



## Editor's Note

by Karen Plourde, Editor,  
Weavers Way Shuttle



MUCH TO MY DISAPPOINTMENT, IT looks like the winter of 2022-23 will be snowless in these parts. So I guess it's time to stop pining and focus my energies on spring. Fortunately, this issue of the Shuttle has plenty of stories about growing — including what not to grow.

After a couple months off, Farm Manager Nina Berryman is back with a peek into what's going on at the farms (p.1). Her staff typically spends March dealing with lingering projects that they can't address in the thick of the growing season. That's good advice!

On page 12, Sally McCabe, associate director of community education and community gardens at the Pennsylvania Historical Society, dives into the details of compost and worm bins, including how to set up a worm bin. The main takeaway: Red wrigglers or wigglers are a gardener's friends.

The following page features an article from Paige Menton, a member of the Co-op's Environment Committee, on native plant alternatives to grass. She also offers a how-to for transferring parts of your yard from grass to plants that won't require mowing, will benefit birds and pollinators and will aid in water filtration — none of which lawns do.

The Environment Committee makes a second appearance on page 17. Sandy Folzer's column also advocates for moving away from lawns and the idea of yards that look like putting greens. She also goes into the health dangers associated with gas-powered leaf blowers — everything from hearing loss (for the operators and others) to atrial fibrillation to problems with our lungs and other organs from the particulate matter they spread down the street and we inhale.

Speaking of growing, I should also mention the growth of our Co-op, as evidenced by the decision to buy the building that will house our Germantown store. All the details on that are in the letter from General Manager Jon Roesser and Board of Directors President Esther Wyss-Flamm on page 7. Local investment in the community for the win!

Catch you in the pages next month.

The Shuttle is published by  
Weavers Way Cooperative  
Association.

### Statement of Policy

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

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

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

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## Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

### Nantucket Footprint Products Make Cleaning Sustainable

If you're looking to move away from clunky laundry soap bottles (few of which get recycled), **Nantucket Footprint** detergent strips might be the way to go. The strips and their packaging are plastic-free and compostable, contain no water, and are as effective as laundry pods. All Weavers Way locations carry the 48-strip container in chamomile and unscented. And for travel or laundromat use, there's also a two-strip package available.



While you're working on reducing your laundry footprint, you may as well do the same for your household cleaner collection. Nantucket Footprint also makes strips for cleaning glass, windows and toilets, as well as all-purpose cleaning strips. The glass and all-purpose cleaning strips come in an eight-count size and the toilet bowl cleaner is available in a 24-count package. Lastly, they offer two packs of reusable glass and window cleaning cloths and a 16-ounce glass spray bottle.

Through April 4, all Nantucket Footprint cleaning products are 15% off in our stores.

### A Longtime Friend of the Co-op Makes Indian Meals Easy

Sharon Hill, Delaware County's **Jyoti Natural Foods**, founded in 1979, has helped Co-op shoppers prepare



Indian meals with less work for many years. All their shelf-stable sides and simmer sauces are vegetarian, and they have many vegan options available as well.

If you haven't yet tried Jyoti, now is the time; through April 4, all 10-ounce packages and 15-ounce cans of their products are two for \$6

(regularly \$3.79 each). You can mix and match items, but you must buy two items at a time.

### Deals on Seeds and Local String Cheese Especially for Our Members

Fellow gardeners, it's time once again to make your growing plans for the new season (hooray!). The Co-op wants to give an assist by taking 50 cents off packets of **Southern Exposure**

seeds for members only through April 4 (regularly \$2.49 each). They're a worker-owned co-op made up of over 60 small farmers — many from Virginia, but others from the Southeast, Mid-Atlantic and beyond — who grow and save seeds for them. Many of their selections are certified organic, but not all.



If your early season yardwork leaves you feeling peckish, you may want to treat yourself to a slice or two of **Sun-Ni** Armenian string cheese, which has been made in Wayne, Delaware County by the DerOhanessian family for decades. Through April 4, eight-ounce packages of their regular or marinated string cheese (the marinade is made of vinegar, olive oil, garlic, red pepper, parsley and salt) are \$1 off for Co-op members (regularly \$6.99 each).

### Queen Village Coffee Aims to Protect the Ocean

Our Ambler location recently made space in its packaged coffee and refrigerated sections for **Dript** coffee and cold brew. They roast their beans in Queen Village and donate a portion of their proprietary coffee sales to the South Jersey chapter of the Surfrider Foundation, which is dedicated to the protection and enjoyment of the world's oceans, waves and beaches. Twelve-ounce bags of their whole bean coffee are \$14.99 each and 12-ounce bottles of their cold brew are \$4.79.



by Kieran McCourt, Weavers Way Ambler

They're lettuce's more bitter cousins.

"Chicory" is a broad term to describe a slew of cool weather bitter greens, from Belgian endive to radicchio to escarole.

While they're available all year, they're seasonal from late fall into cool, early spring.

All varieties of chicories can be eaten raw, sautéed, braised, grilled or roasted; some methods work for some types better than others. Pair them with bold flavors as a counterpoint to salty, sweet or sour dishes.

**Endive** leaves can be used for dipping, added to salads or stuffed with blue cheese, a creamy chèvre, cured meat, lox or even sweet fruit relishes as an appetizer. Or skip the crackers and make it part of a cheese board.

**Radicchio or escarole** can hold their own against savory bacon or anchovy-heavy dressing, so try them in your next Caesar salad. Or add some **frisee** to your plate in the morning alongside your bacon and eggs.

Braising can turn these often-sturdy greens into silky sides, mellowing their bitterness and bringing out their

natural sweetness; whole endives, in particular can be prepared this way. Escarole can be added into soups, including Italian wedding soup, at the end of cooking.

While we're used to radicchio in bagged salad mixes, they are delightful when roasted. Halve or quarter them, drizzle with oil and pop them in a hot oven until tender-crisp, wilted or just beginning to char. Dress them with a drizzle of balsamic, other strong vinegar or citrus and enjoy. Substitute roasted radicchio for iceberg lettuce in a winter wedge salad.

For the brave of heart in winter, or as cold gives way to spring's warmer days and cool nights, fire up the grill and throw on some radicchio or escarole.

Keep in mind that chicories can balance the rich, umami flavors of a roast, anchovies, bacon, cheese and the like. They introduce a bit of palette-cleansing intrigue into any dish.



# A Brooklyn-Based “Peasant Bread” With Roots in Latvia

by Barbara Sheehan, for the Shuttle

**L**AST MAY, WEAVERS WAY BECAME THE ONLY RE-tailer in the state to offer whole grain sourdough rye bread from Black Rooster Foods of Brooklyn, NY. The loaves, based on a traditional Eastern European recipe, are the linchpin of the company’s efforts to promote health and good bread.

John (Jānis) Melngailis, an emeritus professor of electrical and computer engineering at the University of Maryland, started Black Rooster Foods about 10 years ago as an alternative to the heavily processed bread available in grocery stores. His “peasant bread” is modeled after the version his father received as a ration while he was a student in Moscow during World War I.

Melngailis, a native of Latvia, came to the United States at age 10 in 1949 with his family from a displaced persons camp in Germany. (Latvia, located in the Baltic region of Northern Europe, was under Russian occupation at the time.) While his family was grateful to make a home in western Pennsylvania, they could not stomach store-brand bread.

His mother decided she would start baking the Latvian rye they were used to eating, but tracking down the ingredients was difficult, especially whole-grain rye flour. According to an essay written by Melngailis for the Latvian-language newspaper Laiks in September 2021, his mother eventually got a bushel of rye grain from one of the local farmers. A classmate of his, whose father had a mill on his farm for grinding corn for pig feed, agreed to mill the rye grain for her.

The loaves, which are baked at a commercial bakery in Coney Island, last about four weeks in our climate zone. The bread is dense and has a touch of sweetness to it from the molasses in the recipe.

Kristina Walker, the bakery buyer for Weavers Way Chestnut Hill, first started ordering Black Rooster on the recommendation of a customer.

“She had reached out to me directly (even providing me with a sample loaf of the Baltic rye), [and] calling every so often to check in about our interest and ability to carry the product line,” she said.

Eventually, Walker decided to give it a try. Initially, the Baltic rye with fruit and nuts was the top seller, but now Baltic Blonde and Traditional Baltic are the most popular. Black Rooster is now carried at all the Co-op’s main stores.



“The response from our customers was great, so it made sense to expand to the other two stores,” Walker said.

Maija Brozovskis, the bakery buyer in the Ambler store, was familiar with Melngailis from local Latvian community events. Her parents are Latvian immigrants, and Maija and her sister attended a local Latvian school.

“Yes, that is the typical bread in Latvia,” she said. “At beer festivals, they prepare it cubed up with garlic. At church events, they include toppings such as salmon, cottage cheese and radishes.”

The bread is selling well at the Ambler store, she added.

“As soon as I bring it in, it sells out,” she said. “John came to do a demo and I brought in three cases. After the demo, everything was gone.”

Avery Robinson, Black Rooster’s managing partner, is a culinary historian and a baker with an interest in sustainable food systems. His goal for the company is to help bring the loaves to a wider audience. Recently, he co-founded Rye Revival, a nonprofit that promotes rye as a climate change mitigation strategy. In his work with that organization, he helps connect bakeries, breweries and distillers to farmers.



photo courtesy of Guna Pantele

John Melngailis, founder of Black Rooster Foods, served up samples of his traditional Latvian rye bread during a demo at Weavers Way Chestnut Hill last summer.

Rye has long roots, can be grown in a wide variety of climates, requires less use of pesticides, helps prevent soil erosion and “is an incredible regenerative crop,” Robinson said.

Melngailis (whose name in Latvian means “black rooster”) likes to eat his bread open-faced with lingonberry jam and a slice of havarti cheese. Robinson enjoys it with avocado, radishes and honey mustard, while Brozovskis likes to top her slices with cottage cheese and radishes.

The Co-op offers all three varieties of Black Rooster rye: traditional Baltic whole grain rye (rupjmaize); Baltic Blonde (saldskābmaize) which is made with a smaller amount of whole-grain rye, and Baltic rye with raisins, apricots, plums and hazelnuts.

## Fun Fact ABOUT THE CO-OP

### Fifty Years, Many Changes in Co-op Membership

Weavers Way began with a bright idea; the founders saw a neighborhood in need of a produce buying club and deli. From a membership of 500 households in its early days, the Co-op grew steadily: 2,355 members in 1993, 5,210 in 2013 and now over 11,000. Each store opening boosts membership, and with Germantown accounting for a third of our shoppers, the opening of the new store there will bring yet another spike in membership.

The big surprise when I visited the membership office was finding out that the department is run by a tabby cat named Lizzy – with the assistance of Membership Manager Kirsten Bernal. Kirsten started working at the Co-op 17 years ago, making sandwiches in the Mt. Airy store’s tiny basement kitchen.

When Weavers Way opened in 1973, a working member program was essential; all the members had to pitch in to help the store operate. But once the Co-op opened stores in different neighborhoods, the program evolved. A six-hour workshare per person is no longer mandatory, and working members now have a phantasmagoria of ways to fulfill their hours.

Beyond the tasks involved in store operations, there are many more work shifts that strengthen our ties to local neighborhoods – the Montgomery County Senior Adult Activities Center in Ambler, Crossroads Women’s Center in Germantown, public schools, litter clean-



Co-op founding mothers Sylvia Carter, Vivian Schatz and Dorothy Guy shared a giant pair of scissors to officially reopen the redesigned Weavers Way Mt. Airy in the fall of 2012.

ups, helping at the Co-op’s farms and at Food Moxie and ecological restoration in nearby parks. There are also clerical tasks and committee work for members who want something less physically demanding. Next time you are ready to sign up for work shifts, why not try out something new?

–Karen Schoenewaldt,  
Weavers Way 50th Anniversary Planning Committee

As part of our celebration of Weavers Way’s 50th anniversary, we’ll include a lesser-known tidbit about the Co-op’s history in every issue of the Shuttle this year. If you know, you know – if not, that’s ok, too!



An offshoot of Weavers Way Co-op

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## FOOD MOXIE

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# USDA Grant Will Fund Mobile Market and Other Projects

by Kim Fleisher, Food Moxie Executive Director

PLANNING HAS BEGUN FOR A TWO-year farm market project at Martin Luther King High School in East Germantown. The project is a collaboration between the school, the U.S. Department of Agriculture, W.B.Saul Agricultural High School in Roxborough and Food Moxie. As part of the process, we're getting input from students, school staff and members of the community.

A \$100,000 USDA Farm to School grant will help fund the fabrication of a mobile market trailer that will live on-site and serve as a local farm market and food access point for the community. It will be stocked with fresh produce, some of which will be grown by students in Food Moxie programming at MLK and Saul. Students

(Continued on Next Page)

will also help design, plan and hopefully play a role in managing the market.

