coexisted but didn’t think too much of each other.

Then in June of 2018, cooperator Abbe asked as we were weeding Galinsoga out of a bed of beets or some other crop, whether it was edible.

“No way,” I said. “That’s just Galinsoga. In fact, this one farmer once taught me...” yada yada yada.

After pausing and remembering that everything is not always the way you think it is, I retracted my statement. “You know what, maybe it is edible, I’m not sure,” I said. “We should look it up.”



photo by Alessandro Ascherio.

Galinsoga parviflora, a common weed on our farms and in the Northeast.

A whole year passed. I weeded Galinsoga out of dozens of beds, always wondering if it could be edible. Then one night in August 2019, perhaps on a cooler night with the windows wide open, I had the mental clarity and genuine curiosity to investigate the mystery of Gallon-of-soda and whether it can be eaten.

Turns out, our plant friend is a common herb in much of South America, but especially in Bogota, Colombia where it is an essential ingredient in Ajiaco Santafereño (Colombian Chicken and Potato Soup). In Colombia, Galinsoga is called Guascas. It’s in the Aster family and the scientific name is Galinsoga parviflora. In England, some people refer to Galinsoga as “gallant soldiers” and “soldiers of the queen.” I like Guascas better.

So the next time you come upon a bunch of Galinsoga, set some aside and get ready to do some cooking! More importantly, come out to the farms and help us weed. While you’re there, you’ll likely also accrue new (or maybe familiar) foods for your kitchen. Hope to see you soon!

Part 3

Is It Time to do a Gut Check on Your Food Beliefs?

by Elise C. Rivers, for the Shuttle

IN THE JUNE SHUTTLE, IN AN ARTICLE entitled “The Whys of Switching to a Plant-Based Diet,” I put forth some of the reasons why someone might consider becoming more of a plant-based eater. I passionately advocate for this lifestyle because I deeply believe that our own well-being as humans is dependent on the well-being of others.

In the June article, I shared how the choice to eat more plant-based food addresses the concerns of environmental damage, the inherent violence and cruelty in industrialized agriculture (for both the animals and workers), and the real possibility of ill health, all of which relate to animal-based eating. While these considerations are important to explore, there is an even deeper discussion to be had about the underlying beliefs that gave rise to our current system. Starvation in the world, climate change and the epidemic of heart disease, diabetes and obesity that we see happening around us today reflects choices that previously were made based upon certain beliefs.

The purpose of this article is to prompt you to revisit your beliefs, reflect on what you believe in and why, and to consider whether your consumer and lifestyle choices reflect your values and beliefs.

The underlying beliefs of a more plant-based eater are one or more of the following:

- The Earth is a living body that supports us and always has. Respect and reverence for its awesome power to sustain life is essential, and results in choices that support the health of the planet, our only home. In other words, there is no “Planet B.”
- We are blessed with miraculous bodies that mend themselves in countless ways and give us the extraordinary ability to participate in a creative life. Feeding our bodies nutritious foods that reduce

the real possibility of disease is an act of love toward ourselves and others.

- Killing animals for the pleasure of eating them, or using their body parts for profit, violates the principle that all life is interconnected. What we do to others (any living being, including the Earth), we do to ourselves, and vice versa. Violence begets violence in some way.
- We are not here to take from the Earth what we can, but to be wise stewards for generations to come. In this way, we acknowledge the blessings of life on Earth, loving our children and all children to come.

Ask yourself who you want to be — as an individual and as a member of your community, nation and the world. What consumer choices would express these inner viewpoints? Peace, wisdom and insight are inside jobs, and when developed, help us to take clear action.

One action step that can foster progress on all the above is to choose to eat more plant-based foods. When we learn to savor more vegetables, grains and beans in infinite, tasty combinations, we are supporting a new kind of society in which there is enough food for everyone. There is less violence and cruelty in the world, our collective health is fostered, and the interconnectedness of all life is respected. It is a relatively simple, practical action to outwardly reflect the beliefs shared here. Won’t you join me in making choices that help heal the world?

Visit Plant-Based Mt. Airy’s Facebook page for tip sheets, documentaries and recommendations for local eateries that can help you easily step into and create a new, more conscious world.

