

# MAKE THIS THE YEAR YOU RESOLVE TO RUN FOR THE BOARD

by Kacy Manahan, Weavers Way Leadership Committee

AS THE CALENDAR YEAR WINDS down, many of us begin to look to the year ahead with intention. Whether you like to adhere to formal resolutions or prefer a more nebulous vision of how 2025 will play out, something about the new year compels us to get into planning mode.

One of the most common aspirations is to become more involved in our community, including the Co-op. We can achieve this through volunteering, engaging in politics or getting to know your neighbors better.

Fortunately, Weavers Way offers the chance to do all three! Each new year

presents an opportunity for members to elect several individuals to our Board of Directors. Any member in good standing over the age of 18 can throw their hat in the ring, but you need to complete two low-commitment steps first: Attend a board meeting and attend a virtual information session. (Continued on Page 10)

## Run for the Board of Directors 2025



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### What We Can Learn From Spain's Mondragon Network of Cooperatives

by Coleman Poses, for the Shuttle



New Economy  
Incubator  
Committee

THE 21ST CENTURY HAS CERTAINLY been a rocky one. No sooner did the millennium begin than we found ourselves in the jaws of an economic recession brought on by the bursting of the dot-com bubble.

Almost as soon as we recovered from that catastrophe, we entered an entirely new economic downturn brought on by the subprime mortgage crisis of 2008. Once again, we emerged from that calamity only to be confronted in 2020 by the death, disability, unemployment and scarcity of consumer goods and high inflation brought on by COVID-19.

As of this writing, we are once again in a period of economic prosperity. But what will the consequences be if the threat to deport all undocumented immigrants goes into effect? Given their importance to the workforce in agriculture and the building trades, what effect will their deportation have on our supply chain? Will climate change further exacerbate these problems?

What complications might arise if new tariffs go into effect? Will infla-

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# The Shuttle

DECEMBER 2024

Since 1973 | The Newspaper of Weavers Way Co-op

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## Grace Project Provides Physical Help and More for Kensington's Needy

by Lisa Gentry, for the Shuttle



Photo by Lisa Gentry

Volunteers from Philadelphia Grace Project arrive in Kensington to set up for their Thursday night outreach.

THERE AREN'T MANY JOYFUL MOMENTS in Kensington on a Thursday night with The Philadelphia Grace Project. We see men and women (and sadly, sometimes children) who haven't eaten a decent meal in days. We meet folks who aren't wearing clothes that sufficiently protect them from the elements — they're too heavy, too light, or too wet. We see people with untreated wounds or illnesses. And of course, we see our neighbors in the throes of addiction.

And yet, somehow, it's the best night of my week. It may be because of the young woman who asks for the pink ice pop instead of the blue one. Despite her situation, she still has some small measure of tenancy and, darn it, she likes pink. Or because of the man who thanks

us for smiling at him — such a simple gift to offer. Or maybe it's the person who just needs a hug. There's also joy in watching these people who need so much share with each other and have each other's back. Ultimately, the greatest joy is to find someone who wants to start treatment.

Despite what we may see on the surface, these are sons and daughters, mothers and fathers, sisters and brothers. They are human beings who crave love, acknowledgment, acceptance and some small sense of dignity. Our volunteers set up in Kensington every Thursday night to provide food, clothing, hygiene supplies and wound care to those in need.

As important as it is to help with physical needs, we also need to build a

(Continued on Page 4)

## Dig It — Our Farm Soil Is Healthier

by Karen Plourde, Editor, Weavers Way Shuttle



Photo by Karen Plourde

Soil in late fall made at Henry Got Crops Farm in Roxborough.

THE CO-OP'S FARMERS ARE FEELING good about the results of a soil health benchmark study undertaken at our farms last year by Pasa Sustainable Agriculture that show that in overall soil health and two other areas, the soil at Weavers Way's two farms is significantly better than that of the average farm in Pennsylvania.

The study, whose results were calculated at Cornell University's soil health lab, showed that overall soil health at the Co-op's farms was 78 on a scale of 0-100. In contrast, the health of the soil on a typical farm is closer to 50. The healthier the soil, the more likely it is that nutrients are getting to plants naturally. As a result, plants grown in healthy soil tend to be more nutritious.

The organic matter score at our farms was 50, twice that of typical soil. According to Pasa, small increases in organic matter have significant implications for

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## Editor's Note

by Karen Plourde, Editor,  
Weavers Way Shuttle



THIS IS MY SECOND CALL FOR MORE poems for future editions of Weavers Words. After my callout last month, we got a couple, but that's not going to keep the poetry beast fed. Once you're done with the craziness of the holidays (if you celebrate), take some time to reflect and email what you come up with: editor@weaversway.coop. Please use the subject line "poetry submission for the Shuttle." And if you don't consider yourself a poet, please send in a favorite poem by someone else and include a few lines of your own thoughts about it. Thanks for considering.

Our collection of articles this month runs the gamut. On page 1, the New Economy Incubator Committee's column dives into the Mondragon Network of Cooperatives in Spain, and what America can learn from its business model. Also on the front page is a profile of the Philadelphia Grace Project, which works in the trenches in Kensington every week to dole out basic needs and encourage people to go into treatment. They were the beneficiaries of our Giving Twosday on Dec. 10.

On the following page, Kieran McCourt delves into the wonders of the pomegranate in his 'Slice It, Dice It, Serve It' column. Four words: pomegranate molasses whiskey sour. On page 5, our film maven, Jana Marie Rose, suggests another out-of-the box movie to add to your watchlist: the 2023 French film "The Taste of Things."

Finally, on page 14, Ruffian Tittmann, executive director of Friends of the Wissahickon, offers suggestions for how to maximize your time in the park over the winter. Fellow snow lovers are invited to gaze longingly at the photos of snow-covered trees and paths and hope that we'll get to see a little of that before spring.

As we close out another year of our newspaper, thanks for your readership, attention and contributions, whether they be through articles, Co-op hours or an email about something you saw in our pages. All are appreciated.

Happy Holidays! Catch you in the pages in 2025.

The Shuttle is published by Weavers Way Cooperative Association.

### Statement of Policy

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

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

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

### Advertising

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



by Kieran McCourt, Weavers Way Ambler

## A-ril Stunner



Pomegranates are a delightful treat during late fall and into December. These round fruits filled with juicy, ruby arils have been featured across human history in written records, archeological finds, myths and art. The seeds and juice can be sweet to tart, with little bursts of juice and the crunch of seed in each aril.

As with most fruits, we care more about what's beneath the outer skin. A pomegranate should be heavy for its size when you pick it up. Roundness is usually a sign of an unripe one — ripe ones will have angular or flattened sides as the arils ripen.

If you plan on cooking or using pomegranate in a recipe, it can be a chore to free the tasty seeds from the pith of the fruit. One of the better options is to work over a bowl of cold water while picking out the seeds or whacking them free. The arils will sink to the bottom while the pith will float, making the process easier. You can also purchase the arils by themselves.

Top a winter salad of hardy leafy greens or bitter chicories for a pop of flavor and color. Brighten up roasted roots, tubers, blistered green beans

or sprouts. The arils can also be incorporated into sauces or herb salsas alongside roasts and other rich dishes on frigid days.

They work well on chilly mornings, too; add them to oatmeal, porridge or yogurt. They make a lovely topper for pancakes, French toast, or waffles, and can be baked into muffins and other treats.

In addition to the fruit itself, pomegranate juice and its concentrated form in pomegranate molasses can also be incorporated into dishes in several ways. Pomegranate molasses make a great addition to salad dressings, marinades, glazes and sauces for a splash of acidity. They work especially well with lamb and other rich animal proteins and can be a fun ingredient to use in a drink. After all, grenadine was originally made with pomegranate juice.

Eggnog		Chocolate Milk	
16 oz	\$4.99	16 oz	\$3.99
32 oz	\$9.99	32 oz	\$5.99
64 oz	\$14.99		

## VENDOR SPOTLIGHT Nutty Novelties

We'd like to re-introduce our customers to Nutty Novelties for our vendor spotlight this month!

Nutty Novelties is based in Telford. Founder Caleb Mangum started selling his natural nut butters at the Lansdale Farmers Market in 2012. Within two years, he was selling them exclusively and began wholesaling his concoctions to locally minded retailers like Weavers Way.

The company offers a line of 18 different varieties. They strive to keep all their products high in protein, low in sugar, all natural and made by hand.



the word on wellness

# Give the Gift of Budget-Friendly Wellness This Season

by Karen Palmer, Weavers Way Ambler Wellness Buyer

AS THE HOLIDAY SEASON SWEEPS US into its cheerful whirlwind, it's important to prioritize our health and happiness, along with that of those we care about. This year, consider giving the gift of wellness to nourish body and soul.

You don't need a big budget to make a meaningful impact. Here are ideas that support emotional wellness, mindfulness and self-care without breaking the bank.