As you can see from the Farm Mar-

ket Project Partners graphic, we will manage the construction of the trailer and the rollout and implementation of the market program. Saul High students, meanwhile,



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## Spring Highlights:

April



**Farm Market**  
Weekly Sunday

22

**Awbury Earth Day**  
Forest & Farm Fair

May

18

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An offshoot of Weavers Way Co-op **FOOD MOXIE**

(Continued from previous page)

will build the redesigned trailer as part of a paid summer internship. The mobile market is set to launch sometime during the 2024 growing season.

In addition to the trailer, funds from the grant will also go toward improving farm-to-cafeteria crop production at Saul. An expansion of the growing spaces at MLK to include new perennial fruit, pollinator and culinary herb crops is also being planned.

In December, just before the holidays, we held our first community meeting about the project with school staff and local program partners. There is a lot of excitement about the possibilities that can emerge from this. Stay tuned for more information and updates in future Shuttle columns and elsewhere!



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## L·E·T·T·E·R·S

## Refrigeration Options For the Germantown Store

**R**EGARDING THE NEW CO-OP STORE in Germantown, I'm questioning the plans for refrigeration. My fear is that the store will be a year-round chilly place, wasteful of energy and uncomfortable to inhabit, similar to my experience of the Chestnut Hill store.

I recall being in Chestnut Hill the day or week the store opened, when then-General Manager Glenn Bergman and some energy/appliance people were present. They were looking into the extreme chill and considering what to do about it. Since that day, I never noticed an improvement, but perhaps there was. I continue to shop there but find it to have an

unpleasant temperature.

For the Germantown store, would you consider having a separate enclosed area of refrigerated/frozen units (with a separate entrance from the outdoors, perhaps)? Or a system for ordering or pre-ordering cold items and having them brought to shoppers at a pickup station prior to checkout?

It's been a while since I've been to Mariposa Food Co-op in West Philadelphia, but I noted when last there that it was not unpleasantly cold. How do other co-ops and groceries deal with this issue?

Lynn Mather

## SHUTTLE LETTERS POLICY

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

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## Springtime Workshops and Updates on the New Store

(Continued from Page 1)

lays continue to haunt us. But we hope to know soon whether we will be able to open with enough time to handle the busy holiday season. As a new store, we want to be sure to give our employees ample time to feel comfortable with operations prior to the holiday rush.

As a result of the success of the member loan campaign and the grant support we have secured, the Co-op has reached an agreement of sale for the future store building. We strongly believe that ownership of the property is good for the Co-op and the neighborhood. We are investing heavily in the building and bringing it

back to life for commercial and community purposes, so it makes sense to own, both financially and strategically. The closing on the purchase is at the end of March.

Finally, we hired an internal candidate to be our Germantown store manager! James Mitchell, our grocery manager in Chestnut Hill, was hired for the position last month; he's been with the Co-op for almost 10 years. During the next few months, Mt. Airy shoppers will see James working there as part of his training. Congratulations, James!

## Hill Staffer Was Devoted to His Children

(Continued from Page 1)

viding outstanding customer service.

But the Co-op was a relatively new part of Karl's life story. He was an educator, performing arts critic, cellist, cultural theorist and freelance writer. He had a Ph.D. in English with a minor in feminist studies from the University of Minnesota and had taught primarily gender and sexuality studies for the past 20 years at some of the country's top universities. For 18 years, he was a professor of women's and gender studies at Massachusetts Institute of Technology.

As an author and lecturer, Karl was known and published under the name K.J. Surkan. He was a founding board member of The Light Collective, which represents the collective rights, interests and voices of patient communities in health tech. He was also an LGBTQIA+ patient rights advocate. His research interests included new media activism and online social movements, the intersections of bioethics and science and technology studies, feminist media studies, technology studies, queer/trans politics and representation and reproductive technologies. In addition, he worked for South Philly's

Remark Glass and Triple Bottom Brewing in Spring Garden.

All of the above pales in comparison to Karl's love for his two children, Damian, 15, and Ani, 13, who were the light of his life. He was a thoroughly engaged parent who relished everything his children did and took pride in all their accomplishments. Both are exceptionally bright, talented people to whom Karl was devoted. He had recently purchased a new home, and he and his children were renovating it together.

Last summer, Karl was asked to chaperone a trip to Portugal and Morocco with the Keystone State Boychoir and the Pennsylvania Girlchoir, of which both Damian and Ani were members. He was proud of being part of it and told us it was the trip of a lifetime.

In a Feb. 7 blog entry remembering Karl on The Light Collective's website, Andrea Downing, president and cofounder of the group, wrote that Karl "was a light in this world and was an integral part of our community.... K.J.'s smile was big, but his heart was even bigger."

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Dear Weavers Way Members,

By now most of you have heard the exciting news that we are buying the property at 328 W. Chelton Avenue, the home of our future Germantown store. We feel it is important to give you some background on how we arrived at this decision.

Germantown is a thriving, dynamic community, and we feel incredibly fortunate to now have the opportunity to be a part of it. There are already 1,200 Germantown households who count themselves as Weavers Way member owners, and we hope our decision to purchase the building further demonstrates the commitment we are making.

Owning makes excellent sense for the Co-op. In order to operate the store, we will be spending several million dollars to upgrade the property, and those costs will be for us to bear, whether as owners or as a tenant. Making significant upgrades to someone else's property might be justifiable to achieve our business ends, but making significant upgrades to our own property is an investment in our future.

We also believe our ownership of the property will be good for Germantown. Too few — in fact, practically none — of the commercial buildings along Germantown's retail corridors are owner-occupied. Worse, many of the property owners are essentially absentee, out of state, contently collecting rent checks while hitting the links in South Florida.

For all of these reasons, we felt it was essential to negotiate a purchase option when we signed the lease for the property back in the spring of last year. The option was just that, an option for us to exercise, or to decline, depending on our ability to come up with the necessary capital. We've been hard at work ever since.

Last fall, as we've previously communicated, we were awarded a \$1 million Pennsylvania redevelopment assistance (RACP) grant. This grant was secured thanks to State Rep Chris Rabb and the advocacy of our other local state elected officials, and to all of them we are most grateful. In addition, the Co-op received a \$500k Neighborhood Economic Development grant from the Philadelphia Commerce Department, a \$200k grant from the Healthy Food Financing Initiative, administered by the Reinvestment Fund, \$50k from the Pennsylvania Fresh Food Financing Initiative, administered by The Food Trust. With the RACP grant covering a big part of the project construction costs, it freed up money that we could then apply to the site purchase.

Also last fall we launched our Member Loan Campaign, which included an opportunity for members to make new loans specifically for the Germantown project, and a request for members who had made 6 year loans for the Ambler project to extend those loans by several years. When we closed out the Member Loan Campaign in early 2023, we had succeeded in raising more than \$2.2 million for the Germantown project, far exceeding our expectations.

In light of our successful capital raising efforts, in late 2022 we concluded that we had sufficient resources to allow us to proceed with the option to purchase.

Under our business model, the board, elected by you, governs the Co-op through policies — the "Policy Governance" model is a subject for another day — and empowers management to run the Co-op subject to those policies. Limitations are placed on management when it comes to certain fundamental business decisions, such as buying or selling real estate, so the acquisition of the Germantown property required board approval.

Throughout December, board and management held a series of meetings, during which the purchase option was carefully considered. Foremost, it was critical to review the impact purchasing the building would have on the Co-op's long-term financial performance. Our projections showed that while buying the building necessarily requires coming up with more money in the short-term, in the long-term owning the property produces a better financial outcome than paying rent on a 15-year lease.

One lesson learned: don't try to negotiate the finer points of a building purchase during the holiday season! Corraling all of the various lawyers, inspectors, appraisers, and consultants necessary for us to perform an effective due diligence — not to mention dealing with the busiest sales weeks of the year — proved just about impossible during the last two weeks of December.

Fortunately, while the original purchase option was set to expire on December 31st, the owner agreed to a one-week extension, giving us the time we needed to cross the Ts and dot the Is.

Ultimately after all questions were answered and all of the numbers carefully reviewed, the board unanimously approved moving ahead with the acquisition, and provided management with the resolutions necessary to proceed.

We will close on the building purchase by the end of this month. Construction should begin soon after — our applications for building permits have been filed — and we are continuing to work hard to achieve an opening before the 2023 holiday season.

On behalf of the Board and Management, a heartfelt thank you for your continued support of the Co-op.

Sincerely,

Esther Wyss-Flamm  
Board President

Jon Roesser  
General Manager

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# A Pioneering Black Gospel Group and a Pakistani Trailblazer

**F**IVE YEARS AFTER ITS 1866 FOUNDING, THE FINANCIAL condition of Fisk University (Fisk Free Colored School) in Nashville, TN was dire. To avoid closing the school, George White, Fisk's treasurer, founded the all-Black Jubilee Singers. Ella Sheppard, soprano, composer, arranger, pianist and vocal coach, was their conductor, matriarch and Fisk's only Black faculty member. Despite her exceptional skills, she was White's "assistant."

When the Jubilee Singers toured northern states in 1871, nine courageous students, ages 13-22, deliberately followed their Underground Railroad performance route. They raised \$40,000, thus keeping Fisk fiscally solvent.

Most whites had never heard Negro spirituals, but by 1873 the group was performing worldwide. Their a cappella renditions of "Steal Away to Jesus" "Swing Low, Sweet Chariot" hypnotically captivated audiences. Today, they continue to render Black America's sacred sounds, 152 years later.

**Malala Yousafzai** was born in 1997 in Mingori, Pakistan. Her father, Ziauddin Yousafzai, is a longtime activist and educator. Despite living within a patriarchal system, he founded a school that included girls.

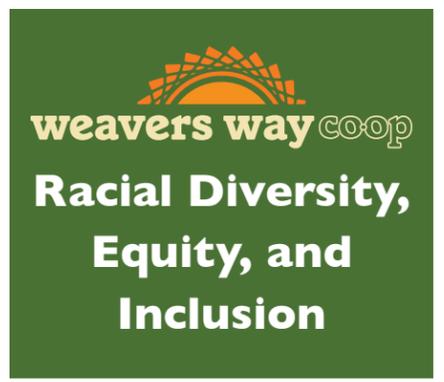
With her father's support, at 11 years old Malala blogged against the Taliban, which prohibited educating girls. She was targeted by the Taliban and was 15 years old when she was shot in the head while on a school bus. She survived and is thriving.

Through her autobiography, "I Am Malala," the Malala Fund, a charity dedicated to giving every girl an op-



portunity to choose her own future, and her speeches and writings, she tirelessly champions every girl's right to quality education. Her honors include Pakistan's first National Peace Award for Youth, being named one of Time magazine's most influential people (2013) and being named the youngest Nobel Peace Prize Laureate in 2014.

—Rosa Lewis



# Credit Unions Offer a Co-op Version of Traditional Banking

by Coleman Poses, Weavers Way New Economy Incubator Committee

**Y**OU SHOP AT A CO-OP, SO WHY NOT BANK AT ONE? PERHAPS you already do, if you are one of the 133 million members in any of the 4,853 federally insured credit unions in the United States.

These institutions are so popular because of the way they are organized. Like Weavers Way, they are owned and operated by the people who use their services. Since there are no profits to distribute to outside shareholders, depositors and borrowers generally enjoy better rates than those who rely on regular com-

mercial banks. Credit unions also have a social purpose, so they are exempt from paying federal taxes, which ultimately benefits their members. Each credit union account is insured for up to \$250,000 by the National Credit Union Administration, which manages the National Credit Union Share Insurance Fund.

So what makes commercial banks attractive to certain consumers? For one, banks often offer many more choices to their customers. Chase Bank, for example, offers 18 distinct credit card options. Navy Federal Credit Union, the country's largest,

(Continued on Page 19)




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## Imagining a World Without Waste

# A New Waste-Free Agenda, Reusable Wraps and Co-op Shopping Love

### PRTF Helps Inform Agenda for a Cleaner City

On Feb. 8, the Waste Free Philly Coalition held a press conference at Girard College in Fairmount to introduce their mayoral agenda for a clean and waste-free future for the city. The event was well attended and resulted in two mayoral candidate endorsements that day, along with numerous local news stories.

The coalition is a partnership between Circular Philadelphia, the Clean Air Council, Clean Water Action, Philadelphia Neighborhood Networks, Clean Philadelphia Now/Trash Academy and the Plastic Reduction Task Force. These groups came together to call for change after seeing the overwhelming amount of waste strewn across the city and in its waterways with no plan in place to curb it. The upcoming mayoral election in Philadelphia provides the right opportunity.

