

# MAFCA Meets in Maryland For First Post-COVID Gathering

by Sue Wasserkrug, for the Shuttle

THE MID-ATLANTIC FOOD CO-OPERATIVE Alliance ended its three-year COVID-imposed hiatus on in-person meetings on Sept. 11 at the new Common Market location in Frederick, MD. The meeting, which also featured a virtual Zoom option,

was attended in person by 20 cooperators from six co-ops, along with another 12 from seven co-ops who participated virtually.

MAFCA is an association of food co-ops, buying clubs, and startup efforts whose members come from

Delaware, Maryland, New Jersey, New York, Pennsylvania and Virginia. Over the years, some 30 food co-ops have joined the group. MAFCA's mission is to grow the cooperative economy, provide education about co-ops and build a sustainable and equitable

(Continued on Page 10)



Community-Owned,  
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## An Early Start is Helpful to a Successful Election

by Sylvia Gentry, Weavers Way Leadership Committee



BELIEVE IT OR NOT, THE WEAVERS Way Leadership Committee is already busy preparing for the spring election for the Board of Directors. The committee will be working steadily between now and next May recruiting, orienting and introducing the final candidates to the membership. Why are we working on this already? Because it's important to be prepared.

Good preparation for this important election will allow the maximum time to reach out to the Co-op community and encourage members to run. It can also provide more opportunities for members to get to know the candidates, which is a challenge for our large membership community.

The board needs Co-op member candidates who possess the skills of collaboration, fiscal literacy, vision and a commitment to adhering to the board's role. At the same time, the board needs energetic directors who can jump into board

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# The Shuttle

OCTOBER 2022

Since 1973 | The Newspaper of Weavers Way Co-op

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## "Cushy's" Arrival Helps Lighten the Workload at the Farm

by Nina Berryman, Weavers Way Farms Manager



photo by Nina Berryman

Hannah shows off the new "Cushy"

THANKS TO FUNDS THE FARMS RE- cently received from the Pennsylvania Department of Agriculture's Urban Agriculture Infrastructure grant program, we recently became the proud owners of a forest green, electric Cushman Hauler Pro X Elite utility vehicle. The day "Cushy" showed up on the farm it felt like Christmas had come early! Our farm lives will forever be different — here are the ways:

### 1. Transporting the harvest up the hill:

Before: We had to load heavy bins of vegetables into a two-wheeled cart and

pull the cart up the hill. We sometimes used two or three people, depending on how heavy the load was.

After: We can now load bins of vegetables into the back of the Cushman. One person drives it quietly, effortlessly and emission-free up the hill to the wash station.

### 2. Driving to the orchard:

Before: During orchard harvest season, we drive to the orchard from the vegetable field approximately five times a week. This requires the use of either a personal vehicle or our giant gas-guzz-

(Continued on Page 6)

## Co-op Member Remembered For Positivity, Activism

by April Rosenblum, for the Shuttle



Judy Rosenblum with her son.

JUDY ROSENBLUM, A LONGTIME member of Weavers Way, died on Sept. 19 after many vibrant years of living with Stage IV breast cancer. She was 74.

Born Judith Mae Kaminsky in South Philly in 1947, she craved something more than the options she saw around her, and sought out and found a life of adventure.

Judy was an only child who hated to be alone and harbored a sense, both socially and spiritually, that she was from another realm. In the early 1950s, she moved with her parents to the growing Jewish community of East Mt. Airy. The family depended solely on her mother's income as a nurse due to her father's disability and struggled to mesh with their upwardly mobile neighbors.

But Judy felt at home in the arts. Her abilities in visual art and music were

(Continued on Page 8)

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CHANGE SERVICE REQUESTED

Celebrated by cooperatives nationwide during the month of October, National Co-op Month is an annual opportunity to raise awareness of a trusted, proven way to do business and build resilient, inclusive communities. Under the theme "Co-ops Build Economic Power," this year's Co-op Month is also a chance to lift up the cooperative business model as the best way to build an economy that empowers everyone.



# Editor's Note

by Karen Plourde, Editor,  
Weavers Way Shuttle



IF YOU'RE THINKING THAT THIS ISSUE of the Shuttle is late, you're right; I had surgery at the end of September (I'll spare y'all the details), and that set off the schedule enough for us to have to delay publication by a week. So in order to preserve the little sanity we have left, we're going to continue that track for the rest of 2022. The November issue will be published on Veterans Day, Friday, Nov. 11, and the December issue Friday, Dec. 16. Hopefully, we won't need to adjust the schedule going forward.

If you hadn't figured out already that the paper is a lean, mean operation (much like the Co-op), here's your proof, and I thank you in advance for your understanding. At the end of the day, I'm guessing y'all can forgive the Shuttle coming out a week late more easily than a missing delivery of Merzbacher's muffins or your favorite flavor of Bassett's ice cream.

Speaking of lean and mean, I don't have any new updates regarding our efforts to trim Shuttle expenses by asking paper subscribers who can to switch to the online version. I'll scrutinize the numbers and provide an update next month. If you haven't switched and would like to, instructions on how to do that can be found in this issue on page 8.

As I scroll through the PDF of this month's edition, writing down to the wire as usual, I can see the Co-op, its shoppers and some of their concerns in our pages. We tend to be an activist bunch, lefty for sure, with a passion for the arts, nature and the environment. We care about our communities and the needy, and we seek to reach out to those who are different from us.

At a time when much is being investigated by other outlets (and rightly so), we offer less SMH-type content. Instead, we concentrate on educating yourself and ways to do good in your corner of the world.

Catch you in the pages next month.

## Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

### Picks in Produce

**New Asian pears from Berks County. And give our farm's Hawaiian ginger a try.**

While they last, our produce departments are making room for **Subarashii Kudamono** (translation: "wonderful fruit") pears from Berks County. They're crisp, delicious, and have the texture of an apple with juice content that's closer to a watermelon. The pears are \$4.99 a pound, and we're also carrying their dried Asian pears (\$7.99 for 4.2 ounces) and eight-ounce jars of their Asian pear spread (\$9.99).

For the first time, after several attempts, our farms have managed to grow their own variety of Hawaiian ginger, which you can find bagged while supplies last at our farm market. The per pound price is \$14, but bags average \$5 each. Be sure to snag some for fall baking and stir frying.



### Going On in Grocery

**Have you tried Dimi desserts? And a fresh-pressed juice from Chester County.**

Almost everyone loves dessert, and almost everyone would prefer to eat dessert rather than make it. Enter Philly-made **Dimi** single-serve desserts, which have occupied a spot in the refrigerated case of our Chestnut Hill store since the beginning of the year. They're adorable glass cups of cake or cheesecake topped with frosting or fruit that weigh in just under three ounces — perfect for a sweet snack or as the well-earned ending to a meal. They can be eaten right out of the fridge or warmed up in the microwave (which is recommended for most varieties). Flavors include apple crumble, traditional and gluten-free chocolate fudge cake, raspberry cheesecake and vegan carrot cake.

Co-op shoppers know the single-serve beverage selections available, particularly in our Chestnut Hill and Ambler stores, are many, varied and ever changing. But if you're a fan of cold-pressed juice, and local is important to you, consider checking out the line from Kennett Square's **Nourish**. They're the only Certified B Corp cold-pressed juice company in the United States, and they do their pressing, bottling and shipping out of their headquarters at Organic Life Farm. Rotating seasonal selections of their 12-ounce bottles are available in Ambler and Chestnut Hill.

### Meat & Fish Market

**IPA bratwurst from Vermont. And cheese franks from Lancaster County.**

We're in the throes of fall and football season, and for many, that means the grill is still part of the equation. Expand your sausage repertoire for game day, Halloween and beyond with a four-pack of **Vermont Salumi Company's** Fiddlehead IPA bratwurst, available in our Ambler store's self-service meat case for \$7.99 each. The Beer in Question is made by Fiddlehead Brewing of Shellburne, VT, and the sausage contains no gluten fillers, sugar or preservatives.



Closer to home, **Hippey's** of Denver, Lancaster County's cheese franks are also available for purchase in Ambler (\$6.49/1 lb. pkg.). Pass along the info to the cheeseheads in your household — once you've picked up a pack, that is.

### October's Quick Pick

After an absence of a few months, **Alicia's** pumpkin cheesecake cupcakes have returned to all our stores for the fall (\$7.99/4 pk.). Alicia is a Mt. Airy native who's been growing her baking business since 2005. Make sure to snag a package before the season passes you by.

The Shuttle is published by  
Weavers Way Cooperative  
Association.

#### Statement of Policy

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

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

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

#### Advertising

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



# SLICE IT DICE IT SERVE IT

## A Pear Affair

by Kieran McCourt, Weavers Way Ambler

Pears have been cultivated across the globe for thousands of years, from China to Europe, for their sweet, juicy flesh.

It can be tricky to know when they're ready to eat. Test for ripeness by giving the stem side tip a gentle pinch. If it has no give, leave the pear on the counter and test later. If there's a little give, enjoy it now.

Pear juice is often used on its own, but it can also be fermented into ciders or used in spirits. The juice can also be used as the base for jelly-based treats with the addition of gelatin or agar agar.

They can be poached in a simple sweetened and spiced syrup for a warm winter dessert. Poaching liquids range from fruit juice to wine infused with warming spices like cinnamon, cardamom and clove. Serve them warm with a bit of ice cream.

Swap out apples for pears in your favorite baking recipes — crumbles, tarts and cakes alike.

Raw pears are a great addition to a fall salad — their softer texture and juicy flesh is sometimes more appealing than a crunchy apple. Their sweetness, combined with spicy or bitter greens, nuts, seeds and some funky cheese, will all balance out.



Up your grilled cheese game by adding a pear. They're especially good with a melted brie or your favorite sharp cheese.

Firm pears, even when ripe, can be grilled and sautéed, while softer varieties can be cooked down into pear butter or sauce, warm compotes and/or preserves.

They make an excellent seasonal addition to smoothies and juices; add them to a green smoothie or pair them with beets and a bit of fresh ginger. They offer different notes from standard recipes that use apples.

Enjoy them raw and out of hand or slice them onto a cheeseboard for a fall snack by the firepit or on the couch.



# The Co-op Has Healthy Meal Options That Won't Break the Budget

by Bonnie Shuman, Weavers Way Executive Chef

A FEW MONTHS AGO, MY PARTNER, FRANKIE, AND I went to one of our favorite restaurants for dinner. We always sit at the bar and share from different sections of the menu. During our visit, we shared a salad and a pasta dish and each had two cocktails. When we got the check for \$88, we were both a bit shocked. Adding a generous tip brought the total to \$110.

Neither of us is particularly price sensitive, especially when it comes to dining out; we both understand the work that goes into creating a great dining experience. But since that night, we've decided that fine dining has reached a tipping point. We used to frequent this restaurant at least once a month, but it will now become a special-occasion restaurant only.

In Philadelphia, a takeout meal for two from a "cheap" restaurant is going to set you back between \$13 and \$25. A three-course meal from a mid-range spot costs between \$50 and \$100. Even a fast-food meal at Burger King is going to run you \$10-15 per person.

With inflation showing no signs of easing, and perhaps even a recession looming, I think everyone is thinking about how to spend their food dollars. Some of us

will do a lot more cooking at home, but we all know with the demands of work, kids and the day-to-day grind, we need a break from cooking at times. If you, like me, have decided that dining out as you did in the before times is not an option, the Co-op is a great solution for high quality takeout food.

