# Thanks to You, We're a 2024 Philly Favorite

by Karen Plourde, Editor, Weavers Way Shuttle

A couple months back, we asked our shoppers to vote for the Co-op as their favorite grocery store in the Philly Favorites 2024 reader poll sponsored by the Philadelphia Inquirer. Well, plenty of you did, and what do you know? We won!

The Philly Favorites poll, which includes over 740 businesses, covers 243 categories — everything from bakeries to burgers to audiologists and escape rooms. The blurb under our listing, on p.88 of the Philly Favorites guide, states:

Weavers Way Co-op is owned and operated by members of the community who are connected to the neighborhoods. This store prioritizes sharing healthy foods and fostering strong community hubs. Weavers Way Co-op features hundreds of local

(Continued on Page 4)





Community-Owned, Open to Everyone

# Now's the Time To Cast Your Vote For Our Board

by the Weavers Way Leadership Committee



THE CO-OP NEEDS YOU TO CAST your vote for four candidates who are seeking to join Weavers Way's Board of Directors. You only have until May 18 to vote online, so there's no time like the present to take the plunge.

Our Board is responsible for assuring that the Co-op lives up to the values of our organization as expressed in our Ends. They also work to make sure that our general manager operates our business in a way that aligns with the Ends.

Your participation in our elections confirms that our members care about the Co-op as a community-building organization in addition to caring about and patronizing our business. And your vote affirms our independent, mission-driven, cooperative business, whose values and direction are derived from the seven International Cooperative Principles and Weavers Way's Ends.

In addition to the outstanding quality of the Co-op's offerings, our ability as an organization to do the following give us

(Continued on Page 7)

# The Shuttle

MAY 2024 Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 52 | No. 4



# The Future of SEPTA's Regional Rail System is Up to Us

by Anne Dicker, for the Shuttle

In RECENT MONTHS, YOU'VE PROBAbly seen a sign, flyer, poster or button for the Save the Train Coalition, a grassroots effort across Northwest Philadelphia that was created in response to SEPTA's budget crisis. You may also know that without full funding for SEPTA this fiscal year, we face the complete loss of the Chestnut Hill West line, as well as 20% cuts to the Chestnut Hill East line and the 23 bus route.

Our coalition now has over 7,000 members and 67 partners, including community groups, developers, houses of worship, environmental groups, histor-

ic sites, businesses, arts organizations and educational institutions. We also have the support of nine local elected offi-

cials. We're on a mission to save our train service and secure full funding for SEP-TA, and we need your help.

Coalition members are working tirelessly to raise awareness of SEPTA's immediate budget shortfall, encourage more of our neighbors to ride public transit, and push state and local politicians to "Step Up for SEPTA" to protect and expand this critical service. We're delighted and



encouraged by the positive response we've received from residents, public officials and even SEPTA itself. But there's

much more to do and time is of the essence. This year's state budget negotiations must wrap up by the end of June, while increasing ridership and securing future growth-level budgets for SEPTA are longer-term challenges.

We want to hear from you and enlist your help. If you don't ride regional rail, why not? Much of the data we've gathered suggests that many of our neighbors

(Continued on back page)

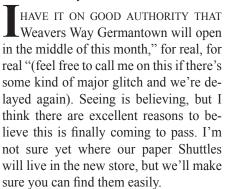


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### **Editor's Note**

by Karen Plourde, Editor, **Weavers Way Shuttle** 



We've already written plenty about the Germantown store, and there will be more to write once we're actually open. If you got this far, you've already seen the notice of our grand opening (p.1), which happens the weekend before Juneteenth. Hope to see you there! We've been waiting for this, and it's (almost) time to savor it.

While we're moving forward, we also took some space in this issue to check in with Nina Berryman, Weavers Way's first full-time farm manager (p. 7). Nina moved on from the Co-op last summer to work with (gasp!) the federal government as Philadelphia's first county executive director of the Farm Service's Agency, which is part of the U.S. Department of Agriculture.

Yes, the pivot to working with the feds has been tricky for her. But after running a farm in Philly for 15 years, Nina's seen the growth of the urban farm movement here and can appreciate the need to keep it going. Anyone who's bought produce from our farms in our stores, visited the farm market at Saul High, participated in our CSA or volunteered at our farms and orchard can appreciate why it's important to keep the city's growing spaces thriving, even as development looms over many of them.

One last plug, this one not directly Co-op related: Check out Charlotte Kidd's article on the efforts of folks in Northwest Philly to nurture monarch butterflies and their larvae. It's a great grassroots effort and features lovely photos.

Catch you in the pages (and in Germantown) next month.

#### The Shuttle is published by **Weavers Way Cooperative** Association.

### Statement of Policy

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

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

No anonymous material will be published; all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or letter. Submit to editor@weaversway.coop. 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.

### Check It Out!

#### by Karen Plourde, Editor, Weavers Way Shuttle

This month, I'm focusing on products from some of the new vendors you'll find this year at our Henry Got Crops Farm Market in Roxborough. The market just expanded to its full season hours (noon to 7 p.m. on Tuesdays and Fridays, and 10 a.m.-3 p.m. on Saturdays and Sundays), so there are plenty of chances to peruse what they have.

#### Here's some of what's new:

Wild for Salmon Seafood — This Bloomsburg-based, fisherman-owned business sustainably harvests and flash freezes wild Alaskan sockeye salmon and other fish and shellfish. Look for their salmon filets (\$21.99/lb.), salmon portions (\$24.99/lb.), cod portions (\$22.99/lb.), shrimp (\$16.99) and scallops (\$48.99).

TRUELOVE

SEEDS

The story is in the seed.

**Truelove Seeds** — Truelove is a farm-based seed company from Kensington that specializes in culturally important and openpollinated vegetable, herb and flower seeds. Their seed packet varieties (\$5.49 ea.) are cultivated by over 50 small-scale urban and rural farmers.

**Ursa Bakery** — Look for items from this Hunting Park-based bakery starting in mid-May. The market will feature a variety of their breads on Saturdays, including fougasse (a crusty, chewy French flatbread), baquettes, Sesamo (a light, yeasted loaf rolled in sesame seeds), rye, Hundo, Honey (a wholegrain spelt sourdough loaf with local honey) and Seedy, which features pumpkin,

Earth Fed Muscle — The market carries protein brownies,

sunflower, poppy, flax and sesame seeds.

peanut butter bars, electrolyte mixes and whey protein powder from this local, family-run protein wellness company.



The BLTL (Bacon, Lettuce, Tomato and Lonsa). Locally made **Aaji's** Tomato Lonsa, a traditional tomato spread with Coastal Indian spices, is the secret ingredient for this one, which is built on potato bread. Through June 4, the BLTL is \$1 off in all our stores.

sometimes, you just



want to grab one off the shelf and drink it. I enjoyed these a whole lot last spring and fall when I was going through a smoothie phase. Through June 4, they're \$3.99 each (regularly \$4.79).

Conebella also makes cheddars, many of which are flavor-infused (horseradish, Old Bay, smoked, etc.). They're \$2 off a pound through June 4 (regularly \$9.99).

Lastly, the deli in Mt. Airy has added **Divina Market** tangerine chili olives to its case (\$7.99/lb.). I'm an olive hater, but I can see how fans might enjoy the combo, especially at those summertime happy hours on the deck or patio. Divina's website suggests you serve them with Proseco and smoked almonds.



### Thanks to You, We're a 2024 Philly Favorite

vendors and the freshest produce around. Shoppers at the Co-op can participate in free workshops or volunteer in its stores or in the community in exchange for discounts.

FYI, the runners-up in our category were Riverwards Produce

(Continued from Page 1) and South Philly's Rowhouse Grocery. We also beat out heavyweights like Wegmans, Trader Joe's and Whole Foods. Thanks

www.phillyfavorites.com/listing/2024/grocery-store.

for your votes! If you want to check out the online listing, go to

For Sorrel's Sake

by Kieran McCourt, Weavers Way Ambler

This perennial herb is a member of the same botanical family as buckwheat and rhubarb. Its native ranges are the grassy plains of Europe and Asia. It's weedy and comes in several varieties, ranging from vibrant green to

Sorrel is known for its tangy flavor; it's almost citrusy on the palette and its culinary uses are as wide as its range. The young and tender leaves are great in salads, while the older and tougher leaves can be turned into soups and sauces.

It can be used to make a creamy, tangy soup all on its own, and makes great spring and early summer eating. Additionally, you could flavor a pot of beans with it or take a page from Eastern Europe cookery and make a green borsht.

This tangy herb is a great accompaniment to fish; it

offers tangy acidity without using a lemon. Add thinsliced sorrel leaves to a baked potato or potato salad as an herby flavor booster.

Sorrel also does well in sauces, including chimichurri, salsa verde and pesto. Consider blending it up into a green goddess-style dressing or a green, tangy aioli.

You can sub it for spinach in most recipes, including omelets, quiches, a quick scrambled egg or any egg dish. It also can be subbed into a spanakopita in full or

Since sorrel isn't commonly used in American cooking, it can be hard to find outside the Henry Got Crops U-Pick CSA fields. But it's easy to grow in your herb garden. It requires little care, can handle poor soil conditions and is hardy like a weed, but doesn't overtake a garden like mint can.

# Arbequina EXTRA VIRGIN Olive Oil







# New, Private Label Oil and Vinegar Offer Quality at an Affordable Price

by Danielle Sellers Mitchell, Weavers Way Sustainability and Retail Coordinator

T THE CO-OP, WE'RE NO STRANGERS TO PRICE volatility in grocery. As a community of educated member-owners, we believe it's essential to share insights on current conditions around the world and how they affect prices and availability. Doing so empowers us to make mindful shopping choices.

Recently, the escalating price of olive oil has captured our attention. A multitude of global factors, including adverse weather conditions in key olive growing regions, have significantly impacted production. Droughts in major olive growing countries have diminished crop yields, which reduces supply and drives prices upward. The long-term effects of climate change only fuel these challenges, which pose a significant threat to the stability of olive oil production going forward.

Additionally, as consumers continue to move toward healthier dietary choices, the increased popularity of olive oil has fueled demand. And that places additional strain on already limited supplies.

With all this in mind, we are excited to begin offering a new olive oil under our Weavers Way brand through MillPress Imports of Bethlehem. Our new private label olive oil is a mild and fresh, early crush



Arbequina from Portugal. It will retail at \$13.99 for a 500-milliliter bottle and will also be available in bulk for \$11.99 a pound. But to get you acquainted, we're taking \$2 off the bottled and bulk versions until June 4. We're looking forward to offering a high quality, affordable olive oil at a fair price, despite the constraints on supply.

While we were arranging to add our branded olive oil to our shelves, we found out we could get a good price for aged balsamic vinegar if we bought a large amount and branded it. So we did. Our Weavers Way private label balsamic is super thick and complex, with layers of flavor throughout. You may be able to detect notes of plum, honey and cherry when you try it.

The balsamic will retail at \$9.99 for a 250-milliliter (8.5 ounce) bottle and \$13.99 a pound in bulk. As with the olive oil, both versions will be \$2 off through June 4

It's part of our responsibility at Weavers Way to find ways to offer the products our shoppers are looking for at prices they've come to expect. We're hoping that this private label partnership will be an important piece of the puzzle as we try to navigate these challenges.

### the word on wellness

# The Path to Sustainable Happiness: Some Tips for a Meaningful Life

by Karen Palmer, Weavers Way Ambler Wellness Buyer

FEW WEEKS AGO, I WAS MEETING WITH A VENDOR and we were scheduling our next appointment. While looking at her calendar, she offhandedly said, "the day after my scheduled day for happiness is always so..." I didn't hear whatever else she said because I was riveted! "Scheduled day for happiness" —what is that? You book your happiness in advance?

Yes, that's what she does; she looks at her time and schedules things that make her happy. Up to that point, I never looked at happiness as a proactive gesture. But I do now and that got me thinking about happiness on a granular level.

Happiness isn't a fleeting emotion; it's a state of being that we can actively cultivate and sustain. In the hustle and bustle of modern life, it's easy to lose sight of what truly brings us joy and contentment. As someone who works to help you cultivate wellness, I'm passionate about helping you prioritize happiness and well-being in your life.

Here are some steps you can take to help you get happy and sustain your happiness:

• Practice Mindfulness: Take a few moments each day to center yourself, focus on your breath and be present in the moment. Mindfulness allows you to appreciate the small joys in life and reduces stress and anxiety. I have an alarm set four times a day to remind me to

encourage this state of mind.