We want to press mayoral candidates to endorse a waste reduction platform that details strategies and steps needed to achieve an equitable transformation in the city. Individuals and organizations are invited to endorse the platform and encourage candidates to think about how they will end dumping, grow the circular economy, improve the city's recycling and waste collection systems, and reach the city's zero waste goals by 2035.

The press conference opened with a performance by Clean Philadelphia Now members and young people, highlighted the toll that illegal dumping is taking on so many communities. The group also mentioned the efforts of individuals in various neighborhoods to respond to the problem. The performance was followed by calls to action from member partners.

Maurice Sampson from Clean Water Action told the audience that the rate of recycling has decreased from 22 to eight percent over the last eight years and cited the need for large-scale change in the city. PRTF Chair Kim Paymaster described the negative impacts of single-use plastic, focusing on how the growing trash problem affects our health and environment. She noted that Philadelphia sends one-third of its trash to nearby Chester, where it is incinerated and pollutes the air and water. In addition, she mentioned that individuals and businesses like ECHO Systems and Circular Philadelphia are trying to create change but that the next admin-

istration needs to support and lead so that these efforts can grow.

The detailed five-point plan of the Waste Free Philly Agenda can be found at [www.wastefreephilly.org](http://www.wastefreephilly.org). Here are the vision and abbreviated plan:

**The coalition envisions a Philadelphia that promotes equity as it strives to achieve zero waste by 2035.**

We call for transparent and strategic action by the next mayor to ensure efficient and reliable waste collection, recycling, litter prevention and enforcement programs in its role to support and expand the circular economy. We must also end dumping and littering by 2028 to restore a quality of life for all Philadelphians that contributes to a safe, clean and thriving ecosystem.

### Goals for a Waste-Free Philly

- Create a Mayor's Office of Zero Waste to direct waste operations across the city government and appoint a new position of Deputy Streets Commissioner for Zero Waste.
- Appoint experienced and accomplished individuals to waste leadership positions.
- Recommit to implementing the Zero Waste and Litter Action Plan.
- Establish a program to end litter and dumping.
- Regain public trust in how the city collects trash and recycling.

The PRTF created its own platform for the next mayor, which focuses on the need to reduce single-use plastics. You can read this platform on the Co-op's website ([www.weaversway.coop](http://www.weaversway.coop)).

### Plastic Reduction Product of the Month

**Type:** Beeswax Wraps

**Stores that stock it:** Ambler, Mt. Airy

Last month's column promoted the use of paper lunch bags over plastic film for packing and wrapping sandwiches and snacks. This month continues the journey away from plastic with reusable wraps made from cotton cloth coated with beeswax.



Recently, while I was examining the options on the shelves at the Ambler store, a shopper asked if I had ever used them. Her inquiry warmed my plastic-reducing heart! She wanted to know how the wraps worked and what you needed to do to clean them.

The wraps come in various sizes, so when you have a dish to cover or a sandwich or food item to wrap, you pick the size that fits best. You then warm the wrap in your hands by holding it for a few seconds, which allows it to get slightly sticky, and stretch it over the dish or over your food. That's it. The wraps hold nicely until you're ready to eat.

Once you've finished your meal or snack, you have no plastic to throw away! Give the wrap a rinse with dish soap and cool water and let it air dry, then stash it in a convenient spot. The wraps last for dozens of uses, are made from natural products and don't contain the numerous compounds found in plastic wrap. After about a year of use, they can be composted or even used as fire starters.

According to "Living Without Plastic," a book of swaps by Brigitte Allen and Christine Wong, the amount of plastic wrap Americans use every year would cover Texas. If you want to make small changes with a big impact, try these sustainable alternatives.

—Sue Landers



## Plastic Reduction Task Force

### Grocery Shopping: A Chore? More Like a Respite

Every parent I know has a favorite chore; it's something that brings them satisfaction, joy or a welcome sense of "I have it all together in this one, tiny moment!" It can also offer the chance to escape from the pandemonium of the house. For me, it's grocery shopping — at the Co-op, of course.

I love what I call the "Co-op style" of grocery shopping. It's slower — more of a meander than a hustle. It includes pausing to peruse an item that catches your eye and/or seeing a familiar face while you're both pondering your bread choice for the week. I live for these calm moments amid the chaos of parenting.

There's no place better for this style of shopping than the bulk section. Next time you're shopping at any of the Co-op stores, give yourself five minutes to wander and check out the bulk offerings. Revel in the array of exotic spices, peek at the sweet treats and discover a grain you've never tried before. Bring a few jars or a drawstring bag and try something new.

Do it — really. Then get on Facebook, join the PRTF group and share what you discovered ([www.facebook.com/groups/weaverswayprtf](http://www.facebook.com/groups/weaverswayprtf)).

—Arielle Tannenbaum

*The Plastic Reduction Task Force (PRTF) is a group of volunteer members and staff committed to investigating waste issues associated with the life cycle of plastics, raising awareness about the effects of unregulated plastic production and advising the Co-op on ways to reduce single-use plastics in our operations. Please contact us at [prtf@weaversway.coop](mailto:prtf@weaversway.coop).*



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# The Co-op's Values Make It a Key Part to a Successful Community

by Cheryl Croxton, Vice President, Weavers Way Board of Directors

I'VE BEEN A WEAVERS WAY MEMBER for over 20 years, and my family shops at the Co-op regularly. We enjoy the produce, local dairy options and prepared foods. For us, the Co-op offers products and neighborly experiences unavailable at other area grocers.

My interest in serving on the Board of Directors stems from my appreciation for the Co-op's unique place and the contributions it makes to our community. Healthy grocery stores focused on their communities stand as pillars that are crucial to successful neighborhoods. Together with affordable and varied housing options, safe spaces and good schools, a great grocer can help seed community stabilization and growth.

Weavers Way exemplifies State Representative Chris Raab's notion of an innovative "commonwealth enterprise structure." Our collective pandemic experience during 2020 - 2021 was proof of the central role the Co-op played and continues to play in community stabilization.

The Co-op's stores are in communities where consumers have numerous food shopping options, both brick and mortar and online. We are not in a food desert. In Ambler, families can shop at Whole Foods or Giant in Spring House and Aldi in Montgomeryville. In Mt. Airy, Chestnut Hill and close by, there are four Acme Markets, a Giant and a Grocery Outlet. In Germantown, where the

newest Weavers Way will open later this year, there is a Save A Lot and an IGA.

In this highly competitive grocery environment, many of these grocers espouse ideas that sound similar and may resonate with Weavers Way members and customers. When you review their public commitments, you see statements like:

- As America's grocer, we believe that everyone deserves to have access to fresh, affordable and delicious food, no matter who you are, how you shop or what you like to eat.
- Our purpose is to nourish people and the planet. We're a purpose-driven company that aims to set the standards of excellence for food retailers. Quality is a state of mind....

It all sounds good. Coming out of the pandemic, high-end consulting groups like BCG and others began feeding their large-scale industrial grocery clients strategies to navigate trends they saw emerging. They urged big grocers to pursue "a bigger role for societal impact" and to focus on differentiating themselves and gaining competitive advantages by embedding sustainability precepts (such as low waste, low plastic) into their operating models.

In many ways, these messages sound like Weavers Way's Mission and Ends, or at least like the Co-op's collective desire to focus on people, community and eco-

nomical/financial sustainability. It all feels good but, is it the real deal? More importantly, what does this mean for the Co-op and our future?

Fifty years ago, when Weavers Way was founded, it existed in a different environment in which grocery businesses didn't promote a focus on community improvement, saving the environment or sustainable food practices. As a food co-op governed by a commitment to democratic principles throughout its existence Weavers Way has been a special business in our community with a unique business model. In many ways, the Co-op proves again and again that it is the "real deal."

The cooperative nature of Weavers Way ensures that we are aligned with the priorities of our member-customers. Through the general meetings and committee framework, we actively seek out and listen to what's important. We and other co-ops are the frontrunner to the food industry's current focus on people, planet and food. We must continue to lead in this space, and even look for ways to potentially transfer co-op learning to other areas, like affordable housing.

In General Manager Jon Roesser and his team, we have able leaders committed to serving Weavers Way now and in the future. Jon and his team spend their lives devoted to food. You can easily understand someone saying that about a chef at a Michelin-rated restaurant. But Co-op



staff, managers, etc., do the same when they pack food on shelves, prepare it in our kitchens and select and deliver it to customers.

Almost daily, Co-op staff touch a geographically dispersed and multifaceted stakeholder group — members, employees, vendors, community partners and others. In the context of community, they are often called upon to blend different objectives and aims — even different food tastes — from store to store. If food is central to community and they are central to our food enterprise, then they, too, are central to the success and longevity of Weavers Way and our communities.

The present and future build on the past. So as we celebrate the 50th anniversary of the Co-op, let's meet our challenges with optimism and a commitment to all that makes Weavers Way a unique pillar central to our community.



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Okie Hashimoto (1899-1993), *Nishikori Castle*, 1956 (Showa Era). Woodblock print on paper, 16 1/8 x 22 inches. Courtesy of the Collection of James A. Michener.



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# Walking Tour Sheds a Light on Philly as a Black Metropolis

by Constance Garcia-Barrio, for the Shuttle

THE NATION’S AFRICAN AMERICAN PAST HAS OFTEN been “lost, stolen or strayed,” as the saying goes. But a group of Black historians has been researching and presenting Philadelphia’s Black history with zest, and their work, which includes a Black history walking tour, is getting some attention.

The Philly Black Docents Collective, which formed in 2020, developed the Black Journey tour from archival research done by two of their members —Michiko Quinones, a historian and docent, and Morgan Lloyd, a historian, consultant and curator, at the Historical Society of Pennsylvania. On the tour, docents discuss the area from 12th Street to the Delaware River and from Locust Street to South Street, although the tour only goes for eight blocks.

About eight of us began the tour on a clear, cold Saturday morning at 244 S. 12th St., once the home of abolitionist, activist and businessman William Still. While there, he became president of the Vigilance Committee, a group that helped organize the Black community to provide food, clothes, shelter and medical care for people fleeing from slavery.

“About 20,000 free Black people lived in Philadelphia by the late 1830s,” Quinones said. “They faced huge obstacles, including murderous mob attacks, yet they became a force in the life of the city.”

Another stop, St. Paul’s Lutheran Church at 310 Quince St., was built and paid for by Black congregants. Black leaders held urgent meetings there in 1838, when Pennsylvania’s African American men faced the threat of disfranchisement. Quinones said the men strategized in the church about how to keep their vote.

“The push to disenfranchise Black men came about because they voted in high numbers,” said historian Richard White, president of the docents collective. “Their votes made the difference in an election in Columbia County, Pennsylvania.”

State legislators feared that power, White added.

“Black Philadelphians, seeking a favorable outcome in Harrisburg, produced a series of documents showing

that the city’s African Americans worked hard, owned property, paid taxes and cared for their own,” Quinones said. One of those documents was a handwritten, detailed census done by community members and Benjamin Bacon and Charles Gardner of the Pennsylvania Abolition Society in 1838. Bacon was white; Gardner was Black. His participation in conducting the survey likely allowed the society to get more detailed information about the community.

Black leaders like abolitionist Robert Purvis, James J.G. Bias and others also guided the production of “Register of Trades of the Colored People in The City of Philadelphia and Districts (1838).” The register showed that Black tinsmiths, coopers, barbers, whitewash men, pepper pot soup women and more plied their trades vigorously in the city.

Despite this documentation and a pamphlet called “The Appeal of Forty Thousand Citizens, Threatened with Disfranchisement, to the People of Pennsylvania,” lawmakers approved killing the Black vote. Pennsylvania’s Black men would not vote again until Congress passed the 15th Amendment to the Constitution in February, 1870, which guaranteed them that right.

The tour also includes Currant Alley, now Warnock Street, which was a bustling spot in the 1830s. According to Quinones, over 60 percent of the children on Currant Alley went to school, and the Raspberry Street School for Colored Children, run by Quakers, was located within walking distance of the street. A boardinghouse there sheltered Black residents, some of whom were probably freedom seekers. African American homeowners on the alley included George Johnson, one of the richest waiters in Philadelphia.

The prosperity of African Americans often sparked resentment among whites, Quinones noted, which boiled over into riots in 1834, 1838, 1842 and later.

“Blacks and whites lived in the same neighborhood, so whites saw Black businesses booming and Black people dressing well and riding in carriages,” she said.

