

Save the Date

SATURDAY, OCT. 15

2022 FALL GENERAL MEMBERSHIP MEETING

Awbury Arboretum

Get updated on the Co-op! • Food, Music • BYO chairs

weavers way

coop

Community-Owned,
Open to Everyone

The Shuttle

SEPTEMBER 2022

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 50 | No. 7

Co-op Kid Comes Home to Help Streamline Systems

by Karen Plourde, Editor, Weavers Way Shuttle



Jess Beer, Weavers Way's new retail director.

JESS BEER, WEAVERS WAY'S new retail director, goes back a ways with the Co-op. She shopped in Mt. Airy with her parents as a child and through that experience, built up a positive vibe about the Co-op's role in the community.

Now, after putting together a healthy chunk of experience in food retail, she's taken on a new position that aims to help the Co-op's three-stores-plus become more consistent in the products they offer and assist department heads with choosing items that shoppers will want to add to their baskets.

Jess, 35, grew up in Chestnut Hill. When she was 15, her parents encouraged her to get an after-school job, so she pounded the pavement on Germantown Avenue to see who would take her on. She wandered into the Chestnut Hill

(Continued on Page 3)

USDA Grant Will Allow Food Moxie to Expand Programs



photo by Dorene Reggiani, Food Moxie.

Food Moxie's grant will help fund the construction of more raised beds like these behind Martin Luther King High in East Germantown.

FOOD MOXIE CAN NOW EXPAND the availability of local foods in the community and build on its farm-to-school programming and community-based partnerships, thanks to a \$135,000 grant the Co-op's nonprofit offshoot received from the U.S. Department of Agriculture in late July.

The group's plans for the funds include establishing a mobile farm market that will increase local food access for the Martin Luther King High School community in East Germantown. In addition, they plan to add over 400 square feet of raised bed space for perennial and annual food crops and pollinator plants behind the school.

Lastly, the grant will allow Food Moxie to operate and expand projects that support farm to school initiatives and that incorporate food justice,

food sovereignty, urban agriculture and youth empowerment into its programming. Down the line, the group plans to develop an integrated curriculum for W.B. Saul Agricultural High School in Roxborough and King High.

Earlier this year, the grant funded the installation of a deer fence at Henry Got Crops Farm, where Food Moxie conducts educational programming for Saul students.

Kim Fleisher, Food Moxie's executive director, believes the funding empowers students to decide how to redistribute what is grown and cooked back to the community.

"This programming supports experiential learning and provides invaluable skills development with real-life impact," she said.

Hill Assistant Manager Fills Interim GM Role

by Karen Plourde, Editor, Weavers Way Shuttle



Valerie Baker, interim general manager at Kensington Community Food Co-op.

SHOPPERS AT WEAVERS WAY CHESTNUT Hill likely didn't see much of Assistant Store Manager Valerie Baker for most of the summer and won't for a while longer. Since late July, she's been working as interim general manager at Kensington Community Food Co-op until a permanent replacement can be named.

KCFC has been without a permanent general manager since Mike Richards left last December. His replacement, Interim General Manager Lauren Lyons, left in July along with the co-op's bookkeeper and marketing coordinator. An external GM candidate withdrew his acceptance of the job shortly afterward.

Val will be tasked with starting to get KCFC on more stable financial footing,

(Continued on Page 6)

Presorted Standard
U.S.
POSTAGE
PAID
Philadelphia, PA
Permit No. 2658

Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
www.weaversway.coop
CHANGE SERVICE REQUESTED

weavers way

coop

Weavers Way stores
will be open from

8 A
TO
4 P

OPEN

LABOR

DAY

MONDAY, SEPTEMBER 5

Editor’s Note

by Karen Plourde, Editor,
Weavers Way Shuttle



THANKS FOR THE FEEDBACK — almost all of which was positive and helpful — on our plan to return the Shuttle to solvency, in part by cutting down the number of members who get the paper mailed to them. Since July, our list of members who will now get email reminders that a new issue is online has grown by 398, the greatest increase since we did our first call for members to switch in 2019.

As I write this, on the day the September Shuttle file will go to the printer, I’m not able to see how many members are still on the paper mailing list. In the last four months or so, we’ve seen small increases in that number. But if it’s decreased, that would be cause for celebration.

The option for members to pay to get their paper Shuttle delivered, which some said they’re willing to do, has run into an (I hope) temporary technical glitch. We want to make sure that people get credited for making their subscription payment, and that they get a reminder ahead of when they need to renew. Stay tuned.

Some rightly criticized my failure to share how to unsubscribe from getting the paper mailed and how to switch to the online edition, so we posted instructions in the eNews and eShopper and in our Member Center. We also have a house ad in this issue with instructions on page 9.

A few folks emailed me to help them unsubscribe or to switch their subscription, and I tried to get to those as I received them. If I missed you this time, nudge me (kplourde@weaversway.coop). Once this issue is out of my hands, I’ll do a deep dive into my inbox and deal with any lingering requests.

Lastly, thanks to the advertisers who have come back or come on board to help us add to our revenue. It’s gratifying to know people are engaged and willing to make changes to keep the paper going.

Catch you in the pages next month.

Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Going On in Grocery

Expand your cocktail game with Pratt Standard syrups. And give Severino frozen pasta entrees a spin.

Too many new cocktails and not enough summer? Keep up the experimentation for warm September evenings, football season and (hopefully) meaningful baseball with Pratt



Standard cocktail syrups of Washington, DC. These are pre-Prohibition style (think Old Fashioned, grenadine and your basic simple) syrups in eight-ounce bottles for \$10.99 each. Assorted varieties are available in all our main stores.

If you’re now grinding through another high 80s-90s kind of day, you likely can’t imagine heating an oven for a baked pasta entrée, but we all know that will change the deeper we go into fall. Earlier this year, our stores introduced the line of ready-to-heat dinners from Severino Pasta of Westmont, NJ, including eggplant rollups, pierogies, meat lasagna, cheese lasagna, stuffed shells and seitan sausage lasagna. They’re available to some degree in all our stores for \$6.99-\$8.99. FYI, Mt. Airy keeps its selections in its refrigerated case.

Bakery Bites

Black Rooster turns out old school Latvian rye. And Bakefully Yours offers allergen-free yummys.



There’s been a slow, steady buzz at the Co-op about Brooklyn’s Black Rooster Latvian breads, which were introduced in Ambler a few months back and are now stocked in all our main stores. Founder John

Melngailis, emeritus professor of electrical and chemical engineering at the University of Maryland, worked to bring the denser, whole-grain sourdough rye of his

heritage to these shores in the belief we would be healthier if we switched away from zero nutrition white bread. I still have to try it but will make sure to pick up a loaf and report my findings in a future article.



The latest entry to the allergen-free section of our bakery sections is **Bakefully Yours**, a woman-owned maker of cookies, brownies and mini cakes based in Manassas, VA. Their products are produced in a dedicated gluten-free facility and are grain free, dairy free, soy free and peanut free. Their selections are currently in Chestnut Hill and Ambler, and the Ambler store features the bigger selection: three and 18-count packs of chocolate chip cookies, snickerdoodle cookies, individual brownies and 1.8 ounce packages of coconut brittle.

Quick Picks (and One from Me)

• **Wellness:** Vegan limited ingredient protein powders from **Mikuna**. They’re made from Choco, a kind of lupini bean grown in the Andes that does not contain lectins. Currently available at Across the Way and Next Door.

• **Deli:** **Conscious Cultures** vegan cheeses, made and aged in South Philly’s Bok Building, have rebranded as **Bandit**. Their cashew-based offerings include Barn Cat, similar to a double cream or a blue; Maverick, a bloomy rind with an aged goat cheese personality; spreadable nut-encrusted pimento and garlic zaatar logs, and their take on fresh mozzarella and a plant-based Philly schmear. Three varieties are available in Chestnut Hill and one in Mt. Airy; the schmear can only be found at the farm market.

• As someone who struggles to drink plain ol’ water, I was thrilled with **Hoplark** sparkling craft brewed teas when I tried them earlier this summer. They have an earthy, beer-y flavor that refreshes and makes hydration way more fun. Individual 16-ounce tall boys are available in caffeinated and noncaffeinated varieties in Mt. Airy and Ambler.





SLICE IT DICE IT SERVE IT

Carrots Are Divine



by Kieran McCourt, Weavers Way Ambler

One of the most prolific root veggies of them all. They’ve been grown and consumed for thousands of years, cultivated and bred for their characteristic sweetness and color and have spread across the globe.

To peel or not to peel? It depends on you and what you’re doing. While some say that the skin can be a bit bitter, it mostly comes down to presentation and personal taste.

Ways to Enjoy Them:

- Just eat ‘em — all they need is a wash. Grate, shred, or spiralize them for the start of a great salad. Toss sweet, crunchy carrots with a mustardy vinaigrette and tart dried cranberries. Or dress them with a hot oil infused with spices like cumin, mustard seed, coriander or some ginger and toasted sesame oil. They’re great in spring and fall for transitional sides or in winter when you need something fresh and bright to bite back against dark days.
- Apply heat and you can transform a crunchy carrot into something tender, velvety and comforting. Parboiling them ahead of cooking can help to cut down the cooking time when roasting or when worked into a casserole, soup or stew.

- Whether you boil them, steam them or roast them, make sure to dress ‘em up. Double down with a honey glaze to take the natural sweetness up a notch. Reach for the balsamic vinegar to counter those sweet notes. Or break out the spices to bring out their earthiness.
- And yes (say it with me), you can pickle them, too! Lean into the spices here, especially mustard seeds, cumin, coriander and chilis. They turn out piquant, tender, crisp and acidic.

I’m told on good authority that carrot cake, muffins and bread are practically a vegetable. Doctors and nutritionists may disagree, though.

FYI, carrots are in the same family as parsley and dill, so don’t just compost your carrot tops — you can eat them! They can be used to make a pesto, chimichurri and herby salsa verde. Or add them to stocks and broths.

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

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

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

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

Advertising

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

Ready to Serve Shoppers



Eight new and newish Weavers Way employees got an intro to the inner workings of the Co-op at a new hire orientation session in July, the first since the pandemic. The group listened to presentations from the HR department, Membership Manager Kirsten Bernal and Farm Manager Nina Berryman and topped off the day with a scavenger hunt. Front and center: Elycee Parker (Chestnut Hill). Behind, left to right: Oren Hechtman (Mt. Airy), Maija Brozovskis (Ambler), Liese Sadler (Chestnut Hill), Aray Contreras (Ambler) and Toni Whistler (Chestnut Hill). Not pictured: (he was off helping a customer) Aaron Wells (Mt. Airy).

Jefferson Nutrition Students Set to Share Knowledge with Shoppers

ONE OR TWO STUDENTS IN Thomas Jefferson University’s Master of Science Program in Nutrition and Dietetic Practice will share their expertise with the Weavers Way community beginning this fall as part of a partnership between the Co-op and the university.

The students will be working for credit in their Nutrition Communication, Education and Leadership Experience course. If the partnership works well for the university and the Co-op, it will likely continue during semesters to follow.

Details on what the students will be doing while they’re on site still needed to be fleshed out at press time. But they could include workshops, Shuttle articles on nutrition, developing a set of healthy recipes along with the Co-op’s Prepared Foods department, menu plans, tabling and more.

HENRY GOT CROPS
FARM MARKET

HOURS
TUES & FRI
10 AM-7 PM
SAT
10 AM-2 PM

CSA PICK UP
TUES & FRI
2-7 PM

EBT • FMNP • PHILLY FOOD
BUCKS ACCEPTED
7095 HENRY AVE.
AT SAUL HIGH SCHOOL

Co-op Kid Comes Home to Help Streamline Systems

Cheese Shop and was transfixed.

“As soon as I walked into the cheese shop, I was like ‘Oh, this is cool,’” she recalled. “My family did not shop there, and I was really intrigued.”

She was hired to work at the cheese shop after school and on weekends and immersed herself in the collection of cheeses and specialty items featured there. “But I also loved connecting with customers and helping them figure out what they were looking for and what went well together,” she said.

After she started attending Union College in Schenectady, NY, Jess continued to work at the cheese shop when she was home on break. After three years at Union, she left and started taking on a series of jobs that allowed her to travel and live cheaply while doing seasonal work. Those included working at the prep kitchen of Kripalu Yoga Center in Lenox, MA, living on a farm in Northern California, and being part of the staff at various summer camps.

Her next stop, where she ended putting down roots for eight years, was in Boulder, CO, where her partner at the time went to college. She was hired as a cheesemonger at Whole Foods and was accepted into the inaugural class of the Certified Cheese Professional Program run by the American Cheese Society. Soon after, she met a couple who had just opened Cured, a small specialty market, in Boulder.

“It was focused on amazing things from around the world, but also local produce,” she said. “We championed anything that was made in Colorado. As wines and cheeses go, we really highlighted domestic producers, and that aligned with where I wanted to be involved within the food industry. I love special things, but I also have a passion for sustainability, and like a lot of people in my generation within the food world, we see specialty headed more toward making amazing things at home.”

Jess was able to bring her knowledge of the food industry into the partnership, and Cured’s presence in Boulder grew. “We had a pretty big prepared foods pro-

gram — a lot of the stuff, whenever we could, was made with produce that was grown locally,” she said. “We had a booming catering business, a gourmet grocery, a full-service cheese counter, a pretty big wine department. And I was the general manager, but because it was a small business, I oversaw procurement and the staff and the culinary programs.”