Elise C. Rivers is a “nutritarian” and owner of the Northwest Center of Food as Medicine, a division of Community Acupuncture of Mt. Airy, a wellness center serving Mt. Airy since 2005.



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Looking to Natural Solutions to Help Head Our Wounded Earth

by Sandra Folzer, Weavers Way Environment Committee

I CAN ALMOST HEAR THE EARTH pleading for help as more heat waves, tornadoes and wildfires occur. I hope we are listening and considering some change to reduce our use of fossil fuels. While there is no magic bullet, some are undertaking various efforts to try to avoid disaster; the most successful are using nature itself to try to heal the planet.

In New York City, Kate Orff, a landscape architect, is attempting to alter the landscape to mimic the look of waterways before they were dredged to accommodate the shipping industry. She thinks we should be building using a nature-based infrastructure.

Orff works with the Billion Oyster Project, whose goal is to reintroduce oysters into New York Harbor. They used to be bountiful there, but pollution, excavation and overharvesting killed them. Oysters can form dense reefs, which offer refuge for many species of marine life and can serve as protective barriers for shorelines if they’re allowed to get large enough.

Orff created Living Breakwaters, a coastal green infrastructure project to reduce or reverse erosion and damage from storm waves, improve the ecosystem health of Raritan Bay, encourage stewardship of nearshore waters and enhance people’s experience of the shoreline of southern Staten Island. The project includes a floating oyster nursery, man-made tidal pools, and shallow, rocky basins to create surface complexity for marine life.

In Brooklyn, Orff also designed a water park along the Gowanus Canal, a 1.8-mile waterway that used to support colonies of oysters but became a dump for sewage and toxic chemicals. She plans to use shellfish and eelgrass for filtration for diverse marine life so that people will use the area for recreation.

At Plumb Beach along the southern edge of Brooklyn, the Army Corps of Engineers built a beach berm, jetties and breakwaters. All three protected the beach during Superstorm Sandy in 2012, which was a testament to the success of nature-based infrastructures. The Corps has done wetland restoration in Lower Township, NJ, Encinitas, CA, and Shoalwater Bay in Washington state. These natural infrastructures are two to five times more cost-effective than man-made structures in combating the rising sea.

Nature-Based Efforts Off NOLA

David Muth, director of the National Wildlife Federation’s Gulf Program, has planted 25,000 Bald cypress and willow trees south of New Orleans to support the fragile coastline. Previously, 2,000 miles of man-made levees along the Mississippi River kept the water confined. The levees increased the speed of the water and carried sediment past the marshlands into

the Gulf of Mexico.

In spots where some of the levees have been opened, sediment is deposited in the wetlands, allowing wildlife and vegetation to return. While these projects appear successful, the future remains unpredictable, since coastal ecosystems are complex.

While green shorelines are powerful inhibitors of flooding, much can happen offshore, where coral reefs absorb up to 97% of the power of incoming waves, according to a 2014 article in Smithsonian Magazine. It’s essential that we try to save the coral reefs. Ocean fish depend on healthy coral reefs to find shelter and food as well as a place to reproduce and rear their young.

Scientists estimate that reefs are home to millions of marine species, and 500 million people rely on reefs for food, protection or income, according to the Office for Coastal Management of the National Oceanic and Atmospheric Administration. Ecologist Roger Bradbury contends if reefs were to disappear, the ocean would be as slimy as in Precambrian time, before fish evolved.

Temperatures, Acidity Kill Coral

Corals are tiny animals which have tinier plants growing inside their cells, known as symbionts. As wondrous as this form of life is, rising temperatures, pollution, development and overfishing are killing them. In recent years, half of the Caribbean’s coral has disappeared, according to a 2013 article in The Guardian.

Another problem is that fossil-fuel emissions make the sea more acidic, and coral thrive in alkaline water. Ruth Gates, a marine biologist, has been studying why some corals survive. She is attempting to create a super coral that can withstand climate change. Her project of selective breeding is called “assisted evolution.”

Corals exist in a band which circles the earth like a cumbund, from the Tropic of Cancer to the Tropic of Capricorn. The Great Barrier Reef, the world’s largest reef, extends over 1,400 miles; even so, it makes up only a fraction of the world’s reefs.