Discouragement over the riots led some families to



photo courtesy of Michiko Quinones

Michiko Quinones, far left, a historian and docent with the Philly Black Docents Collective, leads a walking tour with a group from the Museum of the American Revolution in late January.

move away. But Black neighbors in the area had built a strong social infrastructure that included churches, beneficial societies and other organizations. For instance, in 1844 Hester “Hetty” Reckless established the Moral Reform Retreat for Black Women, a shelter run by Black women, at 7th and Lombard streets. Reckless wanted to protect the women from slavery and sexual exploitation, Quinones said.

The tour includes six stops and lasts about an hour. Most of the streets it covers have little traffic. I suggest you wear sturdy shoes that can handle the cobblestones. To book a tour, email [blackdocents@gmail.com](mailto:blackdocents@gmail.com). For more information, visit: [www.blackdocents.com](http://www.blackdocents.com).



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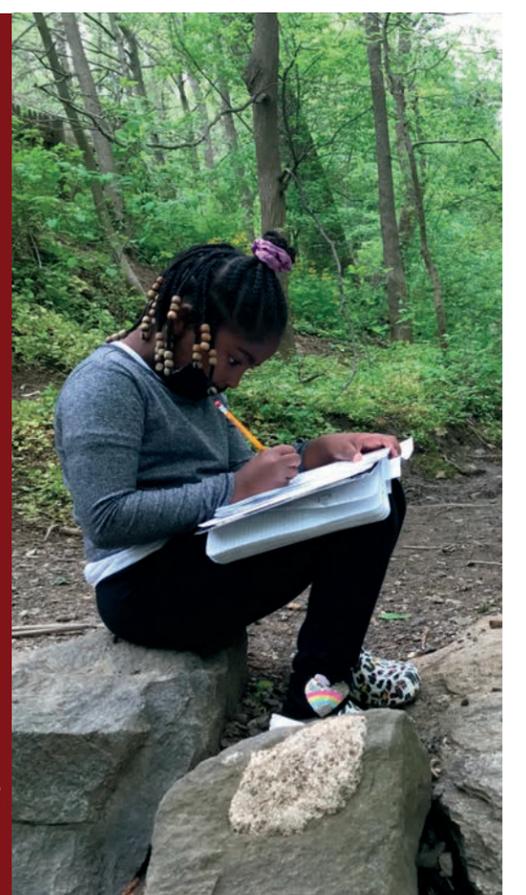
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# How to Compost for a Healthy Garden and Healthier Planet

by Sally McCabe, for the Shuttle

**M**Y HOUSEHOLD OF FOUR GENERATES ABOUT two gallons of garbage a week — more if it's a big cooking weekend. Recent studies report that at least 20% of what goes to landfills is food waste, and I steadfastly refuse to contribute to that. I also have a yard and garden that contribute a whole lot of brush, leaves, etc. To deal with that much organic matter, we have set up two different systems.

## System One – An Outdoor Compost Bin

This system consists of dumping compost material into our outdoor compost bin and throwing dead leaves on top of it. This technique is totally passive, and the squirrels, raccoons and other animals do whatever turning needs to get done. The compost material breaks down slowly through the action of bacteria and fungi. The resulting product adds texture and water-holding capacity to garden soil. It continues to break down and release nutrients over an extended period, like a gentle, slow-release fertilizer.

This is where all the big stuff goes—tree branches, dead plants, garden scraps, whole rotted veggies, fetid leftovers, citrus peels and onion leavings.

## System Two – A Worm Bin

A more select version of the smorgasbord of compost materials goes into System Two, a smaller bin that feeds my hungry worms. The finished product is a lot different; the process and cycle of worms eating, digesting and pooping produces a much stronger form of compost (generally referred to as castings). The nutrients here are much more concentrated, like nature's form of Miracle Grow.

You'll want red wigglers or wigglers (*Eisenia fetida*), not earthworms, for the bin; they're most efficient at eating our garbage. Mail ordering wigglers from a reputable source gives you clean worms, though this option often does not come cheap. Getting a handful from someone else with a working bin gives you worms you know are happy and viable in your climate, have a thriving culture of beneficial microcritters in their guts and are free. Also free, however, are all the outriders a worm bin usually acquires over time, like mites, soldier flies and pill bugs.

If I'm starting a new bin, I usually buy a bag of 1,000 worms from Uncle Jim's Worm Farm of Spring Grove, York County ([unclejimswormfarm.com](http://unclejimswormfarm.com)). I then share them with all my friends.



photo by Sally McCabe

The view from above at Sally's worm bin, showing her red wigglers hard at work.



photo courtesy of the Pennsylvania Horticultural Society

One of Sally's red wigglers, eager to get back to the business of digesting materials and making compost.

## Building Your Worm Bin

You need to start with equal portions of "greens" and "browns." Greens include vegetable and fruit scraps, coffee grounds and filters, tea bags and dead plant matter from houseplants. Browns include shredded paper and junk mail, paper egg cartons, cardboard and dry leaves.

It's equally important to know what not to feed them: meat, bones, fat, anything oily or greasy, dairy products, processed food, large quantities of citrus or garlic/onions, yard trimmings that have been treated with pesticides, and glossy or coated paper. All other types of compost material can be put into a regular compost bin, and you can make your own decisions about whether your bin is enclosed or open, totally rodentproof, elevated, moveable or aesthetically pleasing.

## Harvesting and Maintaining Your Bin

Clean out your compost bin/pile at least once a year. This allows you to recover any tools you have inadvertently dropped in before they are ruined. Sift out the big pieces and add the rest directly to garden beds as mulch, in planting holes or as side dressing. Return the big pieces to the bottom of the reset pile.

Harvest worm castings as needed by separating out the worms. There are lots of entertaining ways to accomplish this, and a quick web search asking "how to separate worms from castings" will reveal all this information and more. You can grab a couple cups from a working worm bin or do a total reset and store the castings in buckets for later use, then put the worms into new bedding. I make compost tea with my castings by adding a scoop to my watering can and pouring the tea on the plants and soil.

Both of my compost bins live outside most of the year, but the smaller bin with worms moves into my cellar when the temperature threatens to go below 20 degrees Fahrenheit. Generally, the worms can survive these cold temperatures, but why torture them? When temperatures begin to rise again, I do a total reset before returning the bin outdoors and use the castings as I plant my spring garden.

Composting with worms is a great, cost-effective way to produce nutrient-dense organic matter for your garden that can serve a multitude of purposes. Following the best practices outlined here will get your compost bin off to a great start — and come spring, will help you kickstart your garden.

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

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# HALL OF FAME

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# Make This the Year You Replace Your Lawn with Native Plants

by Paige Menton, for the Shuttle

**Y**OU HAVE PROBABLY HEARD IT BEFORE: WE NEED to get rid of our lawns. They need fossil fuels to maintain them, which cause air pollution, require fertilizers that pollute the water, behave much like asphalt when rained on, and provide little ecological benefit to any creatures.

Lawn is everywhere, especially in the United States, where it covers 40 million acres. Changing that landscape truth can feel daunting, and one little yard wouldn't make that much of a difference, anyway. Or would it?

Pretend to be a titmouse, goldfinch or chickadee. Look down on your yard with their eyes. Look down on your block. Even if your yard is a postage stamp, it has potential for wildlife when it's planted with native flowers, shrubs and trees. A neighborhood of small squares converted to native plants becomes a vital and vibrant habitat. This changed landscape also delivers benefits to its human inhabitants in the form of cleaner air, increased water infiltration and less mowing.

You may not be thinking too much about your yard, your lawn, or planting flowers right now. But you may be getting more and more worried about the climate crisis, the scope of which can overwhelm us into inaction. When asked what a person can do, leading climate scientist Katharine Hayhoe declared, "Do anything!"

That's such a refreshing statement because the thing you do can be small and now. When you add native plants to your yard, you are doing something positive for the climate, for your mental health, and for the birds and bugs. Here are a few ideas:

**Start small** If you have existing garden beds with a lot of empty mulch, you can fill in the empty spots with native flowers and groundcovers. When you fill in the mulch, you leave less space for weeds, and you create more habitat. Groundcovers are a low-maintenance way to do this. Native alternatives to pachysandra, English ivy and vinca include green-and-gold, running groundsel and wild strawberry.

**Start to remove lawn by expanding an existing bed.** You can do this by sheet mulching: Lay down cardboard over the area you want to plant and spread soil, compost or leaves on top. If you do that in March, you will have a great space to plant in May. And if you don't get around to it until May, you can still sheet mulch and plant straight into it; the cardboard will just be a little crunchier.

**Create a new bed** around a tree or alongside a walkway by sheet mulching. If this spot is sunny, some easy flowers with great wildlife value include golden ragwort, mountain mint, anise hyssop, rudbeckia, echinacea, gold-

enrod, asters, and bee balm. Wild ginger and hairy alumroot are nice choices for the shade. Native plants do not need fancy soil and are drought tolerant once they are established.

**Be mindful** of the ecological impact of your gardening. Use leaves as mulch instead of buying bags of it. Use the free cardboard from the Co-op instead of plastic to suppress weeds or kill your lawn. Try to buy locally grown plants; they're adapted to local conditions and do not require fossil fuels to get to you.

We have many great native plant sources, including Good Host Plants in West Mt. Airy; the native plant nurseries at the Schuylkill Center, Bartram's Garden, and Bowman's Hill Wildflower Preserve in New Hope; the Perkiomen Watershed Conservancy plant sale, Redbud Native Plant Nursery in Media, and Edge of the Woods Native Plant Nursery in Orefield, Lehigh County.

**Mix in** some edible plants. Thyme and oregano make edible groundcovers. Lavender, basil, and sage are beautiful and tasty. You can share parsley, cilantro, dill and fennel with black swallowtail caterpillars.

**Talk to your neighbors** If they also want to create a healthy habitat, you can share resources (soil, compost, seeds, flats of plants, cardboard stockpiles), labor and bounty! Again, think like a goldfinch or chickadee — the bigger a landing spot, the better.

**If you don't have a yard,** help add native plants to a friend's yard or the lawn at your church, office or school.

This is not an article about feeling guilty for what you may or may not have planted in the past. It's a gentle nudge toward joy, resilience, and fun, and restoring ourselves and the land after a pandemic. Plant with your kids! Plant with your friends! Plant with your neighbors!

*Paige Menton is a member of the Environment Committee and the founder of Journeywork, a nonprofit organization that works with neighborhoods, schools and congregations to help people enhance the ecological value of their landscapes.*



photo by Paige Menton

Echinacea and mountain mint are attractive to pollinators and deer resistant.

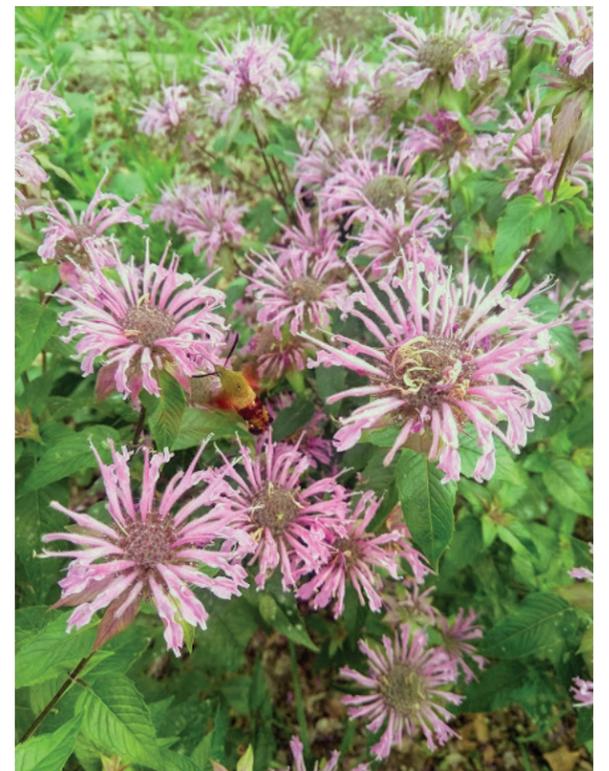


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Bee balm is a perennial that attracts pollinators and hummingbirds.



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# Partnerships Benefit Us and the Companies Who Support Us

by Lisa Hansell, Senior Development Manager, Wissahickon Trails

**H**OW DOES THE SMELL OF WAFFLES connect to corporate partnerships at Wissahickon Trails? I woke up one day to an amazing smell — my daughter making waffles using our Dash waffle maker. This inspired an idea that resulted in partnerships with Dash, Weavers Way and Ridge Valley Farm in Green Lane, Montgomery County that provided sponsorships, products and volunteers in support of our upcoming, sold-out Maple Sugaring Festival.

Does your company want to create a deeper connection with our community and demonstrate a shared commitment to protecting and enjoying the preserves, trails and waterways in the Wissahickon Valley? Then join over 100 committed corporations and local businesses that partner with Wissahickon Trails each year through numerous impactful programs and events. As a partner, your company's visibility will be increased, because your name and logo will be listed on all marketing channels and event materials.

