

Mural Fun in Midwinter

Co-op stakeholders and volunteers, including General Manager Jon Roesser and Weavers Way board member Kristin Haskins Simms (far right), came to the Braid Mill, a coworking space in Germantown Jan. 10 to provide event support and paint panels that will get installed by Mural Arts on the side of our Germantown store in early summer. The mural, "Weaving a Bountiful Harvest," designed by artist Eurhi Jones, is being generously funded by an anonymous donor organization that hosted the event.



Photos by Dakota Foster, Weavers Way marketing coordinator



Community-Owned,
Open to Everyone

Neighborhood
Groups Work/
To Cool Down/
Northwest Philly

by Liz Hersh, for the Shuttle

WHEN I TELL PEOPLE MY VOLUNTEER work is about planting trees, it can sound almost quaint, especially in a world grappling with climate change and the politics of fossil fuels, among other existential threats. But the truth is, trees are one of the most powerful, practical tools we have.

A single block without shade can be 10 degrees hotter than one lined with healthy street trees. Those hotter blocks — known as urban heat islands — are more than uncomfortable. They contribute to asthma, heat exhaustion, higher energy bills and even heat-related deaths.

Studies consistently show that more trees mean better health, calmer streets and stronger neighborhoods. The U.S. Forest Service estimates that reaching 30 percent tree canopy in Philadelphia could prevent more than 400 premature deaths every year, with the greatest benefits in communities with fewer resources.

Trees work hard for us every day. They cool the air, absorb stormwater, reduce flooding, cut energy costs, improve walkability, support mental health, create habitat for birds and pollinators, and even boost academic outcomes. In short, trees make life better.

Planting a tree is something we can do right now. It's a positive, tangible action at a time when we can feel

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The Shuttle

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Building a Quilt for Kids in Ukraine

by Betsy Teutsch, for the Shuttle



Photo by Betsy Teutsch

Margaret Guthrie with the latest quilt she designed for a child in Ukraine.

OUR BELOVED FRIEND MARGARET Guthrie has had many careers and passions in her long life. A retired journalist and cookbook author, she grew up in Chestnut Hill and learned to sew at Miss Zara's School, before it merged with Springside. Thus began her lifelong love of quilting.

At our August 2018 Together Women Rise dinner, Margaret celebrated her 79th birthday by issuing an invitation. Who wanted to join her in creating a quilt that would be auctioned off to raise funds for Rise, in honor of her 80th birthday? She headed up a similar project decades earlier when she lived in Wisconsin and edited a small-town newspaper. That quilt raised a lot of money for the Women's International League for Peace and Freedom.

Several of us jumped at the chance. Our first meeting took place at the Mercantile just after the 2016 Presidential election. The group instantly coalesced into a Stitch and Bitch, and over the next

few years we created quilts to raise funds for Rise, the Women's Law Project and Food Moxie.

Margaret does the conceptualizing and designing of the quilts and creates ziplock kits for her band of quilters to complete independently. She does the vast majority of the work, including stitching the center design, sewing together our contributed blocks, adding the batting and backing, and quilting the layers together. It's all hand stitching — no machine work allowed. Brigid Blake, also an accomplished quilter, puts in many additional hours quilting with Margaret. The rest of the group — Margot Bradley, Bonnie Hay, Moya Kinnealy, Mary Madeira, Helen Seitz and myself — meets a few times a year to work on each project together.

When Russia brutally invaded Ukraine in 2022, Margaret felt called to create a quilt to present to a Ukrainian child who was suffering much trauma

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Intention Can
Be the Starting
Point to a Less-
Cluttered Life

by Amanda Soehl, for the Shuttle



BY THE TIME LATE JANUARY ARRIVES, the rush of the holidays has faded and the "new year, new you" energy has usually worn thin. Routines resume, piles resurface and the quiet realization arises that the reset you hoped for didn't magically happen on Jan. 1. That's okay.

As winter settles in, it offers its own kind of invitation — not to overhaul your life, but to pause and notice what's working, what's weighing you down and what you might be ready to release. Rather than resolutions, which often come loaded with pressure and perfectionism, this moment lends itself to something gentler: intention.

(Continued on Page 13)

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Editor’s Note

by Karen Plourde, Editor,
Weavers Way Shuttle



CLOUDS HAVE DESCENDED ON THE streets of Northwest Philly as I write this, two days after a snowstorm that dumped nine inches on the city. Unlike many snowfalls over the years, this one is poised to hang around a while, with temperatures hovering below freezing for the next week-plus.

I have to admit, my Buffalo, NY heart is pleased. One of my issues with winter in Philly is that it tends to happen in bursts — snowfalls of various sizes that often disappear within a few days as temperatures warm and/or rain washes it away. It seems like kind of a cheat, honestly, especially in midwinter. You can get away with that in March, but in January? Come on!

Of course, my cheeriness over the weather could easily dampen on Friday, when it’s time to get off my sofa and deliver the next edition of the Shuttle. To that end, here’s some of what you’ll find in here:

A selection of Black-centric dishes by the Prepared Foods managers in our stores in celebration of Black History Month. Each comes with an interesting story of culinary love that goes a long way toward explaining why they do what they do (p.3)

Some recommendations for a new year reset — one that’s kinder to your body and mind — in Ambler Wellness Buyer Karen Palmer’s “Word on Wellness” column. (p.4)

The variety of resources available for grief counseling in Philadelphia — be it traditional therapy, claymaking or one-day workshops (p.9)

I also want to point out that there’s a new column in town — Brenda Malinics’ “Brenda’s Cat Tales”, on p.20. Brenda, who heads up her own cat rescue, has written about kitties and wildlife for many years in the Shuttle, will now offer her expertise on a monthly basis.

Who needs to go out in the snow when you can curl up with the Shuttle? Hope we can entertain you in between shopping trips, replenishing your salt supply and counting the days until spring.

Catch you in the pages in March.

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.

The Enduring Appeal of Dark Roasts for Coffee Drinkers

by Neal Fordham, for the Shuttle

FROM SPACE, ASTRONAUTS HAVE LOOKED BACK AND DESCRIBED our Earth as a lovely blue marble — large land masses, swaths of blue water, clouds wrapping about her like scarves. No division is visible, but there are soft shifts between blues, whites and greens.

Sometime between crawling out of the slime and bouncing across the moon, humans began drawing lines and planting flags.

I loved the United States puzzle I had as a child, but it made me believe there were real lines between the states. My Southern education even taught me where the Mason-Dixon line was drawn. When I returned from college in Boston to visit my grandma in Georgia, she asked, “How do you like living with them Yankees up there, honey?” She believed that the Mason-Dixon was literally etched into the ground.

Now I know there are no lines dividing any of us.

However, in the world of coffee, lines are drawn: Between me and my folks, who drank nasty instant coffee their whole lives. Between sophisticated local roasters who dedicate their craft to finessing complex taste notes from light coffee roasts and the one dimensional-tasting dark roasts. If you are out to dinner somewhere, you will be served a dark roast; if you are driving all night and must have coffee — be it from Wawa or a truck stop — it, too, will be dark.

When we have company and I serve them a dark coffee, they always love it. So there must be something about those darker roasts.

Equal Exchange’s French Roast and Midnight Sun are invariably the Co-op’s top coffee sellers each month. The cold brew cans that are popular when it’s warmer are predominantly dark. So what exactly are we getting from the darkness?

All dark roasts have similar tasting notes to describe them: chocolate, baking chocolate, dark chocolate, milk choc-



olate, molasses, a hint of spice, brownie-like, nuts, vanilla, ash. There is also the rich, thick feel in the mouth, and a little bitterness. How did this become our preference? Fifty years ago, I looked into my mom’s cup, saw mysterious darkness and maybe thought: Mama’s chocolate cake, or something adult I could not have?

What is it for you?

Try one of Equal Exchange’s best sellers: Mind, Body & Soul, Midnight Sun, French Roast, Love Buzz or French Roast Decaf.

Neal Fordham is a local coffee aficionado and a truck driver for Weavers Way.



The Stealthy Root



by Kieran McCourt, Weavers Way Ambler

Parsnips are another wintertime staple root vegetable with history that dates back to antiquity. A relative of carrots and parsley, it has subtle nuttiness and sweetness and can be used in a variety of ways.

Especially when cooked, parsnips are even sweeter than a carrot and were used as a sweetener in parts of Europe prior to the introduction of sugar cane.

Unlike their orange cousins, they are usually best peeled. The tan skin can oftentimes add an unpleasant bitterness to a dish when cooked. They are usually at their best when cooked, but can be eaten raw.