Individual corals, sometimes referred to as polyps, are only a tenth of an inch across. They have six or a multitude of six tentacles around their mouths. They can clone themselves and are surrounded and attached to thousands of others. Many are hermaphrodites, producing both eggs and sperm, which they release once a year after a summer full moon.

There are about 6,000 species of coral throughout the world, according to National Geographic. Coral live on the surface of a reef, the rest of which is composed of exoskeletons. The reef itself may survive for thousands of years.

A Blind Eye to Current Realities

A recent article in the New York Times on the Jersey Shore highlights the mistakes we have made and how we continue to ignore environmental reality. Even though the barrier islands there are unstable, contractors continue to erect huge homes at the water’s edge. Bulkheads built to protect the shore have failed. Streets are cracking and beaches are disappearing.

Since the late 1980s, the Army Corps of Engineers has pumped 134 million cubic yards of sand across 130 miles to protect beachfront properties, costing taxpayers more than \$2 billion. I would call this “welfare.” While carefully managed beachfronts with dunes helped those nearby during Hurricane Sandy, the water simply moved to flood the back bay. “Nuisance flooding” occurs with the full moon tide, heavy rains or strong winds, inundating roads and lawns on a regular basis.

The sea level at the Jersey Shore has risen 18 inches, according to the New Jersey Climate Resource Center at Rutgers University. That’s twice as fast as the global average, because the land is also sinking. Despite this, 4,500 new homes worth \$4.6 billion were built between 2010 and 2016. This is only possible because we subsidize it via government aid. City officials do not talk about limiting development.

The good news is that New Jersey has a home buyout program, Blue Acres, in which homeowners sell their homes, which are then demolished. The land is then preserved as a buffer zone. Thus far, 700 properties have been purchased, all in low-to-middle income communities, according to the Natural Resources Defense Council. The bad news is that none have been purchased on the barrier islands, where new construction continues.

Around the world, there are success stories about using nature to prevent climate disasters. A recent article published on the UN Environment Programme website detailed the effort to sustainably manage mangrove forests in the Rufiji Delta of northern Tanzania.

In Spain, after a severe forest fire in 2012, people learned that Mediterranean cypress trees resisted fire, because their leaves retain large amounts of water. They also have a high ash content, making them difficult to ignite. According to a 2015 article in the Washington Post, these cypresses were being planted in other areas to reduce wildfires.


Restoring nature to combat climate change may be our best hope. Forests, wetlands and marine ecosystems, like oysters and coral, play a role as buffers against extreme weather.

Hopefully, they will help. But we need to do our part as well.



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Environment Committee

eco tip 

For Your Health and That of the Planet, Just Say No to Gas-Powered Leaf Blowers

by Marsha Low, Weavers Way


Now that we’re approaching fall, you’ll likely hear more and more gas-powered leaf blowers doing their thing in your neighborhood. Here’s a friendly reminder about how bad they are for your health and the environment.

Exhaust from gas-powered leaf blowers contains substances harmful to people’s health: hydrocarbons and nitrous oxides — both components of smog— plus carbon monoxide and particulate matter. The amount of carbon monoxide emitted from a typical backpack leaf blower for one hour is equal to that coming from the tailpipe of a current year automobile operating for over eight hours. Also, nitrous oxide is a potent heat-trapping gas, so leaf blower use contributes to climate change. They also spin up clouds of dust, which can contain pollen, mold, animal feces, heavy metals and chemicals from herbicides and pesticides.

In addition to the exhaust, the noise gas-powered leaf blowers generate can lead to serious hearing problems, including permanent hearing loss. Some emit between 80 and 85 decibels while in use, but most cheap or mid-range leaf blowers can expose users to up to 112 decibels. (In comparison, a plane taking off generates 105 decibels.)


If you do your own leaf removal, consider either investing in an electric plug-in leaf blower or get some exercise and rake them up. If you use a landscaping company, request that they replace their gas-powered leaf blowers with electric ones. Or look for a greener landscaping company that uses plug-ins.

Better still, leave your leaves on your plant beds over winter. They’ll protect your plants and provide cover to overwintering beneficial insects. If you have a lawn, you can use a composting lawnmower that grinds up the leaves, which helps to fertilize your lawn. Or collect those leaves and add them to your compost pile.