- Nourish Your Body: Your physical health plays a significant role in your overall happiness. Fuel your body with nutritious foods, stay hydrated and prioritize regular exercise. A healthy lifestyle boosts your mood and enhances your energy levels and vitality. And Weavers Way exists to help you physically nourish yourself.
- Cultivate Meaningful Relationships: Humans are social beings and meaningful connections with others are essential for happiness. Invest time and effort into nurturing your relationships with family, friends and community. Surround yourself with positive and supportive people who uplift and inspire you.
- Practice Gratitude Daily: Take time each day to reflect on what you're grateful for, no matter how small. Keeping a gratitude journal can help shift your focus from what's lacking to what's abundant in your life. I started one a few years ago and am now sensitive to moments of gratitude.
- Engage in What You Love: This is what my vendor did proactively! Make time for activities that bring you joy and fulfillment. Whether it's pursuing a hobby, spending time in nature, or indulging in creative pursuits, prioritize activities that nourish your soul and bring a smile to your face. Schedule them in advance

- so you have something to look forward to; by doing so, you can change your mood ahead of the activity.
- Set Meaningful Goals: Setting and working toward meaningful goals gives your life purpose and direction. Identify what truly matters to you and set achievable goals that align with your values and aspirations. Celebrate your progress along the way and stay committed to your journey. I have so many projects going on around my house and commit at least one hour a day to move something along. I really appreciate the progress I make with my goals.
- Practice Self-Compassion: Be kind and compassionate to yourself, especially during challenging times.
   Embrace your imperfections and treat yourself with the same kindness and understanding that you would offer to a friend in need.
- Seek Professional Help When Needed: If you're struggling with persistent unhappiness or mental health issues, seek support from a therapist or counselor. It's okay to ask for help, and addressing underlying issues is crucial for long-term happiness and well-being.

Remember, happiness is not a destination but a journey. By incorporating these practices into your life and prioritizing your well-being, you can cultivate sustainable happiness and lead a more fulfilling life. Here's to your continued happiness and well-being!

FARM MARKET

HOURS
Tue & Fri Noon-7 PM
Sat & Sun 10 AM-3 PM

7095 Henry Ave • 267-876-3101

Interested in picking-up fresh, Weavers Way farm veggies every week May-Oct? Sign-up for our CSA via the QR codes below.

Weavers Way members, scan here to register:



Nonmembers, scan here:



# Northwest Residents Make Monarch Butterflies Feel at Home

by Charlotte Kidd, for the Shuttle

HILE WALKING IN MT. AIRY, ANN MARIE Ross spotted milkweed in Sonia Gordan-Walinsky's garden. She stopped and asked for permission to take some leaves home to feed her monarch caterpillars. Gordan-Walinsky agreed and sensing the opportunity for a science lesson for her homeschooled son, asked if they could see the monarch-raising project at Ross' home.

During their visit, Gordan-Walinsky and her son were mesmerized by the caterpillars' room, which was alive with incubating eggs, crunching caterpillars and emerging chrysalises. The visit brought back memories of her and a friend finding their first monarch caterpillars.

"We scooped them up [and] built little habitats for them," she recalled. "After watching those caterpillars spin their chrysalises, my mom and I started creating ceramic chrysalises.... We continue to make these sculptures. They just captivate us."

Ross and Gordan-Walinsky aren't the only Mt. Airy residents who make their indoor and outdoor spaces more hospitable to monarchs. Ann Ward, who teaches at the Cooperative Nursery School, also takes monarch eggs from larvae to chrysalis to butterflies in flight. She follows best practices in wildlife conservation and releases butterflies at her school, summer camps and other locations in Mt. Airy.

"I always involve families, children, adults I find along the way," she said.

In Chestnut Hill, Janet Lippincott has helped dozens of eggs grow into butterflies at her Monarch Watch Waystation. She maintains about 100 milkweed plants along with a glorious array of nectar flowers on her quarteracre property.

#### The Importance of Helping Monarchs

Active support for monarchs is more important than





photos by Charlotte Kidd

Two sources of nectar for monarchs: Purple coneflower (above left), and blue mist flower.

ever. Late last year, the number of overwintering Eastern North American monarchs seriously dropped due to drought after several years of somewhat stable populations. Also, only a small percentage of eggs reach adulthood in the wild.

Ross' fascination began when a monarch butterfly flew into her yard and laid an egg in front of her on a stray milkweed her neighbor had planted years before. She took the milkweed stem indoors, with the egg attached under a leaf. After two days, the egg hatched into a caterpillar that devoured leaf after leaf until it grew into a chrysalis.

"It was quite magical — eating, resting, growing and letting off green poop," she recalled.

Lippincott's property sports an official Monarch Waystation sign. Her habitat is lush with food and water for the monarchs' lifecycle, including a pond and four birdbaths.

"Beyond my back fence, I made a whole patch for milkweed: Asclepias tuberosa (butterfly weed) and Asclepias incarnata (swamp milkweed)," she said. She grows common milkweed mostly in large pots because its rhizomes spread far underground.

Lippincott added that the monarchs especially like coneflowers and black-eyed Susans. As a treat, she sets out sliced ripe bananas and oranges for them. When she frees the eclosed (newly emerged) adults, "They usually move on; they fly straight up into the air and disappear," she said.

After five years of raising monarchs, Lippincott has noticed that the butterflies first show up around July 4. More follow, and eggs and caterpillars appear soon after.

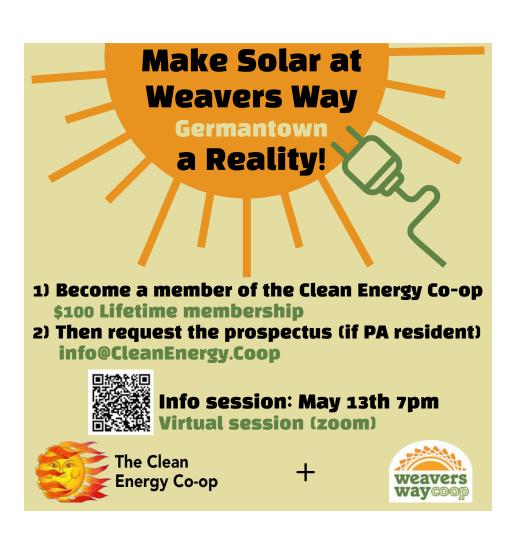
#### The Way of the Eastern Monarch

Eastern monarchs feed and breed along the Eastern Seaboard from Canada south from May through November. Southeastern Pennsylvania is a busy breeding ground in their flyway, and Philadelphia is a hospitable green oasis in that migration chain.

From May through September, the monarchs we

(Continued on Page 5)







### Northwest Residents Make Monarch Butterflies Feel at Home

(Continued from Page 4)







Butterfly weed photo by Charlotte Kidd; photos by Janet Lippincott.

From left, butterfly weed, a monarch caterpillar, a monarch butterfly perched on a black-eyed Susan, and a trio of monarchs.

see are feeding, breeding and laying eggs. While feeding and breeding, they cycle through five life stages: adult, egg, larva (caterpillar), pupa (chrysalis) and eclosure (emergence).

Their fall migration to Mexico happens from August through December.

Due to the extensive drought that extended from Oklahoma to central Mexico last year, less than half the usual number of monarchs reached their destination. Droughts reduce flowering and nectar production.

Monarch Watch reported a 59.3% decrease in monarch colonies' forest area compared to 2022. That percentage reflects the second-lowest number of counted overwintering butterflies since 1994, according to the World Wildlife Fund for Nature and the TELMEX/TEL-CEL Foundation and partners.

Chip Taylor, founding director of Monarch Watch, has advised that even more milkweed and nectar plants be grown this year to help monarchs recover from last year's catastrophe.

Milkweed is the lifeline for monarch caterpillars; tender young blades are best. Caterpillars, like teenagers, have huge appetites, so females usually lay one egg per leaf. Milkweed is a win-win of a plant, because it grows leaves for caterpillars and flowers for adults. Five types of it that are recommended for the Eastern monarch grow in the mid-Atlantic region.

Lippincott's pro tip for those who want to help the monarch population is to plant different kinds of milkweed. Its leaves are the only food that Eastern North American monarch caterpillars eat. Adult monarchs, meanwhile, feed on nectar flowers.

Nectar host plants sustain adults that are breeding and preparing to migrate. The nectar's sugars and nutrients will fuel the 3,000-mile flight and overwintering in Mexico's Sierra Madre Occidental range.

For more information on monarchs and how to help them, check out Ward's Winged Wonders Education page on Facebook and @wingedwondersmonarchs on Instagram.





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** (April 20, 2024)

Store	Prep	Deli	Bulk	Produce	Beauty & Topical Remedies	Grand Total
Ambler	4,722	938	1,657	2,612	0	9,929
Chestnut Hill	5,318	1,404	1,438	0	10	8,170
Mt. Airy	4,722	938	1,657	2,612	0	6,873
Totals Sold	11,2740	3,859	5,751	2,612	10	24,962
Deposits Refunded >					16,034	
Return Rate					64%	

### 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 food residue-free, fully prewashed.
- 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



Contact me today to achieve your real estate goals!

your guide.



### PART 3 OF 3

# Time, Practicality Are Key Considerations for Repairing or Replacing

by Betsy Teutsch, for the Shuttle

EIGHING WHETHER TO REPAIR STATIONARY APpliances such as refrigerators, stovetops, ovens, washers, dryers and dishwashers is a true headache. We rely on these appliances, and when they malfunction, we often need to get on the job quickly. This does not lend itself to thoughtful consideration of endless options; we just want the damn things to work.

However, replacing an appliance that requires a purchase, a delivery and folks to remove the old appliance and install the new one is complicated. Supply chain waits and tight service call schedules due to worker shortages are all part of contemporary life.

Most people want to give repairing a try. Older appliances were built to last longer, and often can be brought back to life if the parts are still available. This is not a given, because the appliance industry aims for short lifespans. A decade is a normal expectation; clearly, stocking parts is a business loser. For some models, independently produced parts are available, but this demands research and takes time.

Another useful approach is to check YouTube doit-yourself videos, akin to those posted for smaller device fixes. For those with a good set of tools and technical know-how, it's extremely satisfying and economical to invest the effort and follow the directions for fixes. Sometimes they even work!

General internet searching to identify glitches is also worth a try. Odds are that the same model or make gave other owners the same problem, and some of them have figured out how to correct it. Our dishwasher beeped once a minute and was slowly driving us crazy. It worked fine, but after a while, I decided to read the manual. There was no mention of the problem in the trouble-shooting portion, but a Google search revealed a simple fix —turning the circuit breaker off and on. It worked. No more beeps.

Appliance repair folks are good sources of knowledge on whether a repair is worth the investment. Labor is generally more costly than replacement parts. Some people are willing to pay for repairs just on principle, but you can run the risk of Laura Levitt's bummer — over \$500 spent on labor and parts that failed to fix her sturdy old dryer.

### They Don't Build 'Em Like Before

Debbie Bernstein, a Wyncote friend, points out that while repair people are good sources of knowledge, there is a

Photo courtesy of Wikimedia Commons A General Electric Monitor Top refrigerator, circa 1930s.

gap in the marketplace. "My frustration is that there are very few truly independent reviewers out there who can provide unbiased analysis for what to buy that would include information about repair and replacement," she wrote. That information is available for automobiles, but not for home appliances."

When I asked Facebook friends to weigh in on this repair-or-replace question, a torrent of venting ensued. The most common complaint is that new appliances, which are ever more reliant on computerized controls, are shoddily constructed and prone to quick flame outs.

Plastic has replaced metal; it weighs less and breaks, whereas metal parts lasted longer.

Judy Herzig-Marx, our cousin in Boston, is a thoughtful consumer who does her research. She believes 10 years is the high end for an appliance to last nowadays.

"I started buying service contracts," she wrote. "Good thing, because the wall oven needed to have the thermostat replaced within 18 months. The previous wall oven lasted 30 years with no repair. My friends tell similar stories, [including] refrigerators and washing machines that need replacements within three years."

New appliances will offer non-optional state-of-theart features, many of which average people will never use. Maybe you'd sterilize your dishwasher load if you have a newborn baby, but in general? Kind of useless. We have endless options on our washing machine that we never use and don't even know what they are. And don't get me started on automatic exterior ice-dispensers that take half a shelf of interior freezer space!

One argument in favor of new appliances is their energy efficiency. Households that hold onto an old refrigerator and keep it running, to be used on rare occasions, may not realize what electricity guzzlers they are. A new refrigerator uses so much less energy that it's noticeable on monthly utility bills.

In previous columns, I have shared my delight with our induction cooktop. If a stove with burners or a cooktop needs replacing, induction is a terrific option. It's electric, which is healthier for household and planet than fossil fuel gas cooking. It is also far more efficient than any other type of cooking, which lowers costs. Since nothing gets hot but the space under the cooking pot or pan, cleaning the induction surface and the utensils is a breeze. Nothing burns.

For the induction-hesitant, a good intermediate step is to buy a single induction burner. It will postpone the moment when the four-burner needs replacement and provides experience with this newish technology. That's how Marc Stier fell in love with induction and moved confidently to replace their dead cooktop.