### Emotional Wellness Gifts

- **Gratitude Journals:** Encourage loved ones to reflect on the positives in their lives. A simple notebook works wonders when paired with prompts like "what made you smile today?" or "three things that you are grateful for." Gratitude journaling can enhance emotional well-being by fostering a positive mindset, reducing stress and increasing overall life satisfaction.
- **Stress-Relief Tools:** Stress balls or fidget toys, which are both compact and affordable, can provide an outlet for anxious energy.
- **Comfort Kits:** Assemble items like a cozy blanket or a soothing candle with a handwritten note reminding your loved one to pause and breathe.

### DIY Mindful Giving

- **Affirmation Cards:** Create a set of uplifting messages on colorful cardstock. Each card can offer a positive reminder for challenging days.
- **Personalized Playlists:** Curate a list of calming or inspiring songs and share it digitally with a heartfelt note about why you chose each song.
- **Memory Jars:** Fill a jar with fond memories or encouraging words written on small slips of paper for your giftee to revisit whenever they need a boost.

### Holistic Wellness Ideas

- **Mini Meditation Kits:** Include candles, a small crystal or meaningful memento, and a printed guide for a simple, five-minute meditation.
- **Tea Sampler Packs:** Pair calming teas

like chamomile or green tea with a mug from a thrift store (or the Co-op).

- **Nature Walk Coupons:** Commit to spending time outdoors with your loved one by offering a coupon for a shared walk at a local park or walking trail. By spending time outside (especially in colder weather), you can boost your mental clarity, improve your mood through increased oxygen intake, and strengthen your immune system by stimulating circulation and adaptive resilience.

### Acts of Care and Connection

Human connection is essential for emotional well-being. It provides support, reduces feelings of isolation, and fosters a sense of purpose and belonging. Here are some suggestions for gifting connectedness:

- **Offer Your Time:** Babysitting, cooking a meal, or being a listening ear are priceless gifts. Loneliness can negatively impact mental and physical health. Fostering meaningful human connections helps build a sense of belonging, reduces stress and enhances everyone's well-being.
- **Share a Self-Care Day:** Invite someone to spend an afternoon pampering themselves. Watch a feel-good movie, try DIY face masks or sip some tea or hot chocolate together.
- **Support Their Goals:** If your person is pursuing wellness goals, gift something that aligns with their interests; for instance, a set of resistance bands for a fitness enthusiast or a calming diffuser for someone in search of peace.

At its core, wellness is about balance — nurturing the mind, body and heart. Emotional wellness is especially important during the holidays, when the season's joy can sometimes be accompanied by stress or loneliness. Taking the time to show care, whether through a small gift or a heartfelt gesture, can make a profound difference in someone's life.

May your holiday season be filled with warmth, connection and wellness in every form.



Photo by Rachel Coats, Weavers Way marketing manager.

Karen Palmer, Weavers Way Ambler's wellness buyer, puts the finishing touches on the store's holiday gift display.

## Marching in the Holidays

Santa and a bunch of Weavers Way volunteers braved the chill and got in their steps on Butler Avenue at the Ambler Holiday Parade on Dec. 7. Thanks for representing!

Photos by Rachel Coats, Weavers Way marketing manager



## Grace Project Provides Help and More

(Continued from Page 1)



Photos by Lisa Gentry

Volunteers from Philadelphia Grace Project staff tables with sanitizer and other hygiene items every Thursday night in Kensington.

sense of trust and treat our struggling neighbors with respect and care. Many of our volunteers work in the recovery world, which helps our efforts to get people into treatment.

The Grace Project is thrilled to partner with Weavers Way to help provide nutritious meals to those in need. We appreciated your contributions on Giving Twosday Dec. 10, and we invite you to help by earning working member hours and other future opportunities.

It's a difficult life out there, and there's so much pain and need not far from our lovely little corner of the city. Sometimes, our work can make us feel defeated. But if we can give someone their pink ice pop, well, it's been a good night.

If you'd like more information on The Grace Project, please visit our website: [www.teamgraceproject.org](http://www.teamgraceproject.org).

## Did You KNOW?

### The Home of a Local Captain of Industry

**William P.M. Braun Estate (1895)**  
 232 Pelham Rd., Mt. Airy  
 Architectural Style: Jacobean Revival

**W**ILLIAM P.M. BRAUN WAS THE FORMER PRESIDENT OF PENNSYLVANIA Lawn Mower Works and president of the Braun Company, which manufactured electric coffee mills, meat choppers, and similar machinery. The home was built in 1895 and is a beautifully landscaped property in West Mt. Airy, an area where many members of Philadelphia's mercantile class erected stately mansions during the 19th century.



Photo by Adrienne Carpenter

Braun was president of the board of directors of the Mary J. Drexel Home in Bala Cynwyd and served as a member of the board of directors at Lutheran Theological Seminary in Mt. Airy. He was married to Otylia Steiner, attended public school and completed his education at Pierce Business College. Braun died at age 82 and was buried at Laurel Hill Cemetery in East Falls.

—Adrienne Carpenter

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The Weavers Watcher

# 'The Taste of Things' Celebrates the Importance of Mindful Eating

by Jana Marie Rose, for the Shuttle

THE FRENCH FILM "THE TASTE OF THINGS" (2023) begins with the sounds of food sizzling. Immediately we are thrown into a 19th century rural French kitchen, where much care is taken to handle and cook every morsel of food. Each item — meat, vegetable, potato — is prepared with diligence, thought, care and love.

Love is the ingredient that shines through in this film, directed by Anh Hung Tran. While he is not French, the appreciation he has for French food surpasses the love many French people have for their own cuisine, as Juliet Binoche said in an interview. The film also provides an alternate view of cooking from the many cooking shows and movies we regularly see.

In American culture, we are obsessed with moving fast, being the best and living with stress and tension. Think of the famous Seinfeld episode in which George Costanza says that at work, you have to look busy and looking busy means looking frustrated. People believe you are working when you look frustrated. What if someone instead is working with diligence, care and love and is still efficient and excellent at what they do?

That describes Eugenie, the cook played by Binoche. Her audience of gourmands in the grand dining room is dazzled by her food artistry and craft and she never seems to break a sweat. The love and manner of making food weaves its way into the experience of her dinner guests. I suppose the energy with which we start something also reflects the energy of the finished product. A friend once said that when I told her how much I appreciated home cooking over takeout, it was because love was

in the food.

"The Taste of Things" is about savoring everything in life. It is an homage to a simpler time, in which chivalry existed, people took their time getting to know one another and relished their meals. That's how Dodin Bouffant, played by Benoit Magimel, courts Eugenie in the movie. He reveals his feelings slowly, with care and attention, the way courses are served at a luxurious dinner. One of the many things that connects us — regardless of ethnicity, creed, lifestyle choice or gender — is that we all need to eat. How much are we shaped by what we eat as well as how we eat?

If we don't know how to do mindfulness or meditation, and we cannot find a space in our day to focus on training our mind to focus, perhaps we can simply eat slowly and with care, the way these characters do. Eating this way is good for the body and for mental health.

In one scene, Dodin wants to cook for Eugenie, and he sets her up in a beautiful room so that he can prepare dish after dish for her palate. She takes her time, eats slowly and laughs shyly at his tenderness, kindness and affection. He even asks her if he can watch her as she en-



joys the meal, and she says yes.

In another scene, Dodin talks to the young maiden in the kitchen, who is 12 years old at most. He prepares a dish and asks her to eat it, and as she tastes it, he asks that she name each of the flavors. She does so with focus and care and only misses one. This moment, and the rest of the film, helps us recognize the flavorlessness of plasticland consumption and see the benefit of organic foods. While many of us eat salt and syrups daily, the characters in this film taste lavender, bergamot, honey, clove and other spices.

What is it about Eugenie that creates such a marvel of radiance? I think it's her peaceful silence. She appears to know peace and silence and is not afraid of the absence of

words. Therefore, she can respond to and create subtleties that provoke gourmet ecstasy.

May we all treasure moments of silence and the flavors of wholesome food — the sounds we hear while we're dining, and the peace of nourishment.

"The Taste of Things" is available to stream through Amazon Prime Video, Hulu, Apple TV and many other sites.



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 (December 1, 2024)

Store	Prep	Deli	Bulk	Produce	Beauty & Topical Remedies	Grand Total
Ambler	5,077	1,211	2,092	3,652	0	12,032
Chestnut Hill	6,268	1,913	1,688	0	7	9,876
Mt. Airy	2,895	1,651	2,742	0	0	7,288
Germantown	0	0	0	0	0	0
<b>Totals Sold</b>	<b>14,240</b>	<b>4,775</b>	<b>6,522</b>	<b>3,652</b>	<b>7</b>	<b>29,196</b>
<b>Deposits Refunded</b>						<b>18,617</b>
<b>Return Rate</b>						<b>64%</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. All CRP lids and containers must be returned fully prewashed and free of food residue.
4. Return containers in a timely fashion to prevent the Co-op from needing to keep buying more stock, and please do not write on or sticker CRP items.
5. Spread the word to family and friends, so they can help save the Earth, too!



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



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## What We Can Learn From Mondragon

(Continued from Page 1)

tion climb? Will other countries retaliate with tariffs of their own, thereby threatening yet another recession in our country? While we may not have the answers to these questions, given our experiences of the recent past, we can't help but feel that a new catastrophe is lurking somewhere in our immediate future.