Event and program sponsorships provide an opportunity to connect with the thousands of community members who attend these events throughout the year. You can become a sponsor for one of our signature events or support a series of nature programs such as the hike series, speaker series or virtual programs.

With 1,300 acres, 12 preserves and 24 miles of trails to protect and maintain, conservation projects are always



photo by Jamie Stewart

Representatives from Nolan Painting tabling at last year's Green Ribbon Trail Race.

ready and available for funding and volunteers. Companies can provide support to a range of projects including trail maintenance, tree planting and habitat restoration.

To learn more about the ways your organization can be a part of connecting people and nature with Wissahickon Trails, contact me: [lisa@wissahickontrails.org](mailto:lisa@wissahickontrails.org).



**Creek Clean Up**  
Saturday, April 30, 2022

Thank You to Our Sponsors

### Upcoming Signature Events:

- Creek Cleanup – Saturday, April 29
- Tex Mex 5k Race for Open Space – Wednesday, June 21
- Craft Beer by the Creek — Summer 2023
- Walk the Wissahickon – Fall 2023
- Green Ribbon Gala – Wednesday, Oct. 18
- Green Ribbon Trail Race – Saturday, Nov. 4

## The Month for Catching Up on Projects

work is the allure of trying new things and tweaking systems from the previous year, which brings a newness to every season.

March is one of my favorite months because there's time for all those projects we can't fit in the rest of the season. For months, you have to walk past a broken table in the greenhouse or a tool bench that needs to be organized, put your blinders on and tell yourself, "No time today; maybe later." March is the month that says, "Do it now!"

It's also a good time to put into action all the inspiration from (to quote my coworker) "idea month," a.k.a. February. In early February, the farm and Food Moxie teams attend the Pennsylvania Association for Sustainable Agriculture conference, a four-day event in Lancaster filled with expert presenters and inspiring panelists. A huge benefit of attending is being able to connect with like-minded farmers, which is so difficult to do during the busy growing season.

March is when you put all your final plans, maps,

schedules, SOPs (standard operating procedures) and systems in place so the rest of the season can unfold smoothly. Executing the ambitious plan of the season is hard enough, and that leaves little time to adjust it once you're in the throes of the season.

Are you interested in helping us actualize all our ambitions for the coming season? Keep an eye out for shifts in the Member Center. We will be posting cooperator shifts as the weather warms!

(Continued from Page 1)

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# New WMAN Group Focuses on Preserving Historic Buildings

by Adrienne Carpenter, West Mt. Airy Neighbors

NEARBY RESIDENTS AND FREQUENT passersby will recall the 130-year-old mansion known as Cliffawn on Carpenter Lane or the 111-year-old Wood Norton Residences at the corner of West Johnson Street and Wayne Avenue. Both were among the historic buildings that were demolished in Mt. Airy in the past year.

The historic character of the neighborhood is threatened by increasing development pressure, and in response, West Mt. Airy Neighbors has launched a Historic Preservation Initiative. Our goals are to identify historic resources in the community and take a proactive stance to protect the historically built environment for the future.

It would be hard to spend even a few minutes in Mt. Airy without noticing a historic building — or 10. For a building to be named to the Philadelphia Register of Historic Places, it must meet certain criteria. Once it gets that designation, any exterior alterations beyond standard maintenance require a no-cost review and approval by the Philadelphia Historical Commission.

Over 90% of historical commission reviews are approved at staff level without being referred to an advisory committee. Project reviews are not required for painting wood trim, most landscaping maintenance or interior alterations, and can include technical assistance so that alterations to the exterior of historic buildings can be made while maintaining their character. Historic preservation is an important part of community development and offers many social and economic benefits to neighborhoods.

The Mt. Airy commercial district along Germantown Avenue was designated a historic district in 2021. Even so, Mt. Airy has far fewer registered historic structures than its neighbors in Chestnut Hill or Germantown. WMAN's Historic Preservation Initiative is working to narrow that gap by identifying buildings that are eligible for designation and preparing nominations to the Philadelphia Register of Historic Places.

Our first project involved preparing a nomination for historic designation for Cresheim Valley Apartments at 7200 Cresheim Road late last year. The apartments were designed in 1914 by architect Henry E. DeHoff. They reflect an eclectic mix of architectural styles that are echoed in homes and other apartment buildings from the



The remains of Cliffawn mansion at 157 Carpenter Lane, built in 1892 and demolished last year.

photo by Sherman Aronson



Rubble is all that's left of the Wood Norton Apartments on West Johnson Street, which were built in 1911. The building was torn down last year.

photo by Brad Maule.

first quarter of the 20th century.

Since the initial submission, this nomination has gone through two rounds of public meetings. At the first meeting, which took place on Jan. 18, the Committee on Historic Designation reviewed the nomination and voted to recommend a designation to the Philadelphia Historical Commission, the larger deciding body. In the second meeting on Feb. 10, the historical commission considered the nomination. In deference to objections raised by the property owner, SBG Management, it granted a continuance and the nomination will be reconsidered in full at the next meeting on March 10.

If you haven't already spoken out, WMAN could use your support. Please let the historical commission know that you are aware of the development pressures facing the built environment in Northwest Philadelphia and that the historic character of the neighborhood is an important part of Mt. Airy's sense of place. You can address your letter to:

Philadelphia Historical Commission  
1515 Arch Street  
13th Floor  
Philadelphia, PA 19102

You can also email Laura DiPasquale, one of the commission's historic preservation planner supervisors, at [laura.dipasquale@phila.gov](mailto:laura.dipasquale@phila.gov).

Continuing with the momentum from this nomination, the WMAN Historic Preservation Initiative is work-

ing toward upcoming nominations of historic buildings in Mt. Airy by connecting with strategic resources like the Chestnut Hill Historical Society, Germantown Historical Society and Philadelphia City Archives. While the focus so far has mainly been on West Mt. Airy, the initiative welcomes partnership and collaboration with members of the community from East Mt. Airy. Keep an eye out for historic structures in our "Did You Know?" feature in the Shuttle and on the WMAN website ([www.wman.net](http://www.wman.net)) to learn more about the architectural and social history of neighborhood buildings.

You're also invited to join our Historic Preservation Initiative. Is there a topic you'd like to learn more about, or do you have an idea that relates to historic resources — perhaps a workshop series that educates homeowners on how to take care of old buildings? Our group is made up of interested citizens and experts in the field and welcomes your input. Please reach out to the group via email: [wmanhpi@gmail.com](mailto:wmanhpi@gmail.com).



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**Locally Grown** Illustration by Alli Katz

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ALLI KATZ

# Putting Work and Funds into Protecting Our Most Precious Resource

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

**N**O ONE WOULD DISPUTE THE VITAL IMPORTANCE OF clean, available water; it's something we have come to expect. Since one in three Philadelphians get their drinking water from the Wissahickon Creek, we spend a lot of time at Friends of the Wissahickon educating our community about how the health of the creek affects the quality of their water and its availability. Taking care of the creek and the surrounding 64-mile Wissahickon Watershed is a constant struggle against development, stormwater runoff, pollution (including trash), changing climate, flooding damage, and threats to habitat.

Stormwater management is a big focus for us. In January, we held our annual public projects meeting, at which we provided updates about capital improvement projects that are underway or beginning this year. Most of these seek to prevent or mitigate erosion from stormwater runoff. Our guest speaker, Rick Howley, who leads stream restoration efforts with our long-term Philadelphia Water Department partners, joined us to discuss PWD's projects in the park. They are repairing the damage from uncontrolled stormwater, which has been exacerbated by the worsening deterioration of the city's more than 200-year-old water systems.

- FOW works with other partners to tackle the many challenges of watershed management. Every year for more than 50 years, FOW and Wissahickon Trails team up for their Wissahickon Creek cleanup, in which we and our volunteers clear trash from the creek, its tributaries and local trails. Since 1990, we have worked with the Chestnut Hill Conservancy to proactively address stormwater runoff in the lower Wissahickon watershed, promote natural drainage, and protect the area's significant privately-owned green spaces from development. Protecting the vast network of park-adjacent, privately held land through this conservation easement program is essential to the health of the Wissahickon and Philadelphia's water supply.

**There are many ways you can minimize the impact on the creek and the watershed, in the park and in your neighborhood. Here are some ideas:**

- Reduce the amount of chemicals going into the watershed. Wash your car at a car wash instead of in your driveway, avoid using fertilizers and pesticides and properly dispose of hazardous chemicals instead of pouring them down the drain.
- Manage water on your property. Landscape with native species as a low-maintenance alternative to lawns, which don't soak up stormwater well and need mowing. Rain and pollinator gardens absorb water and encourage biodiversity in your neighborhood. Consider installing a rain barrel, which captures roof runoff, to control water flowing from your property and to conserve for watering your plants.
- Pick up after your pet. Dog waste is acidic and contains lots of fecal coliform bacteria, both of which negatively impact water quality.

**Want to get even more involved?**

- Learn more about the Wissahickon Watershed and share your knowledge with friends and family. Do they know what a watershed is? (Hint: It's all the land that drains or "sheds" water into a specific body of water, like the Wissahickon Creek.) Or that everyone lives in a watershed? The Creekside Classroom in our Virtual Valley is a great source of information ([fow.org/virtual-valley/creekside-classroom/](http://fow.org/virtual-valley/creekside-classroom/)).



photo by Michael Servadio

Red Covered Bridge

- Become a member of FOW. We connect with partners and local constituents advocating for water quality. Acting collectively as a community can have powerful results. Visit [fow.org/membership-donations/membership/](http://fow.org/membership-donations/membership/).
- Vote for and advocate with elected officials who have influence over policies that affect our watershed and can move the needle at the government level. The historic funding commitment from the Biden-Harris Administration to the Environmental Protection Agency to update Philadelphia's aging drinking water infrastructure, including lead service lines, is a critical step forward.

**Put these organizations and events on your radar and consider volunteering for them:**

- Keep Philly Green and Water Clean campaign: Promotes green stormwater infrastructure as a key environmental issue among Philadelphia's municipal leadership and residents. <https://www.pennfuture.org/keep-philly-green>
- PA Clean Water Action: "...protecting our water and health, from watershed to water tap."
- Coalition for the Delaware River Watershed: "Unites organizations working throughout the region to enhance their capacity to effectively advocate for protecting and restoring the Delaware River Basin." The Wissahickon and the Schuylkill River are vital parts of the basin. <https://www.delriverwatershed.org/>.
- UN Water World Water Day: "Accelerating Change"/ UN 2023 Water Conference, March 22-24. "The global Be the Change (you want to see in the world)" campaign encourages people to change how they use, consume and manage water. These promises from individuals and communities will contribute to the Water Action Agenda alongside larger commitments from governments, companies, organizations, institutions and coalitions.

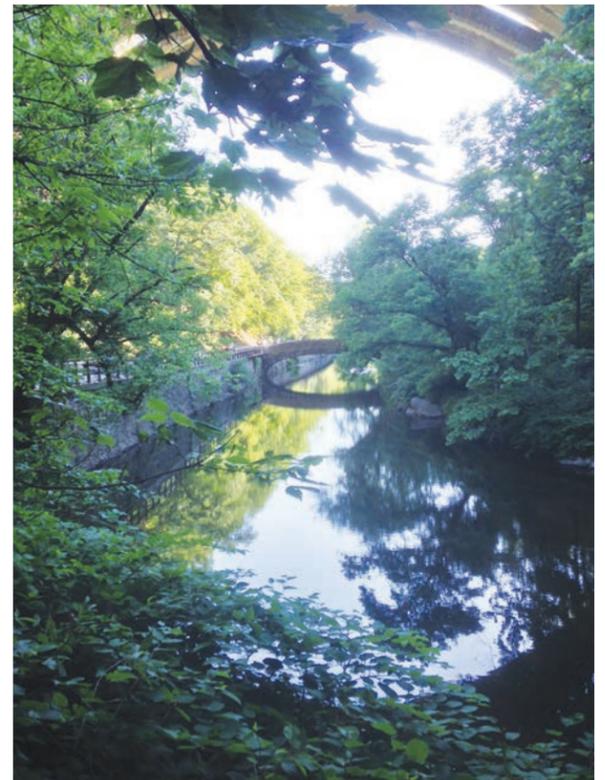


photo by Steven Silbiger

Wissahickon under Henry Avenue bridge

On the conference site, read the compelling story about what we can learn from a hummingbird about how we can help solve problems with water. ([www.unwater.org/bethechange/](http://www.unwater.org/bethechange/)) The actions you take, no matter how small, will help solve the issues of water quality in our own backyard.