Note that the pots and pans used on an induction cooktop must be cast iron or stainless steel. Most sites that sell cooking equipment will specify if a product can be used with induction cooking.



# A Busy Year of Adjustment for the Co-op's Former Farm Manager

by Karen Plourde, Editor, Weavers Way Shuttle

T'S BEEN ALMOST A YEAR SINCE NINA BERRYMAN, the inaugural manager of Weavers Way Farms, left the Co-op after 15 years to join the Farm Service Agency of the U.S. Department of Agriculture as Philly's first urban county executive director. As you might imagine, the learning curve has been steep.

"It's been a big change," she said in a recent virtual interview. "Luckily, I can still get out of the office once or twice a week, [visit] a farm and do outreach, but it is primarily an administrative office job."

Nina's "small but mighty team" works to connect urban farmers with the USDA's resources. Her office is part of a nationwide initiative (which includes 17 cities in all) for the department to better serve urban farms. They work closely with the Natural Resources Conservation Service, one of 29 agencies within the USDA.

"The Farm Service Agency acts as an economic safety net for farmers, and if farmers are looking for a resource that the FSA doesn't provide, we connect farmers to other agencies within the USDA that can assist," she wrote in an email after the interview.

The FSA's programs include insurance for farms to recover from natural disasters or droughts, along with loans and price supports. Meanwhile, NRCS, the sister agency that shares their office, handles most of the land conservation programs administered by the federal government. Their programs tend to be more appropriate for urban farmers, Nina said.

Since her office is new, Nina's team is putting a lot of their time into outreach, which is her favorite part of the position. Thus far, a lot of the farmers the team has connected with are struggling with land access.

"They either have a lease that has expired, or they don't have a lease at all, or they're trying to buy land and they can't afford it, or they can't find it," she said. "There are multiple issues around that."

The FSA can't offer much help with securing land. "But what I try to do is connect farmers to other nonprofits in the city that help navigate those issues," she said. "The best thing we can offer is, if someone has identified

land that they want to buy or lease, they can take out a loan with us."

As part of a typical day, Nina and her team visit a farm or arrange a future visit. Once they get there, they ask the farmer to give them a tour and tell them what their needs and challenges are. Once they have that information, she and her staff can suggest USDA programs that the farmer can look into to address their needs, then see which programs they're eligible for.

Back at the office, the team registers the farm in their system, gives it a number and draws a map around it. That's an important first step toward allowing the farm to apply for any appropriate USDA programs.

Fondness for the Good Ol' Days

Along with working outside and getting her hands dirty, Nina misses the sense she had of "working with family and friends every day" at the Co-op.

"I just really also miss this attitude that Weavers Way has," she said. "It's like, we see a problem, and we think outside the box to fix it or meet that need. Of course, the federal government is very restrictive. I miss the autonomy that I had."

Her main goal over the next few years is to make Philly farmers as aware of the FSA and its programs as farmers in suburban counties are.

"Just getting the word out that if you're farming, you should be in touch with our resources and our office," she said. "When I took the job, I didn't even really know what FSA was, and..everyone whom we talk to has no idea. And that's fine because we haven't been in the city."

Nina also wants her office to get a better handle on how many urban farms are in Philly. Her branch of the FSA is considered a pilot because the city's farm territory is unknown and needs to be mapped. She believes that getting an accurate count of Philly's farms will help justify the need for an FSA office in Philly.

"It's really important for our office to say, 'Yeah, we're really needed here; we have hundreds of farms to



Former Weavers Way Farm Manager Nina Berryman, who left the Co-op last year to become Philadelphia's urban county executive director of the Farm Service Agency of the USDA.

serve," she said. "Right now, we have 30 farms in our database, and we have literally like 300, 400 between community gardens, school gardens, people's backyards that they're growing food in."

For now, they're deliberately not defining what an urban farm is; they're trying to be as inclusive as possible. "As soon as you define it, then someone's excluded from that definition," she said.

Nina welcomes the idea of Philly growers on any scale seeking out her team and declaring themselves urban farmers.

"If someone wants to come in our office and be like, 'Hey, I grow peppers in five-gallon buckets on my balcony', that's fine — there's no limit to how small it can be," she said. "You don't even have to [sell or donate] produce; it can just be for personal consumption, like a family farm. It could be a nonprofit, it could be a business, it could be none of the above...if you think you're doing ag, you can work with us. We might not have a lot of programs to offer you, but you can still register your farm, so we can count you and know that you're there."

### Now's the Time To Cast Your Vote For Our Board

an inherent advantage in the grocery marketplace:

- Manifest our commitments to support the local and fair-trade economy.
- Provide a fair wage and generous benefits to our staff.
- Fund and support discounts for lower income members, including seniors.
- Protect the environment, including reducing single-use plastic and food waste.

(Continued from Page 1)

• Connect members with the Co-op and the greater community.

Now, more than ever in this time of growth for Weavers Way, your vote is crucial. Select Board candidates whom you believe will champion our values and goals and commit to the long-term health of our Co-op.

On Saturday, May 18, winners of the election will be announced at the spring General Membership Meeting.

We will also celebrate the opening of our Germantown store. Please join us!

To read profiles of this year's candidates, watch their videos and vote, click on the Vote for the Board banner on the Co-op's website www.weaversway.coop.



Looking to downsize? The Mercantile is your local vintage store, specializing in pre-1970s clothing, rugs, records and furniture.

### We Want to Buy from YOU!

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# Local Musician Harris Will Read From New Memoir at May Events

Reggie Harris has recently published a memoir and will be doing several book launch events in the area from May 20 to 23.

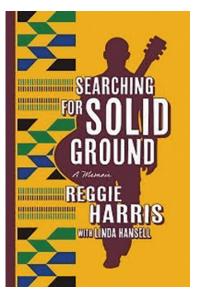
Harris, who grew up in Nicetown-Tioga, fell in love with music as a child. He was transported by the vibrant sound that filled the air in his church and the powerful sense of community.

"Searching for Solid Ground: A Memoir," co-written with Mt. Airy writer Linda Hansell, is a deeply personal chronicle of Harris's life. The book covers his childhood, his 40-plus years of performing across the world as one-half of the folk duo Kim and Reggie Harris, and his current work blending his musical gifts with a commitment to promote justice and peace and heal the racial divide. He shares his triumphs and struggles and his hard-won wisdom and insights, including the challenges he faced launching



a career in folk music as a Black musician. He also details a harrowing journey back to health through the gift of a liver transplant.

Harris was a winner of the 2021 Spirit of Folk Award and the 2021 W.E.B. Du



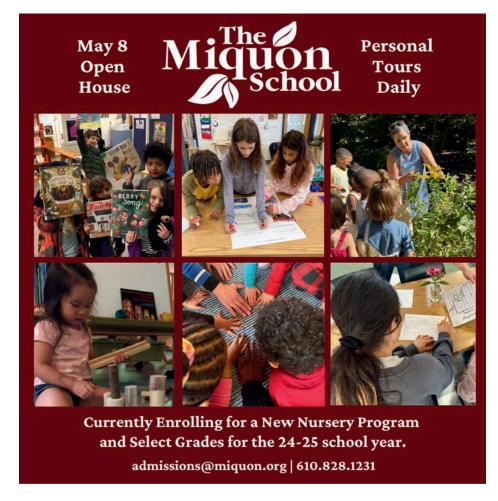
Bois Legacy Award. He is a teaching artist in the Kennedy Center's Changing Education Through the Arts Program and co-president and director of music education for the Living Legacy Project.

"Searching for Solid Ground" is available from your local independent bookstore or by ordering from online booksellers such as Bookshop.org, Amazon.com and Barnes & Noble.

Harris will appear at the following local book launch events and will read from and sign copies of his book:

- Tuesday, May 21, 7 p.m.
  Unitarian Universalists of Mt. Airy
  6900 Stenton Ave.
- Wednesday, May 22, 3 p.m. Chestnut Hill Branch Free Library of Philadelphia 8711 Germantown Ave.
- Thursday, May 23, 7 p.m.
  Private home in Villanova, PA
  Address furnished upon RSVP
  RSVP to leeabowers@outlook.com









# Trail Classic is Back to Promote and Raise Funds for the Wissahickon

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

THE WISSAHICKON TRAIL CLASSIC RETURNS ON Jun. 1 to celebrate National Trails Day. Friends of the Wissahickon was honored last year when the Wissahickon Wanderers asked us to partner for their 10k along the park's extensive trail system. We were even more honored when they offered to make us the beneficiary of the race.

In 2023, nearly 500 runners came out to conquer the Trail Classic. Through registration fees and sponsorships, we raised nearly \$30,000, which went right back into beautifying and conserving the park.

We're grateful for the opportunity to continue to connect park lovers and thrill seekers with a unique way to experience the Wissahickon — trekking through picturesque meadows, winding trails and rugged urban forests. We also have a family friendly, one-mile nature walk that happens at the same time and place if you aren't up for a race but still want to get in on the fun!

For more information and to register, visit fow.org/ wissahickontrailclassic.

If you need more convincing, join us on a tour of the race and the history behind some of the iconic Wissahickon touchstones you'll pass on your journey. Meet us at Forbidden Drive and Northwestern Avenue, right by Cedars House Café, to kick off the race. The café, which was built between 1899 and 1902, was once used as an office for Andorra Nursery, one of the largest tree and shrub nurseries at the time. Now it's a lovely place to grab a caffeinated drink and a sweet treat (you might need it after the race.)

On your marks, get set, go, and you'll be off along Forbidden Drive. The drive is one of a few gravel trails in the Wissahickon and the main artery through the park. Did you know the trail was originally established as a commercial road so the local mills could easily transport materials along the creek? Once it was opened to

the public, FOW saved the drive from becoming a busy highway and preserved the landscape and its distinction as an outdoor destination for hiking, biking and horseback riding.

A half-mile down the drive, we'll trek up "Monster Trail", which gets its name for its steep ascent. From here, Houston Meadow will be a cakewalk. The meadow is a protected natural area and is home

to a diverse community of animals and plants, especially birds. You'll pass a few wooden boxes that look like birdhouses, and in a way, they are. These are habitat monitoring boxes that are put in place to provide Eastern bluebirds habitat and help us gather data on their population.

From here, we'll come back down the hillside to Forbidden Drive and cross over the Wissahickon Creek via the Rex Avenue Bridge. This year, our Giving Tuesday campaign raised funds to restore the iconic archway along the bridge. This April, specialized masons gave it some much-needed TLC and restored it to its original glory.

Pass the Orange Trail, take the White Trail and give the Looking West Statue a wave! Then hop onto the Lavender Trail, which is lesser known but one of the most whimsical. With its cascading streams and lush, forested hillsides, you may want to stop and take in the sights. But you're in a race! So keep moving along the trail all the way to the Thomas Mill Covered Bridge.

10K trail race or 1 mile family-friendly

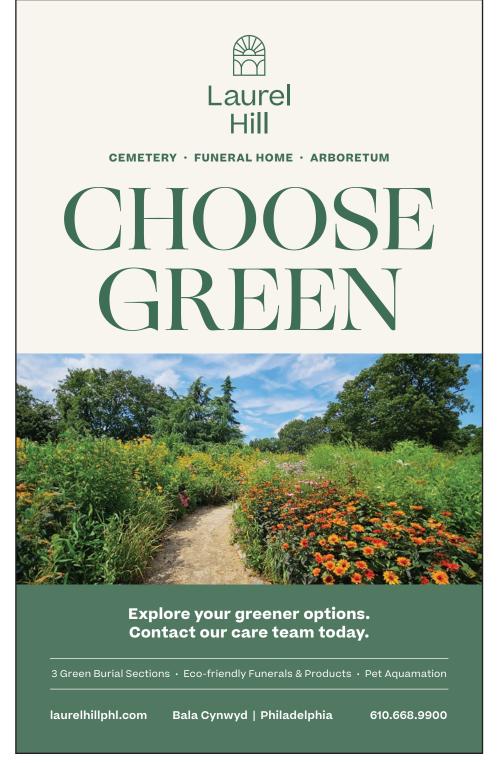
The Red Covered Bridge was built in 1855 and is one of the most recognizable landmarks in the park, especially for its fire engine red color. It's also the last remaining covered bridge in a major U.S. city. This beloved park structure was restored in 1938 by the Works Progress Administration and again in 1999 with funds from the Fairmount Park Commission (now Philadelphia Parks & Recreation).

Now we're in the home stretch through the forests surrounding the Andorra Natural Area. You've ventured across the park; as you descend toward the drive and round the corner toward the finish line, we'll be cheering for you! You did it — you crushed the Trail Classic.

If you want to be a part of a race in which every runner's stride helps pave the way for FOW's next

century of stewardship, sign up today at fow.org/ wissahickontrailclassic.