After spending eight years with the company, she was ready for a bigger challenge, but the owners decided they weren’t going to expand. (Last year, Cured was bought by Dedalus Wine Shops).

Jess returned to Philly and got hired as a store team leader at DiBruno Brothers. Although she enjoyed her time there, she was eager to become part of a community-oriented organization that put an emphasis on sustainable products.

“I love special products, but I also am very passionate about creating access and making sure that we have healthy and yummy foods available for all sorts of people, and not just a small, elite group,” she said.

Increasing Consistency and Supporting Managers

Jess’ main task early on will be to develop a set of core products in each department that managers can draw from when ordering. As part of that mission, she’s working to clean up data on the various products that have been in the Co-op’s system over the years, so that managers know what sells and what doesn’t. While doing that, she’s working with Pricing Coordinator Virginia Souder to eliminate items that aren’t selling to make room for new ones.

“We’re also working on building economies of scale,” she said. “For example, we can consolidate a purchase of a product for all three to four stores and bring it into the warehouse, we can offer good pricing to our customers.”

Along with more consistency in product lines throughout the stores, Jess hopes shoppers will notice that there are new items available in more than one Co-

(Continued from Page 1)



op location, especially local ones, unique domestic products and those geared toward shoppers who have special diets. She also hopes to increase the number of seasonal promotions at the Co-op.

“But a lot of the work I’m doing is going to be supporting the back end, and making the store operators, lives easier,” she added.

As a shopper herself, Jess has her own set of Co-op products that she buys often, including Acme whitefish salad, Element Farms arugula, anything from our farms, Weavers Way pesto, and anything from the bulk department.

Once the Co-op’s internal systems are running at greater efficiency, Jess believes the Co-op will be poised to serve the broader community, including offering more support to local vendors and producers.

“We’ll be able to purchase more of their product and give those vendors and producers access to wider ranges of customers,” she said. “So [we’ll be] further and further supporting the local food economy in the Philadelphia area.”

The logo for Food Moxie features the word "FOOD" in green, where the 'O's are replaced by a green shovel and a green fork. Below it, the word "MOXIE" is in orange, with a green chili pepper and a green carrot replacing the 'O's. The entire logo is set against a green background.

FOOD
MOXIE

An offshoot of Weavers Way Co-op

608 Carpenter Lane
215-843-8289
foodmoxie.org

Executive Director
KIMBERLY FLEISHER
kim@foodmoxie.org

PROGRAM DIRECTOR
DORENE REGIANNI
dorene@foodmoxie.org

LEAD GROWERS/EDUCATORS
ELAINE S. HOLTON
elaine@foodmoxie.org

AINHOA WOODLEY
ainhoa@foodmoxie.org

ANTOINE FOWLER
antoine@foodmoxie.org

**GIVING
TWO DAY**

Drop \$2 (or more!)
at any register to benefit
Food Moxie programs

FOOD MOXIE

We dig what we eat.

Everything You Need to Know About Seed to Supper 2022

by Kim Fleisher, Food Moxie Executive Director

ON THURSDAY, SEPTEMBER 29TH, Food Moxie will host its annual farm-to-table dinner and fundraiser, SEED to SUPER, at Brookfield Events on the campus of The Institute for the Achievement of Human Potential in Wyndmoor. A change of venue just a few minutes drive from our typical gathering at Awbury Arboretum, it will remain a casual evening outdoors under the stars. The evening will include music by Sam Rise, local singer/songwriter, organizer, educator and farmer, as well as Ash Phillips, local musician and Henry Got Crops Farm Market Manager. The event will feature food by Weaver's Way Executive Chef Bonnie Shuman and a special dessert by students from Food Moxie programming with the help of local chef Gail Hinson.

If you already purchased tickets, please note the venue change due to unforeseen challenges with logistics.

Thanks to our sponsors, we will have many wonderful and delicious items to share, including drinks from Lansdale's Boardroom Spirits Distillery, beer and cider from Kensington's Philadelphia Brewing Company and wines from Moore Brothers of Pennsauken, NJ. In addition, Food Moxie staff will put together a signature cocktail featuring culinary herbs grown from our gardens. There will be an additional dessert from Bredenbeck's Bakery of Chestnut Hill and a 15th anniversary

(Continued on Next Page)

SEED TO SUPPER

A FARM TO TABLE FUNDRAISER

Thursday, September 29, 6 p.m.

**Brookfield Events on the campus of The Institute for
the Achievement of Human Potential in Wyndmoor
8801 Stenton Ave., Wyndmoor, PA 19038**

CELEBRATING 15 YEARS

Ticket information

<https://seedtosupper2022.eventbrite.com>

Revolutionary Germantown Festival

Saturday, October 1, 2022 ★ 10 am ~ 4 pm, Rain or Shine



Join Cliveden & the sites of Historic Germantown
for a day of fun while learning about our
community's revolutionary history.
Free & open to visitors of all ages!

cliveden.org/revolutionary-germantown-festival/



Cheshire Law Group | Loretta Witt Homes Team | Museum of the American Revolution
Randall & Linda Miller | The Reed Group | The Washington-Rochambeau National Historic Route
William Penn Charter School | Wissahickon Tree & Landscape LLC

THE REAL ESTATE DEAL

In Northwest Philly



SELLERS

Home prices
are
still rising.

BUYERS

Interest rates
are
stabilizing.

Call today and together we'll
create a winning strategy for
your next move.



Janet Ames

REALTOR®, ABR®, CNE, CRS, E-Pro®, GREEN
c: (610) 308-0802 | o: (610). 520-0100
tate@gmail.com | www.realtorjanetames.com



An offshoot of Weavers Way Co-op

HONOREES



LIZE WERTHAN



FOLASSHADE
LAUDE-HAMMOND



CATHERINE KENDIG

cake from The Night Kitchen, also in the Hill.

Activities will include a live auction, conversation prompts/ starters, a history gathering, and an award ceremony for our 2022 honorees, (listed next page):

Liz Werthan: Liz has been part of Food Moxie since its inception. She is deeply interested in our community and in supporting families and children. She believes that working on critical issues on a small scale can teach us much about how to have a real impact with families, which Food Moxie is doing at Stenton Family Manor and through its other programs at W.B. Saul High School in Roxborough, Martin Luther King High in East Germantown, and at Awbury Arboretum. Liz is also a longtime working member of Weavers Way.

Folasshade Laude-Hammond: As a public health advocate, steward of social justice initiatives, and nonprofit leader, Folasshade brings a wealth of experience to Food Moxie as the co-chair of the board. For more than 20 years, she has been making an impact on food sovereignty for youth and families in Philadelphia in her work with schools, colleges and universities, community-centered organizations, businesses and partnerships with civic and political leaders. Folasshade has a bachelor's degree in sociology from Pennsylvania State University, a master's in organizational development and leadership from the Philadelphia College of Osteopathic Medicine, a master's in public health from Drexel University, and a diversity, equity, and inclusion certificate from Cornell University.

Catherine Kendig: Catherine has worked at the intersection of energy, environmental policy and business for over a decade. Her background in ecology inspires her to take a holistic approach to solving issues related to social justice and urban sustainability. She has served on the Food Moxie board for several years, including a

stint as interim executive director, and currently serves as co-chair with Folasshade.

We are so grateful to our sponsors and to the host committee, which includes:

Mira Rabin and Tom Whitman
Liz and Bob Werthan
Virginia McIntosh and Phil Scanton
Laura Morris Siena and Ron Siena
Comcast
Brookfield Events
Glenn Bergman and Dianne Manning
David Haas
Jane Combrinck-Graham and Richard Winston
Cathy and Jerry Strauss

We are still seeking sponsorships and host committee members to help make this year's fundraiser successful. All proceeds support our work building healthy communities in Northwest Philadelphia through making an impact on food sovereignty.

If you are interested in a sponsorship or participating in the host committee, contact christina@foodmoxie.org.

Interested in joining us on Sept. 29? Purchase your tickets on our website at foodmoxie.org. Make sure you buy your tickets as soon as possible, because seating for this event is limited and there's usually a waitlist. If you can't attend but would like to contribute, you can do that as well through the website.

We hope you will join us for this special evening and look forward to seeing all of you!

SPONSORS

WE ARE SO GRATEFUL



QUINTESSENCE THEATRE SUBSCRIBE TODAY

CELEBRATING THE
EXTRAORDINARY

WWW.QTGREP.ORG
215 - 987 - 4450

EUGÈNE IONESCO'S **THE CHAIRS**
P.L. TRAVERS' **MARY POPPINS**
CLIFFORD ODETT'S **WAITING FOR LEFTY**
WILLIAM SHAKESPEARE'S **THE TEMPEST**
PAUL OAKLEY STOVALL'S **PHILLIS**

ART
BY
HAND

Christina Boy
Madison, VA
Furniture

THE
46TH
ANNUAL
PHILADELPHIA
MUSEUM
OF ART
**CONTEMPORARY
CRAFT
SHOW**
pmacraftshow.org

**November
11-13, 2022**
Preview Party November 10
Pennsylvania Convention Center

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

Don't Just Rely on Dandelion To Treat Cancer Symptoms

I AM WRITING IN RESPONSE TO THE Village Medicine article "The Many Uses and Benefits of the Dandelion Plant," in the July Shuttle.

The article states that "there are many studies about the effectiveness of this plant for cancer"; however, "effectiveness" generally implies an efficacious, desirable result. Studies vary widely on several critical parameters that determine the validity of the conclusions and recommendations of efficacy, drawn from the data derived from the study.

I am a registered and licensed dietitian nutritionist certified in oncology nutrition, with a career of over 20 years in the cancer center of a university medical center. As such, I have intimate involvement in the cancer journey of countless persons. I advise readers who seek diagnosis of a lump or possible cancer symptom who desire an optimal outcome from treatment to see an oncologist as soon as possible.

There are known benefits to integrating nature-based practices in medical treatment and care. My informed belief is that they should not be the sole therapy for life-threatening diseases.

Suzanne Kasenic

Thanks for the Chip Bags

WE WANT TO SAY THANK YOU TO the Weavers Way customers who return the Late July and Entenmann's Little Bites snack bags to the Co-op for recycling. We receive a check based on the volume of bags returned. There are bins at each of the Co-op locations where you can return the empty bags. Our latest check from this effort earned us \$120!

Thanks for your support!
#neighborshelpingneighbors

Cindy Wedholm
Executive Director
Mattie N. Dixon Food Cupboard

Gemantown Store Location Questioned

RE: THE PROPOSED WEAVERS WAY store on 328 W. Cheltenham Ave., I'm just sayin' — if that is such a good location, why did Acme abandon it years ago? Similarly, why did markets like Aldi, Save A Lot and Shop Rite all pass on the site?

"We will almost certainly put some emphasis on good-quality conventional products, as opposed to organic," said Jon Roesser, the Co-op's general manager. Is that a code statement that the new store populace cannot afford organic? What about our other products that are also a bit higher priced?

As far as a capital campaign to raise money for such a venture "that will in part include member loans," I did that in the past, but I'll pass on this one.

Lawrence H. Geller

Replace the Missing Trees By the Ambler Store

ANY AMBLER RESIDENT WHO'S walked down to the Co-op along Race Street during the last year has borne witness to the aftereffects of a massacre — up to 10 seemingly healthy trees that left the backside of the Co-op exposed to all who pass by. Of course, the benefits of trees go far beyond merely providing such modesty.

Fortunately, the solution is simple: Plant some more trees.

I imagine the collective ethos of the Co-op would support such a thing, but since Weavers Way only leases the building, we may not have the authority to do so on our own. In that case, I would urge our leaders to encourage the current landowner to do the right thing and plant a few in their place.

Healthy trees are the kinds of things we want in our backyard, and we shouldn't sit (or walk) idly by when they are taken from us.

Michael Frost

Hill Assistant Manager Fills Interim GM Role

(Continued from Page 1)

including a restocking of its shelves, after it was given a \$100,000 loan from National Co-op Grocers. At the same time, the co-op is also seeking loan forgiveness and increased equity from members who previously contributed funds to keep it afloat. KCFC held an emergency meeting in late July to discuss the co-op's many issues and to ask for contributions from members to pay off lingering debts from various local vendors.

Val thinks she has already learned a lot since she took over the interim position.

"The struggles they are facing are the same as every other small, urban co-op in the country," she wrote in an email. "There has been overwhelming support

from members, NCG and Weavers Way. I strongly believe with that support and the dedication of the board and its staff, that KCFC has the momentum and vision it needs to survive, improve and become the success it was meant to be. The potential for this store is enormous."

In an email, Weavers Way General Manager Jon Roesser referred to Val as "the ultimate grocery pro" and pledged the Co-op's continued support to help get KCFC over the financial hump.

"The members of KCFC have worked so hard and deserve so much credit for creating a co-op from scratch," he wrote. "We want to do whatever we possibly can to support them as they go through this transition."

Weigh It Weekend
THE FIRST WEEKEND OF EVERY MONTH
FRIDAY, SATURDAY & SUNDAY

SHOP BULK & USE YOUR OWN CONTAINER
SAVE 10%



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



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



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.

shop bulk

save money & reduce waste



Advertise in the Shuttle

- Targeted readership
- Affordable and effective

✉ advertising@weaversway.coop

Computer Service and Repair

Call Ed "The Tech Guy"

FOR ALL WINDOWS
PC COMPUTER SERVICES
IN-HOME OR REMOTE ASSISTANCE

LOW RATES
cell 719-964-9538
www.edttg.com



Progress on Weavers Way Germantown Will Help Make for a Busy Fall

by Jon Roesser, Weavers Way General Manager

PROPER PHILADELPHIANS KNOW THAT IT IS OUR birthright to complain about the weather, regardless of the season. So for any out-of-towners reading this column, know that even when the weather’s beautiful, it’s polite to say “yeah, it won’t last.”