Pick small to medium size versions — they’re sweeter and more flavorful. Larger parsnips often develop a tough, woody core that makes for less than ideal dining. It’s easy to remove if you quarter the parsnip lengthwise and trim out the center core, which is usually darker than the rest of the flesh.

Basically, if it can be done to a carrot or potato, it

will work for a parsnip: They can be roasted, baked, fried, steamed, boiled, pureed and more. They’re great with salt and pepper, but pair well with stronger flavors as well —spicy, smoky or bright and acidic.

They shine with maple or miso glazes or a citrus and herb dressing. Roast and pair them with endive, radicchio and escarole for a winter salad.

Parsnips are a stealth vegetable: They’re sweet and a little starchy, which makes it easy to hide them among better known roots and tubers for the suspicious eaters among us. Mash them with potatoes, or slice and hide them in layers of scalloped potatoes. You can also shred them on a box grater and bury them in hash browns.

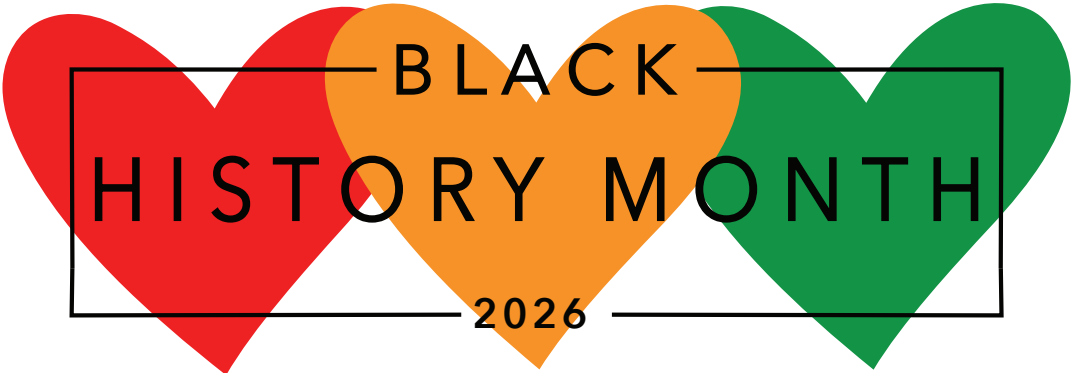








Co-op Finds feature...Weavers Way Chefs celebrate



Interviews by Karen Plourde, Editor, the Shuttle

Look for these Chef Selections in stores all month!



Senora Grayson

Prepared Foods Manager
Weavers Way Ambler
Co-op staff since 2025

Dish: Mess o’ Greens — Seasonal greens cooked low and slow in a ham hock broth. Her version includes turnips.

Learned to make it from: Her mom and aunts.

When she decided on the dish, she called her mom and aunt to get the proportions of ingredients needed. That was tricky, because they cook it without a recipe.

A fond food memory: “I especially think about my Aunt Brenda, who passed away eight years ago. Whenever I make [the greens], I think about her. [My aunts] would always bicker about who made the best greens. I’m like, ‘You guys, these are exactly the same.’”



\$7.99 pt
Senora's Mess O' Greens



Dale Stambaugh

Fresh Food Manager
Weavers Way Germantown
Co-op staff since 2019

Dish: Smothered Pork Chops — seared and cooked in gravy with mashed potatoes and blanched green beans. “I’m from a real Appalachian part of Pennsylvania (born in Harrisburg; raised in Lancaster, York and Juniata counties).

“I grew up on real thick, stick-to-your-bones comfort food.”

Learned to make it from: His grandmother. “I started cooking when I was about 7 or 8, and then my grandmom just honed the skills as I grew up.”

A fond food memory: “Every Christmas, making cookies with my grandmom. She would normally do like, 40 to 50 dozen; we’d be in the kitchen for weeks. I loved it.”



\$12.99 ea
Dale's Smothered Pork Chop Dinner



Tyrone Moore

Prepared Foods Manager
Weavers Way Chestnut Hill
Co-op staff since 2019

Dish: Fried chicken, baked mac ‘n’ cheese & seasoned string beans. “It wasn’t necessarily something that we would eat because it was Black History Month. It was just a regular dish that we would eat.”

A fond food memory: “The first real chef that I saw cooking was a Russian guy by the name of Igor. I was about 14; I was a busboy at the time...working at this restaurant called Catfish Cafe (in East Falls). He seen something in me, I guess, because he always used to call me to the kitchen like, ‘You’re not busy, come to the kitchen and learn something.’ When I wasn’t busy, I’d go to the kitchen and he’d just show me little things like, ‘If you’re gonna sauté, you gotta make sure your pan is extremely hot before you put any food in it.’ That was my first, initial contact in opening up for cooking.”



\$12.99 ea
TY's Fried Chicken Dinner



John McAliley

Prepared Foods Manager
Weavers Way Mt. Airy
Co-op staff since 2016

Dish: Red Beans & Rice. “I grew up eating it as a kid, but it was more than just red beans and rice. Hoppin’ John got made, also dirty rice. Lots of rice and bean dishes. There was also Spanish rice. It’s an easy meal to throw together, and it’s also something that you never have any complaints about, unless you get tired of eating it all the time.”

A fond food memory: “Cooking was a very big part of our family — meals and preparing the meals together. More than just eating the food, but coming together to prepare...it went beyond simply putting food in your body — it was the whole process of making it from start to finish.

“Going to my grandparents’ house —whether it was Thanksgiving, Easter or just regular Sunday dinner, it was something that happened regularly throughout all of my childhood. It was...very important to me. Again, it was more than the food. It was being together with the family — the fellowship of everybody being there.”



\$7.99 pt
John's Red Beans and Rice

the word on wellness

Introducing a Gentle Winter Reset for Body and Mind

by Karen Palmer, Weavers Way Ambler Wellness Buyer

IF JANUARY LEFT YOU FEELING HEAVY, FOGGY, UN-motivated or emotionally tender, you're not broken; you're human. And your body may be asking for something other than a reset.

In nature, winter isn't a time of pushing — it's a time of conserving energy, restoring reserves and maintaining rhythm. Trees don't bloom. Animals don't train for marathons. Yet, we often expect ourselves — especially our adult bodies — to do the opposite.

This can feel especially true in midlife. Hormonal shifts may affect sleep, joints, mood, temperature regulation and emotional resilience. Add post-holiday depletion, financial stress, and world events can feel overwhelming in a quiet, hard-to-name way.

Instead of fighting that reality, what if we worked with it?

Three Gentle Supports

Warmth First: Warmth is regulating and sends a quiet signal of safety to the nervous system. Starting the day with a warm beverage, opting for cooked foods and wrapping up at night with extra layers, baths or heating pads can all help the body settle. Warmth isn't indulgent — it's stabilizing.

Minerals and Rhythm: Winter can quietly deplete us. Eating regularly, staying hydrated and keeping one or two daily rhythms consistent — morning light, afternoon tea, an evening wind-down — can support steadier energy.



Nervous System Kindness: If motivation feels low, it may not be a mindset problem — it may be a regulation issue. Gentle morning light, slower transitions between tasks and fewer inputs at night can help restore balance. You don't need to push harder; instead, you may need to soften the edges of your day.

Small Shifts That Create Space

Clear One Small Area: You don't need to reorganize your whole home. Clearing physical clutter often creates immediate mental relief. Many people notice that even a small act of order can help quiet the mind and restore a sense of control.

Put Your Body in Motion — Gently: Movement doesn't have to mean a workout. A short walk, stretching while the kettle boils, a few minutes of moving your shoulders and hips — these small movements help shift stagnant energy and support mood and focus. Consistency matters more than intensity in winter.

Create One Daily Reset Point: Choose one moment in your day that stays the same: opening the curtains in the morning, stepping outside for fresh air or tidying the kitchen before bed. Predictable rhythms help the nervous system feel steadier, especially during darker months.

Change Your Environment Slightly: Sometimes support looks like rearranging a chair to catch the light, adding a lamp or bringing warmth and comfort into the spaces you use most. Small environmental changes can shift how the whole day feels.

You don't need to do everything. One small, intentional action is enough.

Special Instructions for Those 45 and Over

Midlife bodies are wiser, but they're also more sensitive. They respond better to support than force. Health at this stage isn't built through dramatic overhauls or strict resolutions — it's built through small, repeatable acts of care: Listening more closely, resting a little longer, nourishing more deeply. These are not signs of decline; they're signs of adaptation.

The early part of the year can lend itself to tending — noticing what steadies you, warms you and helps you feel more like yourself.