# A Japanese American Advocate For Civil and Gay Rights and More

THIS MONTH IN THE SHUTTLE, THE Co-op's Racial Diversity, Equity and Inclusion Advisory Committee focuses on the contributions of a noted Asian American as part of Asian American Native Hawaiian Pacific Islander Heritage Month.

**Kiyoshi Kuromiya** (1943-2000) was an activist, author and nationally ranked Scrabble player. He was born at Heart Mountain, WY, an internment site for Japanese American citizens.

After graduating from the University of Pennsylvania, Kiyoshi made Philadelphia his home. The tumultuous events of the 1960s inspired in him an urgency to

be engaged. "I really believe that activism is therapeutic," he said at one point.

Kiyoshi was involved in the Black civil rights and gay liberation movements, as well as the AIDS movement. He also protested the Vietnam War and in 1999, was involved in a class action lawsuit that sought to legalize the use of medical marijuana for people with AIDS. He was a member of Act Up and founded the Critical Path newsletter, one of the first resources on HIV treatment that was widely available to the public.

Kiyoshi cofounded the Gay Liberation Front and was a close associate of the Rev.Martin Luther King Jr. and Buck-





minster Fuller. Twenty-one years after his death, Biography chose him as one of 10 Influential Asian American/Pacific Islander activists.

-Rosa Lewis

## The Remaining Half of a Historic Northwest Complex

Wood Norton Apartments 370 Wayne Ave., Mt. Airy Built: 1911

**Architectural Style: Tudor Revival** 

THE WOOD NORTON COMPLEX WAS built in 1911 by William E. Rees. It was designed in the Tudor Revival style and incorporated local Wissahickon schist stonework. This style was typical of early 20th century residential and commercial development, which romanticized the "old world" designs of the English village.

The Wood Norton was originally designed and constructed as a pair of structures set at a 90-degree angle on the north-



# Did You KNOW

east corner of Wayne Avenue and West Johnson Street; one along Wayne Avenue at 6347-57 and the other on West Johnson Street at 370-72. In mid-2022, the structure on Wayne Avenue was demolished and replaced with a larger, six-story building with 50 apartment units. The remaining 1911 building, though missing its partner, represents this important example of multi-family housing development.

For more information contact wmanhpi@gmail.com.

—Sherman Aronson



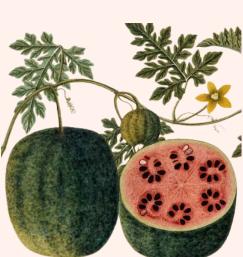
# Germantown Kitchen Garden Farm Stand & Plant Nursery

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Seedlings

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Fruiting Trees &
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Perennials, Shrubs, & Trees



Local,
Organically
Grown Produce

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Farm Stand Opens May 11th, Saturdays 9-1

Plant Nursery
Opens April 6th, Saturdays 9-1 & Sundays 10-2
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# annual report for members

Data in this report may be for either the fiscal or calendar year.

### from the gm

April 23, 2024

The Co-op's management team is pleased to present our annual report. As this is being written, in April, construction is wrapping up at our soon-to-open Germantown store. Shelves are being assembled, equipment is being installed and tested and we are beginning to hire staff. Our goal is to open in May.

Much of our time and attention in 2023 was on Germantown. We finalized our financing early in the year, bought the building in March, completed the New Market Tax Credit transaction in April, approved the design in May, began and continued construction during the summer and fall, bought equipment and engaged with the community.

In last year's report, the Germantown Project was presented as an "Ends-aligned endeavor." That has not changed. The Germantown store will further advance our thriving and sustainable local economy, create many meaningful jobs, provide another neighborhood with healthy food, allow us to build new collaborative partnerships, and give members new opportunities to participate in the life of the Co-op. No single action in the Co-op's recent history is more demonstrative of our Ends policies than our decision to open this store in Germantown.

While Germantown was the big story of 2023, there were plenty of other accomplishments. We completed the Co-op's new Five-Year Strategic Plan, a project that began in early 2022. The Strategic Plan was presented to the membership in December and its rollout, mostly via member forums, is ongoing.

We now have a plan that will help guide business priorities for the next several years. In 2023 we finally hired a sustainability coordinator, something many members have been advocating for us to do for several years. Thanks to her, the Co-op's efforts related to energy consumption, reliance on single-use plastic containers, waste management, and customer education are now being advanced as never before.

Thanks to dynamic new leadership, 2023 was a record year at our Saul Farm Market. The market's sales increased 83% over the previous year, and plans for an even bigger 2024 season are underway. Meanwhile, the entire farm team is committed to helping achieve the Co-op's Ends while also reducing the farm's financial losses.

The Weavers Way Community Fund was established in 2022, but in 2023 we were able to take the first steps to launch WWCF as a way of expanding the Co-op's food access programs. Last year, WWCF began accepting donations for the operation of the community fridges we support, and for covering some of the cost of the Co-op's needs-based discount program, Food for All.

Throughout 2023, the Co-op performed well as measured by key business indicators. Sales growth was healthy and margins have stabilized. Operating costs have risen, particularly as we have continued to commit to increasing our starting entry-level wage, but sales growth has allowed us to cover those rising expenses. Membership continues to grow, and we even saw a modest improvement in the percentage of members participating in the working member program.

Overall, we can be proud of our accomplishments in 2023 and look forward to an exciting year ahead.

# Jon Roesser

### weavers way's ends

Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy.

As a result of all we do:

- END I 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
- **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.

### sales

The Co-op experienced healthy sales growth in 2023, as we finally saw an end to the period of high inflation that followed the worst of the Covid pandemic. Price sensitivity remains an issue, as consumers continue their "flight to value," to the benefit of discount grocers like Aldi and Grocery Outlet, as well as price clubs like Costco and BJ's. These retailers experienced the most robust growth in the industry over the last year, while conventional grocers like Acme and natural grocers like Whole Foods and Sprouts experienced slower growth.

All Co-op stores experienced sales growth in 2023, with systemwide sales growth of 4.5%, comparable to the grocery industry in general.



### **Sales Growth by Store**

Fiscal Year	Mt. Airy	Chestnut Hill	Ambler	Total	Annual Growth
2008	\$7,726,421			\$7,726,421	
2009	\$8,490,918			\$8,490,918	9.9%
2010	\$8,611,227	\$773,094		\$9,384,321	10.5%
2011	\$7,148,695	\$7,717,225		\$14,865,920	58.4%
2012	\$7,102,371	\$9,150,806		\$16,253,177	9.3%
2013	\$7,098,656	\$10,130,354		\$17,229,010	6.0%
2014	\$8,849,487	\$10,474,863		\$19,324,350	12.2%
2015	\$9,878,336	\$10,859,528		\$20,737,864	7.3%
2016	\$10,555,459	\$11,229,623		\$21,785,082	5.0%
2017	\$10,934,460	\$11,326,975		\$22,261,435	2.2%
2018	\$11,241,470	\$11,231,926	\$4,839,263	\$27,312,659	22.7%
2019	\$11,543,500	\$11,408,717	\$7,141,599	\$30,093,816	10.2%
2020	\$11,976,474	\$11,503,225	\$8,952,533	\$32,432,232	7.8%
2021	\$11,408,754	\$11,116,651	\$10,323,471	\$32,848,876	1.3%
2022	\$12,402,273	\$11,905,947	\$10,346973	\$34,655,193	5.5%
2023	\$13,406,022	\$12,313,649	\$10,492,144	\$36,211,815	4.5%

### membership

As sales have grown, so has the number of Co-op members (precise data is not available prior to 2011). In 2023, our rate of membership growth increased from the previous year, in part because we have been able to recruit new members in Germantown in anticipation of the new store's opening.

### employment

In the last year, we have continued to prioritize increasing our starting entry-level wage, increasing it to \$15 in April and to \$15.50 in September. We have now surpassed our goal, announced at the October 2018 General Membership Meeting, of getting all staff to at least \$15 an hour.



#### Percent of Employees Earning \$15/hr. or More:

Sept 2019	37%
Sept 2020	45%
Sept 2021	68%
Jan 2022	75%
Jan 2023	83%
Jan 2024	100%

#### **Staff Diversity**

To ensure we create a culture where everyone feels welcomed at the Co-op, it is important to continue to cultivate diversity among staff and management. Staff diversity data is as of Dec.31.

#### **Staff Gender Diversity**

<b>,</b>						
	2021	2022	2023			
Female	124	126	120			
Male	123	140	152			
Non-Binary/ Transgender	N/A	7	15			
Unidentified	N/A	3	2			

Note that prior to 2022, our payroll/HR management system only provided employees the option to indicate their 'legal gender,' which was not necessarily the same as how they would have chosen to identify.

### **Staff/Management Racial Diversity**

	2021		2022		2023	
	Staff	Management	Staff	Management	Staff	Management
Black	18.10%	10.30%	22.10%	15.20%	19.10%	20.76%
White	72.60%	87.15%	64.50%	80.40%	55.08%	71.69%
Asian	3.20%	0.00%	2.50%	0%	1.27%	1.89%
Hispanic	1.20%	0.00%	1.80%	0%	3.38%	1.89%
Two or More Races	2.40%	2.55%	4.70%	2.20%	6.35%	0
Other/ Unidentified	2.00%	0.00%	4.40%	2.20%	14.82%	3.77%

Additional data beyond what is included in this report is available upon request.











#### local

In 2023, we continued to partner with Grid Magazine to highlight vendors we have brought on through our Vendor Diversity initiative. Given that these small, startup businesses lack the capital to do much advertising, this has proven to be an effective use of money allocated to our Vendor Incubator Program. Our vendor diversity coordinator, who reports to the Coop's retail director, works directly with store and department managers to identify new vendors and promote them effectively in our stores and through our communications and marketing efforts.

#### **Local Sales (Fiscal Year)**

Year	Local Sales	% of Total	
2015	\$7,480,000	32%	
2016	\$ 7,600,000	35%	
2017	\$7,700,000	35%	
2018	\$10,000,000	37%	
2019	\$10,400,000	35%	
2020	\$9,900,000	28%	
2021	\$10,533,000	30%	
2022	\$11,100,000	30%	
2023	\$11,325,000	31%	

### weavers way farms

Weavers Way is the only food co-op in the country that operates our own farm. This allows us to have maximum control over the food our we sell, eliminate the uncertainties of the supply chain, and ensure the highest quality, most ethically produced food.

Vegetable acres in production: 2.9 acres Orchard acres in production: 1.5 acres

The 2023 harvest was significantly above average and close to our record, yielding a total of 56,909 pounds — more than 10,000 pounds over what we harvested in 2022. The new deer fences installed at the orchard and the vegetable field at Henry Got Crops contributed to the increase, along with a longer market and CSA season. A returning crew at Awbury, with an additional field assistant, also helped harvest a record 28,000 pounds of produce from that smaller site.



Sales at our Saul Farm Market in 2023 were \$375,452.46, an increase of over \$170,000 from 2022. The market also recorded significant increases in transactions (13,324 vs. 8,744 in 2022), redemptions of Farmers Market Nutrition Program checks (\$22,109.85 vs. \$7,080 in 2022), and new Co-op members recruited (44 vs. 16 in 2022).

### environment

Since much of the Co-op's environmental impact occurs at the consumer level, we must provide customers with ways to shop more sustainably. Much of our environmental impact occurs after products purchased at our stores are taken home.

Here are some of the ways we help customers shop more sustainably:

- We do not offer single use plastic bags at checkout.
- All stores have bag libraries and a supply of reused paper bags and boxes for customers to use at checkout.
- Our Mt. Airy and Ambler stores have extensive bulk departments, and customers may bring their own containers when bulk shopping at all our stores. In January, we launched our "Choose to Reuse" program, which gives customers 15 cents every time they bring their own reusable container when shopping our bulk departments.
- We maintain bulk container libraries in all stores.
- In the fourth quarter of fiscal 2024, we resumed charging 15 cents for new paper bags at checkout a goal that was outlined in our new Strategic Plan.

The Co-op's Container Refund Program provides customers with an option to purchase certain products in a returnable container. Customers pay a deposit, which is refunded when they return the container to the store.