William Penn was proud his city was “300 miles nearer to the sun than London.” At 39 degrees latitude, we are closer to the equator than Rome, but Penn only lived here for four years. And from firsthand accounts given by the signers of the Declaration of Independence, people have been griping about our tropical summers since at least 1776.

But as someone who loves those tropical summers, while most people greet September’s milder temperatures and lower dew points with open arms, I see them as a harbinger of what’s ahead. Winter is coming.

Fortunately, this fall the Co-op will provide me with plenty of distractions. It usually does.

Member Appreciation Days will take place from Sept. 10—25. Before the pandemic, member appreciation was pretty straightforward: Friday through Sunday, all members get an extra 5% off, stackable onto the working member discount, the senior discount, etc. Shoppers packed the stores. Three days of bedlam with vegan chocolate cake on Sunday afternoon. Good times.

COVID torpedoed that approach, and until we all feel comfortable being packed in like sardines, we’re again stretching things out for more than two full weeks, with all members getting an additional 5% off one big shop during that window. I plan to be on the floor most of the time, so I hope to see many of you.

Soon after Member Appreciation Days, we’ll launch our Germantown member loan campaign. As we did when we opened our stores in Chestnut Hill and Ambler, we will use member loans to help finance our store in Germantown.

“Our timeline is mostly unchanged.”

We plan to keep things simple, offering more or less the same terms we offered for the Ambler campaign back in 2016. The exception is that we’ll be adding an eight-year loan option for those who are interested.

The minimum loan amount will be \$1,000. And of course, before any member lends us money, we will provide a detailed overview of the project, outlining the costs, the projections and the potential risks.

Please look for communications related to the member loan campaign later this month.

For those interested in supporting the “Germantown project” but unable to (or uninterested in) making a member loan, we are currently running an equity campaign: add \$400 to your Co-op equity, get a \$100 Easy Pay credit (you must commit that extra \$400 in equity for at least five years).

There will be lots of other ways to lend support as we move ahead with our plans to open Weavers Way Germantown. If you would like to find out how you can potentially get involved, please reach out to me at jroesser@weaversway.coop.

As far as the Germantown store goes, things are progressing along nicely. We have secured much of our financing, and that which is not secured is coming together as planned. Design work is continuing, and we hope to choose a general contractor in October so they can file for construction permits before the holidays.

Our timeline is (mostly) unchanged: Construction begins in early 2023, and doors open sometime between May and July of next year. Fingers crossed.

As I write this, we have not yet “taken delivery” of the building. The property owners are finishing their site work, mostly related to the demolition of interior walls. Those walls are now all gone, revealing a big, open space with beautiful wood ceilings.

We expect we’ll take delivery in the next week or so. The first order of business will be tidying up the outside of the property, which could seriously use it.

Once we take delivery, we plan to schedule some open houses so that members can peek inside and have input as we finalize the store design. The building’s not heated, so we’ll need to do that before temperatures get too low.

But I promise not to complain about the cold weather until it actually arrives.

See you around the Co-op.

Note: My column a few months back on the “Donut Index” generated quite a bit of buzz. For those of you who are interested, in July the index did, as expected, go up! If you’re keeping track, here’s the price of three dozen Dunkin Donuts since I started buying them for staff weekly.

April 2020	\$28.47
May 2021	\$29.97
January 2022	\$32.97
July 2022	\$35.97

So in two years and three months, the Donut Index has increased 26%. This is an additional incentive for all of us to eat fewer donuts.

EasyPay house accounts
are an EASY way to PAY
at Weavers Way!
www.weaversway.coop/easypay

A General Store of Local & Unique Finds

We’re looking for mid-century furniture and decorative items

WILL BUY OR CONSIGN

Contact Nsaphos@weaversway.coop

Feel free to send images of your items

NO DROP-OFFS PLEASE!

SATURDAY & SUNDAY 10AM - 5PM

542 Carpenter Lane www.weaversway.coop/mercantile [@weaverswaymerc](https://www.instagram.com/weaverswaymerc)

It is important to live this life comfortably, feeling good inside, because this life deserves nothing less.

www.premrawat.com

Philadelphia Beekeepers Honey Fest Set for Three Locations This Month

THE PHILADELPHIA HONEY FESTIVAL, organized by the Philadelphia Beekeepers Guild, will welcome the honey harvest and celebrate 13 years of working to raise awareness about the importance of honey bees to the environment at three historic venues Thursday, Sept. 8, Saturday, Sept. 10 and Sunday, Sept 11.

The festival will kick off on Sept. 8 at Glen Foerd on the Delaware in Northeast Philly from 5-9 p.m. Saturday’s celebration will take place at Wyck Historic House in Germantown from 10 a.m.-4 p.m., with the final day on Sunday at Bartram’s Garden in Southwest Philly from 10 a.m.-3 p.m.

Each location will offer visitors free family-friendly activities, food trucks, and traditional bee exhibits including open hive demonstrations, honey extractions, and an observation hive, along with “bee beards” and honey tastings. In addition, some of the festival offerings will focus on the health and wellness that bees and their products provide.

Activities at Glen Foerd will include a honey fest kickoff party, featuring specialty honey-themed cocktails and beer from Mutual Respect Beer Co-op of Bensalem; a plant walk through Glen Foerd’s grounds led by herbalist Alyssa Schimmel of Many Hands Apothecary at Awbury Arboretum, and a talk on native plants for pollinators from Jessie Shiffler,

president of native plant landscaper Wild Ones of Southeastern Pennsylvania. Honey Rose Botanicals will also be on hand with products to heal the body and soothe the spirit.

On Saturday, Wyck will host the ever-popular mead and beer tent with Colony Meadery of Allentown and Germantown’s Attic Brewing. Christa Barfield of Jenkintown’s Farmer Jawn and Viva Leaf Tea Company will give a presentation on teas, honey, and medicinal herbs. She’ll also discuss urban agriculture and healthy food products and where bees fit into that scheme, particularly with self-reliant and sustainable farmers of color.

Sunday activities at Bartram’s Garden will include a slate of speakers on medicinal uses of bees and beekeeping, including Schimmel, Nyambi Royster of Nyambi Naturals in Old City, and Amelia Mraz of Half Mad Honey at the Philadelphia Navy Yard. There will also be information available on apitherapy, the medicinal use of products made by honeybees. Kids’ activities will include making honey remedies with help from local beekeeper Merissa McDonald, as well as outfitting their own bee costumes.

Entry to the festival venues, educational activities and demonstrations is free.

For more information, contact Cris Larson at crislarson463@gmail.com or 267-997-6871.



photo by Sarah Plonski

A bee puppet gets the attention of a young attendee at the honey tasting table.



photo by Cris Larson

Checking out the observation hive at an earlier Honey Fest.



photo by Sarah Plonski

Bee costume making at Bartram's Garden in Southwest Philly.



photo by Cris Larson

The Shiffler family of Pottstown's Hat Trick Honey at the honey tasting table of an earlier fest.

TOGETHER — WE — GROW

MEMBER EQUITY CAMPAIGN

Add \$400 to your equity account and receive

\$ 100

in your EasyPay account!






50TH ANNIVERSARY

weavers waycoop

1973-2023

Want to Help Make our 50th Anniversary Plans?

Email outreach@weaversway.coop



WEAVERS WAY EVENTS

Back to School: Healthy Snacks

Tuesday, September 13
6:30-7:15 p.m.
Nicole Schillinger RD

Are you looking for afterschool snacks ideas? How about healthy bites to tide you over till dinner time or give kids a boost to make it through the sports practice? We will have gluten free and nut free options available. Learn how to make nutritious snacks the kids will enjoy from veggies in a whole new way to beans with a new flare! Nicole will share tips and tricks to help us to make the back school transition a little easier! This is an in person workshop offered at Weavers Way Ambler store in the cafe area on September 13th at 6:30pm. Nicole Schillinger has worked as a clinical registered dietitian for over 20 years in hospitals, nursing homes and assisted living facilities. She is also a certified personal trainer and group exercise instructor. Currently, she directs her own private practice, The Functional Health Center, where she applies medical nutrition therapy to help individuals with diseases improve the quality of their lives.

Back School: Immunity Boost!

Saturday, September 24
10:00-11:00 a.m.
Nicole Schillinger RD

Are you looking for ways to get through the flu season? Nicole will share with us her tips to get us healthy! What super foods can we use to keep the cold and flu at bay? She will review what nutrients we need in our body to support our immune systems. She will also show us several products available at the Coop that will help us give a boost to our immune system. This workshop will be offered via Zoom on September 24th at 10:00am. A zoom link will be mailed to you after you register for the event. Nicole Schillinger has worked as a clinical registered dietitian for over 20 years in hospitals, nursing homes and assisted living facilities. She is also a certified personal trainer and group exercise instructor. Currently, she directs her own private practice, The Functional Health Center, where she applies medical nutrition therapy to help individuals with diseases improve the quality of their lives.

New Member Orientation

Monday, September 19, 6:30 - 7:30 p.m.
Thursday, September 29, 12:30- 1:30 p.m.

For more info: www.weaversway.coop/events


How to Switch to the Online Shuttle

We're still getting a lot of inquiries from members on how to switch their Shuttle subscriptions from paper to online. Here's what you need to do:

Go to this link on our website and click on "click here to switch from a paper to an on-line subscription" (second paragraph on the page).

On that page, ("Get notified when we publish the Shuttle online!"), add your name and email. You'll be deleted from our paper Shuttle mailing list and added to the online subscriber list. You'll get an email from us on the day a new Shuttle is published.

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!



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



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



Anyone can sell you a policy.
We want to grow a partnership.

Meet ERIE: 90% customer loyalty year over year.* With ERIE, you're more than a policy number—you're our partner. Your goals and concerns matter to us. Since 1925, service has been ERIE's hallmark. And we've done it based on the Golden Rule: Treat people fairly, be of service in all that we do and build great relationships along the way. And most importantly, our goal is to provide great protection with no surprises at the lowest rates possible. So for great auto, home, business or life protection at rates you can trust, let ERIE serve you.

Contact your local ERIE agent today.

The Lowa Group, Inc.
8002 Germantown Ave.
Philadelphia PA 19118
www.Lowagroup.com
610-327-1980



Erie Insurance®
Above all in sERvice—since 1925™

* Based on year-over-year retention rate data compiled by ERIE as of December 31, 2012.
Erie Insurance Exchange, Erie Insurance Co., Erie Insurance Property & Casualty Co., Flagship City Insurance Co. and Erie Family Life Insurance Co. (Erie, PA) or Erie Insurance Co. of New York (Rochester, NY).
Details at erieinsurance.com. ERIE life insurance products and annuities are not available in NY.
CM237 3/14 © 2014 Erie Indemnity Company

WE ARE HIRING



Career Opportunities

Ambler

- Assistant Grocery Manager
- Grocery Clerk
- Wellness Buyer
- Dishwasher
- Meat Cutter
- Deli Manager
- Deli Clerk

Chestnut Hill

- Dishwasher
- Cashier

Mt. Airy

- Cashier
- Low-Time Cleaner
- Produce Clerk
- Meat Cutter

Looking for a career change or extra hours?

Scan the QR Code to apply!

www.weaversway.coop/employment

New Task Force Chair’s Zero Waste Journey and Hopes for the Co-op

by Victoria Valadao Napier, Weavers Way Plastic Reduction Task Force

I RECENTLY HAD THE CHANCE TO INTERVIEW KIM Paymaster, the new chair of the Plastics Reduction Task Force. I was interested to see how she became inspired to work toward plastic reduction and what that meant to her.

I remember meeting you at your first PRTF meeting, and you said that you were looking for alternative shopping options in Philadelphia. What inspired your zero waste journey?

When I was growing up, I was focused on recycling. Then in 2019, I watched Trevor Noah’s report on the state of plastic recycling in the United States; basically, it was a total mess. It hit a nerve and broke my heart when I found out that most of our plastic packaging and waste was shipped to countries like China and India, where it ended up in landfills or the ocean, and that less than 9% of it was being recycled! At that time, China had already stopped taking U.S. plastic waste and we were now (sometimes illegally) sending our plastic to other countries. My family is of Indian descent, so I felt especially saddened by scenes of kids in India playing outside surrounded by our plastic waste.

I currently live in the Fairmont section of Philadelphia and, after going to multiple stores, I found that Weavers Way in Mt. Airy offers the best option for bulk. Since it’s not close to my house, I don’t go every week and I also still shop at Mom’s and Sprouts, which each also have some good bulk options. Instead of just focusing on recycling, I am now focused on reduction, which is why bulk is great. If I bring in my own containers, I can reduce and avoid plastic packaging altogether!

When I first became a Co-op member, I heard there was a plastic reduction committee, so I reached out to Alisa Shargorodsky, who was the chair. I also took an online course at Bennington College called Beyond Plastic Pollution, which focused on the history and current context of plastic pollution. The course is open to the public and low cost, so I recommend it to anyone interested in this topic; find out more at Bennington.edu. I also just finished a graduate certificate in sustainability through Harvard University’s Extension School.

As I’ve learned more in this area, I have realized how issues of equity impact access to solutions and that we don’t need perfection from consumers to make a difference. I see now how policy change is really what we need to address the problem. Individual action is what can spur change at the policy level, whether with businesses or the government. We send signals with our dollars.