Our Ambler and Chestnut Hill stores have ready-to-heat entrees like chicken pot pie and shepherd's pie for \$13.99. Our salmon meals, which include a vegetable and starch, are the same price. If you decide to go the *a la carte* route, you can grab a piece of salmon for about \$8, pair it with one of our composed salads \$8.99 and you are out the door for less than \$20 with a healthy and delicious meal. Or keep it cool and casual with a couple of sandwiches and some potato salad from our Mt. Airy store for about \$15.

As executive chef at the Co-op, I am also looking at places where we can decrease prices (hello, composed salads). We're also thinking about creating healthy meals like rice bowls for under \$8.

That's all for now. But before I leave, I gotta go grab a pot pie and a salad for our dinner tonight!



Salmon with Israeli couscous

## Sept. New Hire Orientation photos



Left to right: Mike Barker, Tony Le, Carolee Karpell, Andrew Joyce, Romeo Musselman, Johnathan Garner, Elena Webber, Cassie Hill



The Co-op hosted a Member Loan Open House at its future Germantown store, located at 328 W Cheltenham Ave. Jon Roesser, General Manager, gave tours of the open space, showing where various departments would be located, and answering questions about the loan campaign along the way.

## HENRY GOT CROPS FARM MARKET

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**FOOD MOXIE**

# We dig what we eat.

# Celebrating Our 15th with Food, Music and More

**by Christina DePaul, Food Moxie Consultant**

MANY WEAVERS WAY MEMBERS KNOW LITTLE ABOUT Food Moxie, but 15 years ago, we were founded as the nonprofit offshoot of the Co-op. At that time, we were known as Weavers Way Community Programs. Since then we've transformed lives by giving people and their families the knowledge and power to grow, cook and eat healthy food.

Every day, Food Moxie advocates for a democratic food system for those most impacted by food injustice. Across our city, one out of every 10 households, over 250,000 people, do not have consistent access to affordable, healthy food. Unfortunately, this issue has only gotten worse with COVID and inflation.

Along with other organizations, Food Moxie has taken on this challenge, which has become a movement. We create agency and change in the food system through our programs at Martin Luther King High School in East Germantown, Saul Agricultural High School in Roxborough and Stenton Family Manor, also located in East Germantown. Students and their families are given the tools, resources and training for small-scale growing in community gardens, at home and on local urban farms. Food Moxie believes that access to nutritious and culturally relevant food is a human right, not a privilege.

These programs are made possible because only of the support of individuals in our community, Weavers Way members, foundations and corporations in Philadelphia and around the nation. We could not survive without this incredible and impactful support.

## Lighting Up the Night in Wyndmoor

One of our main fundraisers is “Seed to Supper,” an annual farm-to-table dinner that took place this year on Sept. 29 on the campus of The Institutes for the Achievement of Human Poten-



tial in Wyndmoor. Over 175 attendees gathered in a tent decorated with branches and twinkle lights, flowers from Henry Got Crops Farm in Roxborough, dahlias from True Love Seeds and hydrangeas from the grounds of the Institute.

My sister Niecey DePaul-Terral, several volunteers from Weavers Way and I spent two days cutting branches, arranging flowers, wrapping silverware and setting tables to create a magical evening under the stars.

The evening began with cocktails on the terrace and a wine tasting from Moore Brothers, beer from Philadelphia Brewing Company and cider from Commonwealth Ciders. The staff of Food Moxie created a special signature drink by using culinary herbs from our gardens and whiskey donated by New Liberty Distillery. A silent auction offered incredible experiences and amazing goods to bid on.

(Continued on Next Page)



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FOOD MOXIE

As the sun set, guests were ushered into the tent via an oriental rug pathway flanked with luminaria. While waiting for dinner to begin, they enjoyed music from local singer/songwriter, organizer, educator and farmer Sam Rise and Henry Got Crops Farm Market Manager Ash Phillips.

During the program, Food Moxie Executive Director Kim Fleisher thanked the many individuals who made the evening possible. In addition, board members Liz Werthan, Folasshade Laud-Hammond and Catherine Kendig were honored for their commitment and work in the food justice world.

The buffet featured delicious food prepared by Weavers Way Executive Chef Bonnie Shuman and her talented culinary team. Most of the ingredients came from Food Moxie's gardens, Henry Got Crops Farm and local producers like Bandit vegan cheese and Saul High, whose student-produced cheese was also on the menu.

(Continued from previous page)

Coffee and tea were provided by Many Hands Coffee, and desserts included cupcakes from Breckenbeck's Bakery, two anniversary cakes from The Night Kitchen of Chestnut Hill and a chia pudding served in little buckets with shovel spoons created by students from the U School and Saul.

The fundraiser was a success because of the hard work and generosity of volunteers, the staff at Brookfield Events, donations, and the support of the host committee, which included Mira Rabin and Tom Whitman, Liz Werthan and Bob Brand, Laura Morris Siena and Ron Siena, Virginia McIntosh and Phil Scranton, Glenn Bergman and Dianne Manning, David Haas and Lisa Clark, Jane Combrinck-Graham and Richard Winston, Cathy and Jerry Strauss, Caroline Estey King and Adrian King, Bonnie and James Hay, Harriet Dichter and John Shapiro, Bob Smith, Comcast and Brookfield Events. Thank you!

“Programs like this are needed in greater abundance. Gardening, eating together, compassion and hard work in the dirt will heal!”  
— Glenn Bergman  
Food Moxie Cofounder



Honorees Folasshade Laud-Hammond, Catherine Kendig and Liz Werthan



Mal Demalis, Salem Strong, Nylema White-Bond, Selena Hernandez



Executive Chef Bonnie Shuman and crew

All photos by Ellie Seif Photography

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MEMBER LOAN CAMPAIGN

Help Raise \$1 Million  
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Weavers Way is working hard to open a new location in Germantown at 328 W. Cheltenham Ave, a former Acme Market. This store will serve a rapidly growing membership and provide healthy and local foods to the neighborhood. The plan is to open in the summer of 2023.

Through Member Loans, Co-op members can invest in the Co-op and support this exciting endeavor!

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

Time to Boycott Amy’s Kitchen

**B**ACK IN APRIL, THE SHUTTLE NOT-  
ed that Amy’s Kitchen, one of the  
brands Weavers Way carries, has been  
under fire for union-busting, poor pay  
and dangerous working conditions. At the  
time, the Co-op’s reluctance to embrace  
the growing movement to boycott them  
was understandable given the limited in-  
formation that was available. However,  
things have changed since then.

In addition to April’s headlines  
about health and safety complaints and  
poor wages, stories about wage theft and  
worker exploitation have only multiplied.  
The anti-worker attitude reached its peak  
last month when Amy’s Kitchen closed  
a San Jose, CA plant in retaliation for  
their workers’ efforts to legally organize  
a union to address these problems. This  
is an affront to Weavers Way’s mission  
to purchase products "that support condi-

tions of shared wealth and do not exploit  
workers.”

Our Co-op is more than a grocery  
store. It’s a way for us to build shared  
wealth, power and alternative economic  
models free from profit-driven exploita-  
tion. Removing Amy’s Kitchen products  
from our shelves until they negotiate a  
contract with the freely-elected union  
would be a practical act of solidarity  
and an exercise of our power to change  
the bogus labor bargain governing our  
economy. Cooperatives are one side of  
the coin; unions are the other. We need  
both to build shared wealth and collective  
power against the forces of exploitation.

Let the Amy’s Kitchen workers have  
their union. Till then, don’t cross the  
picket line.

Joe O'Brien

Ambler Store Still Has Trees and Will Add More

**R**EGARDING MICHAEL FROST’S  
letter “Replace the Missing Trees  
by the Ambler Store” (Sept. 2022), we  
removed trees at the back of the store  
that were either unhealthy, dead or dam-  
aged and imbalanced. We also removed  
those that were overhanging our build-  
ing or were non-native, invasive Norway  
maples. There are many trees still there,  
and the area is still "forested.” As a safety  
precaution, we want the back side of the

building to be exposed and not be a hid-  
den spot.

Furthermore, Weavers Way is taking  
advantage of an offer from the Ambler  
Environmental Advisory Council and the  
Pennsylvania Horticultural Society to  
plant several trees in the open spots on  
the parking lot islands this fall.

Steve Hebden  
Weavers Way Maintenance Technician

“Cushy’s” Arrival Helps Lighten the Farm Workload

(Continued from Page 1)

zling pickup truck, which takes it out of  
commission for other farm tasks.

After: We can cleanly and quietly zip  
on over to the orchard, the breeze blow-  
ing in our hair, with plenty of cargo space  
for orchard harvests.

**3. Dumping weeds:**

Before: Either load a small wheel-  
barrow, walk it over to the weed pile and  
dump the wheelbarrow with the strength  
of your own arms, or load the diesel trac-  
tor (which not everyone knows how to  
drive) with a medium-sized bucket and  
drive over to the weed pile.

After: Load the spacious cargo bed,  
drive Cushy (which everyone can do) to  
the weed pile, and flick a switch that au-  
tomatically dumps the weeds.

**4. Spreading leaves:**

Before: Load the cart and wheelbar-  
rows with heavy, wet leaves from the leaf  
pile, walk them to the vegetable bed that  
needs to be mulched, dump the leaves by  
hand and rake them out.

After: Load Cushy’s spacious cargo  
bed, drive to the vegetable bed that needs  
to be mulched, flick the dumping switch,  
drive forward, and have one person coax  
out the leaves at the appropriate rate.

**5. Drive up the hill for any reason:**

After: Need to fill your water bot-  
tle? Use the restroom? Receive a deliv-  
ery? Grab a tool? Find a lost cooperator?  
Grab a pair of work gloves? DRIVE THE  
CUSHMAN!

An Early Start is Helpful to a Successful Election

(Continued from Page 1)

projects and liaison roles with member  
committees.

The Leadership Committee is look-  
ing for people who are committed to  
Weavers Way to join us as we prepare for  
the election and fulfill our other respon-  
sibilities to strengthen the board’s ability  
to represent membership. That includes

thinking about putting yourself forward  
as a candidate!

Contact us at leadershipcommittee@  
weaversway.coop if you are interested in  
either role. Look for the Board of Direc-  
tor’s table at the Fall General Member-  
ship Meeting and talk to us if you need  
more information.

**SHUTTLE LETTERS POLICY**

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



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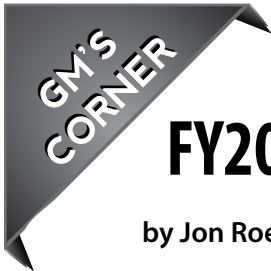
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# FY2022 Wasn't Bad for the Co-op, but it Wasn't Great, Either

by Jon Roesser, Weavers Way General Manager

Dear fellow members,

Time to strap on our owner hats and review our Fiscal 2022 performance.

FY 2022 brought plenty of challenges: inflation not seen since the 1970s, a red-hot labor market, nagging supply chain woes and, lest we forget, an ongoing pandemic. Given all of this, the business performed relatively well in most key indicators.

Note that as the Shuttle goes to print, we have not yet received the report from our annual third-party audit, so the numbers I present here are still unaudited. Based on feedback from our auditors, we do not expect much, if anything, to change. If there are any material changes, I will report them in the next issue.