#### Container Refund Program (CRP) through the end of 2023

Store	Prepared Foods	Deli	Bulk	Produce	Wellness	Total
Mt. Airy	743	868	1,051			2,662
Chestnut Hill	2,175	879	779	13	13	3,859
Ambler	1,614	482	860	1,100		4.056
All Stores	4,532	2,229	2,690	1,113	13	10,577

#### **Store Infrastructure**

Recognizing that operating busy grocery stores requires a great deal of energy and generates considerable waste, we strive to run our facilities as sustainably as possible. We achieve that through the following actions:

- All Weavers Way stores use 100% renewable wind and solar-powered electricity. We are currently negotiating with The Energy Co-op to be our electricity generator.
- All Weavers Way stores use Renewable Natural Gas from The Energy Co-op.
- We have signed an MOU with the Clean Energy Co-op to install a solar array on the roof of our Germantown store.
- We have four Electric Vehicle charging stations at our Ambler store.
- All our stores operate a highly energy efficient "rack refrigeration system" (a centralized refrigeration system that uses much less electricity than each individual refrigerator having its own system).
- At our Chestnut Hill store, we capture the heat off the rack to preheat hot water (this serves the six apartments upstairs as well).
- LED bulbs are used in all buildings.
- All food waste from our stores is composted via a third party.
- Almost all food that is approaching expiration is either repurposed by Prepared Foods, sold at a discount, or donated to local food banks (primarily through Germantown Pickup) daily. Since this food is not put into the trash stream, it cuts down on food waste, which is a significant greenhouse gas source.
- All stores have bike racks.







### community giving & partnerships

### **Ambler Community Fridge and Food for All**

The Ambler Community Fridge operated outside our Ambler store 24 hours a day, seven days a week before it was shut down last August after the store's annual health inspection. We have yet to find a new home for it.

We continue to support Germantown Community Fridges, a volunteer group that operates two fridges in Germantown, and we intend to install a fridge outside our Germantown store once it opens. In 2023, we received \$3,603 in donations for our community fridge. This amount covers monetary donations only; it does not include the value of food donations, which are not tracked. It also does not include donations made to Weavers Way Community Fund, which may go toward food purchased for the fridges we support.

Participation in the Co-op's Food for All program rose steadily in 2023, in part because of our new category, "other unspecified financial hardship," which we added toward the end of 2022. As a result of this change, participation in a needs-based assistance program is no longer required for approval.

#### **Food Moxie**

In 2023, we continued our commitment to supporting Food Moxie. Some of the ways we support them are difficult to quantify. We give them space in the Shuttle. They have access to all our business services support (finance, IT, HR, marketing, communications, etc.), for which they pay a modest fee. They also piggyback on our payroll service and insurance plans.

In calendar 2023, the Co-op made donations to, or provided sponsorship for, the following organizations. Note that this list is not exhaustive.

Ambler Arboretum at Temple University Ambler Environmental Advisory Council Ambler Girl Scouts **Ambler Station Singers** Ambler YMCA Anna L. Lingelbach Elementary School Breakthrough of Greater Philadelphia Chestnut Hill Business Association Chestnut Hill Community Association Chestnut Hill Conservancy Chestnut Hill Library Circadium Covenant House Health Fair College Settlement Community Enrichment Fitness Network Congregation Beth Or Early Childhood Center Crossroads Women's Center Charles W. Henry Elementary School Cystic Fibrosis Foundation Darchei Noam Delaware Valley Friends School Edward T. Steel Elementary School Enon Coulter Community Development Corp. First Presbyterian Church of Germantown Friends of Cresheim Trail Friends of the Wissahickon Germantown United CDC Get Fresh Daily Grace United Methodist Church Greene Street Friends School Gwynedd Friends School

Gwynedd Mercy Academy High School

Hansberry Garden and Nature Center

Harmony Retreat and Animal Rescue

Henry H. Houston Elementary School

John B. Kelly Elementary School

John S. Jenks Elementary School

Horizons at Greene Street Friends School

Historic Germantown

John Chase Books

Johnson House Historic Site Laurel House Living Beyond Breast Cancer Lovett Library Lower Gwynedd Little League Mantua Civic Association Youth Ambassador Program Mt. Airy CDC Pennsylvania Interfaith Power and Light Plymouth Whitemarsh High School Rep Raab's Woman's Month Event Rotary Club of Blue Bell SAGA Community Center Shady Brook Elementary St. Francis Inn Kensington St. Josephs Preparatory School Stenton Museum Sustainable Business Network of Greater Philadelphia The Coalition for Black and Trans Economic Liberation The Cooperative Nursery School The Germantown Community Fridge The Highlands The Kelly Anne Dolan Fund The Philly Goat Project The Welcome Project PA / SAGA Community Center Tree House Books Unitarian Universalists of Mt. Airy Upper Dublin Aquatic Club Upper Dublin High School Urban Kings and Queens Youth Summer Program West Mount Airy Neighbors Wishes & Dreams Gala for Cystic Fibrosis Wissahickon Baseball Wissahickon Charter School Wissahickon High School Wissahickon Restoration Volunteers Wissahickon Trails Wyck Association

In addition to the Co-op's own donations, we have raised the following donations from members and customers in calendar 2023 through our monthly Giving Twosday fundraisers.

Date	Organization	Amount
1/10/2023	Food Moxie	\$1,437.13
2/14/2023	Ambler & Germantown Community Fridges	\$2,002.57
3/14/2023	Pennypack Farm	\$1,494.66
4/11/2023	Food Moxie	\$1,943.70
5/09/2023	UUH Outreach (Germantown)	\$995.63
6/13/2023	Saul H.S. Supporters	\$1,992.79
7/11/2023	Food Moxie	\$1,480.64
8/08/2023	Ambler & Germantown Community Fridges	\$1,600.43
9/12/2023	Awbury Arboretum	\$1,953.38
10/10/2023	Food Moxie	\$1,256.68
11/14/2023	WW Environment Committee	\$1,374.24
11/28/2023	Food Moxie	\$4,226.91
12/12/2023	Weavers Way Community Fund	\$2,182.75
Total		\$23,941.51

In addition to Giving Twosdays, in 2023 we did two special Giving Weekends:

Feb 11-12	Doctors Without Borders (Turkey Earthquake)	\$7,590.48
Aug 18-20	World Central Kitchen (Maui Wildfire)	\$9,592.83

Total \$17,183.31

# **Applications Now Available For Need in Deed Program**

PHILADELPHIA PUBLIC SCHOOL TEACHERS FROM grades 3 through 8 who are looking to bring community, empathy, service and social justice to their classrooms can apply to become part of the 2024-25 Need in Deed network. Need in Deed provides training and yearround support to engage students in learning that connects the world around them to the skills and concepts of the school curriculum.

Need in Deed, a Germantown-based nonprofit, transforms the educational experience by embedding empathy, informed investigation and civic action into classrooms. Their framework gives students a context for the concepts and skills in their curriculum by focusing on real-life issues in their communities and schools.

Teachers who become part of the network receive ongoing professional development in community-based

learning, opportunities to collaborate with like-minded public school educators across Philadelphia, access to community resources, and Act 48 credit.

For more information on the program, contact Julia Chrestay, program director, at julia@needindeed.org. To apply for the 2024-25 network, scan the QR code or visit www.needindeed.org.





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# Some Options for Turning Your Garden into a Haven for Pollinators

by Andrew Bunting, for the Shuttle



Asclepias tuberosa-Watlters

N RECENT YEARS, A GREATER UNDERstanding of the importance of biodiversity has emerged. Biodiversity refers to the network of all global species - plants, animals, birds, insects, fungi and more. Humans rely on biodiversity for many resources, including food, water and medicine. Biodiversity also plays an important role in managing the Earth's climate. Carbon dioxide is absorbed by plants, which helps to moderate climate change.

A biodiverse planet is key for most types of pollination in the plant world. If there is not a biodiversity of plants, insects, and birds to pollinate them, seed and fruit production will be greatly impacted.

Garden centers, growers and homeowners can play a role in supporting biodiversity by growing myriad plants that attract dozens of native pollinators. One such pollinator plant is the garden phlox (Phlox paniculate) 'Jeana.' This is a tremendous garden phlox that flowers in the summer and blooms for several months. It is covered with an abundance of flower heads with small, fragrant, pink flowers that are a magnet to myriad butterflies and the ruby-throated hummingbird. 'Jeana' also has great resistance to powdery mildew, which ravages most cultivars of garden phlox.

The rattlesnake master (Eryngium yuccifolium) is a native of Midwestern prairies. This drought-tolerant perennial, which blooms from June to September, reaches up to five feet tall. At the base it



Echinacea pallida-Lurie

sets a rosette of serrated leaves, and towering above the foliage are wiry stems with a spray of white thimble-like flowers. This stalwart native plant has an architectural quality and attracts an abundance of pollinating bees, wasps and flies.

One of the best and most attractive of perennials to attract pollinators is the coneflower or Echinacea. Over the last 20 years, hundreds of species, hybrids and cultivars have been selected and promoted for their beauty and ability to attract a variety of pollinators, including long-tongued bees and butterflies such as fritillaries, monarchs, painted ladies and swallowtails. The purple coneflower (Echinacea purpurea) now comes in many colors, including orange, yellow, pink, white and even red.

Other exceptional cultivars from the plant evaluations conducted at the Mt. Cuba Center in Delaware include 'Pica Bella,' 'Sensation Pink,' 'Santa Fe,' 'Snow Cone,' 'Glowing Dream,' 'Fragrant Angel' and 'Julia.' When they're finished flowering, coneflowers also become a great food and seed source for the American goldfinch.

Other exceptional pollinators include the bee balm cultivar, of which there are many great cultivars and species available at garden centers. 'Jacob Cline' has tubular clusters of fire-engine red flowers. All bee balms are deer resistant because of their fragrant foliage, and 'Jacob Cline' is a cultivar that has stood the test of time because it is also powdery mildew resistant.



Phlox paniculata 'Jeana'

Hyssops (Agastache) have fragrant leaves and stems and for the most part are deer resistant. These upright, clumpforming, mostly native perennials are excellent for attracting myriad pollinators. 'Black Adder' has spikes of bluish black flower clusters that attract butterflies. moths, and the ruby-throated hummingbird. All the agastaches are easy to grow; they thrive in full sun and tolerate many different soils.

There are also dozens of native species of milkweeds throughout the United States. The butterfly milkweed (Asclepias tuberosa) has grown in popularity as an important host for the monarch butterfly. This tough, native milkweed, which gets to be 12 inches tall, is covered in bright orange, upward facing flowers from mid-June into the summer. Once it is established in the garden, it will spread and seed around serendipitously, popping up here and there. The swamp milkweed (Asclepias incarnata) reaches three feet tall with soft pink flowers, and 'Ice Ballet' has white flowers.

Another excellent choice for supporting biodiversity is the giant coneflower (Rudbeckia maxima). This native of the Midwestern prairies has a basal clump of leaves that are glaucous blue. Rising from the base are tall, wiry stems that can reach six to eight feet tall. Atop the stems are large, black-eyed-Susanlike flowers, which become an important seed source for the American goldfinch. Rudbeckia maxima is a Pennsylvania Horticultural Society Gold Medal Plant selec-



Pycnanthemum muticum

tion for its strong ecological functions, deer resistance and ornamental aspects.

One of the best of the best for the pollinator garden are mountain mints or Pycnanthemum. The Pycnanthemum muticum grows in sun or shade but thrives best in full sun. It quickly turns into large colonies in the garden by expanding via underground stems. The foliage and flower bracts are smokey white, and the flowers have small globular heads with tiny flowers that are highly attractive to many pollinators. The leaves have a minty fragrance when crushed, and Pycananthemum is truly deer resistant.

With so many excellent varieties and cultivars of pollinator plants widely available in garden centers and nurseries today, supporting biodiversity in your garden has never been simpler. The varieties mentioned above are a snapshot of pollinator plant species that are well suited to different garden conditions, and many offer the added benefits of being deer or disease resistant. Whatever your garden's aesthetic goals, pollinator plants can add beauty and interest, while also supporting vital wildlife.

> Andrew Bunting is Vice President of Horticulture for the Pennsylvania Horticultural Society.





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# **Craft Beer by the Creek Returns to Help Fund Conservation Efforts**

by Lisa Hansell, Senior Development Manager, Wissahickon Trails

FTER A FOUR-YEAR HIATUS, WIS-sahickon Trails is bringing back Craft Beer by the Creek. Enjoy an afternoon of food trucks, craft brews and live music surrounded by the beauty of the Wissahickon Creek and Four Mills Nature Reserve in Ambler

After parking in Ambler, you can take a picturesque half-mile walk along the creek through the nature reserve to arrive at Wissahickon Trails' newly renovated headquarters, the historic Four Mills Barn. Satisfy your hunger by purchasing food from 2 Street Sammies, El Toro Serrano and Little's Ice Cream. Quench your thirst by supporting local craft breweries, including Ambler's Tannery Run. There will be alcohol-free beverages available as well. Music will be provided by Low Totem.

Admission is \$15 per person (age 13 and up). All proceeds support Wissahick-on Trails and help us continue the work of protecting open space, restoring habitats, maintaining public trails and improving water quality in the Wissahickon Valley so that wildlife and people can thrive.

Here are the details:

Craft Beer by the Creek, Sunday, May 19, Noon to 4 p.m.