Hopefully, as more sustainable options expand, we will see more examples of plastic-free shopping that are

accessible to everyone. During my program, I learned about a great Chilean company called Algramo ("by the gram") that provides refill options in lower-income communities. In these places, people are often paying more per gram or ounce because they are buying small sachets or containers which are marked up in price. Algramo allows consumers to pay the same per gram/ounce no matter how much someone buys. That’s the great thing about buying in bulk — you can buy only as much as you need or can afford!

What specific tips would you like to pass on to others, especially regarding plastic reduction?

My sister and I started a newsletter and Instagram account called @simplyharaa; following others who can provide you with tips is a great start. Or you can be the messenger: Use your social media or other platforms to tell others about things they can do. I have come to realize that behavior change is hard, so I’m always focused on taking small steps. Make changes in your own life and find ways to tell companies and local officials what’s important to you. Use your voice!

Another tip is to decide what you are going to carry with you each day. I carry a bag with me that always contains a good reusable water bottle, a set of reusable utensils (buy a set or create your own!), and a collapsible food storage container (this last one is my favorite). My husband always has his reusable coffee cup.

As the new PRTF chair, in what direction would you like to see the Co-op go?

I hope that Weavers Way can lead the way in plastic reduction. That’s going to take our whole community learning more, spreading the word, and reducing all the unnecessary single-use plastic packaging that we can. I would love to have PRTF members engage with other members and store staff more to make that happen.

I hope that we see more products in bulk and/or in reusable containers. Our family’s current favorite is the mango cheeks in returnable jars!

The cultures around waste reduction and local cooperatives are compatible. Both are about community.

I appreciated talking to Kim. Meet her and other members of the PRTF at their monthly meetings every third Monday from 7-8:30 p.m. There will be a short recap meeting every third Wednesday at noon as well. All are welcome to attend.

Finally, be on the lookout for the next installment of the “Philly Talks Trash” series this coming October - a collaborative webinar series between PRTF and Philadelphia Neighborhood Networks.



Kim Paymaster and her daughter Ziya.



Mango Cheeks reusable container.



**Plastic
Reduction
Task Force**

Math Tutor

Level II, Pennsylvania Certified Teacher

Middle School Math, Geometry, Algebra, Trigonometry, Pre-Calculus, Calculus I, and Test Prep

\$55 per hour

Available during + after school hours!

- Over 20 years of instructional experience, including 10+ years in the classroom
- Proven history of student success
- Many references available
- Mt. Airy resident since 2007
- SLA Center City parent

contact: Heather Cohen
e heather.24.cohen@gmail.com
t 215.908.4173



CONNECT • ENGAGE • THRIVE



**Arts & Culture • Film Discussions • Community Connections
Social Gatherings • Ride Share • Social Justice Engagement**

Join us at our next Member Social!

NorthwestVillageNetwork.org
267-571-9697

Ambler Couple Braves Weather, Wildlife on 10,000 Mile All-EV Road Trip

by Debra Lee & Rick Denzien, for the Shuttle

IN MID-MAY, WE SET OUT ON A THREE-WEEK BUCKET list road trip to see national parks in Colorado, Utah, Montana, Wyoming, and South Dakota. We traveled 10,000 miles, covered 13 states between our home in Ambler and back, and got over 152 miles “per gallon” (gas car equivalency) at 80% less than the cost of gas. This was our third long-distance road tour in a four-door Tesla Model 3, but this trip put the efficiency and safety of our all-electric vehicle to the test with multiple hair-raising road conditions.

Like with our past two trips (California — 8,000 miles in 2019 and the Florida Keys — 3,000 miles in pre-pandemic 2020), it was easy finding Tesla Superchargers, an expansive network of charge stations throughout North America. The car’s mapping software automatically directed us to Superchargers, with each stop taking 15-30 minutes — perfect timing for a stretch, restroom or meal break. Superchargers are conveniently located off interstates at rest and gas stops, restaurants, hotels and more.

We drove 15 hours on the first leg of our trip, taking turns driving and sleeping. We set up a comfortable memory foam mattress from the trunk across a lowered back car seat, which was roomy enough for someone 6’6”.

A Flash Flood in Missouri and a Blizzard in Colorado

Our first overnight stop took place at a hotel with a destination charger (which can be used with any EV model) near St. Louis, between the Mississippi and Missouri rivers.

The next day, we had our first “weather” encounter: A flash flood while enroute to Gateway Arch National Park. We drove through a washed-out railroad underpass on a back route into St. Louis as road crews began re-routing traffic. The Tesla waded through several feet of flood water and debris without stalling or having other mechanical trouble.

Our next overnight stop happened in Kansas. It was getting late and past dinnertime, so we used our navigation to find takeout just before closing. We must have been an odd sight, eating on a bench at 9:30 p.m. at an intersection in Junction City, KS, because a police car circled the block a couple of times.

A blizzard was forecasted for Denver, our next destination. As we continued through Kansas past endless grain elevators and rail cars stretching for miles, we lost internet connectivity. Fortunately, that did not affect the navigation.

As we neared the Colorado border, elevation increased and visibility decreased. We were hit with freezing rain and snow, and temperatures dropped into the low to mid 30s. The blizzard hit full force as we entered Denver, with six inches accumulating the next morning. Trees were damaged and the power was out in spots (although fortunately not at our Airbnb), but the snow was mostly melted by afternoon. Meanwhile, the temperature hit 97 in Ambler that day.

We were awed by Colorado’s spectacular beauty, including Rocky Mountain National Park, and delighted by moose sightings. A bull moose seemed curious about our lone car driving through a flash snowstorm on a road in Arapaho National Forest Park; we saw him cut through the woods to get a better view of us around the bend.

From Colorado, we drove 10 hours to Zion National Park in southwestern Utah. The hot desert climate was a huge contrast, but EVs don’t run “hot,” and the climate controls kept us cool while the car’s carbon bio filters kept out the dust. When we returned to our car after a mountain canyon hike, a park ranger came by, thinking we had engine troubles because the front hood was open. (Instead of an engine like in gas cars, the Tesla has a stor-



Rick Denzien & Debra Lee

age space called a “frunk” in front). We had a good laugh with him when he saw the situation and took time to answer his questions about EVs.

Eyeball to Eyeball With Bisons in Yellowstone

As we continued north through Utah to our next destination in Idaho Falls, ID, temperatures dropped and rain was in the forecast for Memorial Day weekend. Our hotel was close to Jackson Hole, WY, where the ski trails still had snow, and to Grand Teton National Park, where mountain passes were closed because of snowy road conditions. Neither was typical for May.

The following day, we headed for Yellowstone National Park, with snow from the day before still on the ground. The cold, rainy weather did not affect Old Faithful’s prompt eruption or faze the bison walking along the road.

The loop to exit the park took us into the highest altitude. Ten-foot snowbanks lined the road, which had been closed the day before. (The following week, melting snow caused flooding that devastated the park.) We drove alongside a frozen Yellowstone Lake, surrounded by miles of burned-out forest from previous fires; the landscape looked like a scene from the “Game of Thrones.” At one bend, three adult bison stepped off a ledge onto the narrow mountain road in front of us. We stopped, eyeball to eyeball, as they moved aside and gave us room to pass.

At our next stop, an Airbnb in Cody, WY, our host offered us a 110-volt garage outlet to gain a few miles. We didn’t have a full charge when we arrived and had a long drive the next morning through Big Horn National Forest to get to our next Supercharger. As we started up the mountain pass, snowplows were coming down, a sign that something was about to go sideways.

As we climbed from 3,000 to 8,000 feet, we drove straight into a blizzard and were using more electrons than normal. We had only had 40 miles of range left to cover over 75 miles to the charge station. But the law of gravity works well for electric cars — as we descended the mountain, the car regenerated, making its own “fuel” and recharging the battery. We ended up with a surplus of 40 miles on arriving at the Supercharger.

Safely Home, with Car Intact

After our visit to the Crazy Horse Memorial, Mount Rushmore and the Badlands in South Dakota, we pushed home for Ambler. Around 3:45 a.m. in rural Minnesota, a large deer (likely killed by a semi-truck), suddenly appeared in the middle of our lane on the interstate. There was no choice but to drive over it at the 70-mph speed



Yellowstone National Park



Buffalo in Yellowstone National Park



Black Dragon Canyon

limit. It got caught underneath the car and was dragged for a short distance, partially ripping a protective plastic shield under the car that then scraped the road. Fortunately, when we stopped to charge, there was a multi-bay 18-wheeler truck service station in the adjoining parking lot, and a mechanic was able to remove the shield. He said if we’d been driving a gas car, the oil pan would have ripped out and the engine would have been destroyed. We called Tesla, who said it was okay to replace the shield when we got home.

We arrived in Ambler and our car wasn’t any worse for the wear, other than the damaged shield and a crust- ing of squished bugs, desert dust and road dirt. Despite the various road conditions, we had no body or mechanical damage and the vehicle always performed perfectly. We saved over \$2,000 in fuel, and best of all, contributed no pollution from emissions.

To learn more about owning and driving electric vehicles, talk to EV owners directly, and take a ride, come to DriveTheFutureEV.com’s All-Electric Car Showcase at the Weavers Way Ambler parking lot on Saturday, Sept. 24 from 5-9 p.m. Admission is free, and there’ll be live music, expert speakers, and a chance to win \$250. RSVP at www.DriveTheFutureEV.com. And to see videos from our trip, go to YouTube and search “Tesla ROAD TRIP.”

Spend money on food
NOT on plastic packaging.





photos by Nima Koliwad.

The three area food pantries designated for donations from this year's Food Justice Committee Food Fund Drive got their checks in late July along with a \$500 gift card to Weavers Way. Above left, Angela Taylor (left) and Diane Wood of Holy Cross Food Pantry in Mt. Airy accepted their pantry's \$1,300 check. Middle, St. Luke's Episcopal Church of Germantown Rector David Morris and Dina Harvey accepted \$2,353. And above right, Cindy Wedholm, executive director of Mattie N. Dixon Community Cupboard of Ambler and board member Susan Baybutt received \$1,576. In all, 79 donations were made to the fund drive.



We Love *Our* Advertisers — So Will You!

Wissahickon Dance Academy

38 E. School House Lane • Philadelphia PA 19144 • 215-849-7950
www.wissahickondance.com

Dance for Fun or Train to be a Professional

Ages 3 to Adult..

- Ballet • Jazz • Tap • Modern • Hip hop
- Character • Pilates • Adult classes

REGISTER NOW!!

In person, Thursday, September 8, 5-7 PM
All classes begin Monday, September 12, 2022

Online at
www.wissahickondance.com
or call 215-849-7950.

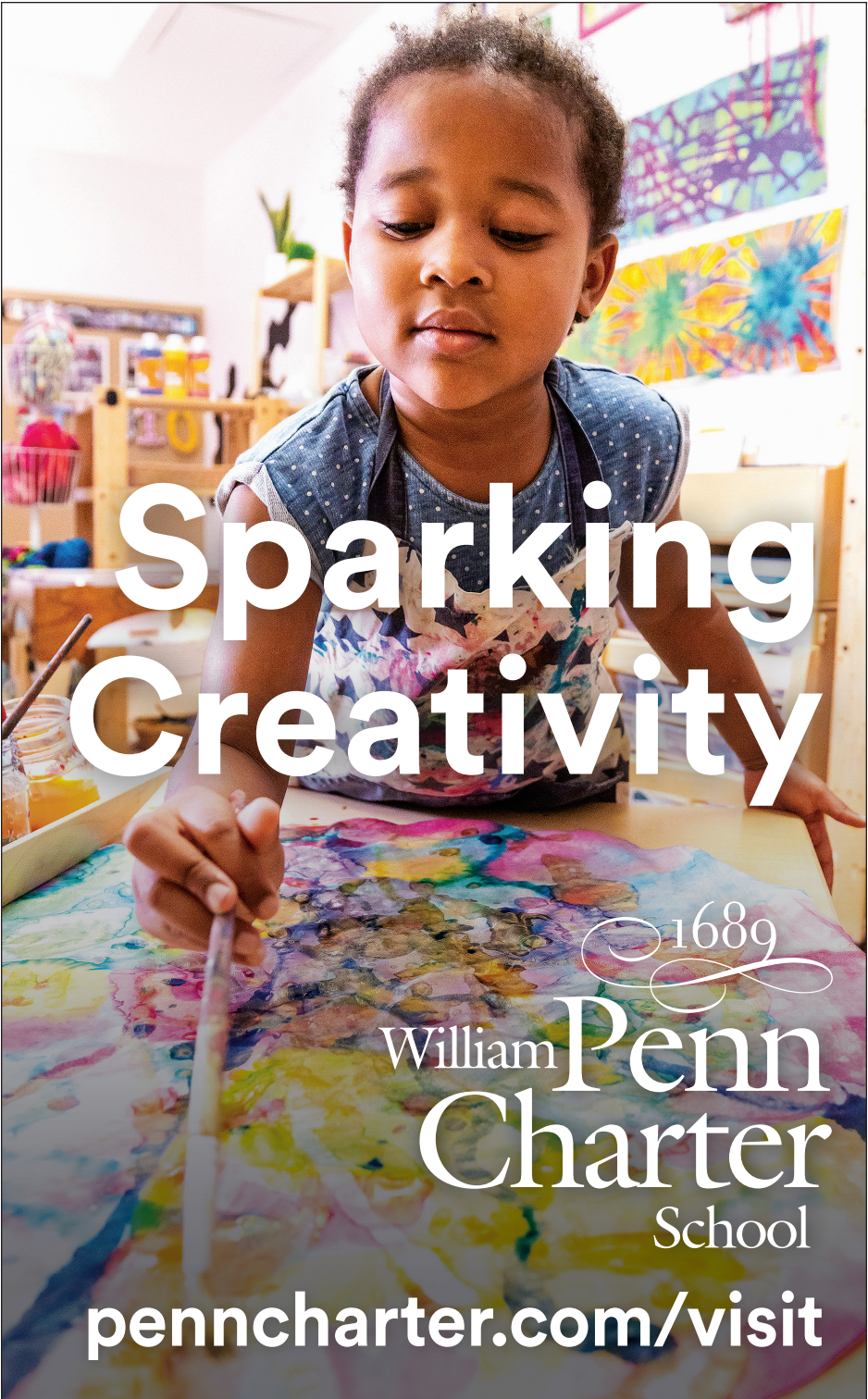
*Perform in a new ballet
"A WINTER'S DREAM"*

AUDITION (Fee: \$20):
Sunday, September 18
Ages 6-9: 4-5PM,
Ages 10-22: 5:15-7PM

Audition Sponsored by
INTERNATIONAL BALLET
EXCHANGE

WDA is following
all health guidelines
as directed by the CDC.