Gross sales were just shy of \$36 million, our highest sales ever. From gross sales, we take out any discounting that we do, and we do a lot of discounting: working member, senior discount, Food for All, and employee discount in addition to any special promos or coupons. Together, discounts came to \$1.38 million, so net sales (sales after discounts) were \$34.6 million.

That amount in sales represents a growth rate of 5.6%, which is healthy relative to the industry, especially since industry growth has been concentrated in discount retailers like Aldi (and Walmart, which reported sales growth of 6.5%). Overall, the Co-op has held its own when it comes to maintaining sales in a volatile marketplace.

So far so good. But we struggled where most retailers struggled this past year: keeping up with inflation.

Because of rapid inflation, our Cost of Goods Sold (COGS, or what we pay our vendors for the products we sell) was \$22.5 million, or \$323,000 higher than we had planned. That resulted in Gross Profit (net sales minus COGS) of a bit under \$12.1 million, when we had budgeted \$12.5 million.

Given the sheer number of increases in COGS and the rapid rate at which they've come in, our existing processes proved inadequate, which created unacceptable delays in updating retail shelf prices.

Updated processes now in place allow us to catch changing COGS faster, and our response time is much improved. But in a highly competitive marketplace, it's not always possible to increase retail prices just because COGS has gone up.

We have therefore made the strategic decision to hold the line on increasing retail prices as much as we reasonably can, so that we're not setting prices that are outside the bounds of the marketplace. As a consequence, our gross profit percentage for FY 2022, budgeted to be about 36%,

came in under 35%. That might not sound like much, but for a business doing \$34.6 million in sales, one percent of margin is equal to \$346,000. That's \$346,000 less profit to cover operating expenses. As for those operating expenses, it cost just shy of \$12.3 million to run the Co-op last fiscal year.

Our single biggest operating expense is always labor, which in FY 2022 cost \$8.4 million. On the one hand, we experienced rising labor costs as we have continued to increase our starting entry level wage (now \$14.50 an hour) and make further investments in non-wage compensation (especially health insurance, which costs about \$800,000 a year).

On the other hand, the tight labor market resulted in a higher-than-average vacancy rate, which put stress on staff and in some cases compromised the customer experience. However, it did lower labor costs.

Operating expenses were just below \$2.1 million, and here again inflation created challenges. A few of the larger examples of operating expenses that exceeded budget included:

- Credit card fees, \$511,762 (\$36,139 more than budget).
- Repair & Maintenance, \$124,882 (\$16,763 more than budget).
- Packaging, \$376,275 (\$89,482 more than budget).

Another higher-than-planned operating expense was IT, where we spent \$173,147, or \$42,033 more than budget. There were two primary reasons for this. First, we decided to purchase cybersecurity insurance. In addition, we upgraded our cybersecurity monitoring services so we have 24/7 monitoring of our network.

When you bring in \$12.1 million in gross profit and spend \$12.3 million, you're going to incur a loss, and after factoring in a tax provision of about \$35,000, that loss came to \$250,000, about 0.75% of revenue. It gives me no pleasure to report a fiscal year loss. But in the grocery business, razor-thin profit margins are the norm, and even in good years, most for-profit grocers report a net income of one or two percent.

Our goal for FY 2023 is to flip to the positive. We believe that more aggressive margin management and operating cost controls will result in modest positive net income equivalent to less than a one percent return on sales.

I will give a brief business review at the General Membership Meeting on Oct. 15, at which I will set aside time for questions and comments. Also, anyone who would like more information can always email me at [jroesser@weaversway.coop](mailto:jroesser@weaversway.coop).

See you around the Co-op.

“ We struggled where most retailers struggled this past year: keeping up with inflation. ”

Fiscal Year 2022 (7/1/21 to 6/30/22)	
Revenue	
Gross Sales	\$35,994,951
Discounts	\$(1,380,259)
Net Sales	\$34,614,692
Cost of Goods Sold (COGS)	
COGS	\$22,539,089
Gross Profit	\$12,075,603
Gross Profit %	34.89%
Expenses	
Labor	\$8,406,860
Occupancy	\$1,486,425
Operations	\$2,092,387
Administration	\$327,196
Marketing	\$120,564
Farm	\$61,070
Governance	\$40,557
Other Operating Expense (Income)	\$(21,937)
Other Expense (Income)	\$(139,769)
Rental Expense (Income)	\$(363,524)
Germantown Expansion Expenses	\$39,874
Interest Expense	\$242,917
Total Expenses	\$12,292,620
Earnings Before Tax	\$(217,017)
Tax	\$34,927
Net Income	\$(251,944)

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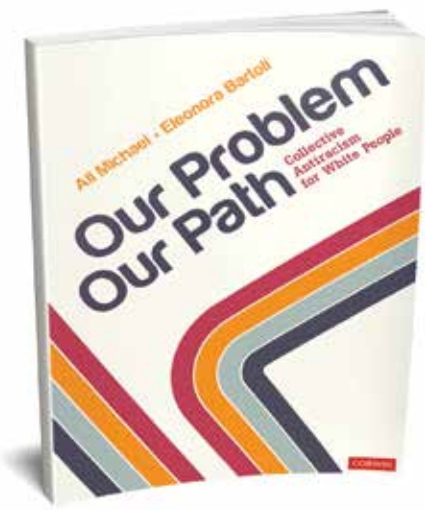
# Co-op Member’s New Book Outlines How White People Can End Racism



Eleonora Bartoli

A BOOK PUBLISHED IN AUGUST AND cowritten by a Weavers Way member puts forth a strategy for white people to talk about race with each other in ways that are sustaining, generative and lead to real change.

In “Our Problem, Our Path: Collective Antiracism for White People”, Ali Michael and Eleonora Bartoli argue that the problem of systemic racism can only be addressed when large numbers of white people understand that it is their problem, too. They share their multidimensional approach for building racial competence by combining knowledge, skills and self-awareness in a way that empowers whites to recognize their bias, overcome fear and effectively intervene against racism daily. As part of this approach, they empha-



size the need for whites to have honest, meaningful relationships with both people of color and whites in order to change systems shaped by racism. The book also offers strategies for parents and teachers to help white children contribute to a healthy, multiracial society.

Michael is the co-director of the Race Institute for K-12 Educators, which works with schools and organizations across the country to help make research on race, whiteness and education more accessible to educators. Bartoli is a consultant and licensed psychologist specializing in trauma, building resilience and multicultural/social justice counseling.

The book is available online through Amazon.

# Co-op Member Remembered For Positivity, Activism

(Continued from Page 1)

nurtured by teachers, including her beloved teacher at Leeds Junior High, the late Samson Freedman. She was a diligent student of piano, painting, printmaking and textiles at the Settlement Music School, Girls High, the Philadelphia College of Art and Temple University’s Tyler School of Art. After college, she taught art in Philadelphia’s public and parochial schools.

In her teens and 20s, Judy discovered a lifelong love of astrology and taught herself the practice. In 1978, dreaming of a meaningful partnership with someone who would help to change the world, she set about going to events that would help her find a husband. While scouring events calendars for possible venues that might help her fulfill this goal, she made the decision to skip a Jewish singles event and went instead to a New Age book fair at the Art Museum circle. There she met Art Rosenblum, a gregarious, disheveled activist and futurist looking for help with his nonprofit. Within the month, they were married at B’nai Moishe, her grandfather’s Orthodox synagogue.

Judy shied away from the spotlight. Instead, she used her artistic sensibilities and common sense to cultivate a home in Germantown which became a magnet for activists and seekers from around the world. With her husband, she researched and promoted communal living, war resistance and positive alternatives to capitalism, all while parenting two children. The couple’s positive outlook was summarized by the oversized banner handcrafted by Judy which decorated their living room: “Suddenly it’s gonna dawn on you: The New Age.”

Among other projects, the Rosenblums played key roles in the popular defense of Daniel and Philip Berrigan and other members of the Plowshares 8. They also promoted the 1984 vice presidential campaign of Barbara Marx Hubbard, lobbied Ted Turner to create the literary competition which brought Daniel Quinn’s 1992 novel “Ishmael” to the world, and housed young volunteers mobilizing to stop the execution of Mumia Abu-Jamal. These family and communal demands left her little time for art, so she joined the artists advocacy group A.R.T.S. Anony-

mous and soon demonstrated a talent for poetry.

Although she embraced an eclectic range of spiritual influences, Judy felt a strong tie to her family’s traditional Jewish religious heritage. While struggling with her family’s doubts about her eccentric husband, she sought the opinion of Reb Zalman Shachter-Shalomi, and took comfort from his reassurance that “Arthur is a good Jew.”

Judy was known for her generosity, especially with her time. She managed the office of Prisoner Visitation and Support for over a decade, a volunteer visitation program for federal and military prisoners located in the Friends Center in Center City. She became indignant when she saw others who were being mistreated, caught in bureaucratic systems and unable to access resources for their basic needs. She expressed her feelings through quiet, methodical advocacy, helping friends new and old to fight and maneuver their way through social services until they could meet their needs.

Although Judy was shy and unimposing, she left an impression, particularly on younger people, who spoke admiringly of her seeming invincibility and positive mindset. An endlessly curious, self-taught person, she immersed herself in learning new languages and absorbing health information, which benefited many friends. She kept her own health vigorous throughout years of cancer by walking for miles every day as she ran errands throughout the city, and was a devoted and engaged grandmother.

A private memorial service took place on Oct. 2. Judy’s exuberant spirit will be remembered by her family, including her beloved aunt, Gloria Abramson, and by a wide circle of friends throughout Northwest Philadelphia and the Delaware Valley.



## Ben Brown Needs His Jars Back, Please

CHESTNUT HILL BEEKEEPER BEN BROWN of Brown’s Apiary has a favor to ask of Co-op shoppers who buy his wildflower honey: Please return your jars!

Brown wants to reuse and refill the jars as much as possible. They’re pricey, and he’s trying to keep his costs down and leave them out of the recycling stream. There’s a wooden return box with the apiary’s name at the front of the store where you can drop them off.

To help yourself remember, put your empty and clean Brown’s jar next to your Prepared Foods soup jars and other reusable containers. Then bring them all back on a future shopping trip.

—Karen Plourde

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You can also make the switch in our Member Center. After logging in, go to "My Message Board", click on "Update The Shuttle Delivery Preferences", and click on your selection on the next screen. Thanks for doing your part!

# Online Shuttle



# Stables Share Animals with Community at “Horses and History”

by Nancy Peter, for the Shuttle

OVER 100 COMMUNITY MEMBERS PARTICIPATED IN assorted activities Oct. 9 as part of “Horses and History of the Wissahickon,” a free event that took place at Monastery Stables in West Mt. Airy.

In addition to barn and historic tours, staff and volunteers at the stables also presented horseback riding demonstrations, lessons on how to harness miniature donkeys, and opportunities to pet and groom several of the animals.

The six-acre Monastery complex is part of Fairmount Park and includes a large horse barn, a small sheep barn, a mansion, a cottage and a spring house. The stable also features an outdoor arena and mowed fields for riding, grazing and grooming. They are also home to the Philadelphia Saddle Club, which is like an equine co-op or time share. Through the PSC, equestrians can enjoy horseback riding without the responsibility or commitment of owning a horse.

The Monastery family hosted this event because we wished to share our good fortune, expertise and barn family with our Northwest Philly neighbors. Please visit [www.monasterystables.org](http://www.monasterystables.org) for information on how to join or support us.