- All ages event (21+ with valid ID to drink)
- Leashed dogs welcome
- Parking available at the Ambler Post Office (accessible parking is available if needed)
- BYO chair: Limited seating will be available.
- Preregistration suggested at wissahickontrails.org/events

You can also partner with us by sponsoring Craft Beer by the Creek. Get exposure to a diverse community while showing your support for our efforts to preserve a healthy local environment for generations to come. Contact Lisa Hansell (lisa@wissahickontrails.org,) for more information.





photo by Anna Marchini



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photo by Bernie Wilson



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# The Toxic Landscape of Electronics and How They're Recycled

by Sandra Folzer, Weavers Way Environment Committee

WAS ASKED TO WRITE ABOUT ELECtronics recycling. At first, I wondered if there was much new to report, since most people know that electronics contain toxic chemicals and should not be put in the trash. After doing some research, I learned the subject was worth revisiting.

While there is no agreed-upon definition of electronic waste worldwide, how it is defined has implications for how it can be regulated. In Japan, 34 types of electronics are regulated. In the United States, 25 states have laws concerning e-waste, but there are no federal regulations. In Pennsylvania, we have the Covered Device Recycling Act, passed in 2010, which requires manufacturers to provide recycling programs for desktop and laptop computers, monitors, computer peripherals and TVs. That sounds good, but like other environmental laws, without enforcement, they are useless. I have seen too many TVs picked up by trash collectors.

In some places, it's cheaper to recycle metal from e-waste than to mine for it. Metals like copper and gold are the driving force for recycling e-waste. According to the website Copper Wire Recycling Machinery, 143 kilograms of copper and half a kilogram of gold can be separated from one ton of waste circuit boards. And according to a post from a digital marketing executive from Attica Gold Company that appeared on Quora last year, there is 100 times more gold in a ton of smartphones than in a ton of gold ore.

There are many ways in which ewaste is recycled. They include:

- Physical dismantling
- Pyrometallurgy or incineration —uses a lot of energy and releases toxic fumes.
- Hydrometallurgy —uses acid, which is hard to dispose of

- Bio-metallurgy -uses microbial activity, which is nontoxic but takes much longer.
- Mechanochemistry avoids the use of acid and reduces waste liquid.

Due to the complexity of the metals involved, sometimes more than one method is used. Newer technologies are more eco-friendly, but extraction processes have long-term negative effects on the environment. In addition, wealthier countries dump their e-waste on poorer countries, often illegally.

While many African countries have international treaties regarding e-waste, illegal dumping continues due to poor enforcement of them. In Ghana, "urban mining ", or extracting something usable from discarded electronics, is prolific. About 40,000 people live and work near the Agbogbloshie dump in Accra, the country's capital. When e-waste is burned, which is routine, it sends toxins into the air for everyone to breathe. Children as young as 10 work there and are exposed to lead and other toxic materials.

High levels of lead damage the body's nerves and kidneys and affect brain development. The breast milk of women there has been found to be full of toxins, according to a May 2017 article in the Journal BMC Public Health. A study in Vietnam in 2021 found the presence of heavy metals in children living near ewaste sites was almost four times of that of children living farther away.

#### **BAN Uncovers Illegal E-Waste Exports**

Most e-waste, which was formerly sent to China, now goes to Malaysia, even though it is illegal there to receive hazardous e-waste. The watchdog group Basel Action Network tracks it from Los Angeles to Malaysia.

In the United States, BAN used 200 trackers to locate e-waste and found that 32% was exported, likely illegally. For example, Goodwill partnered with Dell to export e-waste, despite saying they recycled it. Although countries in the European Union can be penalized for exporting e-waste to poorer countries, about 23% is estimated to be exported. Much gets through customs because it is labeled as being "repairable."

Sadly, the United States is the only developed country not to sign the Basel Convention, the international treaty to prohibit developed countries from exporting hazardous waste to poorer countries. In all, 191 countries have signed the treaty. Meanwhile, the volume of discarded electronic material has nearly doubled since 2010, according to a post last month on Statista.

The good news is that as of 2019, 78 countries had national e-waste policies. The bad news is that there is weak law enforcement. Legislation is not uniform, so it is difficult to monitor it internationally.

The EU requires that each country have a system whereby consumers may return e-waste for free. Producers pay for disposal, which should encourage them to make more sturdy products.

Since 1990, Japan has had special laws and regulations concerning e-waste, which establishes an industry chain from e-waste collection back to manufacturers. In the Republic of Korea, the dealer is obliged to recycle an electronic product when the consumer buys and returns it. In China, policies are based on the producer's responsibility to recycle and dispose of e-waste.

### More Replacing Than Repairing

Manufacturers make repairing their electronics impossible, in a ploy to get con-



sumers to buy more. They should be responsible for the entire life of their products. In addition, they should be working to design electronic devices that are non-hazardous, eco-friendly, energysaving and easily recyclable.

We need to get to a "circular economy" so that those who produce electronics take them back after use so that parts can be recycled. Best Buy, for example, takes back their own products with a receipt. What they do with the returned electronics would be worth researching.

For a CBS special on e-waste that aired last November, Apple declined to comment. Samsung, on the other hand, was proud of their sustainability efforts. They make their products with 20% recycled plastic, 20% recycled glass and 20% recycled metal. At their recycling centers in 50 countries, they take back electronics of any brand.

#### **International Cooperation Needed**

E-waste presents major health issues that endanger future generations. Governments need to share technology that protects the environment and the workers. The authors of "A Global Perspective on E-waste Recycling" (published in the Mar. 1, 2023, issue of Circular Economy) suggest monitoring so e-waste can be tracked. Sellers would register their products, which are then followed online.

(Continued on Page 19)



This event is co-sponsored by the Sisters of Saint Joseph Chestnut Hill • Philadelphia and Weavers Way Environment Committee, Donations support the Committee's environmental projects. Recycling services provided by PAR-Recycle Works. For more information go to: www.PAR-RecycleWorks.org

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# Suggestions

by Norman Weiss, Weavers Way **Purchasing Manager** 

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

Most people have heard of "greenwashing," in which companies try to gain sales by claiming their products are good for the environment when the opposite is true. A famous greenwashing example occurred in 2014, when Volkswagen claimed its diesel engine had lower emissions than other engines and it turned out the emissions measured low due to software that VW installed. The software could tell when a test was being performed and alter the emissions to a much lower level than when the car was being driven in everyday use.

You could argue that many recycling and compostability claims in plastic packaging are also greenwashing, since so little is actually recycled or composted. As it turns out, both are difficult and take specialized equipment and/or conditions).

After reading comments from one of our members about an egg line we've stocked, Vital Farms, I came across the term "humanewashing", which I hadn't seen before. Turns out Vital was accused by People for the Ethical Treatment of Animals in a class action suit of selling eggs that violated humane chicken handling standards. These standards are supposed to prevent inhumane practices that have been somewhat common in the conventional egg industry - debeaking, inhumane killing of male chicks, indoor



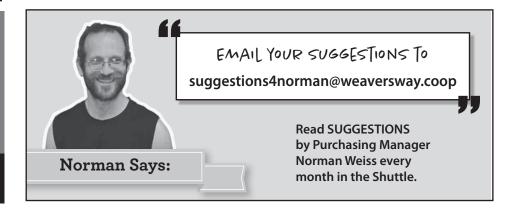
confinement, etc.

As is often the case in these situations, it's difficult for consumers to find out what is going on. Have humane standards have been violated? Is it routine for the company to not care about humane treatment, or are these exceptions by companies that do care and occasionally mess up? In any event, since we in general consider "washing" to be a healthy practice for humans (since going unwashed more than a few days can result in foul odor and itchy skin), I think we need to find a different term for "humanewashing."

Since washing in general usually involves water, I wanted to share a concern from a member who disagreed with another member who wrote as part of a suggestion last month that Philadelphia tap water is carcinogenic. This member believes that people get the wrong idea about Philly tap water, which is tested annually and used by bottled water companies such as Dasani.

Apparently, the Philadelphia Water Department will come test your water for free if you have concerns that it isn't safe to drink. PWD water comes from the Delaware and Schuylkill rivers. As you might imagine, due to industrial pollution, urban development, and things like goose

(Continued on Next Page)



# International Co-op Principles

- Voluntary and Open Membership
- **Democratic Member-Owner Control**
- Member-Owner Economic **Participation**
- Autonomy and Independence
- Education, Training and Information
  - **Cooperation Among Cooperatives**
  - **Concern for Community**

(Continued from previous page)

poop (up to two pounds per day per goose), the water needs to be treated before it finds its way to our taps.

Fortunately, scientists have gotten pretty good at this kind of thing and the PWD employs extensive processing to produce water that is safe to drink. Their website states that their additives include sodium hypochlorite, fluoride, zinc phosphate and ammonia. It also displays an annual water quality report.

Is the water carcinogenic? I guess it depends on variables like the amount of exposure, what pipes are feeding your taps, and similar conditions that are hard to measure. Most municipal water supplies likely contain small amounts of carcinogenic substances like PFAS, disinfection byproducts and other substances. Some of these, especially PFAS, are in our air and soil, too. In any event, given that most of us use tap water to bathe and wash dishes, I think we're all guilty of Phillywashing. Hopefully, PETA won't take us to court over it.

#### suggestions and responses:

- **s:** "Is it possible to order bilberries, dried or frozen? I read they are grown in Finland, Sweden and Bulgaria. There are claims it has benefits to vision."
- r: (Norman) One of our suppliers, Frontier Herb, stocks a dried bilberry, but they are out of stock and there is no info about when it will be back. I don't see frozen or fresh ones. Our wellness stores have bilberry in capsule format if that's of any interest. Bilberry resembles blueberry and was a staple in the diet of Bilbo Baggins, who needed good eyesight due to his various journeys to dark spaces. He was so appreciative of the bilberry's benefits that he named himself after the berry.
- s: "I buy a lot (maybe all) of Wakim's scallion hummus; it is the most delicious hummus I have ever had. I noticed it hasn't been in stock for about a week. Do you know when you will get more? I tried other flavors, but the scallion is by far the best. Also, I buy most (if not all) the Good Food Made Simple breakfast burritos. They seem to be out of stock a lot. Is there any way more could be ordered on a consistent basis? Can you order any other options for breakfast burritos? The other options are meat alternatives. I love your store!"
- **r:** (Nancy, Ambler) We value you as a Weavers Way customer and I wanted to address some of the requests in your email. I have notified Wakim's hummus and

66

### I think we're

# all guilty of

# **Phillywashing**



asked to increase the scallion flavor, so you will begin to see a higher quantity of that flavor. I am in the process of researching more breakfast burritos (not vegan or dairy-free ones) so you will see more options in the future.

- s: "I picked up a Metropolitan sliced multigrain sour-dough boule on Sunday evening. It had a pack date of April 6 and a sell-by date of April 9. This morning, I found that it had gotten moldy throughout not just a little on the top crust that I could trim off. I suppose the good news is that it is preservative free! Do you have any tips on storage or use? This has happened in the past, which often has me putting some of the loaf in the freezer for later toasting. Still, this surprised me. Did old fashioned bread drawers do anything? Thanks for any tips!"
- **r:** (Jess) I must admit that sliced bread shelf life is tricky. With our natural (preservative free) breads we try our best to have a shelf life that suits each loaf, but sometimes there are variables that can set off our dates. Freshly sliced bread, when packed, especially when still warm, can add moisture to the pack bag, which can expedite its life cycle. That sometimes means mold.

We have been considering decreasing our dates on our sliced loaves and we will use this feedback as a reference point. I recommend freezing whatever slices you won't use within a day or two, since that is the best way to make sure bread stays fresh over time. That way, you're always ready for toast! Transferring

bread from a plastic to a paper bag may also reduce the chance of mold. I hope this helps — and thank you for the feedback!

(Norman) I have also found that storing fresh bread in a paper bag keeps it from getting moldy, but it does dry out. You can reduce some of the dryness by spraying or brushing on a little water on the outside, followed by baking it for a few minutes in a toaster oven. I suspect an old-fashioned bread drawer performed like a paper bag in letting some, but not all moisture escape over time.

- **s:** "I read in the Shuttle that the Germantown store will be carrying Ed Hipp's products. I have been buying the Ed Hipp turkey Canadian bacon for years at Shop-Rite and would love to see it at the West Mt Airy store as well. Thanks."
- **r:** (Norman) Thanks for the endorsement. Ed Hipp is a long-term Philly food brand of value-added meat and turkey products, apparently with a dedicated following. Once we have some experience selling it at Germantown, we'll see about stocking it at our other stores.
- **s:** "I wish you could carry organic Greek zero-fat yogurt. We shop at Weavers Way all the time, but I have to drive to other stores to purchase that specific type of yogurt. I am not brand-loyal so any brand will do. Thank you!"
- **r:** (Nancy, Ambler) We have the Stonyfield organic nonfat plain Greek yogurt coming in this week. You should see it on our shelves in a few days.
- s: "I find many things about the U.S. Department of Agriculture MyPlate dietary guidelines confusing. For example, is fresh corn a vegetable or a grain? MyPlate shows I'm supposed to eat five ounces of whole grain daily and four cups of vegetables daily and I don't know how to count fresh corn. It's ambiguities like this that make life confusing and stressful."
- **r:** (Norman) Fresh corn is a vegetable; dried corn (field corn) is a grain. Corn, like much in life, changes over time. We must learn to be patient, tolerant and adaptable to change. Some things change relatively quickly, like tadpoles changing into frogs. Some things change slowly, like ancient marine plants and animals changing into petroleum.