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Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

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

In the last two columns I wrote about the re-use of wooden pallets and the recycling of old corrugated cardboard in the food system supply chain. It dawned on me that we recently had another example of re-use involving a previously used display freezer at our Farm Market.

For those who are unaware, somewhere around 2015 our then-Local Product Coordinator, Stephanie Kane, worked with our farmers to open a farm market at Saul High School that specialized in selling local products. Henry Got Crops Farm Market is currently managed by former Chestnut Hill staffer Lauren Todd, and if you've never paid a visit, it is worth a trip to see Lauren's product curation and displays.

At some point, Stephanie wanted to sell local frozen food, so she bought a used ice cream freezer from a frozen yogurt store, strapped it to the back of a pickup truck, wrangled it through the Farm Market's door, and thus created their frozen food department. Recently its compressor failed, and at \$1,800 to repair, we decided



to look elsewhere.

We didn't have to look far. We had a similar freezer in our warehouse from our pet supply store, which kept items frozen but whose lights had failed and was deemed not worth repairing. The Farm Market, being scrappier than our posh pet supply store, salvaged the freezer. As a result, our selection of frozen food at the Farm Market is back in full force (Thanks to Doug Keener, our facilities manager, for figuring out how to fix the lights).

This experience got me thinking about people and equipment. Grocery stores use a lot of equipment — everything from complicated systems like refrigeration and point-of-sale systems to simple things like knives and cutting boards. One thing all this equipment has in common is people.

All equipment starts out as an idea in a person's brain, typically as part of a problem-solving process. There are designers, engineers, raw material suppliers, fabricators, patent lawyers, marketers, dis-

(Continued on next page)

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(Continued from previous page)

tributors, salespeople, installers and others involved in bringing the idea of a piece of equipment into being and making sure it gets to the people who want it. When we buy a freezer, we are buying the culmination of the efforts of all these people. Usually, we only interact with the people at the end of this chain. But when we use this equipment, we are interacting with everyone involved in its supply chain.

The broken Farm Market freezer has a story to tell. In addition to its creation, it has been a small part of the life of probably thousands of people who opened its door and purchased frozen food. Now its parts will likely be disassembled and its material recycled where possible. It will live on in other people’s lives — not as a freezer, but likely as some piece of equipment made of metal. What can’t get reused will become trash and is likely to end up in an incinerator and landfill; its future interaction with people will be as a waste product. No funeral, no end-of-life ceremony; just a memory soon forgotten by all. Such is life in our modern world.

Here’s a correction to a previous question about plain shea butter: We also have it in our Ambler store’s Wellness department. Ask a staffer if you need help finding it.

suggestions and responses:

- s:** “I got a few avocados that never got soft enough to eat; they went from hard to rotten. That never happened in the past; therefore, I’m assuming it’s related to COVID. But I would like to know.”
- r:** (Norman) Probably they were either picked too early or got too cold after being picked; there’s no evidence it’s related to COVID. We had a number of these instances recently. There doesn’t seem to be any way to tell in advance except by sensing the astral body of the avocado and asking it to share its projected future karma — whether it will be eaten and will give up its energy to humans or will head for compost or the landfill without first serving humanity.
- s:** “I have never made a request like this, but there’s a new item from a local company that I would love if you carried in stores (I’m tired of paying shipping from Horsham, lol). It’s Oat Haus; they do an alterna-

“
**Grocery stores use
a lot of
equipment...
one thing all
this equipment
has in common
is people.**
”

- tive to peanut butter that works for kid’s lunch sandwiches (no nuts). I bet it would do really well. It’s so much better than Sun Butter.”
- r:** (Norman) We’re looking into it. Thanks for the suggestion.
- s:** “Vegemite”? Marmite?”
- r:** (Norman) Yeast extract in bottles from faraway lands has not proved popular in our neck of the woods. It seems to be an acquired taste-type product. Maybe we should have taste acquisition workshops where people can sample things like Natto and pickled eyeballs along with Marmite.
- s:** “Staff name tags are difficult to read.”
- r:** (Norman) We’re looking into assigning each staffer a four-letter, one syllable moniker, which should al-