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# MAFCA Meets in Maryland For First Post-COVID Gathering

(Continued from Page 1)

system of healthy and local food production, distribution and consumption.

MAFCA was born in 2010 when some members of Weavers Way’s Board of Directors decided to throw a party to get to know board members at other Philadelphia-area food co-ops. Among those in attendance were members of Mariposa Food Co-op and Swarthmore Co-op, as well as those hoping to open food co-ops in Kensington and South Philadelphia. (Both of those start-up efforts have since opened actual stores!). The group decided that the best way to continue the conversation was to have a second gathering. By the time of that event, in Swarthmore, word had spread, and we were joined by cooperators from up and down the Eastern seaboard. We then decided to name the group the Mid-Atlantic Food Co-operative Alliance.

Over the next several years, MAFCA met once every few months, alternating between the south, central and northern parts of the region. We gathered in places such as Greenbelt, MD, Newark, DE, Brooklyn, NY and of course, Philadelphia. We set up a list serve on which members could ask questions and share information and sponsored a conference for start-up food co-ops. And we elected a board of directors, wrote by-laws and created a Facebook page.

Our in-person meetings always follow the same format. We start off with a tour of the “host” co-op, where we learn about the various offerings and are treated to a behind-the-scenes look of the store. Then we have lunch, either at the store if there’s an in-house kitchen and gathering space, or at a nearby location.

After lunch, we hold an informal meeting at which representatives of the host co-op talk about recent events at the

store, which often include an expansion or other accomplishment. We then generally have a second speaker talk about some topic of interest involving food or cooperatives. We wrap up with a segment we call “popcorn,” in which one person from each co-op in attendance shares some news or challenge happening at their co-op. Our unofficial motto is, “If you’ve seen one co-op, you’ve seen one co-op.”

At this meeting, Common Market staff talked about the journey that led to the opening of their second store in Frederick. The store was once a Safeway and is enormous, particularly to those of us who are used to our cozy Weavers Way in Mt. Airy! It includes a cafe with plenty of seating and many freshly made offerings, a bakery, salad bar, lots of local produce, other local products, office space that’s the envy of co-op staff everywhere, and the usual meat, seafood, dairy, bulk foods, frozen foods, grab ‘n’ go, take and bake, health and wellness and pet products departments. The co-op owns the building along with a parking lot that serves Common Market as well as several smaller stores in an adjacent shopping area.

At the meeting, Weavers Way General Manager Jon Roesser talked about the Co-op’s plans to open our fourth store, this one in located in Germantown. The new store will occupy a former Acme market.

Finally, members from the following co-ops shared news: Bethlehem (PA), Catonsville (MD), Flatbush (NY), Fredericksburg (VA), Friendly City (VA), Park Slope (NY) and TPSS (MD). Themes of the meeting included expansion, post-COVID challenges and the importance of supporting local producers.

The energy at the meeting was ex-



photo by Sue Wasserkrug.

Attendees at MAFCA’s Sept. 11 meeting gather ‘round the take-and-bake case at the Common Market’s newest store location in Frederick, MD. Roman Diaz (light blue shirt, middle) is Common Market’s general manager.

traordinary; I found it invigorating to hear from and speak with so many fellow co-operators. We are bound by our dedication to create a strong and vibrant regional network to support, nurture and grow food co-ops throughout the Mid-Atlantic

region and beyond.

If you would like to get involved with MAFCA, please contact me at was-serkrug@gmail.com.



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# What the Inflation Reduction Act Could Mean for Homeowners

by Betsy Teutsch, for the Shuttle

THE IMPACT OF THE \$370 BILLION SLATED FOR juicing renewable energy and decreasing carbon emissions as part of the Inflation Reduction Act of 2022 is no small task to comprehend and describe. The various parts of the act will radically transform our country and slash emissions by 40% over the next decade. That’s not enough to reverse global warming, of course, but at last we’re moving in the right direction.

This blinking Christmas tree of a bill delivers rebates, incentives and federal investment tax credits to jumpstart demand for electrifying homes and businesses. The infusion of capital will vastly expand the supply of vendors who manufacture, sell, deliver, install and service the appliances, solar arrays, and batteries that will allow us to thrive without burning fossil fuel.

The appliances I’ve written about in past columns — solar arrays, heat pump HVAC, heat pump water heaters, heat pump washers, induction cooktops — are the A Team in this brave new world, along with electric vehicles and battery storage. They will be fueled by clean, renewable energy and will save households an enormous amount of money. They pay for themselves after a few

years, and then keep on running at radically reduced costs.

By emphasizing American sourcing, this enormous infusion of funds for greening will provide millions of jobs. It will increase the number of options available and the amount of competition in the industry, thus lowering prices.

Nicole Kelner’s graphic accompanying this story highlights many of the IRA’s immediate savings (and emissions reductions) available to low and middle-income households. The up-front discounts and tax credits range from an \$840 discount on an induction stove or heat pump clothes dryer to a \$7,500 tax credit for a new EV.

The appliance rebate systems are being created state by state, and Pennsylvania’s system is not yet up and running. Tax credits will be part of federal returns and will increase from 10% to 30% of the cost for certain eligible home improvements — everything from solar panel installation to exterior doors, windows and skylights — beginning in 2023. Those credits will be in place for 10 years.

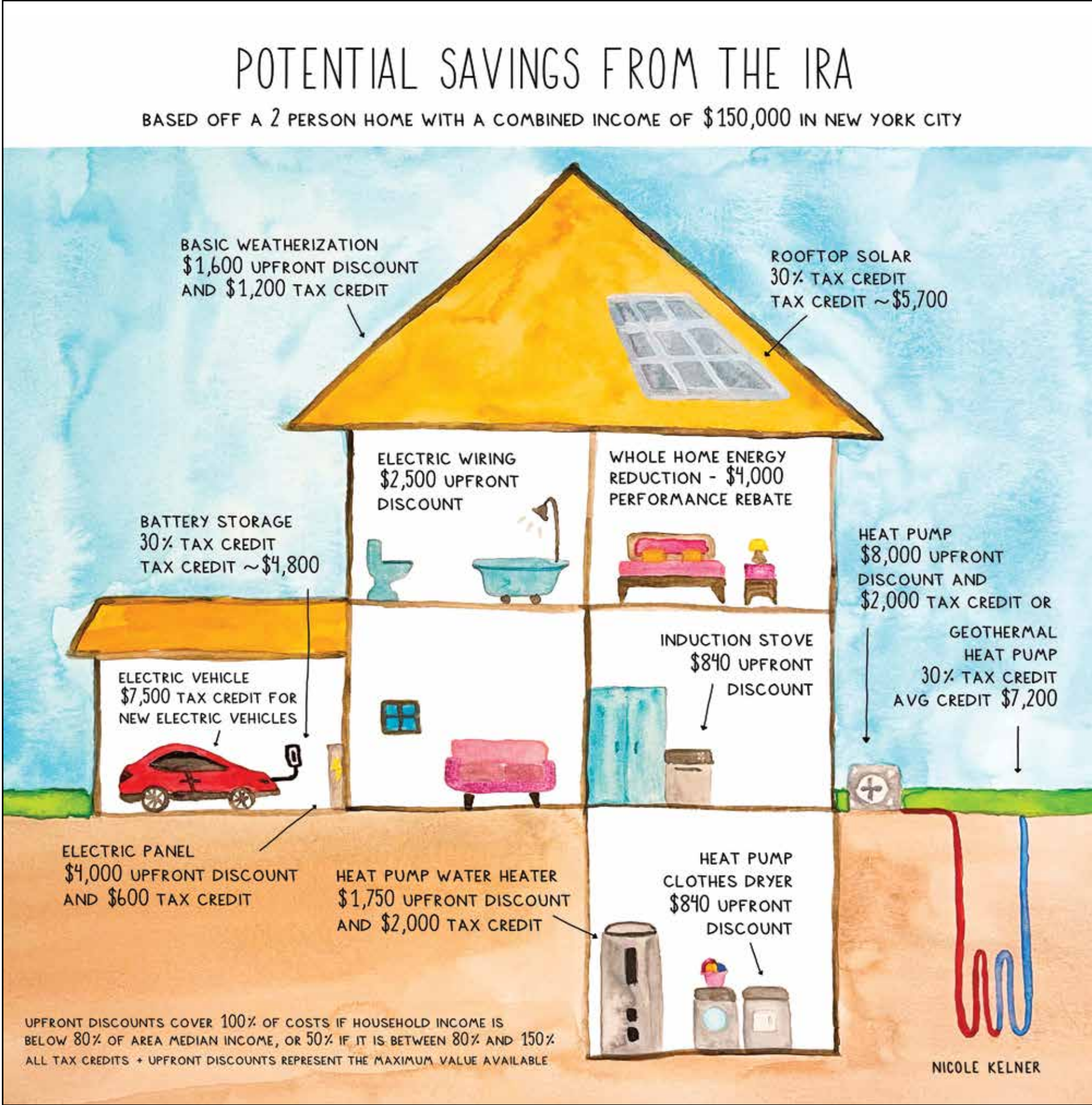
All the details are not yet in place, so it’s a bit early to go shopping. But it’s a great time to start researching all the new possibilities. There are a lot of winners here. There are also a lot of losers, utilities being one of them. Expect pushback.

All these changes will require us to adjust to systems with different rhythms and traits. We now have a heat pump dryer and it’s kind of weird that the clothes are dry but not warm at the end of the cycle. Of course, dryers are there to extract water from our laundry; the fact that they also heat up the clothes is wasted energy. Even so, warm and cozy has been part of our definition of “clean” all our lives.

Strategizing the range of our electric cars will eventually become a big part of most of our lives. It’s likely we’ll enjoy sunny days even more, knowing that our batteries are charging via our solar panels.

For more information on the IRA and its benefits to homeowners, go to [whitehouse.gov/cleanenergy](https://whitehouse.gov/cleanenergy).

*Betsy Teutsch is a longtime columnist for the Shuttle and continues to strive for zero waste and zero emissions. (She has a long way to go!)*





Celia Cruz  
(1925-2003)



CRUZ WAS AN AFRO-CUBAN singer and entertainer who in 1961 immigrated to the United States and made New Jersey her home. She was renowned for her wide-ranging, soulful vocals and her lyrical, improvisational rhymes. She was legendary for her distinctively glitzy hair and dress styles.

Cruz’s signature call and response song “Azucar Negra” (“Black Sugar”) was ascribed to her love of sugar in coffee, but was also associated with recognition of the inhumane, oppressive treatments enslaved Africans experienced while toiling on Cuban and Caribbean sugar cane farms. Her successful salsa career was especially laudable because she worked within the male-controlled salsa world. Her legacy was affirmed with the opening of the Celia Cruz High School of Music in Bronx, NY in 2003.

Honoring Those Who Were Here First

by Rosa Lewis, Weavers Way Diversity, Equity, and Inclusion Advisory Committee



THERE ARE AN ESTIMATED 400 MILLION indigenous people on the planet. Wherever they reside, they share a common culture associated with respect for Mother Earth, self-sufficiency and tribal loyalty. Indigenous Peoples’ Day was started as a

counter observance to Columbus Day, a day replete with trauma and oppression for First Nations peoples. It is celebrated on the second Monday in October. Berkley, CA was one of the earliest places to celebrate the day beginning on Oct. 8, 1992.