## The Toxic Landscape of Electronics and How They're Recycled

Hopefully, the transparency would inspire producers to create products with their disposal in mind. Enforcement of rules would be key.

Bas van Abel, a Dutch activist who was saddened.

Fairphone sells for about \$700 and has be customers worldwide. Americans upgrade on an average of every two and a half years are built to last 10 years with a five-year was saddened.

Bas van Abel, a Dutch activist who was saddened by the damage done worldwide to produce electronics, created Fairphone, a sustainable phone to reduce waste. His smartphones have modular components that can be replaced, which extends their life. The battery, lens and screen are not glued in, which makes them easy to replace or recycle. Fairphone sells for about \$700 and has half a million customers worldwide. Americans upgrade their phones on an average of every two and a half years; Fairphones are built to last 10 years with a five-year warranty. The phone connects to AT&T, and you can upgrade them easily with a screwdriver. Replacement parts are fairly priced and they maintain a help site at forum.fairphone. com.

Whenever possible, try to purchase previously owned electronics and appliances, or don't dispose of

(Continued from Page 17)

them if they still work. Demand more transparency from companies to ensure they are recycling and not exporting old electronics.

Unfortunately, large corporations are adept at greenwashing, voicing the importance of recycling and sustainability while not practicing it. We should only recycle e-waste with facilities which are R2v3 certified. Only those facilities and their downstream partners are monitored.

# WEAVERS WAY ENDS

Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy.

### AS A RESULT OF ALL WE DO:

- **END** 1 There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.
- **END 2** Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.
- **END 3** There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.
- **END 4** Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op's long-term vision.
- **END 5** Members and shoppers will actively participate in the life of the Co-op and community.
- **END** 6 The local environment will be protected and restored.
- **END 7** Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.

### The Backyard Beet 🔸

# The Steps for Building Your Raised Bed Garden (Part II)

#### by Chris Mattingly, for the Shuttle

NCE YOU'VE CHOSEN A SITE FOR YOUR EDIBLE garden, there are many paths you can take in terms of choosing materials, size and layout. In this article, we'll give an overview of the pros and cons of different raised bed garden designs, so you can plan a garden with your needs and preferences in mind.

#### **Choosing Materials**

The material a raised bed is made of is a practical decision as well as an aesthetic one.

Wood is our first choice for building raised beds, because it is easy to customize and add to, including structures like fences and trellises. It's also repairable. Cedar and hemlock contain natural resistance to decay and insects, which will extend the life of your bed. Also, you can treat wooden boards with a food-safe stabilizer to prevent UV damage and water intrusion. This can double the life of your raised beds.

If you prefer natural-looking raised beds without wood, stone is a durable option. This includes rocks, bricks and concrete. However, stone can be harder to build with. Stone also retains more heat than wood, leading to warmer soil that can heat the roots of tender young plants and affect their long-term health and growth.

Store bought, metal raised bed kits are a popular option, but will warp and rust over time. Most of the time, these kits come apart at the screws before the metal decays. Remember, the bed system is only as strong and durable as its weakest link!

### Sizing Your Garden

The size of your garden will depend on your lifestyle. Do you want an easy-to-maintain space to enjoy with your kids on the weekend? A small, manageable raised bed garden will provide education and inspiration without the time or effort of intense upkeep.

Are you interested in feeding your family year-round from the garden instead of the store? A large-scale growing space, optimized with irrigation and fencing, will suit your needs. If you want a large garden but don't have the time to care for it yourself, you may be disappointed with a messy, overgrown space. Consider building a space that's manageable for you, or hiring a gardener to help.

Many times, we see that an aspiring gardener's growing goals can be met in a much smaller footprint than they imagined. With the proper growing conditions and care, it's common for one tomato plant in a properly set up garden to yield two to 10 times as much produce as a hobby gardener's tomato plants. You might think you

need or want 10 plants, but you may be happy with two to four that perform well.

For beginners who might not know where to start, we typically recommend a starter garden of about 64 square feet of growing space. This is the equivalent of two 4 by 8-foot raised beds. With more square feet, you will be able to experiment with different crop varieties or grow larger quantities of some of your favorite crops.

For annual raised bed gardens, we recommend at least 12 inches in height. This will create enough space for roots to develop and support a mature plant. Beds can also be built 18 or 24 inches high if the gardener finds that bending down to harvest or maintain their space is difficult. Anything higher than 24 inches may create hard to reach plants during the height of the season.

When planning your space, consider the ability to access your growing areas; you should be able to reach across your entire garden easily. The minimum reaching distance that we recommend is two feet, so a raised bed that is accessible from all sides should be no more than four feet wide. Between beds, we recommend a weed-andgrass-preventative substrate like mulch or stone, and pathways that are at least three to four feet wide.

#### Finding the Best Garden Layout

Fencing plays a crucial role in determining the layout of your garden. Its primary function is to thwart critter intrusion, while also being a key aesthetic consideration.

Understanding the specific animals you're dealing with is essential. For larger pests like deer and groundhogs, a fence of at least five to six feet with a gate is typically a necessity. In a gated, fenced-in garden, maximum growing space can be achieved by planting around the perimeter with a central pathway, although other designs can be used.

To deter most rabbits, cats and dogs, a 24 to 36-inch fence can suffice. The added benefit of only needing a small fence is that you can build fences on the beds that can be reached over, meaning that you can be more flexible with your bed layout and design.

For tighter spots like those nestled next to a patio, single-line placement of raised beds that fit into the space





can also work. However, enclosing narrow spaces with critter-proof fencing poses its own set of challenges. Unless your entire yard boasts a fence that is pest-proof or you live in a city yard that doesn't see groundhogs or deer, pest pressure might still be a concern without a fence. Achieving a successful no-fence backyard garden is a rare feat that's usually reserved for rooftop or city yards with minimal instances of pest pressure.

Designing a great vegetable garden involves thoughtful consideration of materials, size and layout. By thoughtfully integrating durable materials, manageable layouts and accessible features, you can cultivate a thriving and enjoyable home garden that yields bountiful harvests season after season.

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



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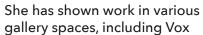
@backyardeatsphl



# **Artists in Our Aisles**

### Olivia Guarnieri

Olivia received a bachelor's degree from Vassar College in 2020, where she studied English, media studies and studio art. She presented her senior thesis on object-oriented ontology. After graduation, she moved to Philadelphia.



Populi (Philly) Creative York (York), CICA (Gimpo, South Korea), dodomu gallery (virtual), and The Rest Gallery (Ithaca, NY). Last year, she did a residency at Arts Letters & Numbers in Averill Park, NY and completed a summer studio critique program at the Pennsylvania Academy of Fine Arts.

Olivia creates three-dimensional structures from commonly found materials such as wood, paper and cardboard. Her pieces explore the ways words and objects connect with each other. Her structures are often influenced by the street signage and construction scenes she sees on walks through Chestnut Hill, which she records and then distills into simple forms with little information. She's drawn to creating work that resembles the punchline of a joke – seemingly straightforward and literal, but concealing some other significance.

Instagram: @ohteagee

https://oliviaguarnieri.myportfolio.com/

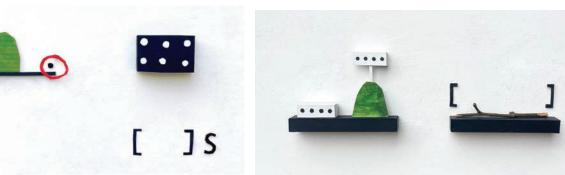


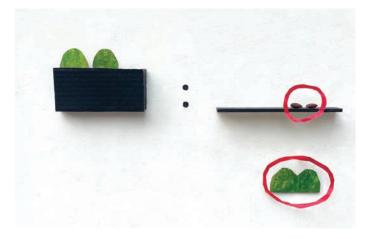
We want to feature your art in the Shuttle!

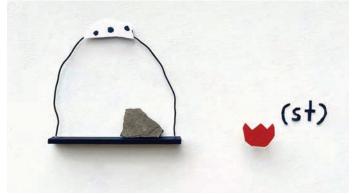
Please submit the following to Richard Metz (thembones2@hotmail.com):

- 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

### **PASSOVER HAIKU**

Crossing the Red Sea And reaching the other side Are we really free?

My best holiday Pesach, Matzah and Maror I know that for sure

The youngest child says Four questions at the Seder Many more to ask

—Linda Cherkas

# Our Revised Submission Guidelines:

- 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.

 $Editor's\ Note:\ This\ poem\ is\ written\ in\ honor\ of\ long time\ Co-op\ member\ and\ poet\ Barry\ Farber.$ 

### AN AI POEM FOR A MT. AIRY POET

In a quaint abode on Westview Street, Resides a man named Barry, so sweet. Once a psychiatrist, now a bard at play, Crafting verses to brighten each day. The healer of minds, by trade, Now a poet of souls, his verses cascade. With keen eyes, he roams the familiar ground, Noting each detail, in silence profound. His poems, a celebration of life's simple joys, Bringing warmth to hearts, like childhood toys. The sidewalk's tale, etched in every crack, Barry's words, like whispers, trace it back. A path of memories, of journeys untold, In his verses, each story unfolds. Spring flowers bloom, a neighbor's delight, In Barry's poems, they shimmer bright. Their fragrance captured in lines so fine, A symphony of colors, a dance divine. The jogger's rhythm, a steady beat, In Barry's verse, a melody sweet. Each stride a testament to life's grace, In his poetry, a sacred space.

While his son dreams of monuments grand, Barry cherishes life's treasures in hand. His poems, genuine and true, Monument small joys, for me and you. Through seasons of change, Barry refined his art, Laminating his poems, a protective part. Ensuring they endure, against nature's sway, Standing the test of time, come what may. With each laminated verse, he bestows, A gift of beauty, where the wildflower grows. For the jogger's stride, and the neighbor's smile, Preserved in verse, for mile after mile. In the gentle breeze, his words still dance, A tribute to life's fleeting romance. Laminated monuments, humble and true, Echoing the joys Barry once knew. So though this poem here has AI's touch, Barry's verses radiate love and such. In each line, a piece of his soul, A testament to beauty, his lifelong goal.

—Jeremy Frank (and ChatGPT)



# **Imagining a World Without Waste**

#### **Refill Hub Brings Reusables to Mt. Airy**

It's fitting that 6669 Germantown Ave., a 283-year-old building, now houses Perennial Refill Hub, which specializes in products that are available with a minimum of packaging, including bulk BYOB dish and laundry detergent, soap and shampoo. The store stocks no single-use plastic and offers opportunities for — as the name suggests — perennial refills.

The business had a "soft opening" on Mar.19 and officially opened Apr. 20. It is the brainchild of Susan Barry, who moved to Philadelphia in 1993, where she met and married her husband, Ethan Cadoff. They moved to New York City and lived there and in Hoboken, NJ for a decade before returning to Philly in 2018.

Perennial is patterned after refill stores like Good Buy Supply in South Philly, Ray's Reusables in Northern Liberties and Mainline SHIFT in Narberth — places she started frequenting to avoid buying personal care and household items in new plastic bottles.

"I just kept thinking that a lot of people in Mt. Airy, Germantown and Chestnut Hill probably like me are not wanting to be contributing a lot of plastic to landfills, especially with (Weavers Way's) Plastic Reduction Task Force being so active," she said. "I wanted to create an opportunity in our area for people to be able to get the things they need on an everyday basis without adding more plastic to landfills."

Barry got familiar with her store's space when it housed Alena's Café and Little Jimmie's Bakery and Café before that. The building has been functionally renovated after many previous lives while keeping many of its unique colonial features.

"I was across the street at Adelie Coffee and was thinking about opening a store," she recalled. "I looked across the street and saw this empty building I had always loved, so I researched and found out that it was for rent by the current owner, local developer Ken Weinstein. They did all the renovations, including new lighting and HVAC, and rebuilt the back area where there is storage space and a bathroom."

Barry continues to do her homework about plasticfree options. She tested a lot of products at home and brought in some of her favorites.