- low for a larger font on name tags and be efficient to pronounce.
- s:** “Are we able to get bulk honey from the farm?”
- r:** (Norman) Yes and no. We decided to pack up a bunch of honey from Saul bees into one-pound bottles because we had a lot of it to move and the beekeeper generously offered to bottle them up. So, we took him up on the offer. Once we sell through the 200 bottles or so we still have, we can see about offering what hasn’t been bottled in our Bulk departments.
- s:** “What happened to Solebury apple cider vinegar?”
- r:** (Norman) They’re short on supply; not sure when it will be back. Meanwhile, check out Keepwell Vinegars. They’re mostly from local farmers’ crops, and are pretty high-end in price, but tasty. They’re available at our farm market and at our Ambler store.
- s:** “Would like to see precooked dry black beans, as well as any other “just add boiling water” bulk items.”
- r:** (Norman) Our ancestors labored to grow food, process it with basic stone and wood tools, and prepare it with effort and time. We must honor this part of our past due to the implication in the Fifth Commandment to honor one’s father and mother. We are honoring where we came from; we cannot take credit for ourselves and our comfortable lifestyles without appreciating and somewhat replicating the lifestyles of those that came before us in order to show appreciation. Hence low-labor food is shunned, as are microwaves, instant oatmeal pouches and Instacart. And Tang.
- s:** “Shredded coconut is inedible.”
- r:** (Norman) A large company by the name of Mars would disagree with you based on their experience. Ever have a Mounds or Almond Joy bar? Maybe it’s an acquired taste.
- s:** “Soy curls. Ever eaten? Ever stocked it?”
- r:** (Norman) Nope, but if we receive more requests, we can look into it.



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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.

How Racism Hurts Us All, and How to Be Better

by Betsy Teutsch, for the Shuttle

DID YOU EVER NOTICE THAT NEITHER CHESTNUT Hill nor West Mt. Airy has a public pool, unlike the dozens at Philadelphia neighborhood recreation centers?

Heather McGhee’s masterful book “The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together,” (Penguin Random House, 2021) fills in a missing piece that has shaped our cultural, economic and physical environment: racism. Neighborhoods don’t spontaneously emerge; they are designed and shaped by policies and attitudes. This has been evident to Black people and other affected minorities, but generally not perceived by privileged groups, who mistakenly see the status quo as being inevitable and not created for their benefit.

McGhee’s foremost example is the construction of magnificent American mega swimming pools, over 2,000 of them, as Works Progress Administration projects during the Great Depression; they continued to be built into the 1940s and ’50s. Black citizens were denied access to these pools in the Jim Crow South and in other segregated communities, but when they succeeded in establishing the right to use them, the leadership of many communities retaliated by closing the pools. All over the United States, municipal pools disappeared.

This is a perfect example of how racism impacts both the privileged and the disadvantaged. Stripping families of color of wealth and assets is, in McGhee’s words, “sidelining players and blocking the contributions they could make to the team.” We all miss out when talented, hard-working people are deprived of equal access to opportunity, capital and resources. McGhee, an economist, enumerates this missing part of our economy as being in the trillions of dollars.

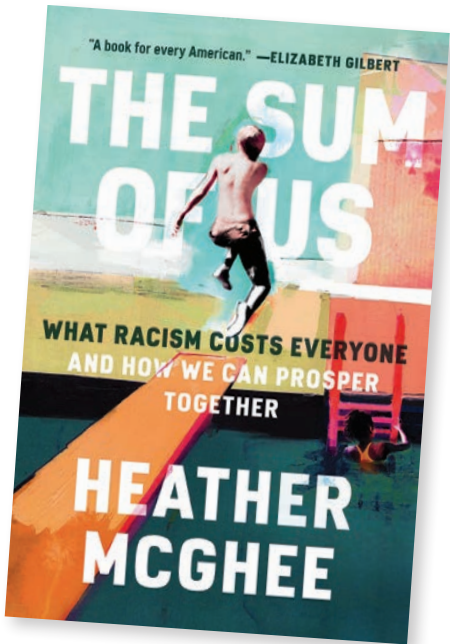
Philadelphia was more integrated than Southern cities, of course, but there was nevertheless plenty of social segregation and outright discrimination. Redlining, restricting minorities to certain neighborhoods where banks denied them mortgages, was commonplace. Restrictive covenants on many properties limited the number of homes available to Black purchasers.