In recent years, there has been a movement afoot to address the issue of making our communities more resilient to disasters as they arise. The COVID-19 pandemic only fortified our resolve to pursue such endeavors in order to assure that a community's water, food and energy needs are met.

While great efforts have been made to create such resilient communities, there have been fewer initiatives undertaken to understand how businesses handle misfortunes like economic downturns and pandemics.

During the great recession, between 2008 and 2012, 465 banks failed, according to the Federal Deposit Insurance Corp. And while we have yet to feel the complete impact of COVID-19, companies such as J. Crew, Tailored Brands, JC Penney and Hertz Global Holdings Inc. had to restructure. Meanwhile, economic powerhouses such as Bed Bath & Beyond, First Republic Bancorp and the SVB Financial Group succumbed to their losses.

### The Roots of Mondragon

Under such circumstances, we might want to ask whether large companies can even be resilient. If we do, then the answer can be summed up in one word: Mondragon.

The Mondragon network of cooperatives (where workers own and control the means of production) can trace its roots back to the unlikely locale of post-Civil War Spain. In 1941, a young priest, José María Arizmendiarieta, arrived in the town of Arrasate-Mondragón, in the country's Basque region. He found an economy devastated by the war.

To address the town's needs, Arizmendiarieta established a technical school and organized study circles to promote the cooperative model. Eleven students eventually enrolled in long-distance engineering courses, and in 1955, five of them founded the appliance company Fagor Electrodoméstico, Mondragon's first cooperative.

Over time, new Mondragon cooperatives emerged into a diverse network of enterprises that included such areas as banking, manufacturing, higher education and supermarkets. Today, the network is made up of 95 cooperatives that employ 80,000 people. The annual income of the corporation is 11,056 billion euros, or \$14.5 billion. The conglomerate is the largest company in the Basque region and is among the 10 largest corporations in Spain.

How was a company like Mondragon able to survive and thrive through various economic and natural disasters? This question has several answers:

1. The spirit of cooperation among Mondragon's worker-owners enabled many of them to accept a 5% reduction in wages during the Great Recession in exchange for the assurance that there would be no layoffs or furloughs.

2. Mondragon's interconnected network of cooperative enterprises has been able to pool its resources, thereby building resilience against economic downturns. For example, when the Great Recession finally forced Mondragon's first cooperative, Fagor Electrodoméstico, out of business in 2013, 2,000 people lost their jobs at Fagor, but 95% of those workers were relocated to other companies within the Mondragon network.

3. Mondragon developed a strategy of creating new co-ops to address various problems as they arose. When the Spanish Ministry of Labor excluded their members from the national social security system because, as business owners, they were not eligible for workers' benefits, Arizmendiarieta created an internal pension and health-care cooperative that supplied sick leave, parental leave, pension, unemployment benefits and medical insurance to Mondragon's members. This cooperative is still in operation, even though Mondragon workers are now eligible for social security.

The Mondragon network has had a profound effect on the economy and the culture of the town and its immediate environment. The Basque region has transported itself from the impoverished area that Arizmendiarieta encountered in the early 1940s into Spain's most prosperous area in terms of gross domestic product per capita.

The Mondragon corporation also ensures that income inequality is kept to a minimum by maintaining a six to one ratio between the salaries of the highest and lowest paid employees of the organization. The typical income spread at a large U.S. corporation is 300 to one.

Meanwhile, the town of Mondragón is the host to numerous culinary clubs that are managed cooperatively. Membership in the clubs is approved by a democratic vote, and membership fees are around 20 euros a month. Members benefit from the use of the ample and luxurious services and facilities, where, upon reserving a space, they can entertain guests.

Although there is a lot to admire about Mondragon's business model, the corporation has its warts. Most prominently, it is a multinational company with subsidiaries around the world. For the most part, these are not cooperatives and do not enjoy the same benefits as those workers who live in Mondragon's mother country. And while those subsidiaries suffer no more than those of other multinational companies, Mondragon needs to do more to be consistent with the seventh cooperative principle, Concern for Community. Even so, if we want to make our economic institutions more resilient in an increasingly unpredictable world, the Mondragon Corporation offers a pretty good blueprint.

*Coleman Poses is the chair of Weavers Way's New Economy Incubator Committee. Contact him at cposes1@gmail.com to learn more about the committee.*

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

### Post-Election Self-Care While Cooperating

THANKS FOR THE ARTICLE KAREN Palmer wrote in the Shuttle about finding balance post-election (Nov. 2024). I had naturally started to implement most of the things she suggested for my own self-preservation — limiting media, practicing self-care and spending time with family and friends.

My husband and I have been working members for well over 30 years. It is not always easy to find the time, the shift or the motivation to do our hours, but somehow, we have managed. This year, we still had a few shifts to do post-election. I signed up to be the greeter at the farm market five days after working the polls, voting and then waking to the news!

That Saturday morning, I was not looking forward to my shift at the farm, which is unusual for me. I love that shift! The weather was perfect. The sun was out. The leaves were turning. But how in the world would I be able to greet people with a smile on my face and a happy welcoming spirit? Could I really fake it and paste on a grin for even two hours?

Miraculously, when I arrived things were already bustling because it was Free Compost and Free Cheese Day! What? I didn't even know it was scheduled. Cars were lining up. Students were calling to and inviting cars in from Henry Avenue. Bennett Compost, along with the Saul Compost team led by Scott, was at the ready. Cider and coffee, along with donuts, flowed!

I spent two glorious hours helping folks navigate the lines, carry their groceries, and park their cars. And yes, a genuine smile never left my face. But it was watching the young Saul students work with their heads, hearts and hands helping, shoveling, carrying, talking and busying themselves that brought tears to my eyes. Not the tears of earlier that week — real tears of joy, because I got to see goodness and hope in action. Congratulations to that school, that program and everyone who worked that day. And thank you all for helping to renew my faith and my smile.

Pat Fiorella

### CORRECTION

In Sandra Folzer's Environment Committee column in the November Shuttle (p.17), she wrote that "Soap wasn't invented until the 19th century." However, Co-op member Maureen Ward emailed with this info:

"Since I visited a several hundred-year-old soapmaking shop in Lebanon many years ago, I decided to look up where the earliest soap was made. I found a reference to Babylon in 2800 BCE. It looks like Aleppo, Syria was also known as a big producer in the fifth century.

Just thought I would let you know. I did like the article."

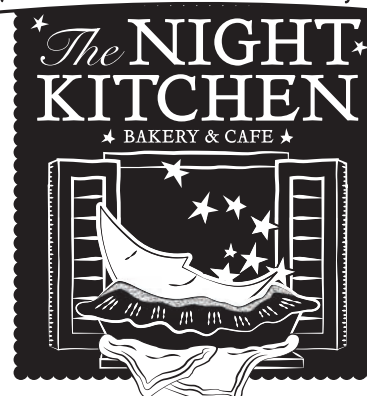
Thanks, Maureen. We're all a little smarter now.

### 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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GM'S  
CORNER

# As Big Grocery Gets Even Bigger, We'll Stick to What Works for Us

by Jon Roesser, Weavers Way General Manager

**S**ORRY, READERS, THIS ONE'S FOR THE GROCERY wonks. I'll try to come up with a topic of broader interest next month.

Believe it or not, we are now a quarter of the way through the 21st century, and it has been an eventful 25 years for the local food scene. New players have emerged (Sprouts, Wegmans) and old players have faded away (Super Fresh, Clemens). But one local brand, born in the 19th century and dominant throughout the postwar era, is still with us: Acme.

Its future is uncertain.

Self-service "supermarkets" came into their own in the 1940s and 50s. A&P was the biggest national player, and around here there was Food Fair, Penn Fruit, Pantry Pride and others. But Acme had the biggest share of the Philadelphia marketplace until about a decade ago.

Acme stores were ubiquitous, and the brand was iconic. Our Germantown store was an Acme until 1972. The CVS in Ambler was an Acme as recently as 2009. You may have older relatives who inexplicably add a syllable: "Ack-A-Me."

Today, the Acme brand lives on in about 140 stores from Connecticut to Maryland. But since 1999, it's been owned by Boise, ID-based Albertsons Corporation, which owns a bunch of supermarket brands, including Safeway, Jewel-Osco and Tom Thumb.

These brands are kept alive because of their regional appeal — Tom Thumb is to Dallas what Acme is to Philadelphia. But it's Boise that's calling the shots.

Acme has been steadily losing market share for quite a while, and as the competition gets tougher, they have been in retreat. The recent closure of their store in Andorra is just the latest (the Andorra site will become a Giant, which is owned by the Netherlands-based Ahold Delhaize).

The big news in the grocery biz is the proposed merger of Albertsons (market cap \$11.09 billion) with

“

## Mergers create winners and losers.

”

Kroger (market cap \$41.83 billion). Cincinnati-based Kroger is already the country's biggest grocery chain, and the prospect of it getting even bigger by merging with Albertsons has not sat well with the Federal Trade Commission, which has challenged the merger in court.

Mergers create winners and losers, the real winners being a relatively small number of people who get richer. This merger would give Kroger a stake in some major markets where it currently does not have a presence, including ours.