Photo: Julianne Harris



Sparkling Creativity

1689
William Penn
Charter
School

penncharter.com/visit

Former Co-op Member Debuts a Novel About Healing After Sexual Assault

by Karen Plourde, Editor, Weavers Way Shuttle

FORMER WEAVERS WAY MEMBER and Shuttle contributor Jacqueline Boulden has known for a while that she had a novel in her. But it took shutting down her video production company, a pandemic, and moving to upstate New York for her to complete and publish it herself.

Boulden will be back in the area to officially launch “Her Past Can’t Wait,” at Big Blue Marble Book Store up the block from Weavers Way Mt. Airy on Thursday, Sept. 15. The night before, she’ll do a reading at Pocket Books Shop in Lancaster.

The book, which took Boulden three years to write, is set in Philadelphia. Emily Archer, a single, accomplished executive at an advertising firm, is forced to take time off from her job after she slaps the vice president of sales at one of the agency’s top accounts after he inappropriately touches her at a work event. At a friend’s suggestion, she begins Eye Movement Desensitization and Reprocessing psychotherapy for that incident and begins to uncover buried details of another sexual assault from her youth.

Much of “Her Past Can’t Wait” centers on Emily’s addressing and beginning to heal from her earlier trauma. It also shines a light on corporate culture and the assumptions that discourage women from reporting incidents of sexual harassment.

Another prong of the story concerns Emily’s sister, a TV producer dealing with a host who has trouble honoring physical boundaries with women on the set.

Boulden was inspired to write the novel from stories she covered as a reporter for Fox 29, as well as from the 2015 cover of New York magazine that depicted 35 of the 46 women who accused Bill Cosby of sexual assault.

“I was so struck by that, and then the Washington Post had another graphic after that,” she recalled. “...I was just reading all these stories that were just awful, but I didn’t hear anything about how people were healing and how they were getting past it. So I wanted to write that story.”

Once Boulden finished the novel, she began querying agents about it and at their suggestion, made some revisions to her manuscript. Then early this year, after she and wife Helen Huffington moved to Ballston Lake, NY and sold their house in Blue Bell Hill, she began looking into self-publishing. She joined a few writers’ groups, including one that was focused on self-publishing, and decided to go that route with this novel.

That process of getting the book self-published, which has taken up most of the last six months, has been almost as consuming as writing it.

“It’s up to me to determine where I want readers to find my book,” she wrote in an email. “The majority of book sales go through Amazon, but I want bookstores to be able to sell my book as well, so I also have to list it on IngramSpark, which is where bookstores buy the books.”

After “Her Past Can’t Wait” was printed in book form, Boulden reviewed it line by line one last time, made corrections and uploaded it to Amazon and IngramSpark. She’s been soliciting coverage from print writers in upstate New York and Philly and visiting independent bookstores near Ballston Lake to see if they’ll carry the book. She’ll follow a similar routine when she gets here.

Although launching the book has been arduous, Boulden has gotten a lot of helpful advice from fellow self-published authors. “They just offer so much help,” she said. “There was a woman who shared her Excel spreadsheet and what she does during the launch and it goes back like three months. And you can find all kinds of stuff online — people sharing information, helping each other through the process, which is great.

“...I’m probably working harder than I ever have, just doing all this,” she continued. “But it’s been a blast.”

Boulden hopes that the book’s publication will help women who’ve been sex-



Former Weavers Way member and new novelist Jacqueline Boulden. ually assaulted and need to find a way to heal.

“That’s the goal,” she said. “That’s why I started to write it. One of my fellow writers said, ‘It sounds like you’re promoting EMDR’ and I said ‘Yes, I am. I know it works.’ And so, if some women read it and find a way to healing that they never heard about before, that will be success.”

“Her Past Can’t Wait” is available through Amazon, Big Blue Marble and via online ordering from most bookstores. Her website, jacquelineboulden.com, also includes buy links for the book.

SUNDAY FUN DAYS

Every Sunday May 1st – October 30th | 1pm - 4pm

AT THE FARM AT AWBURY

6336 ARDLEIGH STREET | PHILA. PA 19138

FUN FOR THE WHOLE FAMILY!

Explore the farm • See the chickens & goats • Try a wellness activity

Shop for artisan goods • Activities for children

..... and MORE!



**Awbury
Arboretum**
Nature for All



The Philadelphia
Cultural Fund

Restrooms, drinking water, picnic tables, and all-abilities pathway available

visit awbury.org for more info

The Backyard Beet

Be Aware of These Three Roadblocks to Garden Success

by Chris Mattingly, for the Shuttle

WHEN OUR CLIENTS ASK US FOR HELP, IT’S BECAUSE they’re convinced that with our help, they can clear some of the hurdles that have kept them from starting their garden journey. Whether it’s our help you’d like, or that of a friend, neighbor, or family member, my work has given me insight into the most common mental hang-ups that keep people from achieving garden success and how to overcome them.

While I realize that technical solutions might be more helpful to the DIY reader, this article is geared toward giving you the courage to get started. I’ll cover more technical aspects in future writings.

Mental Hang-up No.1: Things will go wrong

Failure is discouraging, especially after a major outlay of time, effort and money. Bring up the subject of gardening at any party, and you’re sure to find someone who holds up their gardening mishaps as reasons they shouldn’t even try. If you get past “I have a black thumb,” you’ll hear other seemingly insurmountable reasons why they have thrown in the towel: deer, ground-hogs, weeds, lack of sun, poor drainage, baked plants and the fact that gardens are ugly and they don’t have a “back 40” to hide one.

All these problems can be addressed and overcome, whether through the proper size and design of fencing, using raised beds, accurately assessing sun exposure, making stone paths that are meant to last, installing a simple irrigation system or using a simple, elegant and functional design.

You can tackle each issue in the planning process one by one. Use online resources to get a good understanding of how these can be addressed and get inspiration for a garden that adds value and magic to your property.

If it’s guaranteed success you want, and time and convenience are important, then you should consider hiring an expert to consider these variables and more in designing and installing your home garden. At Backyard Eats, we start this process with a one hour initial consultation, booked online. For clients who want to avoid these problems, the consultation fee is well worth it, and we credit the fee toward any installation work we do.

Mental Hang-up No. 2: I don’t like getting dirty

Also “I’m not a DIYer” and “I don’t have the time.” Fortunately for you, the backyard gardening industry has evolved considerably in the last few years. There are options for purchasing planters and garden beds of all sizes, types and materials online and at your local independent garden center.

As for the dirt, effort, and time, you can get creative. Surely there’s a friend, family member or young person

in the community who would be interested in the adventure of a home-grown food project. Just think — your lack of interest in the doing part of gardening may be someone else’s cherished opportunity. Tell your friends, post on social media, join a community group and you’ll have plenty of help and a deeper connection to your community.

Again, if getting it right the first time, convenience and a personalized daily garden-to-table experience are your priorities, Backyard Eats is here to help.

Mental Hang-up No. 3: I don’t know where to begin

An annual veggie garden is a portal to an incredible array of choices. What philosophy do you go with? Even within all-organic philosophy, there are choices to make. Do you believe in treating the wood for a raised bed or do you let it decay? Do you sow seeds in rows according to the packet, or in square feet, according to that Youtuber? Which of the 150 most common annual vegetables can you grow? Which do you want to grow? Which variety out of the 25 that your seed supplier offers do you choose? When can you plant them? When is too late? Do they need to be supported? Do you need to go down a wormhole of research for every decision? Am I making you anxious? Sorry!

My advice is to pick a philosophy, teacher, or supplier and go all-in on what they have to teach you. Apply that specific discipline and you will learn a lot. Then when you’re ready, you can look at another philosophy, try it on, keep what you like, and eschew what you don’t.

If you find yourself paving your own way of learning using online resources, be wary that popular gardening culture and bona fide gardening cultural practices are two different things. Based on experience and research, I can dispel two major myths for you:

- 1. Marigolds don’t deter jack (except in specific conditions that aren’t relevant to the home gardener).
- 2. Companion planting tables are completely made up and a waste of time.

Include the search terms “extension” or “master gardener” when looking for advice on a topic. If the content is dry and unexciting, you’re probably on the right track and probably browsing an agricultural university extension resource!

Finally, there is no better teacher than an organic home vegetable gardening expert who comes to your garden once a week, ready to discuss and demonstrate



any topic or task you like, without charging an added fee. That’s the service we offer to all 85 of our current regular maintenance clients. Many clients choose this service with the intention of “graduating” to expert level, when they can grow their own gardens. Many others keep us on so their gardens can thrive and be productive. Both methods can work. As Bruce Lee once said when talking about developing mastery “Research your own experience. Absorb what is useful; reject what is useless.”

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 or visit www.backyard-eats.com.



Chestnut Hill Cat Clinic

215-247-9560
8220 Germantown Avenue
www.chestnuthillcatclinic.com

Taking care of cats and their people for over 35 years.



EQUAL EXCHANGE

Fair Trade & Equal Exchange Packaged Coffees

- Crafted with care
- Sourced directly from small-scale farmers

equalexchange.coop

LEAVE IT TO LI

GENERAL CONTRACTOR (WOMEN/MINORITY OWNED)
FULLY LICENSED & INSURED: REFERENCES AVAILABLE

**CALL OR TEXT
917 833 0778**

NO JOB TOO LARGE OR TOO SMALL **WE DO IT ALL!**
CARPENTRY, PAINTING, DEMOLITION, MASONRY,
ROOFING, ELECTRICAL, PLUMBING, TILE WORK, ETC...



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



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

Walk the Wissahickon to Support and Protect Nature Close to Home

by Lisa Hansell, Senior Development Manager, Wissahickon Trails

WALK THE WISSAHICKON, CELEBRATING its 26th anniversary on Sunday, Sept. 18, showcases the heart of Wissahickon Trails’ mission – the Green Ribbon Trail and the Wissahickon Creek. Join our staff and volunteers as they lead you along the natural, mostly unpaved trail through Montgomery County, where you will experience a variety of habitats, including wetlands, woodlands and meadows. All funds raised support Wissahickon Trails’ efforts to protect and restore the Wissahickon Creek, surrounding trails and wildlife habitats so that people and nature can thrive.

Participants can choose the distance they want to walk – four, seven or 12 miles. All walks begin at 8 a.m. from Parkside Place in Upper Gwynedd Township and participants will be bussed back to the starting point. Walkers are supported by volunteers, local police or fire officials at all street crossings. We ask that participants continue to follow all CDC guidelines to reduce the spread of COVID-19.

The four-mile walk will end at Penllyn Woods in Lower Gwynedd township. The seven-mile walk finished at Four Mills Barn in Ambler, and the 12-mile walk concludes at Fort Washington State Park’s day use area in Flourtown.

Fees are \$40 if you register by Sept. 16 and \$45 the day of the walk. The fee includes snacks, a boxed lunch, bus transportation and a t-shirt (while supplies last). Register online at wissahickontrails.org/events/walk-the-wissahickon-2

If you would like to participate in the walk, but the cost is keeping you from doing so, there are a limited number of free registrations available. Email lisa@wissahickontrails.org for more information.

About the Green Ribbon Trail & Preserve

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

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



photo by David Freed

Green Ribbon Trail



photo by Jamie Stewart

Green Ribbon Trail

EASYPAY

EasyPay house accounts are an **EASY** way to **PAY** at Weavers Way!

AND WHAT A DEAL:

Get \$102 when you deposit \$100 (cash or check only)

Add money online to your EasyPay account before you shop at **members.weaversway.coop**

MEMBER BENEFIT

notary service

BY APPOINTMENT: 215-843-2350 x119 or notary@weaversway.coop

ANOTHER GREAT REASON TO JOIN.

WALK FOR THE Love OF GERMANTOWN

A FUNDRAISER FOR GERMANTOWN UNITED CDC

WAYS TO PARTICIPATE ANYTIME!

Get a **limited edition print booklet** of self-guided walks created by Germantown residents. Complete at your own pace!