Back to the pool question. To my knowledge, West Mt. Airy never had a public pool. When we arrived, we were invited to various private swim venues located at apartment complexes where folks could pay to use the facilities, or swim clubs like Germantown Cricket Club. Many of us joined Beachcomber Swim Club in Blue Bell, Montgomery County (sold to developers in 2016, alas) and spent happy sunny days there, despite the miserably long drive.

Years later, I was flabbergasted to discover a pool right nearby at Roxborough’s Kendrick Recreation Center. Only in researching this column did I learn that Pleasant Playground, East Mt. Airy’s recreation center, also has a public pool. My ignorance points to local socioeconomic segregation, which correlates with racial segregation.

I theorize that the lack of a public pool in affluent neighborhoods reflects the trend of underinvesting in public resources. Mt. Airyites and Chestnut Hillers didn’t use their influence to lobby for public pools; they built pools in their backyards or joined private clubs. Our underfunded public schools are another reflection of this same phenomenon.

McGhee spells out our racist policies and their results in breathtaking detail, which is important for us all to understand moving forward. Mercifully, she is an



optimist, and provides many examples of communities working together across racial lines to support the greater good, which allows everyone to thrive. This solidarity dividend can repair and reverse our worst mistakes. Rejecting zero-sum thinking — if disadvantaged people get a break it will detract from what more privileged people have — liberates us all.

Co-ops are one sterling example of people working together. Weavers Way has been engaging community members around environmental justice, food justice, a living wage (where we strive to walk the talk) and a host of issues where members can unite to build a more inclusive, abundant community.

McGhee’s analysis clarifies what happened and charts a path of what needs to change. Weavers Way is a great platform for intensifying these repairs, both internally and communally. What we now see cannot be unseen.



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Illustration by Alli Katz

Ali KATZ



Artists in Our Aisles

Julie Martini



I cut my teeth in jewelry after studying at the Crafts Students League in New York City. I spent a decade in the industry before leaving to produce my own one-of-a-kind pieces. In January, I was recognized by the Pennsylvania Guild of

Craftsmen as a Master Artisan in Jewelry.

The pieces I create reflect the elements of beauty attributed to Plato: balance, symmetry and harmony; I concentrate on finding beautiful materials to work with. When designing a piece, I work Plato's elements into the four basic design elements: size, shape, color, and texture, and the fifth design element for jewelry, wearability. I design and fabricate jewelry that visually appeals to the wearer and brings that person a modicum of joy.

www.juliesjewelry.net



We want to feature your art in the Shuttle!

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

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

Weavers Words

EGO

My Ego is a Prima Donna
Oftentimes beguiled
By inner prime arias
It is soon strewn about me
and fossilized
Lying under cryptogamic sheaths
And shred of memory
—Walter Bader

LET IT GO

Throw open your window
Let go of expectation
Toss it to the wind
—Linda Cherkas

Now and then
I am looking for something familiar to love
a landscape, a hand, a feeling
the sense of touch, a breath
the acknowledgement of another
against all odds.
nothing ephemeral, mind you
the wind will have its way with that.
—Dagmar Iris Holl

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 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.



Get Ready to Flash Your Member Card?

(Continued from Page 1)

As we prepared to open our second location in Chestnut Hill, we knew we needed an upgrade. With a second store and an influx of hundreds of new members, it was no longer practical to use a card file and paper member cards, which required a great deal of maintenance.

So we introduced the plastic member cards that we use today. Everyone who was a member at the time received spiffy new cards, which we handed out at the registers as members shopped. New members received cards upon joining. As the keeper of the cards, it was an exciting moment for me!

The upgrade was mostly well received by members. The change meant that the membership department was no longer responsible for managing member cards; we were now relying on members to bring their cards with them when they shopped. Each household received a wallet card and key cards, and members could choose what worked best for them.

But the practice of bringing along member cards soon fell out of favor. Before long, members began opting to tell the cashier their number verbally. For longtime members who have low numbers, it felt easier and less anonymous. Some members did not want to be bothered with rifling for their keys or fumbling for their wallet card.

As is often our practice at the Co-op, we were casual about the trend and didn't reinforce the use of member cards. These days, we're almost completely out of the practice of scanning our cards when we check out.

But ditching member cards has had its consequences. The biggest problem is operator error: A cashier mis-keys your member number as you report it or hears it incorrectly, especially in this era of masking. A member may even provide the incorrect number by mistake.