If the merger goes through, you can expect Kroger to ruthlessly close underperforming Acme stores, but we can also expect they will invest heavily in the stores that make the cut. Whether they would keep the Acme brand or rebrand the stores as Kroger is an open question. A rebranding might make good business sense, given Acme's decades-long slide from its former top-dog status.

Kroger's stores are clean and well-lit, with lots of bells and whistles (beer gardens, food courts, etc.). They have gotten high marks for overall customer satisfaction.

FTC Chair Lina Kahn has publicly stated her concern that the merger will further reduce competition,

leading to fewer choices and higher prices. Kroger's position is that the merger is necessary for it to remain competitive in an industry increasingly dominated by discounters (Aldi, Grocery Outlet), buying clubs (Costco, BJ's), and hypermarket retailers (Walmart, Target).

The combined Kroger/Albertsons behemoth would control 14.4% of the country's grocery business. That sounds impressive, but it would still be dwarfed by the industry leader, Walmart.

Walmart (market cap \$754.23 billion) now controls 21.9% of the country's grocery business. Its dominance cannot be overstated. It should be no surprise that Walmart puts the screws to suppliers and uses its size to undercut competitors. That's not great, but what's far worse is their ability to absorb rising wholesale costs by sacrificing margin on its grocery business, knowing they will make it up elsewhere in the store (clothes, electronics and all the other whatnot they sell). It's hard to compete when the industry giant can afford to essentially treat its grocery sales as a loss leader.

Walmart's outsized influence can be hard to see from where we sit, where the marketplace is highly competitive and their market share is only 6.65% (For those keeping score, around here Giant is #1, with 15.94% of the market).

But in many parts of the country, if you want to buy groceries, you go to Walmart. End of story. In those spots, they have 100% market share, unless you want to spend most of your day and half a tank of gas driving 30 miles to reach the closest competitor, which might be a Dollar Tree.

I say let all these monsters eat each other. We'll concentrate on our differentiators, none greater than this: A cooperative business model made up of 13,000 households that own a little grocery chain together, headquartered at the corner of Carpenter and Greene. We've been here 51 years and counting.

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# Germantown Jewish Centre Wins Lodestar Recognition

by Betsy Teutsch, for the Shuttle

**G**ERMANTOWN JEWISH CENTRE'S solar array, installed last spring, landed them on the radar of the Pennsylvania Solar Center and led to a Lodestar award in September for their efforts to promote clean energy.

The center, based in Pittsburgh, serves as an adviser to potential solar owners. It simplifies the onerous process by guiding owners through procurement, linking them with technical assistance, investors, funding opportunities and qualified solar developers. It's a hub for solar owners, businesses, and advocates across the state and an advocate for solar uptake and improved policies. Each year, they present about 30 solar initiatives with Lodestar recognition.

Sadly, Pennsylvania's status as a solar producer has slipped in recent years. In 2010, the state was among the top five of producers; we now rank 22nd. The Solar Center wants to reverse this slide by promoting and boosting projects around the state.

Solar States, the company with whom GJC worked to design and install its array, nominated GJC for a Lodestar. GJC has expressed its appreciation for the company's guidance and its pre-design analysis, as well as for working with structural and electrical engineering consultants on the project. In addition, the company coordinated with PECO on approvals. Team leaders Rabbi Na-



Photo by Sherman Aronson.

The solar array atop Germantown Jewish Centre in Mt. Airy.

than Martin and Sherman Aronson noted that a project of this magnitude requires careful planning and constant attention to detail.

GJC is a pioneer nonprofit because they used funding from the Inflation Reduction Act for the project. Formerly, solar rebates came in the form of credit against future taxes. As a result, tax-exempt entities had no direct way to take advantage of the 30% reduction afforded to recipients who pay taxes. The IRS has now implemented a new procedure for nonprofits to benefit from the same

30% cost reduction by issuing them a direct, post-project payment. Voila!

GJC and Solar States are available to consult with organizations who are interested in utilizing this generous subsidy, which is available until 2032. Since solar begins to pay back on day one, it is an excellent technology for appropriate sites and shrinks energy bills, along with their carbon footprint. When moral imperatives and budget goals align, we can make enormous progress in sustainability!

GJC was able to accomplish two major upgrades: They added insulation to their school wing's flat roof and installed 117 solar panels. Because the roof is flat, the panels are anchored but not stationery, which will facilitate future roof repairs.

Pennsylvania Solar's Lodestar Sunset Soiree took place on Sept. 26 at Yards Brewing in Spring Garden. Fourteen Philadelphia organizations were presented with the Lodestar Award, including State Rep. Elizabeth Fiedler. She championed new legislation, known as PA Solar for Schools, which frees up funding for them to add solar arrays. Because most school buildings sit empty in summer, generating solar from their rooftops is a win-win. And shepherding any progressive legislation through Harrisburg certainly deserves an award.

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# New Platform Makes Watching Waterfowl Easier for Everyone

by Margaret Rohde, Conservation Manager, Wissahickon Trails

FOR MANY, THE WISSAHICKON WATERFOWL Preserve in Ambler is a delightful place to stop and appreciate nature — to see plants, insects and open space that exists for wildlife and people as well.

Birders especially love to visit and have documented over 200 bird species on site, from shorebirds that stop to rest and refuel during migration, to ducks seeking open water in the winter months and breeding birds that build their nests in the willows and grasses along the water's edge. But for anyone using a mobility device, like a power or manual wheelchair, the preserve was not accessible, and it represented another example of a built (albeit natural) environment that did not take their needs into consideration.

Improving access and inclusion is core to our mission. If you've driven by the preserve at all since this past summer, you would have seen that we installed an observation platform that makes sure ev-

eryone can get a better view of the reservoir and its wildlife. The platform includes an accessible ramp leading to a flat viewing area complete with railings and a bench for anyone who might like to rest. The sides of the platform have been seeded with native grasses and wildflowers, and we are excited to see what it will look like next spring.

The final phase of the project is to add an accessible parking spot, curb cut and ramp in the sidewalk on Maple Avenue so that manual and power wheelchairs and anyone with a mobility disability can easily and safely park and access the sidewalk and the crushed stone path that leads to the platform. We hope that this work will be completed early next year.

This project was a long time coming (our original ideas were drafted in 2022!). The plans were redesigned many times as we learned more about how it should be constructed. It took humility, flexibility and patience with weather delays and the



Photo by Margaret Rohde

The new accessible observation platform at Wissahickon Waterfowl Preserve in Ambler.

permit process. Mostly, it took a community of supporters, and we are so grateful to everyone who contributed toward this project, whether through financial contributions or lending us their insights on inclusive and accessible design. We hope you enjoy the view!



# ELECTRONICS RECYCLING

WIRED WASTE DAY

Saturday, April 5  
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## WEAVERS WAY EVENTS

**Join Brighten Up Pup's Dog Savvy Club for Our 2nd Annual Service Project**

Saturday, January 18 2-3:30 pm  
 Weavers Way Outreach Office  
 326B West Cheltenham Ave

Get crafty and join us for an in-person stitching event in support of Glad Dogs Nation. You'll be adding squeakers to donated and repurposed stuffed toys lovingly donated by kids. Dogs in shelters and rescues across the country will appreciate snuggling and playing with their "new" toys! *Recommended for age 4 and up. Children must be accompanied by an adult.*

To help fund the event, please consider making a suggested monetary donation of \$5 per person or \$25 per family. This collaborative project was organized by longtime Weavers Way member Lisa Cruz, who is a supporter of Glad Dogs Nation.

**Virtual New Member Orientation**

Tuesday, January 21 6:30-8 pm

We encourage all new members to attend a member orientation. Our virtual orientation will include an overview of membership at the Co-op, how it works and why it's valuable. We'll explore our Online Member Center, discuss the benefits of membership and help you choose if working membership is right for you! You will receive 2 hours working member credit. The orientation lasts approximately 1.5hrs. You will receive a zoom link by email prior to the meeting. Please sign up at the Member Center.

**Membership Office and Notary Hours**

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

**EVENTS ARE FREE**

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



## Run for the Board of Directors 2025

### Make This the Year You Resolve to Run for the Board

(Continued from Page 1)

Even if you aren't sure you can commit to serving on the board this year, come check out a meeting and attend a virtual Run for the Board information session to learn more. The Leadership Committee is always on the lookout for folks who may be interested in serving either in a future election or in the event a current board member steps down and a vacancy needs to be filled.

Run for the Board information sessions will take place on Jan. 30 and Feb. 5 at 7:30 p.m. and Feb. 8 at 10 a.m. Applications for nomination to the Board are due by Friday, Feb. 28. For more information, contact us at [leadershipcommittee@weaversway.coop](mailto:leadershipcommittee@weaversway.coop).

Beyond serving on the board, there are several other opportunities for you to increase your community engagement as a Weavers Way member. If you haven't already, become a working member! By devoting six hours of your time per year to helping in the stores or on our farms, or assisting our community partners, you earn a five percent discount on every transaction at the Co-op.

If you want to be involved in a specific mission, join a member committee or propose creating one. Our current committees cover the environment, our farms, Co-op finances, food justice, the local economy, plastic reduction, DEI commitments and even backyard chickens. Board service, committee participation or helping with Co-op events also qualify you for working membership. For more information, contact Membership Manager Kirsten Bernal at [member@weaversway.coop](mailto:member@weaversway.coop).