If all you do during this time is eat regularly, move your body gently, create more space around you and treat yourself with compassion, you're doing it right. We're here to support you through the season.

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You'll find all things culinary in Local Foodie - the Chestnut Hill Local's new weekly feature section!

Chestnut Hill Local

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Local Foodie

Tommy's French onion soup recipe

Part II of II

Traveling to Visit Migrating Monarchs is Challenging, But Rewarding

by Betsy Teutsch, for the Shuttle

HIGH UP IN THE VOLCANIC MOUNTAIN FORESTS west of Mexico City, beginning around Nov. 1, the Day of the Dead, monarch butterflies begin arriving for their overwintering season. Eventually the oyamel pine trees, 10,000 feet up, are covered with so many monarchs that they look like brown foliage.

In former times, there were hundreds of millions of monarchs; habitat destruction, climate change, monoculture and pesticides that wipe out milkweed have lowered their number significantly. But many millions still make the 1,500- to 2,000-mile trip from North America, some from as far as Canada.

Tourist companies provide opportunities to witness this phenomenon through weeklong tours and day trips from Mexico City. When Road Scholar first offered one, I jumped on it, and my friend Marga signed up, too. We started out in Mexico City, a wonderful place to visit on its own, followed by three days devoted to visiting monarch sanctuaries in Mexico’s Monarch Butterfly Biosphere Reserve, which was created in 1986.

The Mexican monarch protection infrastructure is well established. The communities at the base of the mountains are a mix of larger towns, smaller villages and farms. People genuinely delight in the returning wintering butterflies. The monarch season is a big source of tourism and income, so it is in everyone’s interest to protect their habitat.

The sanctuaries are owned by local ejidos, farming communities with a complex system of land ownership. These entities operate the sanctuaries’ concessions and manage the forests, providing security from trespassing loggers. The butterflies are only there for three to four months a year, and people need to support themselves for the whole year. While deforestation happens, there’s also a lot of reforestation happening. The monarchs’ North American trek is more treacherous.

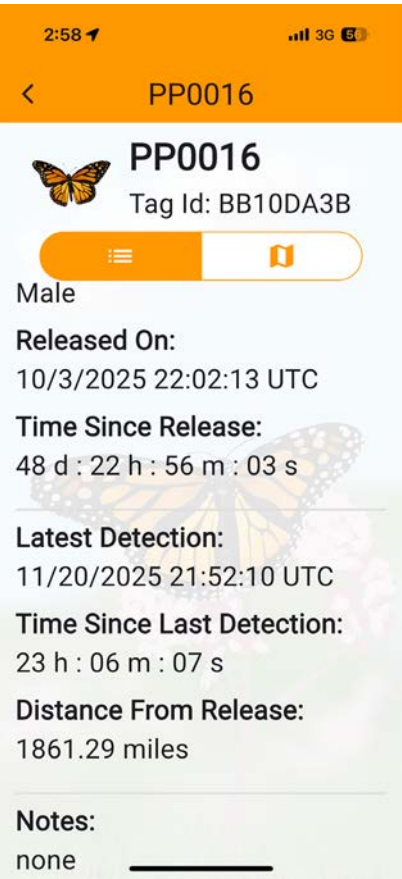
Be aware that this is a high altitude trip and is challenging for most people; acclimating in 7,500 foot-high Mexico City helps. Traveling to the sanctuaries takes many hours on slow, two-lane mountain roads.

We arrived in mid-November, but obviously, monarchs don’t consult the calendar. At our first sanctuary, we hiked uphill for about 90 minutes, to 10,000 feet. We saw a few monarchs from a distance and feared the whole trip might be a bust.

Fortunately, on Day Two, we went to the Sierra Chincua Sanctuary, which treated us to lots of butterflies



Monarch migration gives Betsy wings. Above right, Mr. Monarch PP0016’s Project Monarch Science tag.



flying up and over our heads. We rode horses on a portion of the uphill climb. In the distance, we witnessed monarchs colonizing on a tree.

Suddenly, a fellow traveler’s phone started ping- ing: She’d downloaded the remarkable new app Project Monarch Science, which is tracking 400 radio-tagged monarchs in real time on their journey from North America to Mexico. Whenever any are in range within 300 feet, it pops up on the participant’s app via Bluetooth technology. Citizen Science for the win!

Mr. Monarch PP0016 was right there above us — he’d flown 1,861 miles after departing from Detroit 48 days earlier.

On Day Three, we headed to the biggest sanctuary, El Rosario. Lucky for us, it was the official opening day, attracting thousands of celebrants for the fiesta. Mexico City has 15 million residents, and many of them travel to see the monarchs too, with locals far outnumbering

foreign visitors.

Our November weather was sunny and beautiful, so the monarchs were active. Visiting later in their cycle means many more monarchs, but colder weather. This makes the hiking less pleasant, and if it’s cloudy or rainy, the monarchs won’t be as active. There are tradeoffs.

We climbed, rode horses and then walked uphill another half-mile until we arrived at a small stand of a half-dozen trees covered with monarchs. Others were flying everywhere, from ground level on up to the skies, sipping water at the streams. The mood was joyous and reverent. Normally people are happy if they see one or two of these magical monarchs, and here we were, witnessing multitudes. A dream come true, for which words pale.

Viva las monarcas! (Long live the monarchs!)

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Fair Trade as an Extension of Free Trade, and How to Get There

by Coleman Poses, Weavers Way New Economy Incubator Committee

OVER THE PAST YEAR, THE TERM “tariffs” has occupied considerable space in the news. Yet, according to a survey conducted at the end of 2024 by the German Marshall Fund, only 45% of Americans knew what tariffs were.

In simplest terms, a tariff is a tax on imported goods. Often, the added cost is passed on to the consumer so that domestic products seem cheaper by comparison. Tariffs are also used to generate revenue.

As a result, tariffs are an impediment to free trade, which, in its purist form, is the free flow of imports and exports without government interference. The application of free trade has many benefits, such as keeping prices low, increasing consumer choices, and improving products and services over time.

Tariffs are not the only obstacle to free trade. Governments can impose quotas on foreign goods or place total embargoes on those goods. They can bolster domestic businesses through subsidies and can create bureaucratic barriers for foreign businesses. A country might also place a tax on exports, thereby favoring certain companies that provide products and services exclusively for domestic consumption. The U.S. Constitution (Article I, Section 9) specifically bans such taxes.

All of these free trade roadblocks fall under the rubric of protectionism, although punitive sanctions might also be imposed on trade partners, such as withholding products for export to target countries. The United States imposed such sanctions on semiconductors and

telecommunications technology to Russia in 2022 in response to Russia’s invasion of Ukraine. Our government also sanctioned India with a 25% tariff last August for purchasing Russian oil.

Although impediments to free trade are often considered troublesome, should they always be avoided? Adam Smith’s “Wealth of Nations”, which was published the same year as the Declaration of Independence, laid out the initial foundational argument for free trade. In the years since the publication of Smith’s masterpiece, however, a number of government policies which did not exist in his time were enacted, including laws that addressed air and water pollution, climate change, and equality based on race, ethnicity, gender, and physical and mental health.

Unions, which were banned in Smith’s time, became widespread in North America and Europe by the mid-20th century. Although child labor was never officially abolished in the United States, the restrictions from the Fair Labor Standards Act of 1938 virtually banned children under 16 from most occupations.

All of these factors have contributed to the cost of doing business in the United States since Smith’s day. We can address these costs through an increase in prices and wages, but how does our country handle price increases with countries that have few or no human rights protections? How can our country compete with a nation that can sell their widgets cheaper to us because their environmental and hu-

man rights standards are inferior to ours?

How Workers Benefit from Fair Trade

Part of the answer lies in the domain of fair trade. Most definitions of fair trade are similar to the one found in the Cambridge Dictionary: “A way of buying and selling products that makes certain that the people who produce the goods receive a fair price.” Practiced right, fair trade could be considered an extension of free trade, since all participating nations would be expected to operate under a common set of moral obligations, which would add similar costs to commodities produced in those countries.

In many ways, fair trade operates like the reverse of protectionism. Whereas protectionism might provide security to workers in a certain country, fair trade provides security to workers in that country’s trading partners. One impediment is that low-income countries don’t have the same access to subsidies and market access that many European and North American countries have.

Fair trade agreements can occur through entities like the World Trade Organization or through trade contracts like the North American Free Trade Agreement, but consumer pressure often appears to play a significant role in achieving fair trade objectives. Labeling from certifying organizations such as FairTrade International, Fair Trade USA and the World Fair Trade Organization inform consumers that the products they are purchasing are produced according to certain environmental and human rights standards.