Entering the wrong member number leads to a host of complications. In cases in which a member is signed up for email receipts, it can be disconcerting to receive a receipt with your member num-

ber on it for a purchase you didn't make. Membership and IT spend a significant amount of time researching and correcting errors like these. Scanning member cards ensures accuracy and saves administrative labor.

When it comes to EasyPay, there is no room for error. If a member does not scan their card, a cashier should ask for ID to ensure that they have entered the correct member number. EasyPay is less easy without a member card; scanning the cards ensures a secure checkout.

Another important aspect of the checkout process that we believe will be improved by requiring members to bring their member cards concerns the experience that newer, less frequent shoppers and some members of color have when they check out. We have received feedback from several members, which has been backed up by our Racial Diversity, Equity and Inclusion Committee, that subtle differences in the way cashiers greet shoppers and members can feel exclusionary. Whether we say "Do you have a member number?" or "What's your member number?" has subtle implications for those who are used to being marginalized.

If we greet a longtime, well-known member with a big smile and chit chat, don't ask who they are when we charge their EasyPay account and send them on their way, but follow up with a member whom we may not recognize, ask them if they are a member and request their ID, we could leave them feeling they have been treated differently. Scanning member cards ensures an equitable, standard checkout experience for everyone.

Beginning this month, we are making an appeal for every member's cooperation and requesting that you scan your member card at checkout. We will be soon be mailing brand new member cards to every active member of the Co-op. Once you receive yours, please begin using your card to check out. Doing so will ensure an accurate, secure and equitable checkout process for everyone.

Ninth Annual Walk Will Benefit Children From Community Who Lost a Parent

BRAVE HEARTS FOR STRONG Minds, a Fort Washington 501(c)3 organization, will hold its ninth annual fundraising walk to support the college educations of children who have lost a parent on Saturday, Sept. 18 at 10 a.m. at Fort Washington State Park in Flourtown.

The 2021 walk will honor Joe Nocero, who passed away on Nov. 17, 2019, when he unexpectedly went into cardiac arrest while attending an Eagles game, and Andy Phillips, who died in May 2020 after a hard-fought battle with COVID-19. Proceeds from the walk will be donated to education savings plans for their children: Nico Nocero (7), Aidan Phillips (18), and Andrew Phillips (16).

BHSM was established and held its first walk in 2012. Typically, the walks are held on the Saturday before Father's Day, but this year's walk was postponed due to COVID-19.

To minimize expenses and maximize donation amounts, the not-for-profit organization accepts donations of food, water and professional services and offers sponsorship levels ranging from \$500 to \$10,000. With those sponsorships come various participation and co-branding opportunities.

To register for the walk or donate, visit www.braveheartsforstrongminds.org or contact Andrea Wentzell at andrea@braveheartsforstrongminds.org or (215) 346-6430.



Brave Hearts for Strong Minds (BHSM) (EIN 45-3973220) was started in 2012 after beloved community member, Tom Reilly, suddenly passed away, leaving behind his wife and four young children. For children who have lost a parent, there can be lasting emotional and social hurdles, along with struggles to pay for higher education. Reflecting on Tom's compassion and friendship, each year, BHSM holds a charity walk. While bringing together our community, the walk's mission is to raise funds for the 529 Education Plans of children who have lost a parent.

Date: Saturday, September 18, 2021
Check In: 9:00 AM Start Time: 10:00 AM
Location: Fort Washington State Park
44 W. Mill Road
Flourtown, PA 19031
Cost: \$25 (for walkers 12 years old and above)
\$10 (for walkers under the age of 12)
Free (ages 0-2)

Register online at www.braveheartsforstrongminds.org

Contact BHSM: Andrea Wentzell, Executive Director
andrea@braveheartsforstrongminds.org
Phone: (215) 346-6430
Brave Hearts for Strong Minds
PO Box 564
Fort Washington, PA 19034



Our 2021 Annual Walk is dedicated to three children from two wonderful families: Nico Nocero (7), Aidan Phillips (18), and Andrew Phillips (16). The Moher family, our 2020 recipients, will also be in attendance at the walk. To learn more, please visit our website.