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# Gas-Powered Blowers Harm Our Health Along with the Land

by Sandra Folzer, Weavers Way Environment Committee

WHERE DID ANYONE GET THE IDEA that you should have neat, trim grass around your home and use large amounts of fossil fuel to maintain it? Somehow, most people have accepted the norm that an artificial green space is desirable, regardless of the cost physically and financially. You have been hoodwinked to accept this myth of conformity.

Success for some seems to be gauged by the amount of green nothingness around them. It's time you reassessed the nonsensical paradigm of a pristine lawn. By giving up your misplaced ideal, you can benefit by improving your health in different ways.

While you may exercise and eat well, you may be unaware of invisible invaders which can impact your future health.

Let's look at gas-powered leaf blowers, for example. The pollution from one hour of operation is comparable to driving a car 1,100 miles, according to the California Air Resources Board, which may be why California has outlawed them.

While I have written about leaf blowers before, I was inspired to revisit the topic by Quiet Clean Philly, a new enterprise founded by Ann Dicker and Seth Liberman. The group aims to ban gas leaf blowers within Philadelphia, joining 400 other U.S. cities. It is time.

## No Escape from the Harm of GLBs

You may be thinking, "I don't own a leaf blower, so what does this have to do with me?" But if your neighbor or lawn service uses one, you are affected. If you're within 50 feet of a GLB that emits an average of 65-80 decibels, your hearing may be damaged, according to a 2020 study conducted by Harvard University's T.H. Chan School of Public Health and Quiet Communities Inc. Neighbors and pedestrians are unaware that their health is being compromised and the workers who run the machines often do not wear ear plugs, so they are unknowingly damaging their hearing. Two hours of exposure at 85 decibels causes permanent hearing loss.

You're not necessarily safer if you stay indoors, because GLBs emit low-frequency sound that can penetrate walls. If you hear the machines from inside your home, the sound is loud enough to do damage. The decibel scale is logarithmic, which means that each increase of 10 is 10 times louder.

And the health effects go beyond hearing loss. According to a 2018 study

conducted by Mainz University Medical Center in Germany, an increased amount of noise can cause atrial fibrillation, which can lead to blood clots, stroke and even heart failure.

Even fetuses exposed to loud noise can be born at a lower birth weight, and children are especially vulnerable, which is why GLBs should not be used near schools and parks. WHO recommends sound levels for schools should not exceed 35 decibels. The Harvard study mentioned earlier reported that the sound from two GLBs and a hose vacuum exceeded 100 decibels.

GLBs also emit dangerous toxic pollutants that are 30 times smaller than the width of a human hair, including carbon monoxide, benzene, formaldehyde and other contaminants, from the unburned fuel. These pollutants are linked to cancer, heart disease, asthma and brain abnormalities.

Because particulate matter is so small, most people are unaware of the devastation it can wreak. But what is invisible can still be deadly. When we breathe in these tiny particles, they can go straight to our brain. And since they carry toxins with them, they can cause cognitive damage, which may surface sometime in the future.

Fine particulate matter can also distress our lungs and other organs. The immune system may react to the particles by causing inflammation throughout the body, including the brain. A 2017 study conducted by researchers from the University of Southern California found that older women who live in places with fine particulate matter that exceeds the EPA standard are 81% more at risk for global cognitive decline, and are 92% more likely to develop dementia, including Alzheimer's disease.

## Better Options for Yard Care

Leaf blowers were designed like a chemical sprayer, which is why they are so ineffective. They should be sucking up the leaves; instead, they move them from one property to another.

Aside from health hazards, GLBs harm plants and the soil. Their wind speeds can exceed those of a hurricane, causing dehydration and damage to plants. The leaves, which provide needed nutrients to the soil, are carted away, leaving plants without future food and protection. The mulch, which protects the soil, is home to small animals and a variety of insects, which feed the birds. What's left is naked soil that's ripe for erosion.



Instead of picking up and throwing away every leaf on your property, leave the leaves to feed the soil and plants and shelter small creatures and insects. Even if you clear some leaves, keep some for the wildlife. If possible, don't cart away this precious resource.

Aside from a leaf pile and a compost container, I have devoted a corner of our yard to weeds and branches, which probably house many different species. I hope to convince some neighbors that nature was not meant to be tamed so harshly that natural processes can't occur. Leaving part of a yard wild may bring back more birds and butterflies, along with their insect diet.

I don't want lawn services to go out of business, so I hope they will rediscover rakes, which may not take that much longer to clear the leaves. In addition, they promote health through exercise instead of using toxic tools like GLBs.

Lawn services could gradually turn to electric leaf blowers if landowners insist. The University of Pennsylvania made a commitment in 2017 to maintain their campus, with its 6,000 trees, with only electric equipment. According to an October 2018 press release from Brightview, the landscaping service company they contract with, if each electric mower they use runs approximately 300 hours per year, they will eliminate emissions equivalent to 1,500 cars averaging 12,000 miles a year.

If Penn's landscape service can make the switch, I'd think others can do the same. But no one will change unless homeowners are convinced that it is in their best interest — for their own health, that of their neighbors, the workers, and the land. Hopefully, they will support a ban on gas-powered leaf blowers in Philadelphia and elsewhere.

## eco tip

### How to Digest the News About Heavy Metals in Chocolate

by Marsha Low, Weavers Way Environment Committee

You'd think that when buying a product like dark chocolate, fair trade and organically grown would be the way to go. After all, those classifications deliver the best outcomes for the planet, workers and your health. But that hasn't proved to be the case.

Take the recently published Consumer Reports investigation which showed that 23 of the 28 dark chocolate bars it tested from various brands, including some that are organic and/or fair trade, contained concerning levels of lead, cadmium or both. With no federal limit set on heavy metals in foods, researchers used California's limitations on lead and cadmium, the most protective in the country, to determine which chocolates posed the most risk.

As far as lead goes, for example, Hu's Organic Simple Dark Chocolate contains 210% of California's Maximum Allowable Dose Level per ounce, and Chocolve's conventional Extreme Dark Chocolate has a whopping 240%. As for cadmium, Equal Exchange's Organic Extra Dark has 120% MADL per ounce, while Alter Eco's Organic Chocolate Classic Blackout has 204%. And Theo's Organic Extra Dark Pure Dark Chocolate is high in lead (140%) and cadmium (189%) as is Green & Black's Organic Dark Chocolate (lead: 143%, cadmium: 181%).

Dark chocolate's health benefits have long been touted because it is rich in antioxidants. But consistent, long-term exposure to even small amounts of heavy metals can lead to a variety of health problems. The danger is greatest for pregnant people and young children because heavy metals can cause developmental problems and affect brain development, which leads to lower IQ scores. Frequent exposure to heavy metals can also lead to health problems for adults, including nervous system problems, hypertension, immune system suppression, kidney damage and reproductive issues.

So what's a dark chocolate lover to do? Thankfully, the report lists brands of bars that are safest to eat: Mast (organic), Tazu (organic), Ghirardelli and Valrhona. When consuming dark chocolate that you're unsure of, limit yourself to less than an ounce a day.

To read the report, go to [consumerreports.org/health/food-safety/lead-and-cadmium-in-dark-chocolate-a8480295550/](https://consumerreports.org/health/food-safety/lead-and-cadmium-in-dark-chocolate-a8480295550/).

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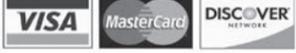
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## Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

Governance is one of the things that can make a co-op different than other companies. Our co-op is governed by written policies adopted by our Board. One of those is called "E4," which states:

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.

Readers might remember that last April, I wrote about staff treatment issues by one of the brands we've stocked for decades, Amy's Kitchen. Some people were calling for a boycott, in which we and most other co-ops did not participate. National Co-op Grocers, of which we are a member, contacted Amy's and after hearing their side, decided no boycott was necessary. The company acknowledged some issues, pledged to work on them and pointed out how happy most of their 2,700 staffers were due to standards of pay, benefits, working conditions and other staff concerns that were higher than the industry average. Amy's also pointed out how much lower their staff turnover rate was, implying that most of their staff is happy with their jobs.

In the last couple months, we've again heard from a few shoppers asking us to boycott Amy's. It seems that the call for a boycott fit in under "food and consumer issues" in E4. While the role of boycotts in a co-op can be a subject worthy of extensive discussion and disagreement, we wanted to honor recent requests from our members to take another look at



the situation. We read that Amy's apparently hired a company known for helping companies avoid worker unionization efforts. Since we believe most of our members would support a worker's right to be represented by a union, this adds to the pressure to find out more and to inform our shoppers.

We've contacted NCG again about this, and they offered to put us in contact with an Amy's representative to find out more, which we will do. If we can find someone from the Teamsters or another group that represents the union side, we will also ask for statements from them.

In 2022, our stores sold about 90 Amy's items with sales totaling about \$200,000. About \$130,000 of that was frozen items (mostly burritos and pizzas) and about \$70,000 was canned soups. There are other products in the market like Amy's, although there are not replacements for all items. In addition, some possible replacements come with their own issues, like the brand Sweet Earth, which is owned by Nestle. The labor situation at Amy's is further complicated by their certification as a B Corporation, which includes criteria for fair treatment of workers.

One way to inform shoppers of boycotts and product issues that at least one other co-op (Outpost Natural Foods in Wisconsin) has adopted is to post that information at the point of sale and in store. Their thinking is that by providing the info, shoppers can decide for themselves whether to join the boycott.

(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)

As with most items stores offer for sale, if sales volume drops below an acceptable level, they will drop the product. You can see the Outpost policy at [www.outpost.coop/resources/issues/amy\\_s\\_kitchen.php](http://www.outpost.coop/resources/issues/amy_s_kitchen.php) This seems like a reasonable approach, which we can consider. But given some of our tight aisles and high traffic, it can be tough to keep up the signs in the stores. We'll have to see what we can figure out.

**suggestions and responses:**

- s:** "I like to use Castle Valley Mills hard wheat flour when I make bread every week. It comes in two-pound and 10-pound bags and even a 25-pound box. They offer lots of great wheat, ancient grain and corn products and have been around since 1730 (not a typo!) I would love to be able to buy it at the Ambler store instead of sending for it or going to a Doylestown competitor."
- r:** (Norman) We've stocked some Castle Valley Mill grain products over the years, but many were slow sellers, probably because they are relatively expensive. That doesn't mean the products are not worth it, since they are known to "foodies" as being extremely high quality — the kind of quality you can taste — not to mention being locally produced. We'll ask our grocery buyers to have another look at the line. Meanwhile, much of the line is available via preorder, since one of our regular suppliers stocks it. Call or email the grocery manager at the store where you shop for pricing and availability.
- s:** "Why is being within six feet of someone with COVID-19 for 15 minutes or longer called "close contact" when nothing has been touched? Why not "close proximity" or "coronavirus close" or something more accurate?"
- r:** (Norman) Weavers Way did not create the term "close contact" as it applies to COVID-19. Rather, we adopt-

“  
**There are other  
 products in the  
 market like Amy’s,  
 although there are  
 not replacements  
 for all items.**”

ed the Centers for Disease Control guideline. We don't know if the CDC itself created the term or if it was based on previous use. Since the Co-op has a lot of political connections, we have contacted our federal government representatives to get to the bottom of this confusing issue and will share the results. Thanks for your pursuit of accuracy in language.

- s:** "Applegate Naturals makes chicken and apple breakfast sausage, fully cooked and browned, and offers both organic and not organic versions. I used to buy them from Whole Foods; they are small sausages. The ones I see at the Co-op are large and more than I want. Thanks."
- r:** (Norman) I didn't see it listed on the price list of our main supplier of Applegate, it's possible it's unavail-

able, but I'll check again when we get the next price list.

- s:** "There's a product called 'Malk' — unsweetened, organic oak and almond milks. They are made with three ingredients: organic, gluten-free oats or organic almonds, filtered water and pink Himalayan sea salt. So simple and I feel healthier than the ones being sold at Weavers Way. Hope you'll take a look. Thank you."
- r:** (Norman) Thanks for the suggestion. We have a few varieties of Malk at our Ambler and Chestnut Hill stores. We can see if we can squeeze one or two into Mt. Airy.
- s:** "Why can't we bring our pets to shop? I trust my dog's nose to determine freshness, and I like to read my cat's body language to let me know if people around me are good or bad people so I can avoid the bad ones."
- r:** (Norman) You make a strong case, but apparently health departments frown upon animals that shed, slobber, may carry fleas, and are prone to urination and/or defecation at inopportune times while in grocery stores. However, there is hope; with the development of AI, there will soon be a phone app to perform these functions. Users will just need to add the olfactory sensor unit to their earbuds.
- s:** "Can we get Maypo? I want my Maypo!"
- r:** (Norman) Apparently, Maypo still exists; we can get it if enough people ask for it. Maypo, instant, maple-flavored oatmeal, was once endorsed by Mickey Mantle, Wilt Chamberlain and Johnny Unitas, because that's how you sell food in the United States — via celebrity endorsements (now known as "influencers"). Maybe Castle Valley can line up someone like Beyoncé to stimulate their sales.