  
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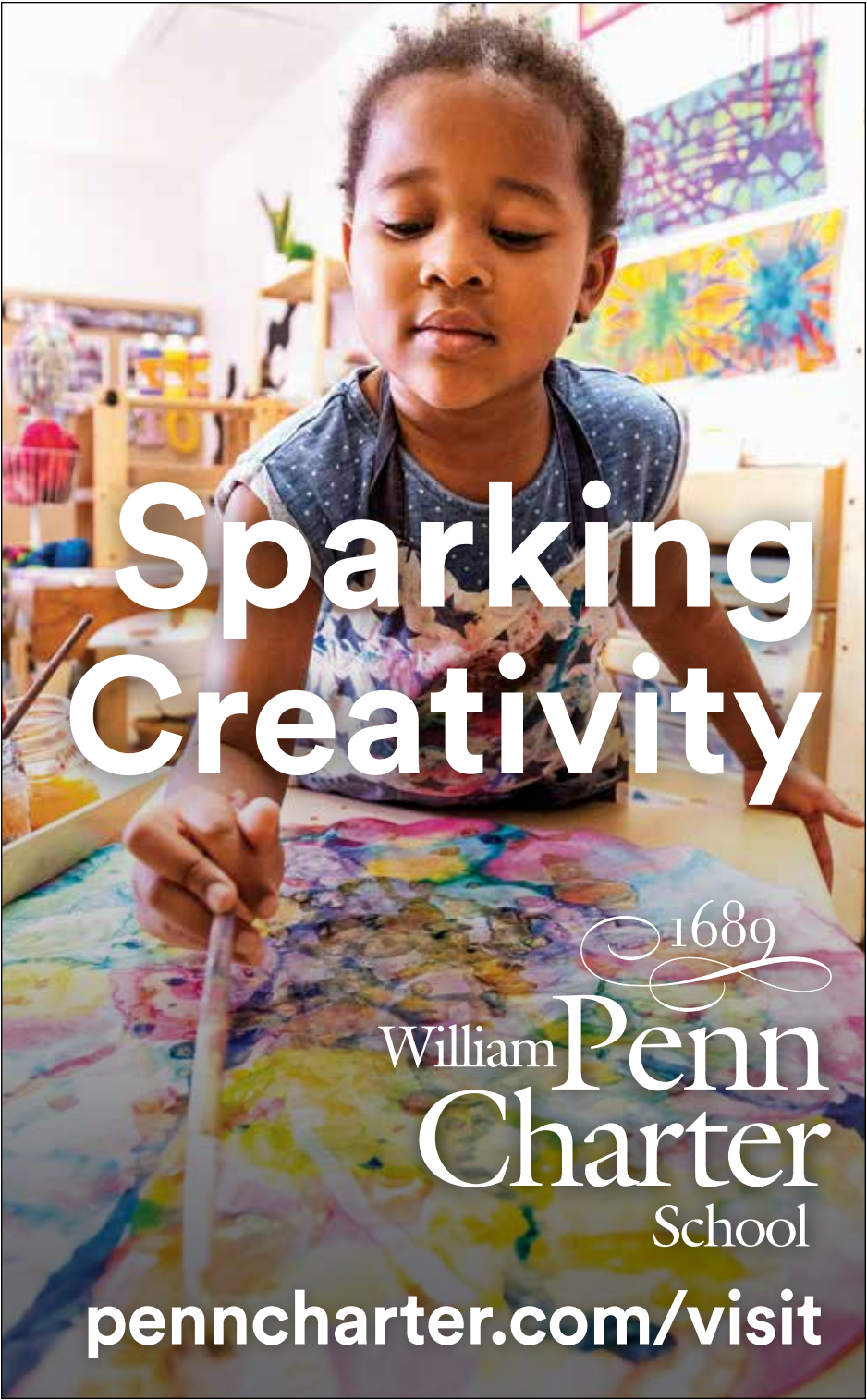
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*Photo: Julianne Harris*



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# Our Goals, a Product Recommendation and Our New Speaker Series

THE MAIN GOALS OF PRTF AT Weavers Way are to:

- 1. Educate members on the negative effects of plastics in our environment.
- 2. Find ways to lessen the use of plastics at the Co-op.
- 3. Encourage individuals to decrease the use of plastic in their lives.

Given the prevalence of plastics in the shopping realm, these goals are challenging. Products made with plastic or packaged in plastic are everywhere. But as awareness increases, so do options for alternative products made of more sustainable materials or packaged in better ways.

Fortunately, the Co-op stocks a variety of items that can make it easier for members to avoid plastic. Each month, the PRTF will highlight an item you can find on Co-op shelves to help you decrease the amount of plastic in your home. We hope that these products will inform your individual plastic reduction journey and give you ways to make positive changes in your purchases.

By featuring the products, we are highlighting their plastic-reducing potential; we are not endorsing them in any other way. If you try them, let us know how they compare to your previously used items and what you

like about them. You can connect with us on Facebook or reach us at prtff@weaversway.coop.

**Plastic Reduction Product of the Month**

**Type:** Laundry Detergent

**Brand:** Meliora Laundry Powder

**Stores:** Ambler, Mt. Airy

Details: This powder detergent is available in the cleaning products bulk section. Scoop as much as you need from the bucket into your own container or use a reusable or paper bag from the store. Once the large bucket at the Co-op is empty, it is returned to Meliora to be refilled.

Meliora is Latin for “better.” It’s single-use plastic free, cruelty free, phthalate free, biodegradable, organic and safe for all water temperatures and fabrics. It’s also gentle enough to use on infant clothing.

PRTF Chair Kim Paymaster tried Meliora recently. “I love having access to this bulk item, because so many liquid detergents you buy come in plastic jugs and are mostly water, so you’re paying to ship (and buy) water,” she said. “Meliora’s powder detergent works well and focuses on sustainability.”

—Sue Landers, PRTF

**Get Set for Season Two of “Philly Talks Trash”**

PTRF joined with Neighborhood Networks’ Environment Action Committee from January through July to host the “Philly Talks Trash” speaker series. Topics covered ranged from plastics to food waste to the illicit dumping of construction materials. You can find recordings of these sessions at PNN’s YouTube channel.

Season II begins on Thursday, Oct. 20 at 6:30 p.m. with the virtual event “The Voter, the Environment, and the 2022 Midterm Elections.” Every seat in the Pennsylvania House, half of the state Senate seats, the governor and one of our U.S. Senate seats are in play this year.

Because of redistricting, control of the House is considered a tossup. Meanwhile, Philadelphia’s vote can make a big difference in the race for governor and U.S. Senate. The choices have never been clearer between candidates committed to sustainability and renewable energy versus those who are opposed to policies that reduce our dependence on fossil fuels and improve air and water quality.

Charles Ellison, host and producer at WURD-AM, will be leading this exciting presentation and discussion. He’ll



be joined by Tim Brown from Neighborhood Networks, elected officials and election experts. The registration page is available by searching for “Philly Talks Trash” on Eventbrite.com.

Follow PRTF on our Facebook page (search for Weavers Way Plastics Reduction Task Force) and read more about the PNN Environment Action Committee at [www.phillynn.org/environment](http://www.phillynn.org/environment).

—Karen Melton, PRTF



As part of the Co-op’s efforts to reduce our use of single-use plastic, customers can purchase certain items in reusable containers.

There are a variety of containers available, with different deposits required.

**Total Containers by Department**  
(as of this month)

Store	Prep	Deli	Bulk	Produce	Grand Total
Ambler	1869	101	435	833	2946
Chestnut Hill	1899	177	241	0	2317
Mt. Airy	1475	186	1238	0	2889
<b>Totals Sold</b>	<b>5343</b>	<b>464</b>	<b>1914</b>	<b>833</b>	<b>8554</b>
<b>Deposits Refunded</b>					<b>5754</b>
<b>Return Rate</b>					<b>67%</b>

**How the Container Refund Program Works**

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

**Deposit Cost Per Container**

Products Packed	
<b>\$2</b>	Soups Cut Fresh Fruit (Watermelon & Pineapple) Bulk
<b>\$2</b>	Bulk, Grab and Go Soups Prepared Foods Shredded Cheddar, Olives
<b>\$3</b>	Green Beans Brussel Sprouts
<b>\$4</b>	Baby Spinach Micro-Greens

Note: DO NOT WRITE ON OR STICKER CRP containers.



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

# Annual Free Compost Day

Saturday, October 29, 2022

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The Backyard Beet

One of Our Favorite Tomatoes, and Why We Love It

by Chris Mattingly, for the Shuttle

WE'VE BEEN SHARING THE MAGIC OF HOMEGROWN food for six years, and during that time, we've learned a lot about what matters. When sun, soil, and water are provided, untold magic comes from the garden, and health, resilience, connection, community and love grow.

At Backyard Eats, we offer our maintenance clients a menu of 51 vegetable varieties to grow in their garden. We call this our "curated list of varieties," because we've poured over the thousands of types available to offer the best in flavor, productivity and reliability.

Introducing the Pineapple Express

The Pineapple Express is a striped tomato with a silky-smooth texture and complex fruity taste. It's a beef-steak type, meaning that it's large, irregularly shaped and has multiple small seed compartments that give it a unique and meaty cross-section when sliced in half. The fruits of this variety grow between one and two pounds each! The interior is marbled, too — yellow streaked with red — and it makes a splash when served on a platter with fresh mozzarella, balsamic vinegar, olive oil and fresh basil.

It's a vining-type tomato, which means it can grow to be a wide-spreading or tall plant. We only choose vining-type tomatoes and allocate them a 2'x 2' square space in the garden. We support them with double-height tomato cages and provide additional supports to keep the tower upright when the plant is seven feet tall and heavy with fruit. Vining tomatoes can produce continuously, and when cared for properly, can produce late into the season. We often have tomatoes producing their last fruits in November.

The Pineapple Express is a hybrid version of an heirloom variety — more on that later!

The Name and Why We Grow It

Pineapple Express is a term for a current of moist, warm air flowing from the Hawaiian Islands to the Pacific Coast. But whoever named this variety was being

clever, playing on the name of the original heirloom variety, which was "Pineapple." The original heirloom is believed to have gotten its start in Kentucky, and the "Express" was added to the name because it's faster to produce — 85 days from transplanting.

We choose to grow this variety because of its flavor, aesthetics, productivity and reliability. We specifically chose the hybrid version because of its resistance to soil disease. Heirlooms typically don't deal well with diseases that exist in every type of garden soil to some degree. So for gardens with a history of tomato growth without proper soil care, nutrition, and crop rotation, we like the added help of disease resistance. Heirlooms are great but should be avoided in these cases for reliability.

How to Cook It

There are many ways to cook (or not cook) a tomato, but a great suggestion comes from Michelle Owen, author of "Grow the Good Life: Why a Vegetable Garden Will Make You Happy, Healthy, Wealthy, and Wise." She writes, "I roast...these exceptionally sweet, red-streaked yellow tomatoes...in a hot oven, then sauté with ridiculous amounts of garlic, rosemary and extra virgin olive oil and throw over pasta. Before I face the firing squad, I will ask for this as my last meal."

I found myself reaching for lower-maintenance tricks to use these abundant and enormous tomatoes. I like a tomato sandwich with toasted bread, mayo, salt, and pepper. I also enjoy a breakfast bowl of sliced tomatoes and mozzarella (or feta) with balsamic vinegar, olive oil, salt and pepper.

Is there a plant variety we should consider for the home garden? Share your favorite tomato and plant varieties with me at [chris@backyard-eats.com](mailto:chris@backyard-eats.com).