REGISTER OR DONATE AT:
www.braveheartsforstrongminds.org

Pick up a Weavers Way sandwich loyalty card from the cashier.

Buy 10 and the 11th is on the Co-op! See card for details.

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eNews

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coop basics

Good Deals Every Day.

Look for the tag!

Sacred Stillness

Reiki Master
Carrie Blivice
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STAFF CELEBRITY SPOTLIGHT

John Connor

Job: He’s the Co-op’s “demo dude” and puts together weekly themed samplings at the Co-op’s Chestnut Hill and Ambler stores.

Other Co-op jobs: He was hired as deli manager for the Chestnut Hill store when it opened in May 2010 but retired from that job in 2015. Later, he returned to do demos and cashiered in the Hill. During the height of the COVID-19 pandemic, when demos didn’t take place, he worked in home delivery and later, as a door monitor and cleaner, also in the Hill.



Where’s he’s from/where he lives now: Trenton, NJ/South Philly

How he got to the Co-op: He left his job at Cheese Works, a major importer and distributor of specialty foods to various stores, including Weavers Way, soon after they were purchased by a private equity firm. He found out about the opening of the Chestnut Hill store, applied during the job fair for the store and was hired.

Thoughts on the job: “I want to put myself in a good venue, at a good time, with a good product.”

Thoughts on the Co-op: “I’ve never worked at a place where there are more kind, caring people than at Weavers Way. And because I’ve had the privilege of working in the store at Mt. Airy, in the store at Ambler, and in the store [at Chestnut Hill], I have a network of really wonderful people [here].”

—Karen Plourde



Don’t want to carry those heavy pet food bags?



Order curbside pickup, or bike or car delivery! Links for each can be found at www.weaversway.coop

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. Board members’ email addresses are at www.weaversway.coop/board-directors, or contact the Board Administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

2021-2022 Weavers Way Board

President: Toni Jelinek

Vice President: Esther Wyss-Flamm

Treasurer: Michael Hogan

Secretary: De’Janiera B. Little

At-Large: Cheryl Croxton, Danielle Duckett, Whitney Lingle, Gail McFadden-Roberts, Sarah Mitteldorf, Frank Torrisi.

The Shuttle

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Weavers Way Mt. Airy

559 Carpenter Lane
8 a.m.-8 p.m.
215-843-2350

Weavers Way Across the Way

608 - 610 Carpenter Lane
8 a.m.-8 p.m.
215-843-2350, ext. 6

Weavers Way Chestnut Hill

8424 Germantown Ave.
8 a.m.-8 p.m.
215-866-9150

Weavers Way Ambler

217 E. Butler Ave.
8 a.m.-8 p.m.
215-302-5550

Weavers Way Next Door

8426 Germantown Ave.
9 a.m.-8 p.m.
215-866-9150, ext. 221/220

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www.weaversway.coop



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Pet Department Manager

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www.weaversway.coop/shuttle-online



VIRTUAL NEW MEMBER ORIENTATIONS

Tuesday, September 14, 6:30-7:30 p.m.

Thursday, September 23, 1:00-2:00 p.m.

To register visit: www.weaversway.coop/events

Become a Member

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



Outdoor GENERAL MEMBERSHIP MEETING and Social

Awbury Arboretum
SAT., OCT. 2 • 4 - 5:30 P.M.

- ▶ Food and Drink
- ▶ Tours of our Farm and the Agricultural Village
- ▶ Tabling with Vendors and Member Committees
- ▶ Co-op Meeting

Please RSVP so we can prepare enough food!

WWW.WEAVERSWAY.COOP/FALLGMM



**WEAVERS WAY
EVENTS**

Live Music in our Chestnut Hill Backyard - Playing for Change Day Benefit Show

Saturday, September 25, 5:30-7:30 p.m.

Objective Perspective Band members Jay Klaes on guitar and Dave Kutzik on clarinet and sax are joined by friends in an eclectic blend of music to help raise funds for the Playing for Change Foundation.

Chestnut Hill Fall for the Arts

Sunday, September 26, 11 a.m.-5 p.m.

As part of the annual tradition in Chestnut Hill, the Co-op will be participating in the fun and lively "Fall For the Arts." Stop by our store for the freshest fall apples, samples and to meet local wellness vendors.

www.weaversway.coop/events