EVENTS ON **SATURDAY** SEP 17, 2022

Take a **Walking Tour** led by the creators (various times)

Meet your neighbors at **The Germantown Jam** - A backyard concert featuring musicians living in Germantown (4PM - 6PM)

SCHEDULE // TICKETS // INFO

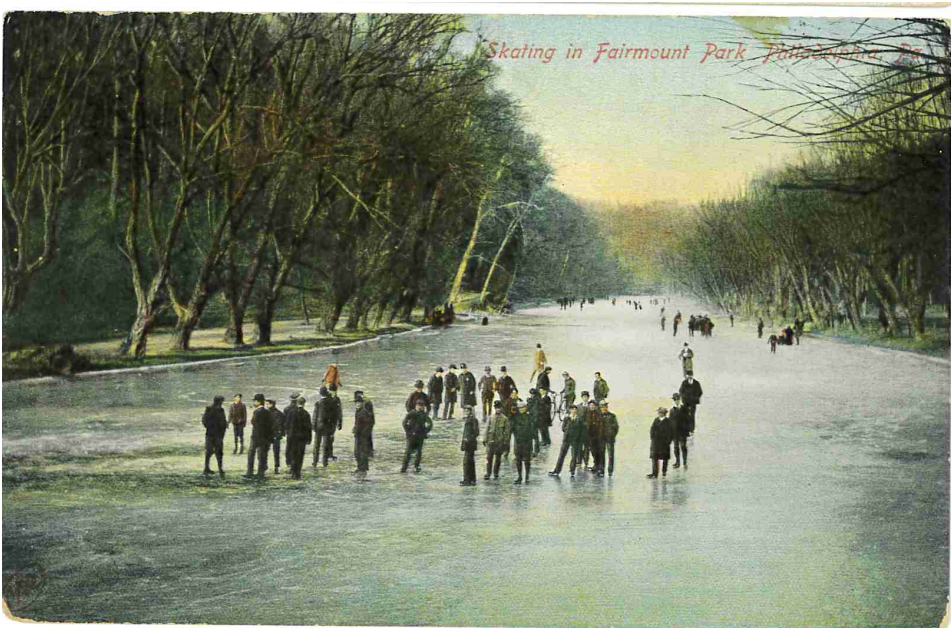
www.bit.ly/WalkFTLOGermantown

One Man’s Postcard Collection Tracks Wissahickon’s History

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon



A secluded Devil’s Pool and Rustic Bridge, circa 1907



WISSAHICKON VALLEY PARK HAS a rich natural, architectural and artistic history. From iconic bridges, inns and public art to various remnants of old structures, the park’s unique past is evident everywhere. Over the years, the park’s beauty and changing landscape has been captured in paintings, poetry, songs and messages sent on picture postcards.

Friends of the Wissahickon volunteer extraordinaire David Bower was first introduced to postcards featuring images of the Wissahickon at an antiques dealership in Frederick, MD in 1992, the year he joined FOW’s volunteer corps. The cards were inexpensive, so he bought a few. Three decades later, our 2019 Volunteer of the Year has amassed a collection of 3,000 postcards that fill 18 albums!

Most of the postcards date from about 1898 to 1915, a period that became known as the Golden Age of Postcards. The U.S. Postal Service estimates that at the peak of their popularity, a billion one cent postcards were mailed and collected. They were cheap to buy and mail, so people sent them all over the world.

Not only were postcards the best way to share pictures, but they were also the fastest way to send messages, thanks to mail service that delivered twice and

sometimes three times a day. David likens the ease and speed of sending messages via postcard to Tweeting today. Postcard collecting was deeply embedded into the communication and culture of the day until World War I interrupted global trade and mail, and the postcard age declined.

Inside David’s collection are about 475 different images of the Wissahickon, including the Wissahickon Creek, Valley Green Inn, lots of bridges and, of course, the beautiful woods. Some feature views of sights that are no longer there. Some of them share jokes. Nearly all are photographs and some of the cards depict the same image but are produced in different colors and styles by different printers (who at the time were unrestricted by copyright laws). Other images are artist enhanced. There are postmarks from all over, including Europe, and in different languages. David said that over the years he’s seen Wissahickon spelled about 20 different ways.

Although David has spent thousands of dollars and hours on curating his amazing collection, he has loved every minute of it. “I meet interesting people with interesting stories about the Wissahickon,” he said. “The postcards tell the many sto-



Forbidden Drive and ice skating on Wissahickon Creek.

ries of the Wissahickon, its history and culture, and remind me that while everything is changing, some things never do.”

You can join David Bower for Friends of the Wissahickon’s Fall Valley Talk on Tuesday, Sept.13 at 6 p.m. when he presents “Postcards from the Wissahickon”, highlights and tales from his collection. This is a free hybrid event: in-person at Valley Green Inn and online via Zoom. Register at fow.org/events/.



ART AT KINGS OAKS

ARTWORK FROM 28 INTERNATIONAL ARTISTS & A PERFORMANCE BY THE CROSSING CHOIR IN AN HISTORIC BARN & CHAPEL
SEPT 23 - OCT 9

RECEPTIONS
6-9PM, FRI SEPT 23
2-5PM, SUN OCT 9
HOURS: 11-5, WED-SUN

WWW.KINGSOAKSART.COM
756 WORTHINGTON MILL RD
NEWTOWN, PA
KINGSOAKS@COMCAST.NET

THE CROSSING'S CONCERT: WALKING THE FARM
4PM, SEPT 17 - 18 TICKETS AT WWW.CROSSINGCHOIR.ORG

Rosh Hashanah

HAPPY NEW YEAR

Regenerative Agriculture, and Positive Places Around the World

by Sandra Folzer, Weavers Way Environment Committee

I THOUGHT THAT ORGANIC GARDENING was as good as it gets, but then I discovered regenerative agriculture. I'll share with you what I learned, and then give you some examples of good-news projects, which I trust you will welcome during these dark political days.

Regenerative agriculture has been around for a long time, but some of our "civilized" ancestors chose to disregard former wisdom and try to conquer the land. Indigenous people and people of color have used a holistic view of farming for generations; it's time to adopt many of their techniques, which support the soil rather than deplete it.

Regenerative agriculture focuses on soil health by questioning common practices such as tilling and the use of artificial fertilizers. Instead, it recommends crop covering and crop rotation in order to sequester carbon and boost nutrient density, keeping the farmer in mind as well as the land.

I think of organic gardening as focusing on what you shouldn't do, i.e., use pesticides and GMOs. Regenerative agriculture is about what you should do, i.e., treat the soil with care. Organic is good, but it, too can degrade the soil.

Say No to Tilling and Artificial Fertilizers

One tenet of regenerative agriculture is to avoid tilling, which compacts the soil and reduces its air space and porosity. Pore space in soil is essential for plants; it provides room for the roots to grow and house the living organisms which feed the plants. Tilling also disturbs the microbes and worms in the soil, which are important for decomposing organic matter to create nutrients.

Typically, soil contains about 50% solid material and 50% pores. When heavy farm machinery compacts the soil, porosity can be reduced to only 5%. Air and water movement is restricted, which limits a plant's ability to grow.

And farm machinery is getting heavier. A combine harvester for corn or wheat can weigh 79,000 pounds, while a loaded beet harvester may weigh 130,000 pounds. This weight causes invisible damage, which may take decades to repair.

Regenerative agriculture doesn't use artificial fertilizers, which may be used in organic farming. Though these fertilizers may increase production, they do so at a cost, and they actually decrease productivity over time. Not only do they kill beneficial microorganisms that convert waste into nutrients, but they also leach into the groundwater, causing pollution and the buildup of greenhouse gases. This is because they are high in nitrogen, phosphorus and potassium, which do not stay in the soil long and must be reapplied, which leads to runoff. They also weaken the plants.

Cover Crops, Crop Rotation And Keeping a Lid on Carbon

Planting cover crops, another practice of regenerative agriculture, is an age-old practice that can accelerate soil re-

covery and preservation and reduce the need for synthetic fertilizers. If artificial fertilizers have been used in a field that's now empty, excess nitrogen may cause carbon dioxide to be released. By planting cover crops, the carbon is drawn back into the soil. For example, nitrogen may be restored to the soil with legume crops. The cover crop also provides organic matter to the soil and prevents erosion.

Since different plants take different nutrients from the soil and deposit others, rotating crops is important. Rotation also cuts down on disease, since different plants attract different pests. If plants aren't rotated, disease pests may lie fallow in the ground and arise during the next growing season to attack new plants of then same variety. This leads to the use of pesticides.

The Rodale Institute believes that if all global cropland and pastures were converted to regenerative agriculture, the world could sequester 100% of the planet's current CO2 emissions. As with artificial fertilizers, excess nitrogen causes microbes to release more carbon into the air. At present, 10% of U.S. greenhouse gas emissions come from agriculture.

Nutrient density, or the ratio of nutrients per calorie, is higher in produce grown through regenerative agriculture, because worms and microbes are used to decompose organic matter. This is important, because higher nutrient density plays a role in protecting us from disease and reducing inflammation.

As much as possible, it is good to know where our food is grown, so buying local is best. Large farm conglomerates, even organic ones, are focused on profit and will take shortcuts where possible while stressing the land.

Environmental Bright Spots Here and Elsewhere

Origin Park, IN

This 600-acre stretch of land lies along the Ohio River, close to where Lewis and Clark launched their expedition and a safe landing space used by the Underground Railroad for escaped slaves. Over a million people live within a half hour of this park, which lies across the river from Louisville, KY. One of the goals is to bring residents closer to nature by educating them about local ecosystems and sustainability.

Bristol, England

A community group is building a wind turbine which will produce electricity for 3,000 homes and will earn 100,000 pounds annually for community projects. According to Andrew Garrad, the director of Ambition Community Energy CIC, the process of getting approval took six years of persistent work before the project was approved.

Although the British Isles feature the third highest wind averages in Europe, the government rejected new onshore wind projects unless they had community support, and the site was already designated for a wind farm. Despite this hurdle, the housing estate of Lawrence Weston was



able to raise enough funds for the project, even though it is one of the poorest areas in the country.

The same group is building a health center and local supermarket and is making sure most of the new homes will be offered to residents. Also, the turbine is community owned, so it can retain its value.

Berlin

Tegel, a former airport, is being transformed into a sustainable community. The airport's 580 acres will include open green spaces, bike lanes and affordable housing. The project, known as Schumacher Quartier, hopes to relieve the housing shortage by building 5,000 homes from locally sourced timber and adding rooftop gardens to absorb rainwater.

The project will also include a "sponge city" which soaks up rainwater for the community's water supply. Schumacher Quartier is designed for people rather than cars, with public spaces for socializing. Schools and grocery stores will be easily accessible by foot. There will also be commercial space for offices and businesses, so that it is nearly self-contained. Some 14 endangered species will be introduced into the area.

The Point, UT

These 600 acres in Draper, which used to house a prison, will now be the site of 7,400 homes. The area will include green space, bike lanes and connections to mountain trails. It is planned to be completed by 2027 and is designed to appeal to younger workers who want a community where they don't have to rely on a car.


The Peninsula, Bronx

This area, the site of a former juvenile detention facility, will include 740 units of affordable housing along with industrial and green space. It will also convert all the residents' food waste into fertilizer. In The United States, food waste is estimated to make up 40% of all trash, according to the website Rescuing Leftover Cuisine.

Cuyahoga Valley National Park, OH

It took 16 years to convert this Superfund site into green space that now supports wildflowers and eagles.

After the Cuyahoga River caught fire for the 13th time in 1969, national outrage helped create the Environmental Protection Agency in 1970 and the Clean Water Act in 1972. The area was named a national park in 2000. Six companies, including Ford and General Motors, paid between \$50 and \$60 million to help clean up the site, the largest cleanup in National Park Service history.

eco tip

Go Easy on the Fall Cleanup to Give Insects, Birds a Better Winter

by Marsha Low, Weavers Way Environment Committee

Insect numbers are sharply declining in many places around the globe due to climate change, pesticide use and loss of habitat. Insects pollinate 35% of our crops and three-fourths of the world's flowering plants. They also make up the base of the food web, nourishing fish, birds, reptiles, amphibians and mammals. So their decline is cause for great concern.

Along with insects, bird populations are also plummeting. But the good news is that we have the power to create small pockets of habitat in our own yards. If enough of us do this, it can have a big impact on our local ecosystems and help counter these declines.

As summer comes to an end, temperatures fall and the days get shorter, those of us with a garden of any size may begin thinking about fall garden maintenance, or as some call it, "fall cleanup." But when we "clean up" our garden or yard, we often threaten the well-being of beneficial insects, birds and other wildlife by removing what they need to overwinter successfully.

Here are two simple steps we can take in our yards and gardens that will provide shelter and food for a variety of insects and other critters over the winter:

- 1. Leave standing plant material.** Instead of removing dry stems, flowers and leaves, leave them in place. Beneficial insects lay eggs on plant leaves, and many native bees overwinter in hollow stems. In addition, the seeds of flowers and native grasses provide food for birds over winter.
- 2. Leave the leaves.** If you allow fallen leaves to remain in your garden, you'll provide winter habitat for pollinators, which overwinter in them. Plus, leaves left in beds or under shrubs will help enrich the soil when they break down.

Over time, taking these steps will have a noticeable impact on the number of bees, butterflies and birds that come to visit your garden. Plus, you'll save yourself a lot of unnecessary (and downright critter-harmful) work every fall!

DON'T MISS OUT ON BREAKING NEWS!