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



Photo Exhibit Delves Into the Perspective Behind the Camera

AN EXHIBITION OF MEMBER photographs now on view at PhotoLounge's PL130 Gallery in Rittenhouse Square seeks to encourage attendees to think about the photographers' perspectives as they view their work.

"Projected Exposures", which continues through Nov. 12, includes a segment called "Member Moments" filled with interviews that go into the process of each photographer. Viewers are encouraged to view the works and interviews and provide feedback and reactions. The gallery will host an Open House on Friday, Nov. 4 from 6-9 p.m.

The PL130 Gallery at PhotoLounge opened in 2021 with a mission to raise the voices of a diverse photo



community and to show important new work by emerging photographers. For the sake of equity, the gallery eschews any costs associated with entering or exhibiting shows. Instead, those costs are absorbed by an active film photography club in which members pay monthly dues to support the art. All the work is hung unframed and is printed on museum-quality substrates.



PhotoLounge is located at 130 S. 17th St. and is open Tuesdays-Saturdays from noon-5 p.m. They offer photographers of all levels printing and film processing lab services. Find out more at [www.myphotolounge.com](http://www.myphotolounge.com).

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# Six Steps You Can Take to Help the Monarch Butterfly's Future

by Kristy Morley, Senior Naturalist, Wissahickon Trails

MANY WELL-KNOWN NEWS AGENCIES PUBLISHED some version of a headline declaring “Monarch butterflies now listed as endangered” in July of this year, which prompted a flurry of reactions from butterfly enthusiasts and monarch butterfly researchers alike.

The headline actually referred to the decision by the International Union for the Conservation of Nature, an advocacy group based in Switzerland, to add the monarch to their proprietary Red List of Threatened Species as Endangered. While significant, this is quite different from a determination by the U.S. Fish and Wildlife Service to protect a species under the Endangered Species Act in the United States and has no real-world implications for monarchs in the United States or even worldwide.

A petition was submitted in 2014 to include the monarch on the Endangered Species list, but in 2020 the Fish and Wildlife Service essentially put the species on a waiting list. They determined that protection is “warranted but precluded” and called for another review in 2024.

If monarchs were to be listed as endangered by the U. S. government, legal consequences would govern how humans interact with them, including possible limitations on handling of the species, outlawing home raising of them, and eliminating the use of pesticides and herbicides such as neonicotinoids and glyphosate. A number of monarch experts believe that since the measures listed above could have potential negative implications on commercial agriculture, it will be difficult to list the monarch as endangered in the United States despite its declining numbers.

Here are some actions you can take to help the monarch butterfly:

- 1. Plant milkweed!** We have three species of native milkweed in our area, all of which monarchs use to lay their eggs on. Swamp milkweed (*Asclepias incarnata*) and butterfly weed (*Asclepias tuberosa*) are the best behaved in a backyard garden, but those with more space should consider common milkweed (*Asclepias syriaca*).
- 2. Educate your municipal leaders about the importance of planting native species.** Some municipalities have outdated weed ordinances that list important native species, such as milkweed, ironweed and goldenrod, as “weeds” that must be removed from residential lawns. Check your municipality’s lawn and weed ordinances and advocate for encouraging the use of native plants rather than penalizing homeowners.
- 3. Plant a variety of flowering plants that bloom throughout the summer and fall.** Adult monarchs need nectar to survive and do best when there are a variety of sources from which to choose. Consider plants like trumpetweed, phlox, mountain mint, joe-pye weed, woodland sunflower, goldenrod, New England aster and New York ironweed.
- 4. Plant in multiples.** Adult butterflies prefer to visit masses of flowers, and caterpillars can quickly eat one plant to the ground. Plant at least three of each variety and more if you can.
- 5. Purchase your plants from local native nurseries.** Avoid plants that have been pre-treated with neonicotinoids.
- 6. Keep your yard herbicide and pesticide-free.**



photo by Kristy Morley

A monarch caterpillar in milkweed



photo by Kristy Morley

Native milkweed



photo by Margaret Rohde

An adult monarch butterfly in white and purple asters



photo by Kristy Morley

An adult monarch butterfly in white and purple asters





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# Local Fall Bird Migration Through the Eyes of a Hobby Naturalist

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

ALONG WITH FALLING LEAVES, MUMS AND PUMPKIN spice lattes, migrating birds are one of the sure signs of fall. Wissahickon Valley Park is host to over 200 species of birds, which designates it as an Audubon Important Bird Area. The park helps conserve bird populations by providing essential habitat for breeding, wintering and/or migrating birds. In the Northeast, fall bird migration happens from mid-August through October, with different species migrating at different times.

I was recently chatting about the wonders of this yearly ritual with hobby naturalist and wildlife photographer Troy Bynum, who features his wonderful photos of birds and other local animals as host of “Wildlife Wednesdays” on Friends of the Wissahickon’s Instagram page. Although he has been inspired by nature since childhood, he developed an interest in birds in the Wissahickon after he moved back to Philadelphia in 2017 and went hiking every weekend with friends. He spoke about a seminal day in the park when he saw what he calls his “spark bird”: a green heron. Troy has long been drawn to color in nature as well as patterns, and there’s certainly no shortage of either when it comes to birds.

Last spring, Ruth Pfeffer, another avian expert and one of FOW’s dear friends, passed away. Troy met Ruth last year during fall migration season at a birding walk she was leading in the Wissahickon. He recounts seeing lots of migrants stocking up on food on that chilly day to continue their trips, and learning how to identify several warbler species. One of Troy’s best memories of that day was Ruth’s encouragement to keep going with what he calls his ornithological journey.

Ruth started watching birds in the Wissahickon when she was eight years old. That led to her career in birding and bird photography, for which she became world-renowned for her passion and extraordinary knowledge. She and Troy discussed starting a nonprofit to help expose Philadelphia youth to the Wissahickon and other green spaces to explore nature and develop environmental awareness. He plans to keep working toward that goal.



photo by Troy Bynum

Staredown from red-tailed hawk.

Like Ruth, Troy enjoys sharing his love of birds with others. His advice for people new to birding is to “get out early and often, be patient and enjoy what nature has to offer. You can never go wrong if you’re having fun outside.”

He also encourages novice and experienced birders to join bird walks and talks, like our next fall Valley Talk on Tuesday, Oct. 18, at which he’ll be the guest speaker. As part of this talk, which we’re dedicating to Ruth’s memory, Troy will discuss fall migration, including which birds have already left or are planning to depart the Wissahickon. He’ll also explain the rich food and shelter resources our feathered friends find in the park.

Join us on Oct. 18 at 6 p.m. for this hybrid event, which will take in person at the Valley Green Inn or via Zoom. Register at [fow.org/events](https://fow.org/events). Sponsored by Prentiss Smith & Company.



# New Art Exhibit at Schuylkill Center Seeks to Spur Reforestation

THE NEWEST EXHIBITION AT THE SCHUYLKILL CENTER for Environmental Education offers a glimpse into the world of forest conservation, the practice of planting and maintaining forested areas for the benefit and sustainability of future generations.

In “Forest Makings”, on view in the center’s gallery through Dec. 30, nine artists challenge visitors to think about our connection to trees and how to care for them into the future. The exhibition features sculptures, paintings, textiles and installations by artists Jean Shin, Ana Vizcarra Rankin, Aaron Terry, Amir Campbell, Tali Weinberg, and Vivien Wise, as well as instrument makers Gladys Harlow, Richard Robinson and Don Miller (as part of the art project S(tree) twork by Futurefarmers).

While “Forest Makings” sheds light on the environmental benefits of forests and the threats posed by changing climates, it is mostly an invitation to consider our own responsibility toward the health of forests and the survival of the earth. The artworks unravel the history of extractive industry and mourn the ongoing loss of forests and seek to persuade viewers to radically rethink our actions and reforest our environment. Through stories and music, they make us aware of our connection to the forest and how we can use natural materials to reconnect communities.



The Schuylkill Center for Environmental Education’s visitor center is located at 8480 Hagy’s Mill Rd. in Upper Roxborough and is open Monday-Saturday from 9 a.m.-5 p.m. Admission is free. For more information, their website is [www.schuylkillcenter.org](https://www.schuylkillcenter.org).

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LET’S COUNT THE WAYS.

1 CATERING.



# Drain the Swamp? That’s Happened Far Too Much Already

by Sandra Folzer, Weavers Way Environment Committee

WHEN YOU THINK ABOUT SWAMPS, what comes to mind? Mud? Yuck? Mosquitoes? That’s probably what the early settlers and others thought when they wiped out thousands of acres of wetlands throughout the United States. It’s sad they didn’t realize what precious resources swamps are.

A swamp or wetland can hold fresh water or salt water. It can be as small as a pothole or as large as a coastal salt marsh. Swamps are ubiquitous, because they thrive in every climate and are found on every continent except Antarctica.

Your image of a swamp might derive from a horror movie: Think thick foliage and murky water alive with alligators and mosquitoes. No wonder runaway slaves and deserters from the Civil War hid in them. But despite their foreboding visage, a swamp has many benefits.

### Wildlife

In freshwater swamps, cypress and tupelo trees are common, while the salt-water versions are frequently home to mangroves. Swamp trees need both wet and dry periods. Their decaying leaves become food for algae, which in turn feeds birds and other creatures, so they are a breeding ground for thousands of species. Their roots protect smaller fish.

Saltwater swamps are sometimes called “nurseries of the ocean” because fish lay their eggs where their young can find food and protection before returning to the ocean. A multitude of insects attract a wide variety of birds, who also use the wetlands for migration stops. When swamps disappear, so do many bird species.

### Protecting Shorelines and Land

Swamps are important ecosystems because they stabilize the land’s edge and shorelines from hurricanes and erosion. Mangrove tree roots form a hedge above and below water which protects the inland from harsh weather, and their roots anchor the sand and other sediments. Closer to the ocean, swamps work in tandem with coral reefs by trapping sediment so it doesn’t cover the coral. The coral reef protects the swamp by absorbing the force of the waves in bad weather.

### Carbon Sink

Even though we hear more about the value of rain forests, swamps absorb five times more carbon dioxide than they do. Plant matter from ancient swamps piled up over time, and the lack of oxygen kept it from decaying completely. It eventually fossilized into what we know as coal.



### Nature’s Filtration System

The plants in swamps purify water naturally by absorbing excess nitrogen and other chemicals. This includes chemicals from agriculture and factories. What is not absorbed sinks and is buried in the sediment below.

### The History of Swamps in the United States

In 1849, the Swamp Land Acts gave jurisdiction over swamps to states — and you know how dangerous states rights can be. Draining or filling swamps caused nearly half of all U.S. wetlands to be destroyed, as former swamps became valuable real estate in the San Francisco area and other places. Although environmental laws in the 1970s began protecting wetlands, much more swamp land disappeared in favor of agriculture and housing developments.

Unfortunately, experts sometimes think they know more than nature, and the Mississippi River Delta is a good example. This area and coastal Louisiana are losing a football field size of wetlands every 100 minutes, according to the environmental group Restore the Mississippi River Delta. In fact, the Delta has lost over 2,000 acres since 1930s. The causes include:

- Levees built to control the Mississippi River cut off the sediment from replenishing wetlands, so they are lost to the sea. Because the wetlands cannot be sustained by sediment delivered by the river, the delta continues to shrink.
- Shipping channels allow salt water to penetrate the wetlands, thus destroying its ecosystem.