**New Economy
Incubator
Committee**

Although voluntary fair trade efforts have improved the lives of many of the producers in the Global South, these effects have been limited. Many commentators have indicated that intervention at the national and international levels is necessary to make significant positive human rights and environmental changes in low-income countries.

Although the primary purpose of the WTO is to lower barriers to trade among member countries, there is good reason to believe that they should play a dominant role in the fair trade movement. In 2001, the WTO convened a conference in Doha, Qatar, to address agricultural subsidies, market access for non-agricultural goods, and capacity building in trade for low-income countries. The Doha Round never reached a resolution, and a follow-up meeting was never convened.

The ugly truth is that, even if tariffs were eliminated entirely, free trade and fair trade are myths until all countries have equal access to comparable resources.

Thanks for Creating SNAP Emergency Fund

I WAS ASTONISHED TO READ ABOUT Weavers Way’s management team deciding that an emergency to SNAP recipients was an emergency to the Co-op itself and funds would be given. The enthusiastic response from members who could donate to the fund was amazing! It was heartwarming how people are so willing to help others in our co-op community.

So often we’re looked down upon for receiving assistance, though our needing it isn’t because of anything most of us wouldn’t change if we could. I don’t know how to express what this help and outpouring of caring has meant to me. Thank you from the bottom of my heart.

Barbara

SHUTTLE LETTERS POLICY

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

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The Co-op’s Food Fund Earned High Marks at This Year’s Farm Show

by Jon Roesser, Weavers Way General Manager

A COUPLE OF WEEKS AGO I ATTENDED the Pennsylvania Farm Show for the first time, despite living here my whole life. If you’ve never been, pencil it in for next year. Admission is free, although they ding you \$15 for parking.

Spending a few hours wandering around the enormous Farm Show complex in Harrisburg is a good reminder that Pennsylvania is largely a rural state, culturally speaking. Lots of denim, lots of cowboy hats. Thankfully, no politics.

It was no surprise that there were plenty of cows and horses, and tractors with wheels taller than me. But there were also honey bees, dozens of different types of Christmas trees, and the most enormous rabbits I’ve ever seen.

I ate a potato donut, which tasted a lot like a donut, and warm “German Roasted” pecans that we should sell at the Co-op. I had my picture taken next to the giant butter sculpture — a tribute to our country’s 250th birthday – and learned that 60% of Pennsylvania is forest — mostly oak, hickory, maple and beech.

It was, truly, a good time, but I wasn’t there entirely to have fun. I was invited by the state Department of Agriculture to present at the Food Policy Council conference, which coincided with the Farm Show in an upstairs ballroom.

Around 100 people attended from all corners of the state, including a good number from Philadelphia. There were representatives from both The Food Trust and the Share Food Program present.

My fellow presenters were all food policy leaders from Pittsburgh, Central Pennsylvania and the Lehigh Valley. We were asked to talk about our ef-

forts to deal with the food access crisis we faced last fall related to the federal government shutdown.

The state Dept of Ag folks were impressed by the unique approach that we took, one that relied on our cooperative business model. We created the Cooperative Food Fund, which was used to provide cash benefits to members of the Co-op negatively impacted by the government shutdown. But we merely administered the program: It was members who donated the money to support their fellow members.

To my knowledge, no other retailer in the country did what we did.

A full accounting of the Cooperative Food Fund will take place in conjunction with our fiscal year audit, and as always, those audited financials will be published in the Shuttle, probably in late 2026.

For now, I’ve included a breakdown of donations and outlays at the bottom of this column. Those who donated will receive a Thank You acknowledgement that you will be able to use for tax purposes in the next week or so.

Since the shutdown was, comparatively speaking, short-lived, donations were more than adequate to keep impacted members’ fridges full, at least with the necessities. And we were able to use some of the surplus to up our Food for All dis-

“To my knowledge, no other retailer in the country did what we did.”

count from 15% to 20% through the end of the holiday season.

A surplus remains, but that money will be put to excellent use over the coming months to help support the ever-growing number of Food for All participants. As of the writing of this column, more than 950 Co-op member households receive the Food for All discount.

Of course, there’s the possibility of another shutdown on the near horizon.

The other presenters at the conference all talked about the generosity of their respective communities, which gave local food pantries the big boost in monetary and food donations they needed to meet the needs of the people they serve. Neighbors helping neighbors was the general theme.

Neighborly generosity notwithstanding, we all agreed we were fortunate that the fallout from the shutdown was relatively short-lived. All of our solutions amounted to stopgap measures, inadequate as long-term replacements for govern-

ment programs like SNAP.

I do not know the politics of the people in the room, but they came from all corners of a purple state, so let’s just say it’s a good bet there was quite a bit of political diversity in the room.

But when it comes to addressing food insecurity, there was the broadest of consensus. In the richest, most powerful country in the world, as evidenced by the bountiful displays at the Farm Show one floor below us, we have the resources to ensure no one ever goes hungry. The fact that many, many people nevertheless do go hungry represents a failure of policy and should be an affront to our collective morality.

My biggest takeaway from my trip is that my fellow Pennsylvanians are good people. In a year when we have witnessed so much divisiveness, so much meanness, so much performative cruelty, that gives me hope.

See you around the Co-op.

Co-op Food Fund Current Status 1/20/2026	
Donations Received:	\$189,465.32
Easy Pay Credits Issued:	\$84,150.00
Balance:	\$105,315.32
Individual Enrollees:	168 (received \$50 weekly credits)
Family Enrollees:	300 (received \$125 weekly credits)
Total Enrollees:	468
Additional 5% FFA Discount:	\$16,977.65 (through 12/31, FFA was 20%)
Remaining Balance:	\$88,337.67

Ukraine Quilt Display/Fundraiser

(Continued from Page 1)

during the months [now years] of attack. The challenge was to find an organization that could be a direct liaison.

When the first quilt -- a yellow/blue masterpiece that included a prominent trident, the symbol of Ukraine -- was completed, we assumed it would be auctioned off. Instead, it was displayed at Ukraine relief events and attendees threw lots of cash into a bucket below, because they were so moved by its beauty and the love and support it expressed. Thousands of dollars have been raised this way!

Eventually, Margaret connected with a venerable local nonprofit, the United Ukrainian American Relief Committee. They were founded in 1944 and have provided humanitarian assistance to Ukrainian refugees, soldiers and their families and children ever since.

UUARC’s nonstop activities these past four years have included providing food, clothing, necessities and medical supplies for the thousands of soldiers injured by Russian troops. Christina Tershakovec, a retired lawyer and now indefatigable board member and volunteer

, will oversee matching the quilt to a child who will be nurtured by it.

I was curious why Margaret is so drawn to creating warmth for the children of Ukraine, and asked her why this conflict affects her so deeply. She reflected that Ukraine’s youngest children have never known a time without war, as it continues into its fourth year. Margaret herself grew up during World War II. Her father worked for the Navy, and all her uncles fought abroad. She carefully monitored her ration book and was well aware of the devastation of Europe.

When Russia attacked Ukraine, all those memories from 80-plus years ago flooded back. What can one do? Margaret is a believer that picking a lane and sticking to it is one way to persist.

When she is quilting, she is transported to a more tranquil world. Handwork is a known way to calm our nervous system, and is an antidote to listening to the news. Working on one quilt for one child in the Ukraine is a way to contribute to a better world. She’s now work-

ing hard on the fifth child’s quilt, each one more colorful and charming than the next. We help, but Margaret leads the charge.

Weavers Way General Manager Jon Roesser came up with a wonderful way for us all to contribute. The latest quilt, pictured here, will be on display at one of the Co-op locations in March, and one Giving Tuesday will be dedicated to the UUARC. **The QR code will remain on the quilt after that week (and it’s also in this Shuttle edition),** making it easy for anyone who wants to contribute directly. Our funds will go toward prosthetics and equipment for wounded Ukraine soldiers and other direct humanitarian services.



International Co-op Principles

1

Voluntary and Open Membership

2

Democratic Member-Owner Control

3

Member-Owner Economic Participation

4

Autonomy and Independence

5

Education, Training and Information

6

Cooperation Among Cooperatives

7

Concern for Community

Clear Roads, Salty Waters: the Hidden Costs of Winter Safety

by Erin Landis, Water Programs Manager, Wissahickon Trails

WINTER ROAD SALT KEEPS US safe when conditions turn icy. But once the snow melts that same salt doesn't disappear. It washes into nearby streams, quietly changing the year-round water chemistry of the places many of us walk, bike and explore.