SIGN UP:
WWW.WEAVERSWAY.COOP

**eNews**



Please Patronize Our Advertisers

FRED'S MOBILE
LOCK SHOP

"A COMPLETE LOCK SHOP ON WHEELS"

BONDED & INSURED

Since 1975

LOCKSMITH

• ON TIME AND RELIABLE

• OWNER OPERATED

WE ACCEPT

VISA

MasterCard

DISCOVER

EMERGENCY SERVICE

SECURITY LOCK INSTALLATION • COMBINATION CHANGES

ELECTRONIC LOCKS • DECORATIVE HARDWARE

SAFES SOLD AND SERVICED

Bonded & Insured

Ask about our One-Key Convenience

for all your locks!

215-483-1302

Serving all of
Chestnut Hill &
Northwest Phila.

215-628-4540

Serving all
Montgomery
County

215-817-6166

Cell Phone

COMPLETE MASONRY SERVICE

Flagstone, Brick & Stone Pointing

JAMES G. CARDAMONE

• Concrete Work

• Basement Wall
Plastering &
Waterproofing

• Chimney Repairs

• Walkways & Patios

• Retaining Walls

• Stucco

• Glass Block Windows

• Ceramic Tile

jamescardamonemasonry.com

Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401

All Calls Returned

215-887-9323

GLENSIDE



EMAIL YOUR SUGGESTIONS To

suggestions4norman@weaversway.coop

Norman Says:

Read SUGGESTIONS
by Purchasing Manager
Norman Weiss every
month in the Shuttle.

Don't miss out on breaking news!

Sign Up Online at

WWW.WEAVERSWAY.COOP



HOUSE AT
POOH CORNER

where learning comes naturally

Teri DiCesare, M.Ed.

INFANTS • TODDLERS • PRE-K

215-843-0815

Over 40 years
of quality care

Visit our website: www.houseatpoohcornerdaycare.com



WISSAHICKON
LANDSCAPE DESIGN

BRIAN AMES, CERTIFIED
HORTICULTURALIST & ARBORIST

COMPLETE GARDEN DESIGN/BUILD/MAINTAIN.
CREATIVE SOLUTIONS. TREE CARE.

215-681-2436, WISSATREE.COM

Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

GREETINGS AND THANKS FOR WRIT-
ing. Email suggestions to sugges-
tions4norman@weaversway.coop. As
usual, suggestions and responses may
have been edited for brevity, clarity and/
or comedy. In addition, no idea, con-
cept, issue, remark, phrase, description of
event, word or word string should be tak-
en seriously. This also applies to the pre-
vious sentence.

News from France, a traditional
leader in culinary concepts and execu-
tion, is that it will become the first Eu-
ropean Union country to ban the use of
words like "steak" and "sausage" from
being applied to plant-based food. The
decree reads: "It will not be possible to
use sector-specific terminology tradition-
ally associated with meat and fish to des-
ignate products that do not belong to the
animal world and which, in essence, are
not comparable."

It will be interesting to see what new
names are created for these products, and
whether this change will be applied to
other products. Will "coconut milk" be
allowed or will the name change to "co-
conut juice" or "coconut liquid extract?"
And what about "coconut water"?

Will we have to create new names
for plant-based ingredient concoctions? If
vegan sausage can't be called "sausage",
what will it be called —"Chewy Plant
Matter and Sausage Spices Stuffed in a
Plastic Tube"? What about oat milk? Will
the grain lobby oppose these changes? Will
we ever see wheat milk or field corn
milk? Will restaurants have to change the
name of seitan "wings" to seitan "strips"?
Who gets to decide these things? Beyond
Meat recently came out with a plant based
"jerky." I wonder if the beef jerky indus-
try has a lobby and if "jerky" will suffer
the same fate as "sausage" in France.

Since accuracy in literacy is a buga-
boo of mine, I've objected to terms like



"soy milk" since their inception, since
"milk" already had a mammary gland-
based meaning. However, I also think
language should be flexible and adapt to
current reality. We can create new words
as needed. Noah Webster created words,
including "skunk" and "squash;" I think
we need Noah's outlook on language
today.

The goal of words is to create un-
derstanding, and definitions matter. Let's
make up some new words for this stuff.
For soymilk, how about "soyk"? For
plant-based meat analogues, how about
"pleant"? Could be fun. Plant-based
cheese could be "fleeze." Of course, if a
plant-based product comes from Philly,
versions of it could all be called "Plant-
based Jawn #1, Plant-based Jawn #2",
etc.

suggestions and responses:

s:

“Checked out the Rosenberger dairy
heavy cream. It’s actually heavy whip-
ping cream that has additional crap
added to it, so it appears there is only
one option at Ambler that is just cream.
Hopefully you all can find a better lo-
cal option for heavy cream that is just
cream without the add-ins. Thank you.”

s:

“Just the other day I noticed the Seven
Stars heavy cream in Ambler. Hadn’t
noticed it before because the heavy
cream is on the top shelf and the Sev-
en Stars is on the very bottom and in
what looks like a large yogurt contain-

(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)

- er. Not a “pour some in your coffee” kind of container but good to know it’s there. Thank you.”
- r:** (Nancy, AB) FYI, Seven Stars is locally made and is just cream, no additives, and is not ultra-pasteurized. We pick it up direct from Seven Stars and supply can be limited so we may occasionally run out. Natural by Nature also has no additives but right now is only in Ambler and is sometimes not in stock from our vendor.
- s:** “I heard Hanover Co-op has a couple auto service centers. Can we do that?”
- r:** (Norman) We could but it looks like autos are a passing fad, so we’d be reluctant to make the investment. We like to base our new product and service investments in technology that appeared on “The Jetsons” TV show (1962). The Jetsons had flying cars and a service center for flying cars would be much different than for cars that travel on streets, so a co-op auto service center is on hold until flying cars arrive. Some are in development at Tesla, but their collision avoidance technology has the cars bouncing around too much, resulting in their test drivers reporting extreme air sickness. So this technology has a way to go.
- s:** “Hi there! Just curious if Weavers Way still gets the spinach bagels (I forget the bakery name). Or am I too late when I go to shop? I love the egg bagels, but spinach is my favorite. Thanks!”
- r:** (Moises, MA) We did stop getting them, but I think I'll give them another try. They should start coming in within a few days.
- s:** “I was wondering if it could be possible to call the Co-op to ask for a salmon order to be packed in butcher paper, to avoid the Styrofoam. It would be great to be able to request, say, a \$10 piece of farmed salmon. (This is one small advantage of a supermarket — you can usually ask them to wrap a piece of fish or I guess meat in paper or foil). Thanks for considering!”
- r:** (Norman) yes, this should be possible and is something we’d like to encourage. Let me know which store you’d order from and I’ll pass on your request to our meat manager there. They’ll contact you for details.
- s:** “Is there any way we can buy cooked chickens in the old school style, where the wrapper was a kind of bag with aluminum on the inside and paper on the outside? I think if it as a chicken bag. My husband is fond of the cooked chickens, which is fine with me because I don’t have to deal with raw meat. But I can’t stand to buy the plastic vaulted containers or the plastic bag that they come in currently. Thanks! P.S. Implied in this question are two things: 1. You have to be willing to buy



Will restaurants have to change the name of seitan 'wings' to seitan 'strips'?



without visually inspecting, and 2) If the bird is roasted at a vendor, then we have to ask them to package differently. I recall in New York, they had the chickens roasting on a spit and the customer could point at the chicken they wanted and the deli guy would bag it. That’s much more eco-friendly, plus you could see what you were buying. It’s something to consider at ambler or Germantown, where there should be space.

r: (Norman) We’ve have seen various bags as alternatives to the plastic containers we use but I think they are still lined with plastic. We do cook our own chickens in one of our convection ovens. For Germantown, we are considering a rotisserie, but there are some considerations to take into account, including expense, installation, cleaning (and fat disposal), etc., but it may be doable. Then we could bag them to order, so really any grease resistant bag would work. We can still get the foil-lined bags; we can take it up with our kitchen staff to see if they are up for either displaying some that way or taking pre-orders for them. Thanks for the suggestion.

- s:** “I live in Chestnut Hill and shop most often at the Chestnut Hill Weavers Way since I can walk there. I wanted to ask if you could begin carrying two products at the Chestnut Hill store that you currently carry in Ambler: jalapeno cheese hot dogs and whipped Philadelphia cream cheese in a plastic tub. If you can’t carry whipped, my backup choice would be 1/3 reduced fat Philadelphia cream cheese.
- “I’ve been a member of the co-op since 2003 and once every two or months I can drive to Ambler for these products. But I would love to be able to buy them more frequently in Chestnut Hill and save on time and gas, too. Thanks for considering!”
- r:** (Norman) We can see if we have the room and can get these items for Chestnut Hill. Thanks for the suggestion.
- s:** “Why didn’t eating insects catch on? I remember we stocked some of them years ago and Glenn wanted to have them available on the salad bar in Chestnut Hill. Insects as food was supposed to be cheap, nutritious, less cruel than meat and environmentally friendly in the food system.”
- r:** (Norman) We don’t know but maybe it was the “yuck” factor. There were a few cricket farms in North America, but we haven’t seen anything about them lately. It could also be that crickets were the wrong insect to start with as many boomers associate them with Jiminy Cricket from Walt Disney’s “Pinocchio.”
- s:** “Will the new store in Germantown have ‘just walk out’ technology like some Amazon Fresh stores?”
- r:** (Norman) We have no plans to install the “computer vision, sensor fusion, and deep learning” that the Amazon system requires. As mentioned above, we base our technology investments on the Jetsons, and they did not have, nor did they need this technology because there were no food stores and no shopping. Instead, households had “Dial A Meal” technology. Imagine a 3-D printer where the “ink” was made of a variety of edible substances and you could “print” a variety of foods on demand. That’s where we’re headed. Our Germantown store will have a kiosk to demonstrate early versions of this technology as we continue to one-up our main competitor, Amazon.



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.

A Fond Farewell to Our Friend Mel



FRIENDS, FAMILY AND COWORKERS GATHERED in the backyard behind Weavers Way Chestnut Hill on Aug. 18 to celebrate the life of former Hill grocery staffer and chalkboard artist Mel Marmer, who died after a long illness on June 30. He was 73.

“He was the first one to show me around here when I first started,” recalled Chris Wood, also a longtime grocery staffer in the Hill. “He gave me a whole tour — he took me into the fridges, freez-

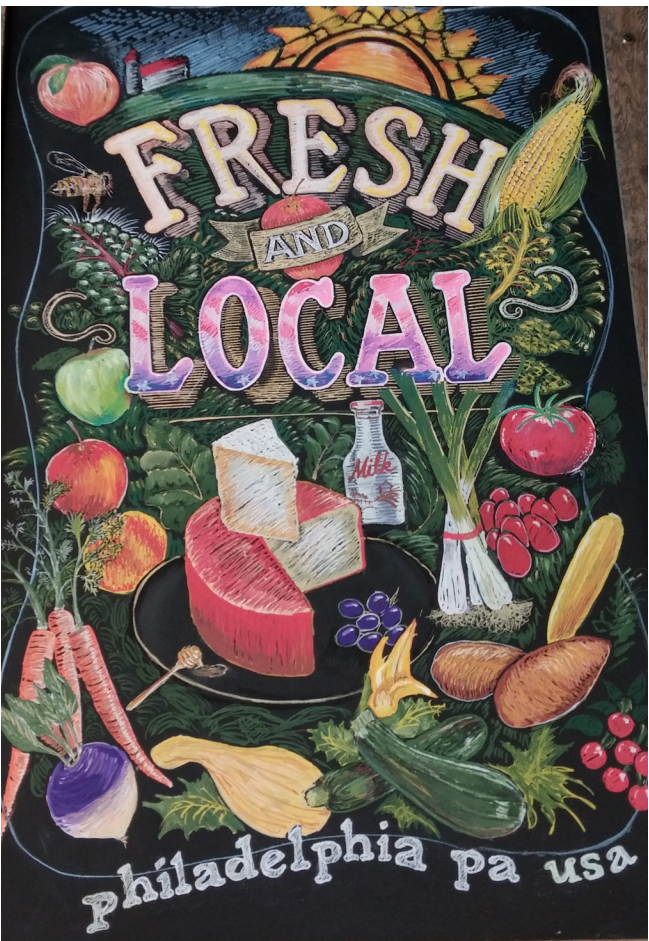
er and introduced me to a bunch of people. He was such a really sweet guy... he was so welcoming.”

Among Mel’s many interests was as a writer for the Society for American Baseball Research’s Baseball Biography Project, an ongoing effort to research and write comprehensive biographical articles on people who played or managed in the major leagues or otherwise made a significant contribution to the sport. As fellow writers and baseball fans, he and I would often talk about whatever bio he was working on during our grocery shifts. Mostly, I would end up listening, because his level of baseball knowledge was head and shoulders above mine.

Like Chris, Weavers Way Art Director Annette Aloe described Mel as “such a sweet guy” and “one of the most talented people I’ve ever met.”

“He would come into my office, and I would describe what I wanted him to do, and the end result would always turn out a million times better than I hoped for,” she wrote.” I loved talking to him about his place in Italy and his dogs. He will be missed. Grazie Mille.”

—Karen Plourde



Mel's Fresh & Local chalkboard still hangs in Chestnut Hill's produce department.



Mel's collection of herb boards hangs in the Wellness section of Across the Way in Mt. Airy.





Please Patronize Our Advertisers



planet paint
SOLUTIONS, INC.