- Louisiana’s offshore oil rigs and wells, made up of thousands of miles of pipelines, change the salinity of the water and kill the vegetation.
- Dams and locks on the Missouri, Mississippi and Ohio Rivers trap sediment so it never reaches the lower Mississippi.
- With the loss of protective wetlands, Hurricanes Katrina and Rita destroyed hundreds of miles more of them.
- The BP Deepwater Horizon oil explosion in 2010 sent 206 million gallons of oil into the Gulf, damaging the delicate shoreline and causing erosion. This disaster continues to impact the coast.
- Invasive species like the Nutria rodent, introduced into Louisiana for the fur trade, eat the roots of wetland plants and cypress seedlings.

In some parts of the United States, there are now regulations against destroying swamps. Groups like Restore the Mississippi River Delta are trying to protect those that remain and recreate those that were destroyed. Wetlands take thousands of years to build up, but humans can wipe them out in a few months.

Historically, we owe much to swamps. Civilization likely originated in the freshwater swamps between the Tigris and Euphrates rivers in the Middle East. The “Fertile Crescent” contained wildlife and rich soil, so the first cities were built nearby. The earliest record of a written language and first recorded use of the wheel occurred here.

You may remember the cartoon Pogo which took place in the Okefenokee swamp between Georgia and Florida. Pogo, an opossum, lived in the Okefenokee along with other animals. During the first Earth Day in 1971, Pogo looked out at the garbage around his home and said, “We have met the enemy, and he is us.” I was so endeared by Pogo’s sentiments that I ordered three of his books.

eco tip

### Two Ways to Go Plastic Free While Staying Squeaky Clean

by Marsha Low, Weavers Way Environment Committee

Ridding our lives of plastics is certainly a daunting task. We’ve had some success at reducing the use of plastic containers at Weavers Way, but we have a long way to go.

Some plastics are easier to dispense with than others. Two ubiquitous products that come in plastic containers are now easy to stop using: liquid shampoo and laundry detergent. Approximately 550 million shampoo bottles go to landfills every year in the United States, and 700 to 900 million laundry jugs are discarded annually. Only an estimated 30% are recycled, with the remaining 70% ending up in landfills or as litter.

Fortunately, there are now plastic-free alternatives to both products. A variety of shampoo bars are available, some of which the Co-op carries. One brand, Green Ablutions, is made locally.

Instead of buying liquid laundry detergent in plastic jugs, consider getting laundry strips that come in recyclable paper packages. The Co-op carries a brand called **Tru Earth Eco-Strips**, which really do work! In addition, our Ambler and Mt. Airy stores carry **Meliora** laundry powder in bulk (it’s the Plastic Reduction Task Force’s Plastic Reduction Product of the Month (see p. 13).

2 MEMBER BENEFITS.

3 BULK FOODS.

4 CO-OP BASICS.

5 SUSTAINABLE MEAT & SEAFOOD.

6 PRODUCE.



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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.

Most people eat food they've bought, not grown, but this wasn't always the case. Way back when, in the beginning of time, the Sumerians learned how to grow grains (and make beer), with barley as a staple. Shortly after this period, systems like capitalism came into existence, in which food producers grew food to generate income along with providing nourishment for themselves and their families. This allowed non-food producers to ply whatever skills and labor they had to offer in exchange for currency to buy food and other goods.

What few people realize about this system is that it also led to branding, which led to advertising, which then led to radio and television show sponsorships, including the crown jewel of modern society, the sitcom. So if you enjoy sitcoms, add the Sumerians to your list of people to thank this Thanksgiving.

We recently received an email from a member concerned about pesticides on produce who wondered why we stock items on the Environmental Working Group's Dirty Dozen List, which highlights the 12 food chemicals out of the thousands present to avoid. It's great to hear from members with concerns like this, even though it raises issues that are complicated and may generate more questions than answers.

Here is an excerpt of our email exchange:

"...[EWG Dirty Dozen] is an important list, and I think should be discussed at

the philosophy-purchasing level at Weavers Way. If these Dirty Dozen are in fact what they say, which seems to be backed up by scientific studies, then they actually harm the people who eat them. Weavers Way should, in certain circumstances, take a principled stand not to injure its customers (Like the bananas decision, maybe). If organic strawberries are available all year round, why have nonorganic, if there is so much harmful pesticide residue left in them? Do you just not believe the science? Should Weavers Way knowingly sell harmful products?"

I responded, "Thanks for your concern. Pesticides and herbicides used in food present a host of problems for environmental and personal health. However, we think many of these types of decisions are best made by shoppers for themselves, as different people have different levels of understanding and concerns about it, and have varying food budgets, so it becomes a personal cost/benefit decision for someone whether to buy an organic version of a product or not. With the Equal Exchange bananas, the issues were so egregious and the cost differential was low enough (around 25¢ a pound, and bananas are relatively cheap per serving to begin with) that we were comfortable only offering EE bananas. It's not the same for items like organic strawberries and spinach, where the organic version can be dollars per package higher than conventional.

"There is also some criticism of the EWG rankings. Other food co-ops have

(Continued on Next Page)

## International Co-op Principles

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



(Continued from previous page)

also struggled with this, and none have dropped Dirty Dozen items for many of the same reasons we are not likely to, barring something like a member vote to do so.”

One of many criticisms of cutting out EWG Dirty Dozen items was published in the April 8 issue of very-wellfit.com (“Dirty Dozen List of Fruits and Vegetables Updated — Should You Use It?”) The question of what constitutes a “harmful product” is difficult to answer; it can vary based on one’s individual health situation, values, access to less harmful products, and one’s definition of “harmful.”

As an organization with over 10,000 members and 3,000 people in our stores daily who peruse over 30,000 items, many with multiple ingredients from many different sources from around the world, identifying which are “harmful” is not something we can accomplish except at a simple and broad level, like with the bananas. I’ve also heard shoppers question whether we should carry non-local strawberries at all, organic or conventional, as both use lots of energy in production, packaging and transport.

One example of the EWG list failing to include something a conscious consumer might care about is pineapple, which is on the “Clean Fifteen” list. Although the flesh of pineapple may not contain many pesticides, it’s a mono-cropped fruit that’s highly dependent on large amounts of pesticides, herbicides and exploitative labor. In this case, the chemicals end up in the ground and water, not in the fruit, so it’s on the Clean Fifteen list, but that is a limited view of the overall impact on human health and doesn’t consider the labor issue. One of many articles on this topic is “Costa Rica’s Pineapple Industry” from theborgenproject.org.

To sum up, for now we have no plans to reject stocking an item based on the EWG Dirty Dozen.

suggestions and responses:

s: “Why no alligator meat?”

r: (Norman) Alligator meat is expensive because they are difficult to domesticate. They cannot be led around like cattle or be herded like sheep by a trained dog. They are also prone to resist being killed, hence the price is about \$22/lb. It’s too bad, because alligator meat is high in protein and low in fat and thus has been approved for keto-genic diets.

s: “Just checking: Will Weavers Way be stocking Whole-some Dairy Farms yogurt going forward? I’ve been buying it weekly since moving to Mt. Airy a year ago, but today there was none shelved, and the label was gone. I do hope it will be restocked!”

r: (Matt, MA) Yes, it’s a regular item and arrives weekly but must have sold out; sorry. One of our staffers prob-

“The question of what constitutes a “harmful product” is difficult to answer.

ably mistakenly turned the shelf tag around, which we sometimes do for long-term out of stocks. Glad you like it!

s: “I saw a canned coffee that can heat itself up. You twist a dial on the bottom of the can and it activates a heating element so you can have hot coffee anywhere. Can we stock it for those mornings when the line at Dunkin’ or Starbucks is too long (and gas station coffee is terrible)? It might also come in handy on ski lifts, public transit, during college lectures, etc.”

r: (Norman) We can get this; it’s called High Brew Nitro cold brew and comes in a self-heating can. But it seems like a solution in search of a First World problem. My high school science alert is triggered as I remember exothermic reactions, so I wonder about the mechanics involved and if the can is truly recyclable.

In any event, I am glad this is the kind of thing we put resources toward, instead of, for example, having public schools that have cooling systems and water fountains with drinkable water. Maybe they can develop cans that do the opposite — get cold quickly and contain potable water — which kids can take to school as self-cooling device and water fountain replacement.

s: “Are the chickens you sell humanely slaughtered? I see assertions at Whole Foods about animals being humanely raised, but they were unable to tell me about slaughter. Research on the web tells me that a law was passed in the ‘50s that animals are to be humanely slaughtered, but it doesn’t apply to birds (and I wonder if that law is generally followed for the animals it covers). Thank you for any help you can give.”

r: (Norman) I didn’t know about the Humane Methods of Slaughter Act of 1958; thanks for the tip to look it up. It looks like it mainly applies to livestock, not poultry. Most of the chicken we sell is Bell & Evans, and they claim to have humane methods of slaughter. Basically, the chickens are first rendered unconscious by gradually manipulating the balance of oxygen and carbon dioxide they breathe; the process is called slow induction anesthesia. B & E doesn’t mention how they are then killed; I suspect there is some machinery in which they are held upside down and their throats are slit so blood drains out, but I’m not sure.

I’ve seen pictures of this process and it seems somewhat typical of how large poultry operations slaughter birds. We occasionally sub in other brands of chicken when we can’t get B & E and most claim to have humane slaughter standards and practices. Whether those standards and practices are humane and fully implemented or not is a bit of a guess, since there have been incidents over the years in which investigative reporters have found companies that don’t follow humane practices. It’s also the case that some animal rights activists claim some of the humane certifications are basically a form of ethical greenwashing for the industry.

With most food production issues, it’s difficult to find out what is happening behind the scenes unless you can visit yourself or have someone you know and trust visit and see for themselves, which is often not possible. This is part of the value of locally produced food from producers you know and can visit and trust. Meanwhile, for the large producers, we do the best we can with the resources we have. For chicken, B & E continues to be the best choice of what’s available to us, while balancing food ethics and affordability for the most shoppers (despite reported labor and other issues at B & E). Hope this helps. Thanks for writing.

s: “How long will food inflation last? I find it tiring and expensive, and it leaves my family less money for things like \$12 pints of artisan ice cream and our traditional annual winter trips to the Bahamas.”

r: (Norman) Our Co-op was incorporated in 1974. the same year President Gerald Ford initiated his “Whip Inflation Now” campaign. The result of “WIN” was mostly derision, but it provided extra income for the companies that made “WIN” buttons and posters. Inflation was over 12% that year.

If Ford were alive today, he’d tell us to carpool, turn down thermostats and plant a vegetable garden. You should follow his advice. So do your part and carpool to the Bahamas.



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.





## WEAVERS WAY EVENTS

### Germantown Office Hours

Tuesdays and Thursdays 12:30-3:30 p.m.  
Wednesdays 4-7 p.m.  
326B Cheltenham Ave.  
No hours on Thursday, October 27

### Seasonal Soup-Making Demo

Tuesday, October 25 6:30-7:30pm  
326B Cheltenham Ave  
In this demo, **Thomas Jefferson University** Master's student dietician, Fuhmay Zhang, will demo a fall soup recipe and adaptations. Join us in learning how to work with seasonal and healthy ingredients, and get a taste of the season.