The salinity of freshwater waterways has increased over the past 20-plus years due to increasing road salt use, according to a 2019 report by the U.S. Geological Survey. We are not advocating for the elimination of road salts, which can be used to support public safety while minimizing environmental damage. Reducing overapplication and addressing improper salt storage and spills can reduce salt migration to streams and groundwater without affecting public safety.

Excess salt builds up over time and is persistent in the environment. Salt does not break down or wash away easily, and its impacts can last long after winter ends. In some Philadelphia-area streams, salt has been recorded at levels higher than ocean water, according to a 2022 Philadelphia Inquirer article.

Excess road salt runs off into the streams and infiltrates the groundwater that supplies our drinking water, sometimes doubling or tripling the normal sodium levels in tap water. We all share the financial cost. Corrosion from road salt causes billions of dollars in damage to vehicles and infrastructure nationwide each year, according to the Environmental Protection Agency.

Salt ensures safe roads and walkways during winter storms and literally saves lives. However, liability concerns can lead to overapplication, resulting in harmful effects and few safety benefits gained. Improper salt storage practices, such as uncontained salt piles, allow salt to leach into streams and groundwater. Together, these practices point to a clear opportunity to better balance winter safety with protecting water quality.

This winter, advocates are working to close this gap. Organizations like Stroud Water Research Center and the Izaak Walton League of America mobilize volunteers to monitor salt and address the problem.

Last year, concerned residents formed the Pennsylvania Road Salt Action Working Group, a collaborative effort focused on practical solutions that support both public safety and healthy waterways.

House Bill 664, currently under consideration by the Pennsylvania Senate, would direct the Departments of Transportation and Environmental Protection to create best practice guidelines that minimize environmental harm while maintaining road safety. A statewide guide that sets minimum standards for best practices is a good place to start in providing solutions.

What Can You Do?

- Follow House Bill 664 and share your support with your local legislators.
- Talk to your local municipality about local salt application and storage.
- Consider joining the Pennsylvania Road Salt Action Working Group.
- Spread the word and reduce your own salt application when possible.
- Get involved in community science.

You can monitor chloride levels in local streams and waterways using simple test strips provided by the Izaak Walton League of America. Community-based monitoring helps build a clearer picture of how road salt moves through our watershed over time, and the data collected by community scientists is available to view on the IWLA website. No prior experience is needed to participate in this effort — only curiosity and a willingness to participate. Free chloride monitoring kits can be ordered from the IWLA website, or picked up at the Wissahickon Trails headquarters.

Passionate residents making their voices heard are the best force for change. Protecting clean water doesn't require choosing between safety and stewardship. When communities work together and speak up, small changes add up to lasting impact.





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Grief Counseling in Philly Takes Many Forms — and Some Are Free

by Constance Garcia-Barrio, for the Shuttle

WITHIN MINUTES OF STEPPING OFF A FERRY ONTO McGee Island, ME, for a weeklong writing retreat, I learned that my son, Manuel, 47, my only child, had suddenly died.

Dogged by alcohol, cough syrup, schizophrenia and half-cured pneumonia — he left the hospital against medical advice — he died in his room at a small boarding house near my home.

I managed to write one coherent paragraph during my residency at the Salty Quill in September 2022, but the nine other women writers there showered me with hugs, poems, gifts and their own stories about shocking deaths. They took the brave step of accompanying me in a ritual beyond their ken.

I practice the Yoruba tradition, a West African-based religion that reached the Americas with the slave trade. I asked the women to join me in petitioning Yemaya, the angel of maternity embodied in the sea, to help me go on living without Manuel.

Those moments of praying with my feet in the sea acknowledged my grief — a crucial step, according to Naila Francis, a certified death midwife/grief coach in private practice in Roxborough. She believes our society often values a keep-your-chin-up stance when facing loss, but that can backfire.

“We may feel that if we allow ourselves to grieve, we may never come out of it, but it’s the other way around,” she said. “If you don’t let yourself feel it, you may become stuck in it.”

Meet Your Grief Head On

Dorothy Johnson Speight, the founder of Mothers in Charge, a nonprofit that works to prevent violence and help those affected by it to heal, feels that those who have lost loved ones need to accept that there’s no end run around grief. Her son was killed at age 22 over a parking space.

“Initially, I self-medicated, and that’s not the answer,” she said. “After you’ve drugged yourself, sexed yourself and drunk ... heavily, it’s still here. The grief hasn’t budged.”

Philadelphians have lots of choices — including free and low-cost options — to navigate their grief. Type “videos for grieving people” in the YouTube search box and you’ll find a slew of possibilities. They range from the five-minute “How to Deal with Loss or Grief of Loved Ones” to “Grief Is A Sneaky Bitch,” the title of podcasts

and a book about loss by grief coach Lisa Keefauver.

If you like using your hands, try engaging your feelings by working with clay at The Clay Studio in North Philly. Simply kneading clay can help release anger, sadness and other feelings you may be experiencing, according to Balanced Awakening, a holistic healing center in Chicago. Check the Clay Studio calendar for free workshops and events open to the public.

Creating rituals can also help. Francis believes that writing a blessing or prayer for yourself or other creative practices may prove helpful. She put together a playlist of her father’s favorite songs and plays it from time to time.

“One of my last experiences with my father before he became really ill [and died] was a walk on the beach in St. Lucia, where I’m from,” she recalled. “Now, I invite him on walks with me and feel his presence strongly at those times.”

Individual grief counseling may allow the person in mourning to tell hard truths about the relationship with the deceased.

“There’s the saying ‘Don’t speak ill of the dead,’ but it can be cathartic to have a grounded, compassionate listener as you speak your truth,” said Francis. “Sometimes, clients surprise themselves by revealing something that they’ve held closely and tightly for years. You can see and hear their relief.”

In the year after Manuel died, one-on-one sessions — available free through the Medical Examiner’s Office because his death involved the substances mentioned — saw me through tough moments. Being in community through Zoom meetings led by grief counselors in the M.E. ‘s office let me hear other people’s experiences and know that I wasn’t crazy.

“Gather your friends who are also bereaved and invite them for a potluck or go for a walk together,” Francis suggested.

Several local organizations provide free or low-cost individual and group grief support. EMIR Healing Center, a nonprofit in Germantown, has free services to support individuals and families who are healing from trauma and grief. GriefShare puts those who are grieving in touch with nearby support groups, whether you’re mourning the loss of a loved one, a job, a relationship or something else you treasured.

Salt Trails, a collective that creates community rituals and gatherings to honor grief, offers “Singing Our



Photo courtesy of Naila Francis

Naila Francis, a certified death midwife/grief coach based in Roxborough.

Grief” programs the third Friday of each month at Chestnut Hill United Church. See their website for dates.

The Uplift Center for Grieving Children offers free grief support groups for young people and their caretakers. Little Bell Deathcare is a Philadelphia-based service for those preparing for or grieving the loss of companion animals.

Some religious groups and hospitals provide grief counseling or can direct you to resources.

“Your grief is not a problem to be fixed,” Francis said. “You can learn how to carry your grief and still live a full life.”

Francis will offer a workshop, “Contemplating Death: A Poetic Invitation,” on Mar. 5 through Mt. Airy Learning Tree. For details, go to mtairylearningtree.org/. On Mar. 28, she’ll facilitate a free grief walk with the Philly Goat Project from noon to 2 p.m. at Awbury Arboretum. For more info on that, go to phillygoatproject.org/event-list.



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Dog Tip of the Month

Playing Tug: Natural for your Dog and a Fun Way to Train

by Christopher Switky, for the Shuttle

WHY PLAY TUG WITH YOUR DOG? BECAUSE it’s fun and it will strengthen the bond between the two of you. It’s also an appropriate outlet for one of your dog’s natural predatory behaviors: biting down and pulling on things. (Picture a pack of wild canines pulling apart an animal they have just killed.)

Playing tug will not make your dog more aggressive than he already is, nor will it make him a predator.

Some dogs will growl during a game of tug, and that’s fine. It’s aroused, playful growling; it’s not a precursor to possible aggression. Growling is a behavior that must be understood in context, just as a rugby player tackling an opponent is playful, and not an indication of intent to cause harm.