Finally, Co-op members are always welcome to attend board meetings, which typically occur the first Tuesday of each month at a location near one of our stores. (Contact [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop) to attend.)

We urge you to become a more engaged member of Weavers Way and to explore what it would mean for you to serve on the Board of Directors. The Leadership Committee is here for you as you resolve to get involved!

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## Our Farm Soil Is Healthier

(Continued from Page 1)

improving soil health. Organic matter rapidly absorbs water during heavy rains and slowly releases it during dry spells, which helps crops withstand damage from severe weather. Moreover, organic matter helps mitigate climate change by storing carbon in the soil.

In the category “Days of Living Cover,” our farms also came out far ahead, with an average of 221 days per year versus 145 on a typical farm. “Days of living color” refers to the number of days farmers keep live plants growing in their fields. Maintaining growing spaces in living color longer keeps the nutrient-rich topsoil from eroding. It also keeps waterways and drinking water clean by helping fields better absorb and filter stormwater.

According to Alessandro Ascherio, the Co-o’s farm production manager, there are a couple of reasons why the amount of organic matter in our farm’s soil versus that of the average farm is so great.

“Some farms start on soils that already have higher organic matter and implement practices that at least maintain those levels,” he wrote in a Nov. 17 email. “Some start with high organic matter and quickly deplete it by tilling too much and losing carbon to the atmosphere and erosion. Some farms start with lower organic matter, and it just takes time to build it up with good practices.”

For their part, the Co-op’s farms started with “pretty perfect organic matter” and have been maintaining it by minimizing large-scale tillage of the soil and maintaining living cover or mulch for the whole year, Ascherio continued.

“Our soils actually have a pretty high percentage of silt, and we have vegetable fields on slopes on both farms,” he added. “The combination makes them more highly susceptible to erosion if we tilled more often and exposed the soil to heavy rain and wind events. [That’s] all the more reason to keep implementing our soil conservation practices.”

## Weavers Way Cooperative

## 2023 RESULTS

# WE’RE GROWING HEALTHY SOIL. HERE’S PROOF.

We’re participating in Pasa’s Soil Health Benchmark Study, a farmer-driven research project measuring soil health on over 200 farms. By comparing soil samples with our field management records, we’re learning how we can continuously improve our farming methods to leave our land better than we found it.

Take a look at our farm’s latest results.

### SOIL HEALTH SCORE

Compiling results from decades of research, Cornell University’s Soil Health Lab developed a soil health rating scale. The scale measures a comprehensive array of chemical, physical, and biological features that indicate how healthy a soil is.



Healthy soil feeds nutrients to plants naturally and makes our food more nutritious.



It also fosters a thriving community of beneficial organisms that naturally defend crops from pests and diseases.



\* Calculated by Cornell University’s Soil Health Lab for similar soil types.

### ORGANIC MATTER SCORE

Organic matter is formed when plant debris and animal manure decay over time. Small increases in organic matter have significant implications for improving soil health.



Organic matter rapidly absorbs water during heavy rains, and slowly releases water during dry spells, helping crops withstand damage from severe weather.



And it helps mitigate climate change by securely storing carbon in the soil.



\* Calculated by Cornell University’s Soil Health Lab for similar soil types.

### DAYS OF LIVING COVER

Days of living cover refers to the number of days farmers keep live plants growing in their fields — or, in other words, the number of days fields are not left bare.



Keeping fields in living cover protects nutrient-rich topsoil we rely on for our food from erosion.



Also, living cover keeps waterways and drinking water clean by helping fields better absorb and filter stormwater.



\* Pennsylvania benchmark for corn and soybean farms planted without cover crops, estimated with 2022 National Agricultural Statistics Service data.



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Traditional German holiday fruit bread

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**HOLIDAY PLATTER MENU ON THE BACK PAGE**

# How to Make the Most of Winter in the Wissahickon

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon



Photo courtesy of Michael Keesler

An icy Wissahickon Creek at the falls along Ridge Avenue in Roxborough.

**L**ONG DAYS AND LATE NIGHTS HAVE COME and gone, and the Wissahickon has settled into its winter shed. Despite the cool temperatures, all it takes to enjoy the park in winter is a warm jacket and sturdy shoes.

We sure do miss getting lost in a sea of green foliage (except for the gnats). But the limited tree cover unveils vast viewshed and optimum wildlife viewing conditions, especially of birds.

Want to get to know your blue jay, American goldfinch and chickadee neighbors a bit better? Join us for our brand-new birdwatching hike series with Troy Bynum, owner of TB Wildlife Photography LLC. He's a passionate wildlife photographer from Philadelphia and Friends of the Wissahickon social media contributor. Learning more about the animals in the Wissahickon and how to spot them only further enriches our relationship with the park.

Join us on Jan. 18 for the first installment in the series by registering at [www.fow.org/events](http://www.fow.org/events). And here are some options for entertaining yourself in the park this winter:

- Test your tree identification skills. During the winter, tree identification becomes a bit more challenging: Our Japanese maples drop their signature flaming red leaves, and the sassafras lose their large, mitten-shaped ones. If you can identify trees by their bark, buds and visible roots in winter, you can ID them in any season.
- See farther and wider across the Wissahickon. The views that you thought you knew in the spring are transformed with the changing of the seasons. Take a stroll up the Orange Trail and encounter the Fingerspan Bridge. It's a symbol of form and function and a permanent art installation by sculptor Jody Pinto that will steward you across the trail. From here, the views of the creek and beyond are clear and beautiful. Another high point to check out this winter can be found at the iconic Lover's Leap, which overlooks Lincoln Drive. It's near the Henry Avenue Bridge on the Yellow Trail.
- Go on a winter scavenger hunt. There's nothing quite like the scene of snow-draped trees and an icy creek. If we're lucky enough to get snow coverage this year, take the rare opportunity to find out who is enjoying their



Photo courtesy of Shannon Leber

A snow-covered Forbidden Drive.

snow day in the park. Take out your field guide and see if you can spot animal tracks on the trail.

Thank you for a fantastic 2024! As the year winds down, we're grateful for the enthusiasm and support of our neighbors and friends.



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# A Short List of Gardening Tasks for the Last Month of the Year

by Sally McCabe, for the Shuttle

WITH THE HOLIDAYS RIGHT AROUND THE CORNER, many may think December is a dreary time in the garden. However, there is still plenty to do: garden reflecting and planning, cleaning up and organizing, planting bulbs for spring and taking advantage of evergreens for holiday decorating.

Below is a short list of key things gardeners should tackle this month to prepare for winter and bring some of the garden indoors during the dark winter months.

## Take Notes

Walk around with a pad and pen and write stuff down. What worked in the garden this year? What didn't work? What do you need more of next year — or less? What repairs are needed before spring planting? Write it all down now, before you forget: Those notes will come in handy when you start planning next year's garden. (Hint: It's only two months until February, so you'd better start planning soon!)

## Assess Your Garden, Mow One More Time

Anything that is still alive will probably hold outdoors until that deep frost week when the temperature doesn't get above freezing. Until then, keep harvesting as needed and set up protection against the weight of any snow that might appear in the next month. If you built cold frames, make sure to vent them on sunny days; we forget sometimes that although it's 35° outside, it could be 100° under the covers.

Mow the lawn once more, and rake up thatch, since letting it sit on top of the grass all winter promotes mold. Thatch can be disposed of in your compost bin. Try to run your lawn mower until it runs out of gas, since that's a lot easier than trying to drain it. Trust me; gasoline goes bad over the winter. Flip the mower over, clean all the debris out from underneath and sharpen the blades if they need it. Then flip it upright and be sure to store it in a dry place for the winter. It's also important to make sure you keep some oil in your mower and if needed, take it in for a tune up. That way, it's ready in the spring without waiting six weeks for an appointment.

With how mild of a fall we've had, there is still plenty of time to plant bulbs, but you should aim to get them in the ground before New Year's Day. The ground may not be frozen by that point, but you'll be creeping up on their required time to develop in the ground properly before spring. If we get a crazy early spring thaw, your bulbs will be at risk of stunted growth.

December is also a wonderful time to force bulbs, like amaryllis and paperwhites, indoors. Those are the easiest to force, and are probably still available in the box stores, hidden underneath all the holiday stuff.

If you kept last year's bounty, you could jump in your time machine, go back six to eight weeks, and send them into dormancy by withholding water and light. No access to a Wayback? Start withholding water and light now, so you can force them to bloom in March.

## Bring in Your Houseplants and Assorted Advice

I was surprised last week to realize I had missed a bunch of my houseplants in the yard; luckily, they were still hanging on. So before we all start spending our time drinking hot chocolate by the heater, let's make sure we don't leave any straggler houseplants out in the cold.

Those with evergreens can take this time to shape shrubs to better fit their space. Meanwhile, you can collect scraps to make wreaths, centerpieces, flower arrangements and other stuff to brighten what's otherwise the darkest time of the year.

In this season of holiday gifting, consider giving friends, family and loved ones memberships to local botanical gardens, arboretums or nature centers for the holidays. Doing this supports those organizations and keeps on giving throughout the year. Add an extra person to these and you might even get invited along!