**Credit Unions Offer a Co-op Version of Traditional Banking**

has only six types of credit cards. In addition, commercial banks have many more physical branches than credit unions and often offer more hours when they are open to the public.

On the other hand, online banking and the availability of ATMs around the clock help to make credit union services accessible. And do customers really need 18 credit card options?

In an age of "too big to fail" financial institutions, credit unions also appear to be able to hold their own against commercial banks. The number of individual credit unions has diminished by 41%, from 8,332 in 2007 to 4,942 in 2021. In contrast, the number of commercial banks in that period contracted by 38%, from 7,288 in 2007 to 4,236 in 2021. However, it is difficult to say whether these contractions were due to the failure of

these institutions or whether they were merged into other banks or credit unions.

With so many personal benefits to joining a credit union, it's easy to overlook the fact that the mission of these institutions has always been to find solutions to societal problems. Keith Mestrich and Mark Pinsky explain in their 2019 book "Organized Money" that credit unions sprang up in Europe in 1850 as a way for farmers to pool their assets after a crop failure caused a hike in the cost of borrowing.

The NCUA has helped to further its social mission by creating a low-income designation for credit unions (known as Low Income Credit Unions, or LICUs). These are credit unions in which a majority of members meet the low-income threshold, based upon census data and NCUA rules and regulations. In return, these LICUs

enjoy:

- An exception from the statutory cap on member business lending, which expands access to capital for small businesses and helps credit unions to diversify portfolios
- Eligibility for grants and low-interest loans from the Community Development Revolving Loan Fund
- Ability to accept non-member deposits from any source
- Authority to obtain supplemental capital.

Credit unions present their members with the opportunity to do well while doing good. Thinking about joining one? You can start off by using NCUA's search tool at [mapping.ncua.gov](http://mapping.ncua.gov).

(Continued from Page 8)



**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.

## First Thursday Film Series Focuses on Women and Girls

**W**ISSAHICKON VALLEY PUBLIC Library is presenting a free First Thursday afternoon film series that explores the stories of women and girls around the world. The series focuses on characters who are challenged by their culture, situation, class or societal expectations and how they meet those challenges.

The films are shown once a month through October at 2 p.m. Some are based on real events, and some are fiction. Here's the schedule:

- April 6 "Real Women Have Curves" (2002)
- May 4 "Whale Rider" (2002)
- June 1 "Frozen River" (2008)
- July 6 "Norma Rae" (1979)
- Aug. 3 "North Country" (2005)
- Sept. 7 "Frida" (2002)
- Oct. 5 "Iron Jawed Angels" (2004)

The library is located at 650 Skippack Pike in Blue Bell. For more information, go to [www.wvpl.org/events](http://www.wvpl.org/events).



## Architectural Style: Jacobean Revival

**A**T \$20,000, THE HOGUE RESIDENCE WAS one of the most expensive homes in the Pelham district when it was built in 1896. It features Wissahickon schist and Indiana limestone and was designed by David Knickerbocker Boyd and Laurence Visscher Boyd. Robert Hogue, the client, lived in the building until 1915, and the building remained prominent after his departure; Winston Churchill stayed there while visiting the area. The building was also home to the Philadelphia School of Criminology and the Combs Music College and was added to the National Register of Historic Places in 1986.

## West Mt. Airy Neighbors Historic Preservation Initiative

Mt. Airy is a special place with a distinct character; it earned that image because it is a diverse community of civically engaged people. Nestled in northwest Philadelphia and adjacent to the Wissahickon Valley, Mt. Airy is blessed with natural beauty and contains historic architecture spanning nearly 300 years.

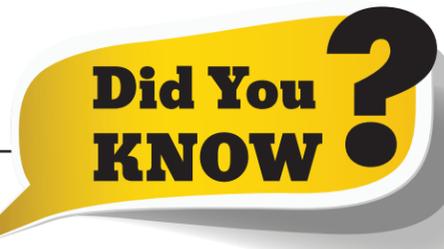
The factors that make this place special require dedicated and active stewardship, and preservation of our historic resources requires conscious planning to be effective.



**Hogue Residence**  
100 Pelham Rd.  
Constructed: 1896

The goal of the West Mount Airy Neighbors Historic Preservation Committee is to identify and protect the character-defining features of the community by taking a proactive stance to recognize and protect the historic built environment for the future.

For more information contact [wmanhpi@gmail.com](mailto:wmanhpi@gmail.com).



## SHARE THE SUN

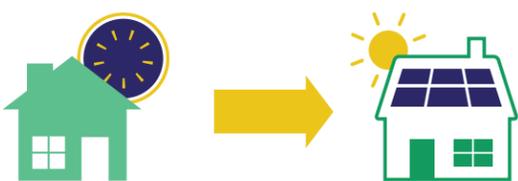


Have solar? Your rooftop is generating more than electricity!

Give the gift of solar by donating your Solar Renewable Energy Credits (SRECs) to subsidize the cost of solar installations in Philadelphia's low- and moderate-income communities.

To learn more, go to [phillygreencapital.org/sharethesun](http://phillygreencapital.org/sharethesun)

The cost of installing solar can be prohibitive for low income families.



SRECs donated by 1 family can help 1 low-income family go solar

### More Low-Income Families Going Solar...

- Lowers energy bills
- Builds local climate resilience
- Improves public health & safety

Ready to help families go solar?

Visit [phillygreencapital.org/sharethesun](http://phillygreencapital.org/sharethesun) to get started.



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

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

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

Store	Prep	Deli	Bulk	Produce	Grand Total
Ambler	2883	198	573	1065	4319
Chestnut Hill	2767	259	623	0	3643
Mt. Airy	1873	442	1648	0	4719
<b>Totals Sold</b>	<b>7523</b>	<b>899</b>	<b>2844</b>	<b>1065</b>	<b>12,331</b>
<b>Deposits Refunded</b>					<b>7660</b>
<b>Return Rate</b>					<b>62%</b>

### How the Container Refund Program Works

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

### Deposit Cost Per Container

#### Products Packed

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

Note: DO NOT WRITE ON OR STICKER CRP containers.



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

# Artists in Our Aisles



## Barbaric Yawp Workshop

Barbaric Yawp Workshop is the artistic collaboration of husband and wife duo Kasidy Devlin and Natalie Kropf, actors who live and work in Mt. Airy. They specialize in mask making, theater creation and storytelling inspired by folklore and mythology.

Kasidy trained as a mask maker and performer in Orvieto, Italy and at the Dell'Arte International School of Physical Theater. He is the longest running Sir Robin in the history of Monty Python's "Spamalot," having toured with the Broadway production on and off for 10 years. Natalie has a degree in acting from Cornell College in Mount Vernon, IA and has performed in off-Broadway theaters such as the Public Theater, the Culture Project, the Vineyard Theatre and the Signature Theatre. Natalie

and Kasidy married in 2018 and founded Barbaric Yawp Workshop in 2021.

Masks as a storytelling tool date back before ancient Greece. They existed at the birth of ritual, religion, storytelling and the birth of theater as we know it. Nearly every known culture on Earth has a relationship with masks. We believe that masks are primordial expressions of being human, and of the natural and supernatural. Although we use modern and eco-friendly techniques, our practices as mask makers are deeply rooted in these traditions.

To view all the masks we have in our workshop, visit [www.barbaricyawpworkshop.com](http://www.barbaricyawpworkshop.com) or follow us on Instagram @BarbaricYawpWorkshop.

### We want to feature your art in the Shuttle!

Please submit the following to Richard Metz ([thembones2@hotmail.com](mailto: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

## ON ONE OF THE CLASSIC CONFLICTS

These words are more relevant now than when I first read them many years ago. The poem supports diversity and is all about respect.

—Shelly Brick, *Deli, Weavers Way Ambler*

“to be nobody  
but-yourself  
in a world which is doing its best,  
night and day,  
to make you everybody else  
means to fight the hardest battle  
which any human being can fight:  
and never stop fighting.

—e.e. cummings

Here in this street, all Wissahickon schist  
façades, like pyrite, foolish visible  
stars on the morning, and so glittery,  
we are at home, our built environment  
a wall of books and potted plants confused  
against window glass but their green pleasing  
to we who need a little greenery,  
who want to believe a watering can  
poured out on leaves could feel like a slaking  
by steady filtered understory rains.

Our (suspect) beliefs propose, too, a life  
indoors looking out, peperomia  
perhaps, grown lopsided somewhat, say, but  
preferring, really, the shelf to sunshine  
that trips on sidewalk cracks and falls, that  
springs  
back up and makes you rush to close the  
shades  
against cement tintinnabulations —  
you know: those bells of mica sparkling  
inside the gray of your concrete stoop steps.

And here in the house with its lamps and  
such  
tricks, the evening appears when we wish it,  
a card up the sleeve — a whole stacked deck  
of gibbous moons rising beneath our roof.

—Susan Flesbman

### Our Revised Submission Guidelines:

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



# Explaining Philly's Transit System: The View From a Vet

by Betsy Teutsch, for the Shuttle

PHILLY IS BLESSED WITH A COMPLEX NETWORK OF legacy transit systems that are the envy of newer cities. There are so many compelling reasons to hop on mass transit. In addition to decarbonizing, the pleasure of not driving and the opportunity to get in a few steps, it's a way of being in solidarity with those who can't afford cars. If affluent Philadelphians abandon mass transit, the result is fewer riders and advocates. Not good.

SEPTA can be opaque to new users. Because our mass transit structures developed independently over a century or more, linkages can be clunky and confusing. Multiple systems were only consolidated into SEPTA in 1964. Our trolleys date to the late 1880s and Philadelphia's subway lines were built in 1907.

Northwest Philadelphians are most familiar with the regional rail trains that run through our area. The Chestnut Hill East and West lines offer service to 30th Street Station, now officially named for the late congressman William H. Gray III. Those lines also go to Suburban and Jefferson Stations in Center City. Regional rail is the most expensive of our transit options; it was created to bring wealthier suburbanites into the city for work.

Regional rail is perhaps most accessible to riders who are new to SEPTA, because a conductor walks through the car selling tickets or scanning passengers' passes. A map of the system is posted, so even someone without English fluency can track the train's progress.

From William H. Gray III station, you can get to Trenton and take a New Jersey Transit train to Central or North Jersey or New York City — the slower but inexpensive route. Or you can take Amtrak north or south in the Boston/Washington, D.C. corridor. You can also pick up intercity SEPTA buses, which line up along J.F.K. Boulevard outside the station.

It's also easy to catch the Airport Line train from the station; it runs twice an hour and gets to the airport in 20 minutes. Doing this adds a lot of time to your trip, and the trains don't start running early enough to make early morning flights. But it does the job for any flights taking off past 9 a.m. or so and means no parking at the airport, hiring a pricey taxi or rideshare service, or hitting up a friend to schlep you to the airport.

Another transit option for catching the train to the plane is via Wayne Junction, which can be reached by the 53 bus. It's long, but again, there are no worries about traffic or parking.

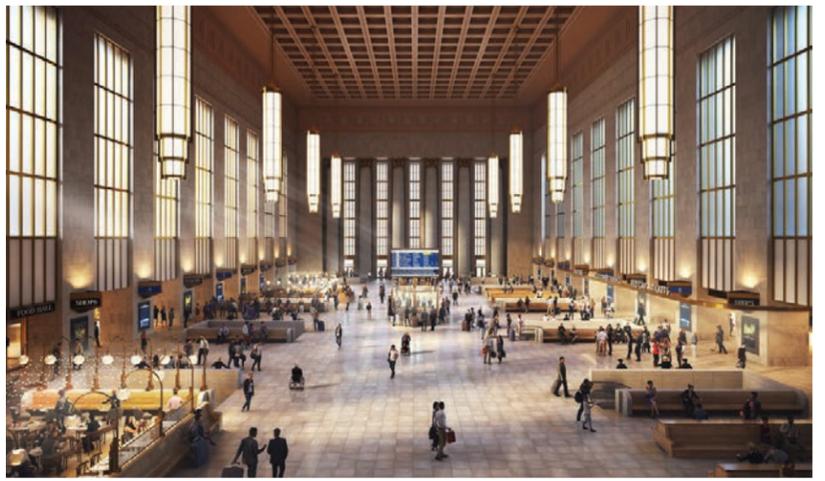
When our daughter Nomi and son-in-law Micah settled in West Philadelphia, it extended my SEPTA knowledge and experience. It's not a convenient trip; always 30 minutes or so of driving and more like an hour and 15 minutes by public transit.