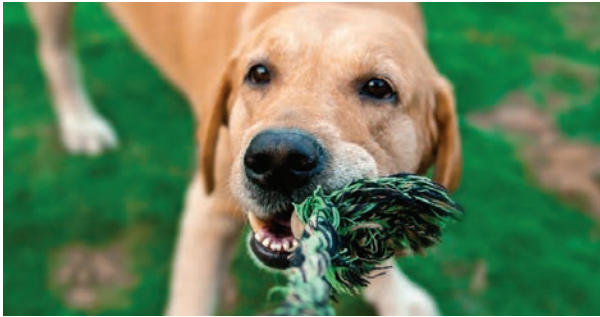
But keep in mind that a proper game of tug is not a free-for-all, and it’s good to remember a few simple rules.

Before the game, your dog should sit and wait for an invitation to take the toy. If he leaps and tries to grab the toy before being invited, hide it behind your back and ask for a “sit.” Even when you present the toy again, your dog must wait for the cue to take it. “Tug” or “take it” can be cues to start the game.

If your dog’s teeth touch your skin, or if he bites your clothing, the game should stop. Say, “Ow!” loudly and put the toy behind your back or somewhere out of reach. Wait five to 10 seconds, and then bring the toy out to start the game again.

Be sure to work in a few obedience breaks during the game. Have your dog “drop it” and then take the toy away. Have him “sit” and then lie “down.” Maybe have him “sit” and “stay” while you walk around for five seconds or so. Then restart the game.

This is an excellent way to work in moments of impulse control for your dog. If he’s able to go from an aroused state to a calmer, more cognitive state by



responding to you, that’s extremely valuable. You don’t need treats for these short obedience breaks; re-starting the game is the reward.

Chris Switky is the founder of Positive Canine Concepts Dog Training and regularly teaches a “Basic Manners for Dogs” class through Mt. Airy Learning Tree. See MtAiryLearningTree.org for more details.

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LET’S COUNT THE WAYS.

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Medicare & Us

Questions to Ponder When Signing Up for a Medicare Advantage Plan

by Joan Adler, for the Shuttle

I have been looking into Medicare Advantage plans. There are so many options with extra coverage that seem too good to be true. I want to make sure I understand what's being covered and pick a plan that's right for me. What questions should I ask about supplemental benefits before signing up for a plan?

Great question! This is a good time to ask, because there is a Medicare Advantage Enrollment Period from January through March when someone who currently has an Advantage Plan can change their plan. The new plan will begin the first day of the following month, and this will be the last official time during the year to change to a new plan.

It's possible to assume that a plan's supplemental benefits cover more than they do. For example, you might assume a plan's dental benefit covers fillings and x-rays, when it might only cover yearly cleanings. So, it's important to understand exactly how a plan's supplemental benefits work before signing up for the plan. Ask the following questions to better understand the available coverage:

Is this really a supplemental benefit, or is this service covered under Original Medicare or Medicaid? Sometimes, plan marketing materials can make it

seem as though they are covering additional services when these services are actually covered by Medicare.

If I am signing up for a Medicare Advantage Plan because it has this benefit, have I also made sure that the plan's other coverage will work for me? For example, are all my providers in this plan's network? Are my drugs on this plan's formulary? Is this a benefit I will actually use?

- Is this benefit offered to all enrollees in this Medicare Advantage Plan? Is it an optional benefit that I need to sign up for? Is it a benefit only offered to plan members with chronic conditions? Is the benefit only available in some circumstances? Do I meet the plan's criteria for coverage?
- Is there a cost associated with this benefit, such as an additional premium, copays or coinsurances for these services? Is this plan's premium higher than comparable plans that do not offer this benefit?
- Are there limits to how much I can use this service — for example, a set number of rides under a transportation benefit or a dollar limit on eyeglasses?
- Are there restrictions on where and how I can access these services? For example, do I need to see in-

network providers, receive a referral or participate in a care management program?

- Are there some excluded services within this category of benefits?
- Is this the most cost-effective way for me to access these services? Is a separate insurance plan or private payment an option? Do these alternatives offer more benefits? What is the difference in cost, including premiums?

Be sure to always keep records of any conversations you have with plan representatives, such as the date and time of the call, and name and contact information of the rep. Try to get everything they tell you in writing.

You can email me at joanapprise@outlook.com or medicare-qa@weaversway.coop or call me at 215-844-0439 to help answer these questions.

Joan Adler is a Medicare counselor with Pennsylvania Medicare Education and Decision Insight (PA MEDI), a free and confidential statewide service operated by the Pennsylvania Department of Aging.

2 MEMBER BENEFITS.

3 BULK FOODS.

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2026

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1. Attend a Run for The Board Information Session
Thurs, Jan 29, at 7:30 pm, Wed, Feb 4, at 7:30 pm or Sat, Feb 7, at 10 am
2. Attend a Weavers Way Board of Directors meeting
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The Weavers Watcher

'The Perfect Egg' Peeks into Fathers, Sons and Sharing Food

by Jana Marie Rose, for the Shuttle

IN MY OPINION, THERE ARE NOT ENOUGH MOVIES that capture the importance of food and the way it enhances our lives. In the United States, our work culture often encourages takeout and quick, on-the-go meals. That's why I decided to look into short films to see what they can offer us about the value of sharing a meal — not for any financial gain or networking opportunity, but purely for a communal experience and an effort to please someone we love.

"The Perfect Egg" is a four-minute film by Eric Floberg available through the filmmaker's personal YouTube channel. The film has no words or script, and the images tell the story and illustrate for us a father (we might assume, though it could be any caregiver) who wakes up early every morning to make an egg so delectable that his son will eat it and approve. However, the boy is not easily impressed by the eggs. Despite the father painstakingly adding seasonings and trying different styles, the boy is still not pleased. He gets through his breakfasts perfunctorily, and each day passes without much interest or change.

What inspires the boy is an opportunity to be useful, so one day, he wakes to make eggs for his father instead. Sometimes, perhaps, cooking is a power play, and the man now has to be vulnerable and on the receiving end of his son's loving affection (or revenge?) as he waits at the table for breakfast. But can we trust kids to cook and deliver a meal with the same painstaking detail and love? You can only find out by watching "The Perfect Egg."

The relationship of fathers and sons is an important American theme that spans many films and generations. As a woman and mother, I certainly can't speak to any intimate knowledge of the bond between fathers

and sons, and what a son needs from his father, although I can suggest a boy looks to his father for how to be a man and function in society.

As an English teacher, I have often held class discussions about traditions, norms and themes that exist in art that reflect societal influences, perceptions and modes of being. This film shows an evolution beyond traditional gender norms. While it's cute, sweet, and humorous, it also pays homage to the larger theme of fathers and sons in American cinematic culture.

How do we prepare kids to take on adult responsibilities and mature? They need some basic lessons in what to look for and how to plan and prepare. In 20th century iconic films, we often saw a psychic desire to understand masculinity that inappropriately assigned violence, unnecessary risk taking, or domination to the masculine ethos. A great example is the iconic 1955 film "Rebel without a Cause", featuring the adolescent James Dean character looking for a helpful adult role model but finding his father falling short.

In that film, Jim's father misses the mark because he is patient and adopts what are traditionally women's roles — cooking, wearing an apron, cleaning up and letting his spouse lead decisions in the home. Similarly, we see films like "The Godfather," "Batman," and "Saturday Night Fever" that feature men trying to develop while either overcoming the evils of their communities or succumbing to those evils.

"The Perfect Egg" is more of a brief tete a tete into the 21st century notion of fatherhood that allows a soft and nurturing side of masculinity to emerge. That's important and foundational for healthy relationships and a more enlivened, peaceful and harmonious culture.



But can kids be trusted to take on adult responsibilities too early? The end of the film shows that when we let kids mimic adults and take over some adult chores, things can go awry. It would be lovely to see cinematically, here or elsewhere, the father and son preparing breakfast side by side, together. America has overdone its mighty individualist ethos and could benefit from focusing on collaboration and compromise — in the kitchen and beyond.

Jana Marie Rose is a high school English teacher in Philadelphia and author of the "Ms. Wonderful Film Blog" on Substack, a space to offer the feminine lens for viewing cinema. She is also a yoga teacher, reiki practitioner and writer of fiction. Her website is www.janamarirose.com.

Charcuterie Cutie

We're Gouda Together

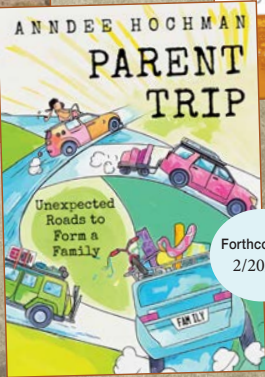
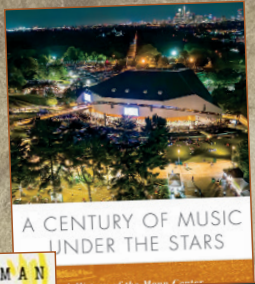
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Recently completed projects
Weavers Way Co-op, Germantown
The Mercantile

Intention Can Be the Starting Point to a Less-Cluttered Life

(Continued from Page 1)

Intentions aren’t about outcomes; they’re about values. They’re flexible, forgiving and rooted in how we want to feel rather than what we want to achieve. Often, the first step toward living more intentionally is noticing what stands in the way.