Although many of us are ready to cozy up by a fire and spend time indoors during these short, dark days, there are still a few outstanding tasks gardeners can do to prepare their gardens for winter, as well as bring some of the garden indoors with them. Follow this list and you'll set yourself up for springtime success!

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



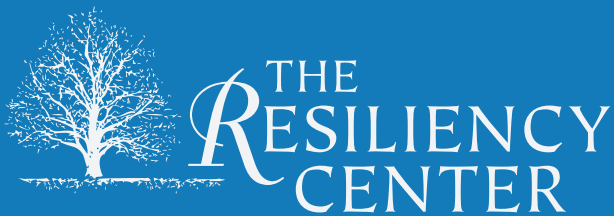
PHS volunteers plant bulbs at Penrose Circle in South Philly.

*Photo courtesy of Ris Productions.*



*Photo by Morgan Horell*

A bevy of hot peppers waiting to be picked at South Street Community Garden.



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## The Last Month of the Calendar Year

**D**ECEMBER COMES FROM THE Latin for 10 (“decem”). It was the 10th and final month of the Roman calendar until Julius Caesar created the Julian calendar in 46 BCE.

Caesar’s revision, based on the solar system, altered how time was calculated. This 2,068-year-old conversion added two months, January and February, which resulted in a year that included 12 months, 365 days and a leap day every four years.

December includes the holidays of

Christmas Eve, Christmas Day, Hanukkah, Kwanzaa, and New Year’s Eve.

The winter solstice, which happens on Dec. 21, marks the shortest day and longest night of the year in the Northern Hemisphere. For 10,200 years BCE, humans recognized and celebrated this auspicious event. The winter solstice symbolizes renewal, the value of nature and the start of planetary winter.

—Rosa Lewis



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# Bugs — Can't Live with Them, Can't Live Without Them

by Sandra Folzer, Weavers Way Environment Committee

THERE IS A TINY INSECT INVESTIGATING a corner of your bathroom. What do you do?

1. Smile and wish it well.
2. Gently pick it up with a small container and put it outside.
3. Murder it.

In our house, we gently place small critters outside where they might survive. Sometimes

I leave the inquisitive being alone and watch as he or she roams along the edge of the shower. I am happy to see any insect thrive in our insect-phobia culture, in which they are killed indiscriminately even though they usually present no harm. But I wish to add a caveat: I do not spare those tiny ants who invade my kitchen from time to time.

A friend suggested that a deciding factor in what to do with an insect could be "Is it going to do me harm?" if not, I should be happy to share space with it. While nursing my oldest daughter, Amma, in West Africa, sometimes scorpions would hide in my slippers. When I inspected, they would slither away quickly, so I was saved from having to dispatch them. FYI, scorpions have eight legs, which puts them in the spider family.

Why do so many people have phobias toward harmless insects? Do we tend to hate anything (or anybody) we don't understand? Sad. Bugs are small, which seems to make them especially vulnerable. Do we kill them just because we can? Even the term "bug" is negative, as when strangers sometimes "bug" us.

We need to get over this phobia. Insects pollinate our fruits, vegetables and flowers. They remove waste that would otherwise accumulate, and they are a food source for many birds and other animals.

We need insects; they don't need us.

## Insects Helping Us And One Another

It would be helpful to recognize that insects can be sentient beings. We tend to think we are the only species with feelings, but clearly, some insects do as well. Bees help one another; if one is wounded, another tries to heal it. They clean one another to protect each other from mites. They share food sources. To regulate the hive temperature, they take turns enjoying the warmth in the inner part of the hive, then move to the cold outer edge.

In sub-Saharan Africa, Matabele ants treat each other's infected wounds by secreting antibiotics. Sometimes they carry the wounded back to the nest for treatment.

Insects help us in many ways we don't notice. Aside from their critical role in pollinating our food sources, some control harmful pests. Ladybugs will devour aphids, which attack our fruit crops. Other beneficial insects include dragonflies, green lacewings and even parasitic wasps, which pollinate over 960 different kinds of plants and kill crop-damaging pests.

Even so, people kill these bugs indiscriminately. Hoverflies, which resemble bees but have only one pair of wings, are harmless. They are attracted to sweat, and so land on people. Don't kill them, because they are the second most important pollinator after bees.

The tiny leaf beetle is credited with reducing the spread of the invasive water chestnut. The plant forms an impenetrable mat in waterways, killing off other aquatic plants and keeping swimmers out. Despite the millions spent on herbicides, the plants grew back. When scientists

introduced the leaf beetle, whose only diet was the water chestnut, to those waterways, the plant began to disappear.

In Africa, bees are used to deter elephants, according to an April 2023 article from CBC Radio. Elephants were being killed by farmers trying to protect their land. Now, Save the Elephants is helping villagers become beekeepers. Elephants are scared away by the hum of bees, and the villagers profit from the sale of honey. Beekeeping projects are also being undertaken in Malawi and Zambia around national parks.

There are a million known species of insects, but only one to three percent of them are considered pests. When a homeowner refrains from pesticides, the helpful insects can control pests naturally. Otherwise, the beneficial insects are killed along with the few pests, leaving the land more vulnerable.

Scientists introduced the idea of using beneficial insects, known as biocontrols, to manage other pests in the 1930s. However, with the invention of DDT and other pesticides in the 1940s, interest in biocontrols lessened. It wasn't until many pesticides and herbicides became ineffective as pests developed resistance to them that biocontrols become more common. In the New York State Integrated Pest Management Program, more than half of growers now use biocontrols. Nearly two decades ago, only 10% used them.

## The Scourge of Pesticides

Pesticides are everywhere. They're part of our way of life, even though they are poisoning us along with the innocent insects. For example, the National Institutes of Health found that two pesticides, rotenone and paraquat, have been linked to Parkinson's disease. Lawmakers are trying to get the Environmental Protec-



tion Agency to ban paraquat, a common pesticide used by farmers, because there is an increase in the likelihood of developing Parkinson's, non-Hodgkin's lymphoma or thyroid cancer, according to a Nov. 1 article on The New Lede website. Meanwhile, Monsanto is currently being sued by victims of Roundup because of the harmful effects of glyphosate.

## Why to Avoid Lawn Services

By using a lawn service, you may be unintentionally killing bees, beneficial insects, birds and any nearby aquatic life. For example, I learned that a popular lawn service, used by many of my neighbors, uses Speed Zone EW, which contains four active ingredients for weed control. All have negative effects on bees and birds as well as humans.

One of the cheapest and most common weed killers in the country, 2,4-D, may be carcinogenic and is a potential endocrine disruptor, according to a March 15, 2016 article on the National Resources Defense Council website.

"But my lawn looks nice," you might say. That may be true. But if you want birds in your trees and bees to pollinate your garden, avoid chemicals and leave a little yard waste as a refuge for insects and other animals.





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**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.

# 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.

A couple of foodborne illness events made the news last month. McDonald's served slivered onions that had E. coli and made about 90 people sick. Some organic carrots that also had E. coli made a bunch of people sick.

Sometimes, a food product recall is the only way to find out who actually makes (or grows or distributes) a food product. For example, if you wanted to know who makes a Trader Joe's brand item and write to Trader Joe's, they will likely inform you that they consider that information proprietary. However, if a recall is declared, the corporation responsible for producing the product will likely be disclosed.

Traceability is part of the reason the Food and Drug Administration requires all packaged food products to show the name of the manufacturer (or packer/distributor, accompanied by a qualifying phrase that states the firm's relationship to the product, e.g., "manufactured for" or "distributed by") and an address. This may or may not be the product's producer but can lead to it by following the supply chain from that point back.

We found out most packaged organic carrots, regardless of brand, package size or retailer, were a product of Grimmway Farms. Grimmway has an interesting history and was a beneficiary of the "invention" of baby carrots, which dramatically changed the carrot industry.

Baby carrots were created around 1985 by a carrot farmer who was distressed about the amount of waste unsalable carrots created. Carrots that were misshapen or broken were considered unmarketable waste, but by cutting them into smaller shapes and peeling and packaging them, they became a value-added product. Carrot sales soon doubled.



Around 1995, Grimmway bought the Bunny Luv brand, which helped them become a large produce company that specialized in organic carrots and other organic vegetables.

Lately, I've been thinking about "vertical integration", a term I once heard in high school economics class. Our co-op is an example of this, because we have farms, a warehouse and stores. We produce some of the food we sell at our farms and kitchens, distribute food via our warehouse, and sell that food via our stores. So we have that in common with the likes of McDonald's, Apple and Tesla.

Of course, we're not at their scale yet. But the success of our Germantown store has set us up for continued development, if we want to pursue that route. In business, bigger is better, and with less business regulation on the horizon, we can pursue growth using the shortcuts we've been denied in the past.