"I also joined a Facebook group of refill store owners, which I've been in for a year and have been able to benefit from a lot of conversations about great products and what to bring in," she said. I reflected on it for a long time, considered input from other store owners, and settled on what I felt was going to work and that I hoped people would find valuable. I'm planning to expand and shift as I get more feedback from people about what works for them and what they're looking for."

Currently, Perennial Refill is open Tuesday, Wednesday and Thursday from 11 a.m. to 6 p.m., and Friday and Saturday from 10 a.m. to 5 p.m.

"Folks are welcome to bring their own containers," Barry said. "We also have some containers for purchase with pumps and sprayers, and we'll often have some free repurposed jars available. We ask that people bring dry containers — it's the best practice for the refilling process. The refillable products are sold by the ounce, and we also have a lot of other sustainable products that are not refills but are either unpackaged or they're in packaging that is recyclable or compostable."

Barry added that her focus is on cutting down on single-use plastics.

"There are a lot of different ways to do that," she



said. "We also have a lot of kitchen products that, for example, help us to swap out from using so many paper towels. We have a lot of accessories for mason jars to adapt them for various purposes."

Perennial also carries silicone or fabric dish covers to use instead of plastic wrap, vegetable crisper bags and many other kitchen and pantry items, as well as locally made candles and other earth-friendly gifts.

In choosing inventory, Barry prioritizes working with vendors who operate using a closed loop system, in which they ship the product in a bulk container that she can return for them to sanitize and ship to her again. She also tries to do business with nearby vendors whenever possible.

"There are many factors in play, so it's not always perfect," she said. "I also wanted to offer affordable products and really make this way of shopping accessible to as many people as possible, while also evaluating the quality of the ingredients and making sure that they're earth-friendly and nontoxic. So choosing inventory requires a lot to think about."

Beyond helping people reduce plastic and other waste, Barry hopes that Perennial can become a networking and learning space for those embarking on or continuing a low-waste journey.

"I already have the beginnings of a community board in the shop," she said. "And although the space is small, I aim to collaborate with and hold events highlighting the many wonderful individuals and organizations working locally to preserve and protect our planet."

-Valerie Glauser

#### **Updates and Analysis From the Plastics Beat**

- The latest issue of the Philly Talks Trash quarterly newsletter was published in April with a guest column by Rabbit Recycling as well as many low-waste tips and resource links. If you didn't get it in your email, click on the QR code next to the Philly Talks Trash graphic.
- Have you noticed the recent TV commercials from the plastics industry about what a great job it's doing finding ways to make plastics reusable? The industry has long claimed the problem is that people aren't good recyclers, even though most plastic products are a mix of plastics that can't be recycled.
- A new paper by Lawrence Berkeley National Laboratory reports that the plastics industry accounts for four times as much global warming pollution as



the airline industry – comparable to 600 coal plants. Plastics are almost exclusively produced from fossil fuels, which also provide the energy for manufacturing. Most of the resulting greenhouse gases are released before the final products roll out the door. No wonder they need an ad campaign.

• The fourth session of the U.N.'s Intergovernmental Negotiating Committee on Plastics Pollution took place the last week of April in Ottawa, Canada. The committee was meeting to develop an international legally binding instrument on plastic pollution, including in the marine environment. Stay tuned for outcomes.

—Karen Melton

### **Jar Library and Container Reminders**

- 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.
- 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 is.
- 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.





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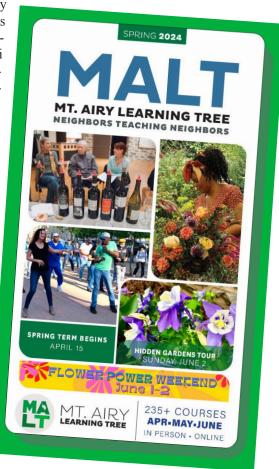
HE SPRING TERM AT MT. AIRY LEARNING TREE HAS BEGUN WITH 234 CLASSES to choose from, including 63 brand new courses.

Classes run through mid-July and include one-day walking tours and art workshops, along with eightsession ballroom dance and T'ai Chi. Other offerings include American sign language, the Art of Classic Mixology, Xtreme Hip Hop and

MALT classes take place in Mt. Airy, Chestnut Hill and Germantown; a few "Across the Creek" classes are held in Roxborough, Manayunk and East Falls. You can take rowing fitness at RowZone Manayunk, weaving at the Philadelphia Guild of Hand Weavers, and even kayaking and paddleboarding through a partnership with the Philadelphia Canoe Club. Most classes this term will take place in-person, but there will be 27 classes online.

Register online at www. mtairylearningtree.org, by calling 215-843-6333 or visiting our office at 6601 Greene St. Monday through Friday from 9 a.m. to 2 p.m. If you would

like a printed catalog, stop by, call the MALT office or pick one up at a local business or library.



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215-843-2350

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**Chief Financial Officer** 

**Purchasing Director** 

**HR Director** 

**IT Director** 

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Lauren Castro, ext. 132

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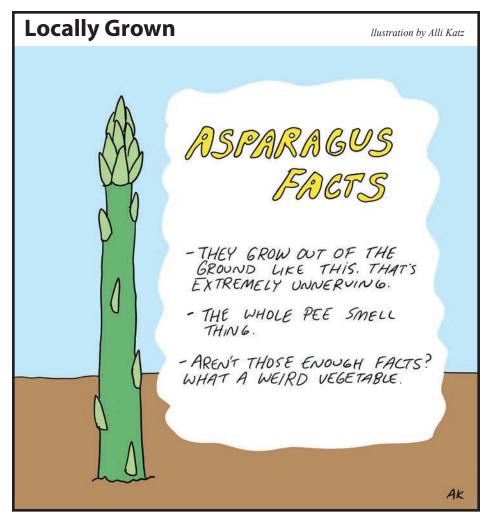
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David Chaplin-Loebell, ext. 127







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

### **Weavers Way Board**

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

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

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

### 2023-2024 Weavers Way Board of Directors

President: Chervl Croxton Vice President: Joshua Bloom Treasurer: Gail McFadden-Roberts Secretary: Jason Henschen

At-Large: Hillary Baum, Kristin Haskins-Simms, Benjamin Bartley, Michael Hogan, DeJaniera B. Little, Kacy Manahon, Esther Wyss-Flamm.

### The Shuttle

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### **HOW TO REACH US** www.weaversway.coop

#### **Ambler** 217 E. Butler Ave.

8 a.m.-8 p.m.

215-302-5550

Store Manager Heather Wigley, ext. 300

hcarb@weaversway.coop **Assistant Store Manager** 

Karen Gemmell, ext. 379 kgemmell@weaversway.coop

Grocery Nancy Timmons Melley, ext. 373

nmelley@weaversway.coop

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Front End Manager Hillary Bond, ext. 375

hbond@weaversway.coop

Mira Kilpatrick, ext. 377 mkilpatrick@weaversway.coop **Prepared Foods** 

Alisa Consorto, ext. 374 aconsorto@weaversway.coop

Meat, Poultry and Seafood Mike Lawrence, ext. 361 mlawrence@weaversway.coop

Floral Buyer Mira Kilpatrick, ext. 377 mkilpatrick@weaversway.coop

**Bulk Buyer** Ross Beauchamp, ext. 380 rbeauchamp@weaversway.coop

**Bakery** Jessica Isanski, ext.376 jisanski,@weaversway.coop Wellness

Karen Palmer, ext. 350 kpalmer@weaversway.coop

Farm Market farmmarket@weaversway.coop 267-876-3101

### contact@weaversway.coop

#### Chestnut Hill 8424 Germantown Ave.

8 a.m.-8 p.m. 215-866-9150

Store Manager

Ann Marie Arment, ext. 212 aarment@weaversway.coop

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swilliams@weaverswav.coop Grocery Len Mears, ext. 217

Imears@weaverswav.coop **Assistant Grocery Manager** Kriss Walker, ext. 217 kwalker@weaversway.coop

Produce Mike Sarver, ext. 211

msarver@weaverswav.coop Prepared Foods Ty Moore, ext. 218

Meat, Poultry and Seafood Ron Moore, ext. 205

rmoore@weaversway.coop Bakery Kim Hopson, ext. 217

khopson@weaversway.coop Bulk

**Next Door** 

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

215-866-9150, ext. 220/221 Wellness Manager Nicolette Giannantonio, ext. 221

ngiannantonio@weaversway.coop

**Across the Way** John Reimers, ext. 217 608 - 610 Carpenter Lane jreimers@weaversway.coop

8 a.m.-8 p.m. 215-843-2350, ext. 6

Mt. Airy

8 a.m.-8 p.m.

Grocery

**Produce** 

Deli

215-843-2350

Store Manager

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Keith Souder, ext. 140

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Meat and Seafood

icardamone

Floral Buyer

Bakery

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Mike Lawrence, ext. 104

Juli Cardamone, ext. 142

Andrew Joyce, ext. 305

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ajoyce@weaversway.coop

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Pet Department Manager Anton Goldschneider, ext. 276 petstore@weaversway.coop

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### **NEW MEMBER ORIENTATION**

Tuesday, May 21 from 6:30-8pm. Summit Church, 6757 Greene Street

To register visit: www.weaversway.coop/events

### **Become a Member**

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

### The Future of SEPTA's Regional Rail System is Up to Us

(Continued from Page 1)

don't ride because the trains don't run often enough. The West line was shut down completely during the early days of the Covid pandemic, and since it reopened in the spring of 2021, the line still hasn't returned to full pre-pandemic service. Trains run hourly on weekdays except for peak commuting times, and the last train leaves 30th Street Station at 9:52 p.m.

The schedule is even worse on weekends; trains run every two hours and stop at 8:27 p.m. (The East line runs a little later). If you're headed to a museum, concert, sporting event or out to dinner, transit is an obstacle, not an option.

Remote work has ended many commutes, and the shift toward options like ride-hailing services has deeply hurt public transit ridership. According to U.S. Census Bureau data, only 18% of Northwest residents who were heading to jobs in Center City took public transit, while 54% drove.

We find ourselves in a "use it or lose it" situation — without more riders, it's harder to make the case to SEPTA as well as state and local politicians that our lines are worth continuing to invest in. That's why a big part of the coalition's campaign has focused on encouraging more of us to ride the train and the bus.

In addition to our advocacy for fully funding SEPTA and encouraging more riders, there's another way to lobby the agency to increase service: Offer feedback on its "Reimagining Regional Rail" proposals, particularly the plans that would offer service every 30 minutes from 5 a.m. to 1 a.m.

The scheduling proposal is truly transformational and would deliver on the promise of our area as a "transit hub" for current residents, as well as those moving into the many new housing de-

> velopments. It will take cars off the road, easing traffic as well as climate impact, and make it easier for students, seniors and all non-commuters to use regional rail as an easy, affordable and reliable way of getting around. So please tell SEPTA you support a more robust schedule by going to https://planning.septa.org/initiatives/regional-rail-master-plan/ to see what's possible and leave your comments.

> While you're at it, check out the coalition's website. savethetrain. org, and find out what else you can do to "Step Up for SEPTA."

Anne Dicker is president of West Mount Airy Neighbors and campaign director for Save the Train/Step Up for SEPTA.

# Save the Train/Step up for SEPTA Coalition Organizations 5<sup>th</sup> SQUARE Open Caucus















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# WEAVERS WAY EVENTS

### **Help Weavers Way Germantown Go Solar - Virtual information Session**

### Monday, May 13

Weavers Way has partnered with the Clean Energy Co-op to put solar panels on the roof of the new Germantown store. You can help by joining the Clean Energy Coop, which utilizes a collective investment model. Members of the Clean Energy Coop will be on hand to explain the process and answer questions.

### Weavers Way Environment Committee – **Electronics Recycling**

#### Saturday, May 18 **Chestnut Hill College** 9601 Germantown Ave.

9 a.m.- 1 p.m.

Bring your wired waste for environmentally responsible recycling! This event is cosponsored by the Sisters of Saint Joseph and the Co-op's Environment Committee. Donations support the Committee's environmental projects. Recycling services provided by PAR-Recycle Works. For more information on what wired waste is accepted, visit www.weaversway.coop/ events.

### Spring General Membership Meeting 2024

Saturday, May 18 **Awbury Arboretum** 6336 Ardleigh St. **East Germantown** 

Celebrate your ownership in the Co-op by attending our spring GMM. Catch up with Co-op staff and Board members and connect with your fellow members. You'll have a last-minute chance to vote at the meeting, since voting will end at 5:15 p.m. Get informed on the state of our Co-op and hear exciting updates from our general manager. Enjoy a happy hour with delicious bites and beverages. We strive to produce as little waste as possible at our events, so guests are encouraged to bring a napkin, plate, silverware and a drinking cup to minimize food waste.

Admission is FREE, but registration is requested.

### **Virtual New Member Orientation**

### Tuesday, May 21

6:30-8 p.m.

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 two hours working member credit. The orientation lasts approximately 1.5 hours. 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**