Oh, the Clutter We Carry

Clutter shows up in more places than we tend to notice. There’s the physical kind: clothes we don’t wear anymore, overstuffed drawers, piles of paperwork, half-used products, “just in case” items, and things we’ve inherited, been gifted or feel guilty letting go of. And there’s our digital clutter — overflowing inboxes, unwieldy photo libraries, unused apps and constant notifications vying for our attention.

Sometimes the impact is obvious: frustration when you can’t find what you need, stress when getting dressed or dread when opening a packed closet. Other times it’s quieter — a low-level hum that pulls at your attention, interrupts rest and contributes to decision fatigue. Clutter doesn’t just take up space — it takes up mental energy.

Decluttering at its best isn’t about perfect homes or strict rules. It’s an act of care for your time, your well-being and your values. It’s about creating systems that support how you actually live while helping you make progress —without an expectation of perfection.

A Gentler Way to Begin

Decluttering doesn’t need to be dramatic or all-at-once. In fact, slow and thoughtful is often the most sustainable approach. Consider this framework to begin:

Start with an intention, not a to-do list. Ask yourself how you want to feel in a space and let that guide your decisions.

1. Define what stays. Useful, loved or truly necessary items that align with your intention often deserve their place.
2. Start small to build momentum: One drawer, one shelf, your phone’s home screen.
3. Try working by category: mugs, tote bags, skincare or notifications on a single app.
4. Notice what you reach for without thinking and what sits untouched. Your habits are often clearer guides than any rule about what you “should” or “should not” keep.
5. Separate items into Keep, Relocate, Sell, Donate.



When rooted in intention and sustainability, decluttering can expand your capacity to care—for yourself, your community, and the planet.

Before bringing something new into your life, ask:

- Do I really need this?
- Do I have space for it — physically and mentally?
- Can I borrow it instead?
- Can I find it secondhand?

The Decluttering Dilemma for the Sustainability-Minded

For those who care deeply about sustainability, decluttering can feel especially complicated. The question “Will this end up in a landfill?” can paralyze us from taking action.

This tension is what led me to start A Good Sort — a professional decluttering, organizing and consulting service rooted in sustainability and intention. It’s for individuals who want to reduce clutter, lighten their mental load and support a circular economy.

When I became a parent, the volume of stuff felt unmanageable. No matter how often I organized, the clutter returned — in every room and on every surface. The amount of waste my family generated became impossible to ignore — from clothes, shoes, toys and books to the food left behind at every meal.

A moment that turned into a fundamental shift came one night after dinner, when I cleared the table and collected 12 crumpled, partially used napkins left behind by my family of four.

At that moment, I realized that clutter isn’t about mess. Or stuff. It’s about systems and the stories we’ve been told about consumption, convenience and what’s “normal.” These systems normalize waste, stress and disconnection from our values.

During an early career in advertising, I came to understand firsthand how powerful storytelling can be — and how easily it can shape our beliefs about what we need, what’s normal and what “more” is supposed to look like.

I began to rethink how we organize our homes and how we consume. I started asking different questions — about waste, values and what actually supports well-being.

While working at a Certified B Corp design studio, I deepened my understanding of sustainability and a circular economy. Through that learning, I began to see decluttering differently.

Decluttering, Reimagined

A Good Sort exists to offer a different approach to decluttering and organizing. Where traditional services often focus on containment and quick donation dropoffs, this work isn’t about organizing expansive walk-in closets or making room for the next shopping haul.

Rather than disappearing items into overwhelmed donation systems — where a staggering percentage end up in landfills or incinerators — A Good Sort is intentional about where items go. Our priority is to reuse them in local communities.

When rooted in intention and sustainability, decluttering can expand your capacity to care — for yourself, your community and the planet.

So far, we’ve connected hundreds of items to local childcare centers, shelters, libraries, artist exchanges, families in need, community swap events and recycling partners.

Before winter loosens its grip to make way for spring, I hope you give yourself permission to make room — for rest, clarity and what truly supports you. If that begins with one drawer, one notification setting or one thoughtful pause before buying, that’s already a good sort.

Curious about decluttering rooted in sustainability and intention? A Good Sort is unfolding this winter. Follow along on Instagram at @a_goodsort.



CHANGE CULTIVATOR

Upper School Food Security Clerks collaborated with the second grade class to address food insecurity in Philadelphia and open the Friends Fridge.

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iMPeRFeCT Exhibit Highlights Activist Olshan’s Paintings, Drawings

THE WORK OF ARLEEN OLSHAN, AN ARTIST, activist, and cofounder of William Way LGBT Community Center and Mt. Airy Art Garage, is the subject of a collaborative art exhibition between the community center and Germantown’s iMPeRFeCT Gallery through Feb. 21.

“Arleen Olshan: The Tangle I’ve Gotten Into” features personal drawings, paintings and photographs by the artist, who organized the Way Center’s first art exhibition in 1976. It brings together two interconnected bodies of work: “Dead Dykes & Some Gay Men” and “Women Loving Women.”

“Dead Dykes & Some Gay Men” features drawings, paintings and photographs that honor LGBTQ+ activists, colleagues, friends, artists, authors and lovers whom Olshan knew and has since lost. The series, rooted in a decades-long commitment to memorializing queer lives, draws from Olshan’s personal archives alongside materials preserved in the John J. Wilcox Jr. Archives at William Way.

Olshan first conceived the project more than 30 years ago, in the mid-1990s, when a close friend, Gil Forman, then dying from complications related to HIV/AIDS, asked her to paint a portrait of him and his partner, Zach, after his passing. Completed in 2024, that original painting became the catalyst for an expanded series that now includes more than a dozen portraits.

“Women Loving Women” features Olshan’s work from the 1970s and 1980s. The large scale figurative paintings and drawings, many created during her time as a student at the Pennsylvania Academy of the Fine Arts and exhibited at William Way in the 1970s, capture the intimacy, eroticism, solidarity and liberation of lesbian feminist communities during a transformative period in American queer history.

The exhibition is free. More information is available through the Way Center’s website (way-gay.org) or Olshan’s website, arleenolshan.com.

Arleen Olshan

THE TANGLE I'VE GOTTEN INTO

JANUARY 16 – FEBRUARY 21, 2026

RECEPTION: FRI, JAN 16, 6-9

ARTIST TALK: FRI, JAN 30, 6-8*
*rsvp required

GALLERY HOURS: FRI & SAT, 12-5

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lgbt community center

AT

iMPeRFeCT Gallery

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Stagecrafters Kicks Off Second Half of Season with Guirgis’ “Jesus Hopped the ‘A’ Train”

“JESUS HOPPED THE ‘A’ TRAIN”, A GRIPPING, dramatic experience that challenges conventional ideas about the law, justice and redemption, will be the next production at The Stagecrafters in Chestnut Hill starting Feb. 6.

The play, written by Stephen Adly Guirgis, takes place in the Rikers Island jail complex in New York City. It tells the story of two inmates, Angel and Lucius, who are awaiting trial on murder charges.

The play premiered off-Broadway in 2000 and was directed by Philip Seymour Hoffman. It was

nominated for an Olivier Award in the UK for Best New Play of 2003.

Performances will take place at 8 p.m. Feb. 6, 7, 12, 13, 14, 19, 20 and 21. In addition, matinees are scheduled for Feb. 8, 15 and 22 at 2 p.m.

Tickets can be purchased online via thestagecrafters.org for \$26 each, which includes a \$1.50 processing fee. Tickets at the door are \$30 each. Prices for industry and student patrons are \$15 each, and tickets for seniors are \$25 each. Further information is available at thestagecrafters.org or by calling 215-247-9913.

The STAGECRAFTERS Theater

Jesus Hopped the 'A' Train

by Stephen Adly Guirgis

Directed by Dave Ebersole

February 6th - 22nd, 2026

WEAVERS WAY EVENTS

Valentine’s Day Make in with Teaching Artist Mindy Flexer

Saturday, Feb. 7 9:30 a.m.-12:30 p.m.
5225 Greene St., Germantown

Learn to create unique Valentine’s Day cards by using printmaking, collaging, drawing and painting. Materials will be provided, or you can bring your paper leftovers, like old gift wrap and last year’s calendar. All ages are welcome. Younger children should have an adult companion. Please bring a mask so we can be safe in the studio.