### suggestions and responses:

**s:** "Does the Co-op have organic, shade grown whole coffee beans in bulk in any location?"

**r:** (Danielle) As a grocer, I have a particular interest in coffee and its sourcing. Deepening partnerships with Fairtrade-certified and ethically sourced producers is a focus in my work. Over the years, we've developed a sustainable relationship with Equal Exchange, which supplies the majority of our bulk coffee beans. Here's their statement on shade grown coffee:

*"...Over 98% of Equal Exchange coffees are certified organic by volume. The overwhelming majority of these organic coffees are shade grown. Some of the coffees that are not are produced in*

(Continued on Next Page)

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(Continued from previous page)

locales where deforestation has occurred. The land in these areas is in transition; it is in the process of being restored with agroforestry systems, using coffee as the principal crop.

While the shade grown certification system is appropriate for some growers, we do not believe it provides sufficient additional benefits for us to ask our producer partners to go through this process on top of the Fairtrade and organic standards they are already meeting. Both organic and Fairtrade standards have environmental components that cover much of what shade grown certification requires.

From our perspective, shade certification does not significantly alter the practices of farms that are already Fairtrade and organic certified.”

We also have organic bulk options from local roaster Backyard Beans at our Mt Airy, Germantown and Ambler stores, although they, too, do not have shade grown certification and have a lengthy explanation as to why they don't. In summary, we have shade-grown coffee by practice from Equal Exchange in all locations, but without official certification. If you have any other questions or recommendations for great coffee, please reach out.

- s:** Years ago, the Co-op introduced us to Organic Petit Biscuit au Chocolat by Natural Nectar, which was topped with dark chocolate. (There is also a milk chocolate version.) Then you stopped selling them, and we had to purchase them at Whole Foods (Oh, the horror!). Please restock them so we can again support our Co-op with our cookie dollars. P.S. We do our weekly shopping at Mt. Airy because we are accustomed to the brands you carry there, but shop during the week at our corner Germantown store for fresh fruits, veggies, and milk.”
- r:** (Norman) Looks like we dropped them because our main supplier discontinued them. We have a secondary supplier that still shows them as available, but that supplier has some quirks that makes them difficult to deal with on a regular basis. We could special order you a case of 12 if you want, although it may take a couple weeks until we place our next order. The price would be about \$5.70 per package. Sorry this isn't easier. Thanks for the note about how you use our stores.
- s:** “For several years, I purchased low sodium solid white albacore tuna packed in water at the Co-op. It came in a light green can. I do not recall the brand name, but it was superior to any supermarket brand. For reasons that are unclear to me, my favorite tuna is no longer available. In its place, the Co-op now offers only



## Baby carrots...

## dramatically changed

## the carrot industry.



chunk tuna.

A brand I just bought, Safe Catch Elite Pure Tuna, turned out to be some sort of pink mush that had been pressed like Spam to resemble solid tuna. Nothing on the label indicated it was not white tuna and not solid. I am not that picky; I would be happy with any brand of solid white albacore tuna. Can you stock that? Much appreciated.”

- r:** (Virginia) Based on your description, I'm guessing it's the Natural Sea low sodium white albacore tuna in water. Natural Sea has been discontinued from our vendors, with many of their formulas going to the Field Day brand. I suggest giving the Field Day wild caught chunky white albacore tuna (no salt added) a try. It should be available in all our locations. We'll also look for a solid Albacore tuna.
- s:** “The Co-op carries several brands of cultured buttermilk. I would appreciate natural buttermilk, which is the remaining liquid after butter is made. Surely there must be a large amount of it available, since so much butter is used. Is it possible for us to get small bottles of uncultured buttermilk?”
- r:** (Jess) Natural by Nature is probably the smallest batch buttermilk we have, but it is still cultured and therefore thickened, which extends the shelf life significantly. I would assume that's why most dairies culture — to extend the shelf life of a lower volume product. Despite all the butter being made, we don't have a supplier for uncultured buttermilk.

**s:** “Hi! Do you carry diastatic malt powder in any of the stores? If not, can you order it for me?”

**r:** (Danielle) Thanks for reaching out. We have not carried diastatic malt powder previously. I checked our baking suppliers to see if we had any available to us, and unfortunately, came up empty on all accounts. While our distributors (namely UNFI) carry more household baking products by bigger names, our distributors tend to not purchase items that are more niche, even if they're made by the same manufacturer, presumably because they don't have the sales justification in the stores. As a last ditch, I reached out to my mother, who is an avid baker. She used to purchase diastatic malt powder directly from King Arthur Baking Co. I hope this info can get you what you need!

- s:** “Does the Co-Op sell soy curls — specifically, the Butler brand? Maybe I've missed them. Right now, the only way I can get them is via the internet.”
- r:** (Virginia) I did a search for soy curls, both Butler brand and in general, but was unable to find any available to us. I'm a bit disappointed — they sound like a great product.
- s:** “Where did the name ‘Cheerios’ come from?”
- r:** (Norman) Cheerios were originally called ‘Cheeriosats’ in 1941, but the name was changed to ‘Cheerios’ in 1945 after the Quaker Oats Company claimed the right to use the term ‘oats.’ The ‘cheer’ part is assumed to have come from the feeling of cheer you get when eating such a healthy and shelf-stable new breakfast product made from extruded oat batter. General Mills is currently working on modernizing the Cheerio franchise and since the word “cheer” is not heard much these days (except for cheerleaders), one of the new names being considered is Xanaxos.
- s:** “I'm back on a paleo diet and I'd like for us to stock lizard eggs, since reptiles go way back and are high in protein.”
- r:** (Norman) We placed an order for some Komodo dragon eggs that are locally raised in greenhouses that replicate tropical climates. Be sure to eat them soon after you get them. You don't want one to hatch, because Komodo dragons can be difficult pets.



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*The Backyard Beet*

# Geared to Helping Community Gardens Reach Their Full Potential

by Mike Bennett, for the Shuttle

**T**HIS TIME OF YEAR ALWAYS SERVES AS a necessary change of pace after a busy and fruitful summer. Nature turns inward, directing energy and attention toward preserving resources and preparing for renewal in spring. Invited by nature, we humans seem to follow suit. For me, reflection and gratitude seem to present themselves naturally and come easier when the weather gets cold and activity slows.

At the top of my gratitude list this year is our experience with watching community gardens grow in and around Philadelphia and beyond. Using edible annuals and perennials, these spaces tend to be primarily centered around food growing. But I have yet to find a space that doesn't benefit from the incorporation of herbs and pollinators, or the addition of plantings designed around sensory experiences, like a dye garden. Witnessing a flourishing community space reminds professional gardeners why we do what we do. All the ways that food growing connects us to our earth and each other present themselves in shared community garden spaces.

**Awareness and Abundance**

Bearing witness to a child eating a raspberry off the vine for the first time or realizing a potato comes from the ground is a beautiful experience. Community garden spaces allow children and adults alike an arena for exploration, imagination and discovery.

Many things can be learned by reading books, but some must be experienced. Here are a few:

- Pulling all the greens off a carrot without it coming out of the ground because you forgot to wiggle.
- Being elbow deep in a thicket of cherry tomatoes in search of a fresh snack.
- Overturning squash leaves to uncover a football size zucchini that everyone missed.

A proper community garden space can serve as a fresh food source for humans and animals alike. Whether a community space is managed as individual plots for rent or as a collective effort to donate to food-scarce com-



The moon gate (top) and exterior fencing (bottom) at Ambler Community Garden.

*Photo courtesy of Backyard Eats*

munities, a lot of growing can be done in even the smallest of shared spaces.

Especially in urban areas where green space is limited and residents may not have room to grow food, shared spaces can provide the footprint needed to produce otherwise hard to come by or overly expensive fresh and organic food. If we set up the right conditions and intentions, Mother Nature will deliver.

**Education and Camaraderie**

Public garden spaces provide pleasant settings for all sorts of educational programming. We have seen

them used for gardening-specific topics like pruning and harvesting, as well as classes on clothes dyeing or medicine making. Other activities that tend to revolve around shared spaces are yoga, meditation, cooking and music. When we create spaces for growing, we are also creating venues for learning and discovery.

If you decide to volunteer at or start a community garden, you are likely to encounter like-minded characters. Bonding over a shared love of nature and food has been an essential aspect of the human experience for generations. Watching longtime neighbors who otherwise would have never met develop relationships or share recipes is a wonderful experience. Shared community spaces strengthen neighborhoods and create opportunities for connection, which is vital to the health of any town, school or workplace.

**We Can Help**

Starting and maintaining a community garden space can be challenging. In addition to the challenges presented by gardening in general, community garden organizers often have to manage volunteers, township requirements and school boards, to name a few. Backyard Eats can help! Our mission is to be a key resource in the homegrown food movement, and community spaces are near and dear to this mission. From grant writing to design to volunteer organization, we have experience with all aspects of starting and maintaining these spaces.

We are grateful to all the dreamers out there who labor with love to imagine a better world filled with communal green spaces where people come to experience the wonders of nature. If you or anyone you know is interested, we offer free, on-site consultations to anyone who needs help starting or maintaining a community garden space. Just give us a call!

*Mike Bennett is an owner and president at Backyard Eats, a full-service food gardening business that helps design, build, maintain and coach on edible garden spaces. Visit [www.backyard-eats.com](http://www.backyard-eats.com) or call (215) 613-4883 to learn more.*



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# Artists in Our Aisles

## Michael Frost

I was a history and English teacher in a past life. In the Philadelphia area, I taught at Devon Preparatory School, Germantown Academy and Germantown Friends School. Before that, I had stints teaching in Vermont, Mississippi and Japan. In 2009, I graduated with a master's degree in journalism from the University of Maryland.