After arriving at 30th Street, those headed to West Philly need to exit the building, cross 30th Street, and head down to the mysteriously named MFL/TRL station. Here you can see the lack of investment in Philadelphia's infrastructure — we are a low-income city, after all. This station is always dank and has no modern Next Train signage or kiosk amenities. Chana Bonn, a Philly native with a few years under her belt, recalls it always being that way, so it hasn't just degraded over time.

One of the challenges of SEPTA is the non-intuitive name of our routes. "MFL", better known as "The" El", stands for Market-Frankford line, an elevated train that starts at Market and West 69th streets and descends below ground from 40th to 2nd streets. It then re-emerges and heads north to the Frankford Transportation Center.

All stops along the El are served by bus lines, making multimodal transfers possible. It is Philly's busiest line and serves more than 180,000 passengers a day. Transit-oriented development means people can run their errands and get where they need to go without cars. As any auto-free person knows, though, this is not easy.

TRL stands for trolley. Philadelphia still has lots of streetcars; we had them in Mt. Airy, too, until the 1990s. The 23 trolley, which is now a bus route, claimed to be one of the longest trolley lines in the world. Their tracks have gradually been paved over, but some are still around and are much loathed by bicyclists.



The interior of William H. Gray III (30th Street) Station in West Philly. The station is a hub for SEPTA regional rail lines and a connection point for the El and SEPTA buses.

El trains are sleek, modern and run frequently, to my surprise. The trolleys feel vintage, run less frequently and branch into multiple routes from the 40th Street trolley hub. Their screeches as they turn in the underground tunnels are especially dramatic. Once they go above ground, they join regular street traffic.

COVID scuttled our plan to take our West Philly grandsons from 50th Street on the 34 streetcar to the end of the line and back, just for fun. But hopefully one day soon we will, as an homage to the "Mr. Rogers' Neighborhood" trolley.

GPS transit directions are a huge upgrade in mapping out routes and reporting on the arrival times of buses. In my experience, though, they stick to buses or trains and don't combine them. If you have time to plan, post your query about a route on social media. Locals will weigh in with multimodal options you might not have known about. Safe travels!

P.S.: Those 65 and over qualify for a free Senior Fare Card on SEPTA. They're available at participating state legislators' offices and by appointment at SEPTA headquarters, 1234 Market St. Go to [www5.septa.org/travel/fares/senior-fare-card/](http://www5.septa.org/travel/fares/senior-fare-card/) for more information and to schedule an appointment.



The Resiliency Center is your place in Greater Philadelphia for Healing, Education, and Community.



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*Laugh, write, meditate and connect*

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#### FIND US IN FLOURTOWN

Flourtown Commons  
 1811 Bethlehem Pike  
 Suite 212-213  
 (215) 233-2002

## STAFF CELEBRITY SPOTLIGHT

### Tierra Burton

**Job:** Produce manager, Chestnut Hill

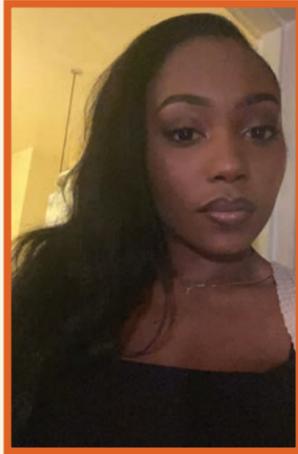
**Since when:** January 2022

**Age:** 27

**Where she's from/where she lives now:**

West Philly/Upper Darby

**How she got to Weavers Way:** She has extensive experience in food retail, including stints at Shop Rite in Southwest Philly, as a vendor for Frito-Lay, and an assistant store manager at multiple Lidl locations. Although she was well-paid at Lidl, she decided to leave after two years because of the heavy workload and long hours. She applied and was hired by Weavers Way without knowing what a co-op was.



**What she learned from her previous experience:** "[For] Lidl, specifically, we had to do three freshness checks a day for produce alone... I guess, productivity and knowing how to be efficient when working... how efficiency and productivity go hand in hand." She also has a lot of merchandising experience.

**Favorite Co-op product:** The organic produce (of course!), especially mangoes.

**Job goals:** "I hope to pass Mt. Airy in sales very soon, if everything goes properly. There's no reason why we shouldn't be able to do that."

**What's different about working at the Co-op:** "Everyone is really kind. They're interactive and they care about what we do here.... It's hard to find genuine people that actually care about what they're doing."

—Karen Plourde

*You are Invited!*

*Bring Hope Home*

Proud Sponsor

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**2023 Annual Spring Auction** **When?**  
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**Where?**  
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Cocktails ♥ Food Stations ♥ Desserts ♥ Silent and Live Auctions  
[www.facetofacegermantown.org](http://www.facetofacegermantown.org)

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

### Weavers Way Board

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

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

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

#### 2021-2022 Weavers Way Board

**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 and Una Kang.

### The Shuttle

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 8 a.m.-8 p.m.

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#### Meat, Poultry and Seafood

Ron Moore, ext. 205  
[rmoore@weaversway.coop](mailto:rmoore@weaversway.coop)

#### Bakery

Kriss Walker, ext. 217  
[kwalker@weaversway.coop](mailto:kwalker@weaversway.coop)

#### Bulk

Danielle Mitchell, ext. 217  
[dmitchell@weaversway.coop](mailto:dmitchell@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](mailto: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](mailto:rick@weaversway.coop)

#### Grocery

Matt Hart, ext. 140  
[matt@weaversway.coop](mailto:matt@weaversway.coop)

#### Produce

Shan Wichmann, ext. 107  
[swichmann@weaversway.coop](mailto:swichmann@weaversway.coop)

#### Deli

Shawn O'Connell, ext. 134  
[soconnell@weaversway.coop](mailto:soconnell@weaversway.coop)

#### Prepared Foods

John McAliley, ext. 102  
[jmcaliley@weaversway.coop](mailto:jmcaliley@weaversway.coop)

#### Meat, Poultry and Seafood

Mike Lawrence, ext. 104  
[mlawrence@weaversway.coop](mailto:mlawrence@weaversway.coop)

#### Bulk

Juli Cardamone, ext. 142  
[jcardamone@weaversway.coop](mailto:jcardamone@weaversway.coop)

#### Bakery

Moises Iavarone, ext. 305  
[miavarone@weaversway.coop](mailto:miavarone@weaversway.coop)

#### Floral Buyer

Ginger Arthur, ext. 317  
[floral@weaversway.coop](mailto: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](mailto:srisinger@weaversway.coop)

#### Pet Department Manager

Anton Goldschneider, ext. 276  
[petstore@weaversway.coop](mailto:petstore@weaversway.coop)

## DID YOU KNOW?

You can read the Shuttle online.

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



### VIRTUAL NEW MEMBER ORIENTATIONS

New Member Orientations

Monday, March 13, 6:30-8 p.m.

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



## WEAVERS WAY EVENTS AND OFFICE HOURS

### Bulk Basics

**Every Sunday** Noon - 2:00 p.m.  
Get Tips from Co-op Members!  
Ambler Bulk Department

### Chicken Rasedar – A Moji Masala Recipe Demo by Seema Vaidyanathan

**Thursday, March 9** 6:30-7:30 p.m.  
Seema Vaidyanathan with Shireen Qadri and JD Walsh

Seema, a favorite Co-op cooking workshop host, will prepare a special chicken curry recipe using the Chicken Rasedar spice blend created by Moji Masala. The curry will be served with steamed rice and a raita. She'll also make a vegan alternative. Tasting is encouraged!

Shireen Qadri and JD Walsh are creator/owners of Moji Masala single-use Indian spice blends, which are available in our Ambler store. This workshop will be hosted in the cafe at Weavers Way Ambler, 217 E. Butler Ave.

### Fireplace Safety: All the Tips and Tricks from the Pro

**Tuesday, March 14** 6:30- 7:30 p.m.  
**Saturday, March 25** 10:30-11:30 a.m.  
Joe Ochal

Joe, a real scientist with a genuine passion for burning fires safely and cleanly, will share foolproof ways to start a successful wood fire in your fireplace or fire pit. He will discuss common causes and solutions for smelly fireplaces, wood smoke leaking into the room when using your fireplace, and cold air coming down your chimney. He'll also address the pros and cons of switching to a gas fireplace.

This workshop will be hosted via Zoom. A link to attend the event will be emailed to you after registration.

### Dogs Have Feelings, Too! Learn to Speak Dog with Brighten Up Pup

**Thursday, March 16** 6-7 p.m. Lisa Cruz

Our dogs often don't know what our words mean, unless we teach them, but they are masters at reading our body language. Let's return the favor and learn more about what our furry friends are saying to us. By reading their bodies, we can better know how our dogs feel, what they may be thinking and how they may behave so we can interact with them safely and respectfully. Just like us, dogs have subtle ways of showing us they are uncomfortable, worried or feeling threatened.

This event is geared toward children but is

valuable for adults as well. An adult must be present to supervise and assist as needed.

This workshop will be offered over Zoom; a link will be emailed to you after you register. Lisa's presentation during the workshop will be recorded. All attendees will be asked to mute themselves and, if they prefer, to turn off their cameras.

### Recognizing Medicare Fraud, Abuse and Other Scams

**Wednesday, March 22** 2-3 p.m.  
Joan Adler

Every year, Medicare is defrauded of billions of dollars, and this affects our premiums, out-of-pocket costs and quality of care. Joan's webinar will alert you to the way scammers try to get your Medicare number, how this puts your health at risk, and how to protect yourself from Medicare scams and fraud. We will also discuss how to recognize other scams.

This talk will take place over Zoom.

### How to Stay Safe Around Dogs You Know

**Thursday, March 23** 6-7 p.m.  
Lisa Cruz

According to the Centers for Disease Control, children are the most common victims of dog bites, and most dog bites affecting young children occur during everyday activities and while interacting with familiar dogs. Let's learn about how to safely and respectfully interact with our pups so we can enjoy each other's company. This event is geared toward children, but the content is equally valuable to adults. An adult must be present to supervise children and assist as needed.

This event will be hosted on Zoom; a link will be emailed to you after you register. Lisa's presentation during the workshop will be recorded. All attendees will be asked to mute themselves and, if they prefer, to turn off their cameras.

### Introduction to Grounding

**Saturday, March 25** 1-2 p.m.  
Elizabeth Corea

Elizabeth, a longtime Co-op member, will share introductory techniques and tools for grounding, a therapeutic technique that involves activities that "ground" or electrically reconnect you to the earth. Attendees will learn strategies to help them heal, detox, focus and de-stress. She is now retired, but taught communications courses at Framingham State University and counseled women with eating disorders through

the organization Feeding Ourselves. She has a master's in counseling psychology from Northeastern University. This workshop will take place at the Co-op's Germantown Outreach Office, located at 326B W. Cheltenham Ave.

### How to Stay Safe Around Dogs You Don't Know

**Tuesday, March 28** 6-7 p.m.  
Lisa Cruz

Dogs are all around us, so let's be ready to interact with them in a safe and respectful manner. Learn how to ask a dog's permission to pet them and how to tell if they are enjoying it. Also learn what to do if approached by a strange dog or one that might be jumping on you. This event is geared toward children, but the content is equally valuable to adults. An adult must be present to supervise children and assist as needed. This workshop will be hosted via Zoom; a link will be emailed to you after you register. Lisa's presentation during the workshop will be recorded. All attendees will be asked to mute themselves and if they prefer, to turn off their cameras.

### Seed Swap hosted by TrueLove

**Saturday, April 1** 1-3 p.m.  
Staff from TrueLove Seeds

Bring your seeds to share and trade with others. TrueLove Seeds is a local, farm-based seed company offering culturally important and open-pollinated vegetable, herb and flower seeds. Their seeds are grown by more than 50 small-scale urban and rural farmers committed to community food sovereignty, cultural preservation and sustainable agriculture.

The seed swap will take place at the Co-op's outreach office in Germantown, located at 326B W. Cheltenham Ave.

### Membership Office and Notary Hours

**Mt Airy: 555 Carpenter Lane**  
Membership and Notary Services  
Monday - Friday  
11 a.m. - 5 p.m.

### New Member Orientation

Monday, March 13  
6:30-8 p.m.

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

## Check out our Anniversary Sandwich!

# The 73

with Grilled Chicken, Cheddar Cheese, Arugula, Sweet Peppers, Green Goddess Mayo, Multigrain Bread

**Vegan**

with Baked Tofu, Vegan Cheddar, Vegan Green Goddess Mayo

**\$7.30**

reg. \$10.99/ea **Vegan** reg. \$9.99/ea

local

On Sale All Month Long!