### Virtual Member Loan Info Session

Tuesday, October 18 6:30-7:30 p.m.  
The Co-op aims to raise \$1M in Member Loans, in which Co-op members can loan the Co-op and receive interest. This virtual meeting will provide members an overview of how the loan program works.

### Member Loan Info Session in our Chestnut Hill Backyard

Friday, October 28 6-7 p.m.  
With the warmth of the firepit, some food and drinks, join us in our backyard to learn more about the Member Loan program, how to participate, and how it helps the development of our Germantown store. Staff and volunteers from the Co-op will be there to walk through how loans work, and answer questions.

### Philly Talks Trash: Participation is Power

Thursday, October 20 6:30-8 p.m.  
Join the Co-op's Plastic Reduction Task Force and Philadelphia Neighborhood Networks for a virtual conversation about what it takes in PA to make progress on the environment, what is at stake, and what the strategies and on-the-ground plans are to Get Out the Vote (GOTV). Our host is Charles Ellison, award-winning commentator, advocacy expert, and political strategist. Speakers include Rep. Chris Rabb, Katie Blume, Political Director, League of Conservation Voters of PA, Philly Neighborhood Networks Organizing Director Tim Brown, and others to be announced.

### Harvest Fest at Awbury Arboretum

6336 Ardleigh St 11 a.m.-4 p.m.  
Sunday, October 30  
Farm Market, Handcrafts, Hay Rides, S'mores Pit, Delicious Food, Local Brews, Goat Parade and Halloween Fun.

### New Member Orientation

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

For more info: [www.weaversway.coop/events](http://www.weaversway.coop/events)



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## Locally Grown

Illustration by Alli Katz





# Artists in Our Aisles

## Abbe Mogell

Abbe lives in Montgomery County. When she's not painting, attempting rockscaping, writing memoir or listening to an Audible book, she is working at her healing arts practice, inspiring people to make profound transformations while addressing their chronic pain challenges.

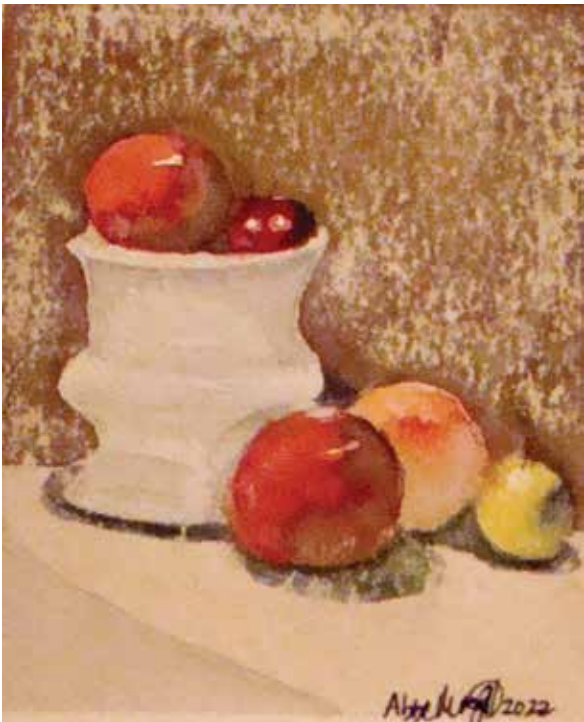
She has one smart cat and often cares for her active five-year-old grandson.



### Artist Statement

I have been involved in the creative arts since I was in my young teens and was a graphic design major at Penn State. Most recently, I have taken an interest in the medium of acrylic painting mixed media, in which I draw from personal experience that is often connected to society's current challenges.

My process is greatly influenced by the natural world, spiritualism and subconscious transformative work as a way to work through personal tragedy.



### 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

buds curled not yet unfurled,  
Rose's roots, all covered with snow  
dream ahead, fragrant red.  
Life's stirring now: only below.  
then — sun's rays! Frost obeys  
the most ancient of laws — it flows  
to deep roots, greening shoots  
who springing grow towards sun's glow.

—Anna Beale

### Feeling Inspired? Here Are Our Guidelines:

1. Poems must be written by you and be a reasonable length.
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.

### MAKE IT REAL

I have a moon  
and a clear, jewel-set sky  
buried alive in my mind's dreaming eye.

There's the lid of a field with seed pods below  
embedded like pearls under cauliflower snow  
poised for the seasonal trumpet to blow...

as hopes in the tide of my heart's careful tow  
glide on the waves when I lean in to row.

—Jan Jee Bean

### WINTER GARDENING

It can only be done in the cold,  
when the ground is frozen solid  
and what you long for most is warmth.

It involves planting seeds  
you can't see, or touch -  
but are certain exist just the same.

And the fruits of your labor  
will be ready to harvest when  
you can hear the silent voice saying,

"I tried to tell  
you before, but you  
weren't ready to listen."

—Heather Cohen

Are you going to eat your slice?  
Because if not I might eat that  
Carrot cake in the night  
Down the stairs I will come  
Eyeing the kitchen door like a sailor eyeing rum  
Forging into a darkened sea  
Gratefully I switch on the light  
Hoping the bulbs reveal my delight  
I slowly move aside leftovers from lunch  
Justice me! you've beat me to the punch  
Kitchen nightmares now ensue  
Let me tell you  
My mentality so quickly changed  
No matter how many cookies could be arranged  
Only carrot cake would do  
Presently I'll call you down  
Quilt around your shoulders  
Resting slumber replaced by a frown  
So where is the cake I may ask  
'Trust me I didn't eat it' you reply  
Unbelievable! I'll exclaim at your mask  
Very much a lie  
'Well at least you could have some pie'  
X-ray stare meets your eye  
Yet perhaps your suggestion has sincerity  
Zealously offering a la mode charity.

—Kirstie Jones



# How to Help Lead Foxes Infected by Mange Into Treatment

by Brenda Malinics, for the Shuttle

RECENTLY, THERE SEEMS TO BE AN INCREASE IN the number of foxes encountered by humans, including some that are infected with mange. This contagious disease is caused by a parasitic mite and is easily treated but can cause hair loss and a slow and painful death if it is neglected.

With the surge in development, foxes are losing their homes and are being forced into more crowded ranges, which makes food scarcer and increases the likelihood that they are passing the disease back and forth to each other.

Like foxes, coyotes are also being forced into smaller ranges. While the territories of the two never overlapped in the past, the coyote has now become a competitor to the fox.

No one is sure why some foxes get mange and some do not, but some wildlife experts believe that stress and compromised immune systems may play a part.

Mange is basically a death sentence for foxes unless they get treatment. If a fox has lost most of its fur to the disease, it cannot thermoregulate and will freeze to death in the winter. If the mange has affected a fox’s vision, it will not be able to hunt and it will surely starve to death. Mange can also cause organ failure.

There are several different types of mange, but the most common strain in foxes is sarcoptic mange. It is caused by a small parasitic mite that burrows into the skin, where it may live for as long as a month. As the mites burrow, tissue, fluids and debris are deposited on the surface of the fox’s skin, forming a crust that causes intense irritation and leads to considerable scratching. This scratching causes hair loss and lacerations, which can become infected by bacteria. Flies can also lay eggs in the open wounds; the larvae then emerge as flesh-eating maggots.

Some wildlife clinics prefer to let nature take its course and advise the public not to treat a fox sickened with mange. But I think that is cruel and inhumane, especially considering how easy it is to treat it.



### Starting and Staying on Treatment

The most difficult part of treating foxes is either trapping them to get treatment or getting the fox on a schedule so that it routinely consumes medicated food. The most common treatment is the broad spectrum, anti-parasitic medication Ivermectin (sold under different names), which is available from veterinarians and wildlife clinics. Treatment takes at least a month, sometimes longer, depending on the severity of the mange. You can also buy Ivermectin online, but dosing should happen under the direction of a professional. Yes, this is the same medication that some touted as a cure for COVID, but it is not intended for human consumption! It is primarily used as a dewormer agent in farm animals.

If you know the schedule of your fox, you can inject a piece of chicken, a hot dog or a hard-boiled egg with Ivermectin and offer it to the fox on a scheduled timeframe. Hard-boiled eggs are preferred because you do not want any roaming cats, raccoons or opossums to eat the baited meat.

Fortunately, you can set your clock by a fox — they stick to routines and schedules. Four to six treatments should cure the mange, but your vet or rehabber will advise you of the specifics for the dosing amounts and the treatment timeframe.


Trapping a fox is challenging. They’re smart, so you may need to try feeding yours from a trap that is not set for several days before it will venture inside. However, when a fox becomes extremely debilitated by mange, it is more likely to go after food in a trap because it is so starved or blind. It’s best to consult with an experienced wildlife clinic who can advise about trapping.

Philly Metro Wildlife Clinic treats many foxes with mange. They can advise the public on the details for how to get the fox to them for treatment and from where you can borrow a trap. You can also buy traps at many hardware stores (be sure to buy traps with openings on each end). Once a fox has recovered from mange, Philly Metro will return it to its original territory.

The Philly Metro Wildlife Center is located at 2815 Township Line Road in Norristown — their phone number is 267-416-9453. They have several licensed wildlife rehabilitators on staff and serve Philadelphia, Montgomery, Chester and Delaware counties.


A fox with mange is going to die a horrific death. Please don’t just feel sorry for it; be proactive and help it survive.

*Brenda Malinics is the founder of Brenda’s Cat Rescue, a self-funded cat rescue organization based in Philadelphia. She works closely with area rescues on trapping projects and foster placements.*



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COOPERATOR OF THE MONTH

Steve Ford

**Lives in:** Germantown, with his partner, Ron Rumford.

**Current job:** He’s been making jewelry since 1988 using modeling polymer clay and silver. He collaborates with a local silversmith to create one-of-a-kind pieces. In his studio in Germantown, he also works on creating unique collages and prints that are showcased at Dolan Maxwell Gallery in Rittenhouse Square.

**Latest project:** Steve will exhibit a retrospective of his work at the Philadelphia Museum of Art Craft Show Nov. 11-13 at the Pennsylvania Convention Center — it will be his final time exhibiting there after 30 years. His friends and clients from all over the country are attending the show, many of whom have not traveled for the past two years due to the pandemic.

**Other pursuits:** When he’s not working on a painting or making jewelry, Steve likes to foster kittens for a local rescue. He’s currently fostering five kittens.

**Co-op job history:** He enjoys doing a variety of jobs during his shifts. He cleaned floors in the Mt. Airy store during his last shift.

**Favorite Co-op products:** Steve and Ron like the variety and quality of proteins sold at Weavers Way, and the vetting of products that the Co-op does. One of their favorite dishes is coconut curry cod served with jasmine rice, which they prepare at least once a week. They primarily shop in Mt. Airy but are looking forward to the opening of the Germantown store.



—Nima Koliwad

What’s What & Who’s Who at Weavers Way

Weavers Way Board

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

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

For more information about Board governance and policies, visit [www.weaversway.coop/board](http://www.weaversway.coop/board). Board members’ email addresses are at [www.weaversway.coop/board-directors](http://www.weaversway.coop/board-directors), or contact the Board Administrator at [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop) or 215-843-2350, ext. 118.

**2021-2022 Weavers Way Board**

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The Shuttle

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VIRTUAL NEW MEMBER ORIENTATIONS

New Member Orientations

Monday, September 19, 6:30 - 7:30 p.m.

Thursday, September 29, 12:30 - 1:30 p.m.

To register visit: [www.weaversway.coop/events](http://www.weaversway.coop/events)

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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!



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