I am trying to recreate myself as a literary and photographic artist after surviving being hit by a car last year. I took these pictures to try to capture fleeting moments of beauty. They bring me back to the place I took the photo, whether that's Peru, Palestine or downtown Ambler.



The wall in Palestine



Ambler Theater



Two children in Palestine



A pair of deer posing in Ambler.

### SUBMISSIONS NEEDED

We want to feature your art in the Shuttle!

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

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

# Weavers Words

## SNOW

Wild white lines  
of wonder  
as sure as  
Zen Strokes  
on paper  
Snow on branches  
Zig-zag  
across the sky

—Henrietta Edelschein

## GRACE

Grace can fall on you suddenly like a warm, soaking rain.  
Or it can ease through your body the way a piece  
of chocolate gently softens in your mouth.

It can be summoned, but not toiled for.  
It is there for the weary, the wounded, the wicked.

You can float in it after a long day of heartache: the  
warm embrace — a plush, bright flag around your shoulders.

—Jan Jee Bean

## ORANGES AT MIDNIGHT

In the tired glow of kitchen light  
we ate oranges at midnight while our children slept and tea  
steeped to amber. Sprays of citrus

filled the air, dusted our hair

as we remembered eating oranges like apples whole and  
dripping wet under willow trees.

You winked, I blushed, a flash of wonder  
flickered in our eyes when one child stirred

and another cried and the witching hour

pecked at our heels — a quick embrace

and I inhaled, once more, the rind on your skin,

the succulent kiss of oranges at midnight.

~Sara Wenger

### 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 and put "Poetry submission (or reflection) for Shuttle" in the subject line.



## Imagining a World Without Waste

### Advocate for Glass Bottles From Supplement Makers

Many of us get a lot of health benefits from the vitamin and health supplements found at Weavers Way stores, but the plastic containers have got to go. I've gone online and filled out comments for many health supplement companies, asking them to offer glass containers. I've gotten a few responses, but I'm just one person. If 1,000 Co-op shoppers filled out complaint forms, companies would start to take notice: Their customers want sustainable glass containers, not toxic plastic.

There have been many articles in the Shuttle, in other newspapers, on TV, and all over the Internet that discuss the dangers of plastics to the health of our air, water, soil, bodies and all the animals on our planet. Plastic production, which involves fracking, pipelines, refineries, ethane cracker plants and incinerators for disposal, creates toxic waste and air and water pollution. Microplastics from containers and our clothing leach into our food and water and in turn, our bodies and those of almost all living creatures.

Start with three companies: Source Naturals, Nature's Way, and Natural Healthy Concepts. Each has a website and a simple way to click on the 'contact us' tab. We will reach out to other companies in the coming months. Here's how to get in touch with them:

[www.sourcenaturals.com/contact\\_us/](http://www.sourcenaturals.com/contact_us/)

[www.naturesway.com/pages/contact](http://www.naturesway.com/pages/contact)

[www.nhc.com/contact-us](http://www.nhc.com/contact-us)

Here's a sample letter you can alter or cut and paste:

To (insert company name):

I value your vitamins and supplements, and they help me stay healthy. But your plastic containers are poisoning our bodies and our planet. I'm writing to ask you to offer or switch to glass containers.

Plastics are widely known to cause a host of unhealthy outcomes for humans, animals, the planet and our future. These include toxic fracking for oil and gas, poisoned waters when pipelines leak, toxic refineries, pollution and production of carbon-warming gases in the manufacture of plastics, leaching of microplastics into our food from plastic containers, and air and groundwater pollution from the disposal of plastics.

The answer is simple – switch to glass for a healthier world.

Please respond to this, because I want to continue being your customer.

Thank you, your name

—Richard Metz

bags in hand, reusable cup ready to go. Somehow, I still ended up with a plastic-wrapped loaf of bread, onions in a net and cheese sealed like a hostage in a plastic prison.

"I'm doing my best," I muttered to myself, surveying the mess. "This is harder than it looks."

I help food service businesses go zero waste for a living. I design systems to reduce waste, replace plastic and make sustainability easy. But when it comes to my own life, it's a different story. Sure, I've read all the books and heard all the lectures, but let's be real; plastic is still everywhere. Even when you're trying, it feels like the planet has a secret stash of plastic bags waiting for you to slip up.

This holiday season, I decided to try — not perfectly, just better. We live on a sacred planet, and while I can't completely avoid plastic, I can certainly be more mindful of it.

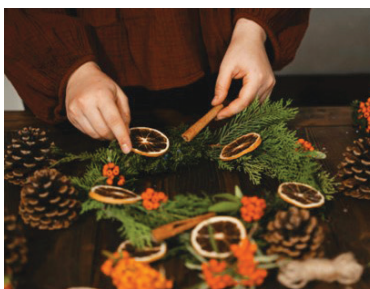
I had grand plans to use fabric, newspaper or at least some well-loved gift bags instead of gift wrap this year. But when the time came, I found myself wrapping presents in gift bags that had "Happy 40th!" written on them. Who's checking? The planet's not going to mind. Wrapping paper, meet reusability.

For food prep, I embraced the idea of bulk shopping; I thought I'd crush it. I filled my cloth bags with oats, flour and dried fruit, leaving plastic behind in the dust. By the time I was done, my pantry looked like it was straight out of a minimalist dream. Sure, I bought enough raisins to start my own dried fruit business, but I didn't buy any plastic, so...success?

Produce was a whole different story. I brought my reusable bags and picked the least plastic-wrapped vegetables I could find. Despite my efforts, I regrettably walked away with a head of cauliflower in plastic. I bought some romaine that was strangled by a produce tie. The Co-op recycles those, although I'm highly skeptical of their utility. At least I have 10 million reusable bags in which I put all my apples, bananas and any other produce that I need without using roll bags.

Regarding decorations, Pinterest promised that I could create a magical wreath from pinecones and twigs. I made the kind of wreath that would make Martha Stewart proud. I swear, a fairy now lives in it — she flutters around at night, adding sparkles and making it even more perfect. It's that magical. I don't know how it happened, but I'm not asking questions.

Through this process, I realized something important: It's not about being perfect; it's about trying to do better. Sure, I still had some plastic-wrapped produce and probably too many figs. But I reused what I could, made a wreath that might be enchanted, and took steps toward being a little more mindful. And that's all we can do.



Next year, I'll try to remember my produce bags more often. Maybe I'll go strictly bulk. Maybe my wreath will grow wings. But no matter what, I'll keep trying. Because when it comes to sustainability, progress is the goal, not perfection. Have a peaceful and bright holiday season.

—Alisa Shargorodsky is founder and director of ECHO Systems, a nonprofit dedicated to reducing single-use plastic waste and building sustainable infrastructure in Philadelphia.

### Plastics Treaty Talks Fall Short of Goals

The highly anticipated global treaty talks on plastics took place in November in South Korea. Several countries, including Russia, Saudi Arabia, China and the United States refused to agree to a treaty that would limit plastic production; there was only an agreement to come together and try again sometime in 2025. Following is the statement issued by the Plastic Pollution Coalition following the talks:

*Plastic Pollution Coalition and allies will keep pushing for the strongest treaty possible — one that caps plastic production and prioritizes health, centers frontline and fenceline communities, acknowledges the rights of Indigenous peoples and rights holders, restricts problematic plastic products and chemicals of concern, and supports non-toxic reuse systems.*

The American Chemistry Council, one of the biggest industry groups supporting plastic production in the United States, said it was "crucial" that any treaty be "focused on addressing the primary cause of plastic pollution — mismanaged waste," rather than on limiting the production of new materials. In other words, the plastics industry is sticking with the myth that we don't have a plastics problem — we have a recycling problem.

—Karen Melton

### Commit to Memory These Jar Library Tips

- Tell the bulk staffer on duty when you are dropping off your jars, so they can inspect them to see if they are appropriate for the jar library.
- Drop off clean, dry glass containers only — no plastic containers.
- Remove labels as much as possible. Volunteers maintain the jar library; the more labels there are to remove, the harder their job becomes.
- Larger jars are especially appreciated, e.g. tomato sauce or quart sized. Also, consider if the jar you're donating would be useful.
- If the incoming jar box is full, please do not leave your jars. Currently there is no place to store surplus jars.
- For any item you buy in bulk using your own container or a container from the jar library, you will receive a 15-cent discount at the register.

### Sustainability Values Progress Over Perfection

It was mid-December, and I had just returned from the grocery store with arms full of bags, most of which were plastic. I went into the store with high hopes: cloth





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

### Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. 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.

#### 2024-2025 Weavers Way Board of Directors

- President:** Cheryl Croxton  
**Vice President:** Hilary Baum  
**Treasurer:** Gail McFadden-Roberts  
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**At-Large:** Benjamin Bartley, Joshua Bloom, Ellen Badger, Kristin Haskins-Simms, Michael Hogan, DeJaniera B. Little, Kacy Manahan

### The Shuttle

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**Wellness Manager**  
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