Interior/Exterior Painting
35 Years of Professional Experience

Locally owned and operated
Schedule your free estimate

Visit us online:
planetpaintsolutions.com

215.948.3747

DID YOU KNOW?
You can read the Shuttle online.

www.weaversway.coop/shuttle-online



Grant Fox
Contracting

Custom Renovations • Fine Cabinetry
Old House Renovations and Repairs
Kitchens • Baths • Additions
Over 25 Years of Experience
Co-op Member

Grant@GrantFox.biz 215-771-2713



Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry
Energy Conservation - Architectural Design Services

HansellContractors.com

Office: 215-277-1540 Fax: 215-277-1390

Lic.# PA022176 EPA Lead Certified

Locally Grown

Illustration by Alli Katz

Artists in Our Aisles



Eliza Callard

At first I was a fiction writer, then a poet, and now I'm a self-taught artist. I worried if that was just lack of stick-to-itiveness, but then I saw that I wanted expression and emotional truths to resonate in me. Each time I turned to a new path, I was moving toward myself. I feel like who I am is how I follow that compass right now.



I am from Germantown, I have a great wife and family, and I have cystic fibrosis.

Artist Statement

I think of every picture I do as a portrait – every vase of flowers, every landscape, every chicken. There is emotional truth, a connection, every time we see a face (human or animal). When I draw or paint human faces, I hope that the viewer wants to meet the person and ask what was happening in the expression I captured. I try to draw in a way that encourages a cozy curiosity.



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

PROCESSION AT THE FEEDER

Loud jay scares wren away
from the delicious mixed birdseeds
while junks gleams below,
but the blue jay always concedes
to the quicker flicker.
Starlings flock and then knock
peanuts over into the weeds.
Busy squirrels search for pearls
to satisfy cold winter's needs.

—Helen Anderson

DANDYLION

Shine yellow fine fellow
Yellow now gone, blowballs stand tall
Children pluck, upward luck
They send us flying, floating all
Some find room, some find doom
Touching the ground, roots growing small
Leaves stretch out, mowers pout
The lions shall roar through next Fall.

—Bob McWilliams

WINTER NATURETTE

Shadow's contrast, wind's blast
Stream bed mimicking sycamore
Too cold, fort's scrap too bold
Game's remnant: memory's forced door
Sticks upheld, in spring felled
Replanted Chestnut's tragic lore
Landscape's blight, forest's plight
Mere metal crown we might ignore

—Francis Raven

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.

White snow ceases to show
Winter surreptitiously melts
Ice recedes like a creed
Sun rises; destruction is dealt
Verdance is accepted
Daffodils rise out of death helped
Time's dragonfly dies
As the effulgent warmth is felt

—Noah Raven, age 11



Morris Arboretum Fall Classes Feature Co-op Instructors



A Creative Expressions painting class at Morris Arboretum.

MORRIS ARBORETUM’S FALL EDUCATIONAL programming is now open for registration, and the upcoming course offerings have something for everyone — including several classes taught by Weavers Way Co-op members.

As part of the arboretum’s “Culinary Wednesday” series, which offers garden-inspired culinary courses on five consecutive Wednesday evenings this fall, longtime Co-op member Dorothy Bauer will lead two classes: “Fire Cider for Health and Vitality” on Oct. 26, from 6:30-8:30 p.m., and “Holiday Desserts to LIVE For,” which will demonstrate how to ditch unhealthy ingredients without compromising taste, on Nov. 2 (same time slot).

Another Co-op regular, longtime yoga teacher and wellness practitioner Sara Trohaugh, will lead a “Walking Mindfulness Meditation” series starting Wednesday, Sept. 28. She’ll guide participants through a mindfulness practice that will help them be more fully present to the richness of nature and welcome greater peace and awareness within.

Maureen Breen, lead organizer of Philadelphia Backyard Chickens, one of the Co-op’s committees, will teach a one-session Backyard Chickens 101 for folks wanting to learn more about raising and keeping them on Saturday, Oct. 1, from 10:00 a.m. to noon.

Learn more about these classes (and many more!) at morrisarb.org/classes.

Germantown Art Educator Named Allens Lane Center Director



Vita Litvak, Allens Lane Art Center's new executive director.

THE BOARD OF DIRECTORS OF Allens Lane Art Center in Mt. Airy recently announced the hiring of Germantown resident Vita Litvak as its new executive director. She brings many years of professional experience as an arts administrator, educator and visual artist with deep connections to Philadelphia’s art community to the position.


Litvak earned a bachelor’s in fine arts from Haverford College and a master’s in photography and film from Virginia Commonwealth University. She has worked as an art educator for nearly two decades, including serving as a photography teacher at Germantown Friends School, a visiting assistant professor at Haverford College, and an adjunct professor at numerous academic institutions including Moore College of Art and Design, Monmouth University, Arcadia University and Stockton University.

Most recently, Litvak served as director of education at Fleisher Art Memorial, a community school of the visu-


al arts, where she oversaw the design and implementation of adult and youth programs serving more than 5,000 students each year. At Fleisher, she also developed and led a creative aging initiative to serve Latinx older adults in South Philadelphia with funding from the National Guild for Community Arts Education and the PA Council for the Arts.

Litvak believes that art is a human right and creativity is an innate force that anyone can tap into. She has been moved and inspired by the transformative and healing power of art education, which she sees as making a difference in the lives of students of all ages.

In her free time, Litvak tends the Pastorius Community Gardens, partnering with Germantown Men Who Care, Germantown Mennonite Historic Trust, local artists, and community members to develop a shared green space on a vacant lot in Germantown. She spends Sunday mornings at Wissahickon Valley Park, taking long hikes with her dog, Buddha.



“OH, NO, I FORGOT TO SAVE THE EARTH!”
BYO BAG WHEN YOU SHOP THE CO-OP.



shop bulk
save money
& reduce waste





for health, balance, manifestation

Shiatsu Bodywork
Shamanic Healing Practices

Cresheim Healing Arts 138-A West Gorgas Lane

LEO MCELROY
215-843-9718


www.ShiatsuLight.com

JEREMY FRANK & Associates

Emotional and Psychological Support and Wellness
Certified Alcohol and Drug Counselor and Clinical Psychologist

Zoom and Teletherapy available

Phone: 215-356-8061
Email: jfrankphd@gmail.com
www.JeremyFrankAssociates.com



STAFF CELEBRITY SPOTLIGHT

Ris Lansing

Job: Distribution farm assistant

Since when: April 2022

Where they're from/where they live now:
North Jersey/West Philly

How did you get into farming?

While helping build climate resilience in Ithaca, NY, they found they were most happy when on the farm. "It just felt... right!"

They began farming part-time while also attending college and starting a local, youth-led climate justice organization. Soon enough, they were ready to take the plunge and make farming their life's work!

How is farming a form of empowerment for you?

Ris feels called to reclaim their ancestral roots to the land and food growing, which were lost through slavery and the generations that came after. Eating nutrient-rich vegetables has been one of the most physically healing mediums for their body, helping them reclaim power and agency in their life. They hope to continue to share that healing with their community.

What are you excited about for this season?

Working at the farm full time and learning how to reliably provide vegetables to folks in the community each week. As a distribution farm assistant, Ris harvests in the field and distributes farm produce at the CSA and farm market. They are excited to continue building relationship with the plants (especially garlic) and learn what each needs to prosper. Connecting and having fun with their fellow farmers is also one of the best parts of the job!

Off-the-clock activities: Cooking veggies we grow at the farm, playing Bananagrams or Uno (take your pick!), reading, hiking (in the off-season), swimming, sleeping and playing with their cat, Juice Box.



—Karen Plourde



WEAVERS WAY CO-OP
FOOD
FOR
ALL

Support Food For All
with the Co-op's Round Up Program

The Co-op invites members to support our needs based discount program by rounding up their purchases at the register.

To enroll, login to your Member Center account and visit the section "My Donation"



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

Weavers Way Board

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

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

For more information about Board governance and policies, visit www.weaversway.coop/board. Board members' email addresses are at www.weaversway.coop/board-directors, or contact the Board Administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

2021-2022 Weavers Way Board

President: Esther Wyss-Flamm

Vice President: Cheryl Croxton

Treasurer: Michael Hogan

Secretary: De'Janiera B. Little

At-Large: Hillary Baum, Jason Henschen, Gail McFadden-Roberts, Frank Torrisi, Josh Bloom, Kristin Haskin-Simms.

The Shuttle

Editor: Karen Plourde

editor@weaversway.coop, 215-843-2350, ext. 135

Art Director: Annette Aloe

annette@weaversway.coop, 215-843-2350, ext. 130

Advertising Coordinator: Karen Plourde

advertising@weaversway.coop, 215-843-2350, ext. 135

Proofreaders this issue: Lorraine Appelbaum, Lauren Bornfriend, Alison Glick, Greer Tiver-Baskin

Contributors this issue: Kieran McCourt, Kim Fleisher, Jon Roesser, Victoria Valadao Napier, Debra Lee, Rick Denzien, Chris Mattingly, Lisa Hansell, Ruffian Tittmann, Sandy Folzer, Marsha Low, Norman Weiss, Ris Lansing.

HOW TO REACH US



www.weaversway.coop



contact@weaversway.coop

Admin

215-843-2350

General Manager

Jon Roesser, ext. 131
jroesser@weaversway.coop

Finance Director

Earl Pearson, ext. 105
epearson@weaversway.coop

Purchasing Director

Norman Weiss, ext. 133
normanb@weaversway.coop

HR Director

Lauren Wright, ext. 132
hr@weaversway.coop

IT Director

David Chaplin-Loebell, ext. 127
IT@weaversway.coop

Membership Manager

Kirsten Bernal, ext. 119
member@weaversway.coop

Retail Director

Jess Beer, ext. 121
jbeer@weaversway.coop

Comm. Programs Coordinator

Nima Koliwad
nkoliwad@weaversway.coop

Farm Manager

Nina Berryman, ext. 325
nberryman@weaversway.coop

Facilities Manager

Doug Keener, ext. 128
dkeener@weaversway.coop

Admin (Ambler)

215-302-5550

Development Director

Kathleen Casey, ext. 347
kcasey@weaversway.coop

Executive Chef

Bonnie Shuman, ext. 374
bonnie@weaversway.coop

Ambler

217 E. Butler Ave.
8 a.m.-8 p.m.

215-302-5550

Store Manager

Heather Carb, ext. 300
hcarb@weaversway.coop

Grocery

Nancy Timmons Melley, ext. 373
nmelley@weaversway.coop

Front End Manager

Hillary Bond, ext. 375
hbond@weaversway.coop

Produce

Mira Kilpatrick, ext. 377
mkilpatrick@weaversway.coop

Prepared Foods

Alisa Consorto, ext. 374
aconsorto@weaversway.coop

Meat, Poultry and Seafood

Mark Baker, ext. 361
mbaker@weaversway.coop

Floral Buyer

Mira Kilpatrick, ext. 377
mkilpatrick@weaversway.coop

Bulk

Ken Kolasinski, ext. 379
kkolasinski@weaversway.coop

Wellness

Andrea Houlihan, ext. 378
ahoulihan@weaversway.coop

Chestnut Hill

8424 Germantown Ave.
8 a.m.-8 p.m.

215-866-9150

Store Manager

Dean Stefano, ext. 212
dstefano@weaversway.coop

Assistant Store Manager

Valerie Baker, ext. 215
vbaker@weaversway.coop

Front End Manager

Ashley Hammock, ext. 215
ahammock@weaversway.coop

Grocery

James Mitchell, ext. 217
jmitchell@weaversway.coop

Produce

Tierra Burton, ext. 211
tburton@weaversway.coop

Deli

Ann Marie Arment, ext. 208
aarment@weaversway.coop

Prepared Foods

John Adams, ext. 218
jadams@weaversway.coop

Meat, Poultry and Seafood

Ron Moore, ext. 205
rmoore@weaversway.coop

Bakery

Kriss Walker, ext. 217
kwalker@weaversway.coop

Next Door

8426 Germantown Ave.
9 a.m.-8 p.m.

215-866-9150, ext. 221/220

Wellness Manager

Chris Mallam, ext. 221
cmallam@weaversway.coop

Mt. Airy

559 Carpenter Lane
8 a.m.-8 p.m.

215-843-2350

Store Manager

Rick Spalek, ext. 101
rick@weaversway.coop

Grocery

Matt Hart, ext. 140
matt@weaversway.coop

Produce

Shan Wichmann, ext. 107
swichmann@weaversway.coop

Deli

Shawn O'Connell, ext. 134
soconnell@weaversway.coop

Prepared Foods

John McAliley, ext. 102
jmcailley@weaversway.coop

Meat, Poultry and Seafood

Mike Lawrence, ext. 104
mlawrence@weaversway.coop

Bulk

Juli Cardamone, ext. 142
jcardamone@weaversway.coop

Bakery

Moises Iavarone, ext. 305
miavarone@weaversway.coop

Floral Buyer

Ginger Arthur, ext. 317
floral@weaversway.coop

Across the Way

608 - 610 Carpenter Lane
8 a.m.-8 p.m.

215-843-2350, ext. 6

Wellness Manager

Sarah Risinger, ext. 114
srisinger@weaversway.coop

Pet Department Manager

Anton Goldschneider, ext. 276
petstore@weaversway.coop

DID YOU
KNOW?

You can read the
Shuttle online.

www.weaversway.coop/shuttle-online



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

Become a Member

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

MEMBER Appreciation

**Members get an
extra 5% off!**

Pick a shop at a main store,
the Mercantile, Across the Way or
Next Door and the Farm Market
during the 2-week period and
get an **extra 5% off**.

(on top of your other member discounts)

Saturday
September 10
— to —
Sunday
September 25

It's a great time to join!