Mindy Flexer is a longtime Co-op member who loves sharing her love for art with the community.

Valentine’s Day Live Music Special

Thursday, Feb. 12 6-7:30 p.m.
The Cafe at Weavers Way Ambler

Enjoy live music by Steve and Joan, a fun cardmaking activity led by Co-op staffer Amy Nucera and tasty snacks for all.

Virtual New Member Orientation

Wednesday, Feb. 18 6:30-8 p.m.

We’ve taken our in-person orientation to Zoom! 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 decide if working membership is right for you! You will receive a zoom link by email prior to the meeting. Questions? Contact membership at member@weaversway.coop

ALL EVENTS ARE FREE Unless Stated Otherwise.

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Mt Airy: 555 Carpenter Lane

Membership and Notary Services
Monday - Friday 11 a.m. - 6 p.m.

For more info: www.weaversway.coop/events

How to Start Your Garden Earlier by Faking Out Mother Nature

by Sally McCabe, for the Shuttle

THE PHILADELPHIA REGION, FIRMLY NESTLED IN U.S. Department of Agriculture Zone 7, presents a unique challenge and opportunity for the dedicated gardener. While our traditional growing season is generous, the transition periods — those fickle weeks in late winter and early spring — often feel like a missed opportunity.

I have often found myself hankering for a spring tonic long before traditional planting dates. By understanding our local micro-climates and using a season extender for a vegetable garden, we can effectively do plenty of simple things to get our gardens producing sooner.

The Active Winter Garden

In the depths of January and February, when most are still leafing through seed catalogs, the proactive gardener is already in motion. Let’s not waste what others consider dormant time!

- **Hop in a time machine:** Yes, you could have planted greens in September that would now be under cover in tunnels or enclosed in cold frames you assembled when it was warm enough to feel your fingers. Didn’t do those things? Pick a “warmer” day and make up for lost time!
- **Start some seeds indoors:** This is the prime window to start seeds in a spot where you can regulate the temperature. Focus on hardy spring crops like cabbage, cauliflower, collards and broccoli. Starting these now ensures they are robust enough to transplant as soon as the soil can be worked.
- **Do some winter sowing:** If you lack indoor space or grow lights, these are the perfect months for winter sowing. Using recycled, clear-plastic containers (like milk jugs or takeout containers) as mini greenhouses, you can sow seeds of hardy perennials and cold-tolerant greens like spinach and kale. Leave them outside; the containers protect the seeds from hungry birds and heavy downpours while allowing them to germinate naturally as soon as the temperature is right. This produces incredibly tough seedlings that are already hardened to our Zone 7 swings.

Make Your Own Micro-Climates

To successfully transition these early starts to the garden, we must become masters of the micro-climate. This involves using physical barriers to shield young spring crops from biting winds and late winter frosts.

Season extenders for vegetables are essentially any tool or technique that shields plants from the elements while capturing available warmth. By using them for a vegetable garden, you can beat late frosts, resulting in earlier planting dates, stronger plants and a much longer harvest window. Best of all, many of these are low-cost, DIY options that rely on ingenuity rather than a massive budget.

Season extenders warm the soil and protect foliage. They range from passive extenders, like mulch, to active ones (for example, heated hot beds), and vegetables respond especially well to them. They allow us to start seeds and transplants earlier, protect seedlings from unpredictable spring weather, and increase yields.

Cheap and Easy DIY Season Extenders

1. **Low Tunnels and Row Covers:** These are the workhorses of the spring garden. Low tunnels made from

hoops covered in frost blankets (like Reemay) can keep the air around your plants up to 10 degrees warmer than the outside air. Heavyweight blankets can protect tender spring starts down to 24°F.

2. **Cold Frames and Hot Beds:** A cold frame — essentially a bottomless box with a clear lid — is the ultimate sanctuary for January-sown greens. You can even create a hot bed by burying fresh manure or heating cables beneath the rooting zone to provide bottom heat, encouraging rapid root growth even when the air is chilly.
3. **Individual Protectors:** For high-value individual plants, a cloche or a water-filled plastic cylinder (like a Wall-o-Water) acts as thermal mass. These tools absorb solar energy during the day and radiate heat back to the plant at night, which is crucial during our unpredictable March nights.
4. **Caterpillar Tunnels:** These are excellent for protecting long rows of early spring spinach or radishes. They can be vented quickly by sliding the plastic up the sides, which is vital because a sunny 50-degree day in February can quickly turn a closed tunnel into an oven.

Emergency Procedures for Spring Snap Freezes

In Zone 7, a capricious weather pattern is the norm. We might see a week of 70-degree “false spring” in February followed by a sudden deep freeze.

If a sudden freeze threatens your early transplants, don’t hesitate to use heavy, breathable fabrics or burlap sacks filled with leaves. I have seen plants hang in through significant drops under the protection of a simple blanket. Double layer is even better if you can avoid smashing your tender plants

In addition, watering plants before a freeze is a science-backed survival strategy. Moist soil absorbs more solar radiation during the day than dry soil and releases heat more slowly at night. Furthermore, a well-hydrated plant has better cellular turgor, making it more resilient to frost damage. If a deep freeze is predicted for March, give your garden a thorough soak 24 hours in advance. You can also keep jugs of water inside your cold frames. They’ll soak up heat during the day and act as a radiator at night, smoothing out the extreme temperature spikes that characterize a Zone 7 spring.

Insulating Vegetables to Extend the Season

A heavy layer of straw traps soil warmth and protects root crops. I’ve seen leeks and carrots stay harvestable all winter when tucked under a thick “blanket” of mulch.

Compost can also be used as an extender. As organic matter breaks down, it generates heat. By placing a cold frame over a pile of fresh manure or active compost (creating a “hot bed”), you provide bottom heat that encourages rapid root growth even in February.

Sometimes the best season extender for a vegetable garden is a simple windbreak. Use tarps or plastic sheeting to block biting north winds; ensure that they are placed to allow maximum southern sunlight.

South-facing walls and heat-reflecting surfaces like stone act as natural season extenders. The area near a stone wall can be several degrees warmer than the rest of the yard.



Photo courtesy of Pennsylvania Horticulture Society.

A head of lettuce ready for early harvesting after growing to full size under a cold frame.

Focus on cold-hardy staples if you want to start growing early: Mustards, lettuce, spinach, kale and peas. Root crops also benefit from the warmer soil provided by extenders. But don’t push warm-season crops like tomatoes too early; they may survive under covers, but they won’t truly thrive until the soil is consistently warm.

Common Mistakes to Avoid:

- Forgetting to vent: It’s the number one plant killer.
- Transplanting into cold, wet soil: Wait for the extenders to dry the ground out first.
- Trapping moisture: It can lead to mold. Keep an eye on air circulation!
- Underwatering: It doesn’t rain inside a plastic cover. Never forget that.

You can also combine techniques for maximum results. Put down a layer of black plastic to warm the soil, then cover that with a low tunnel of row cover and add a windbreak on the north side. This “layering” effect can move your garden an entire hardiness zone south.

Whether you are winter sowing in milk jugs or building a window-topped cold frame, you can start your spring tonic in January. Don’t wait on Mother Nature. With a few simple tools and some strategic watering, you can be the first on the block with fresh garden greens.

Sally McCabe is the associate director of community education for the Pennsylvania Horticultural Society.





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A Park Steward and Trail User Is FOW's New Executive Director

by Garrett Trego, Friends of the Wissahickon Board President

NOT SURPRISINGLY, THE COMPETITION TO BECOME the next executive director of Friends of the Wissahickon was intense. After all, we just completed our largest ever park improvement capital project: the \$3.5 million Lida Way Pedestrian Bridge. We are efficiently directing resources toward the stewardship of our treasured park, and are stacked with a team of dedicated and productive staff members who love and value this park resource.

With more than 100 applicants for the position, the FOW board and search committee engaged in a months-long interview process after the departure of former Executive Director Ruffian Tittmann last March.

Now, the search is over. On behalf of FOW, I am pleased to welcome Sara Stevenson as our new executive director, effective Jan. 12. Sara has more than 15 years of leadership experience in public gardens, conservation and nonprofit management, and has a deep, personal connection to the Wissahickon that has made for a smooth transition.

Sara is a park steward and fellow trail user. She first came to know the park as a teenager; today, she and her family are regulars. This lived relationship with the park, paired with her professional experience, is exactly what we hoped to find in our next leader.

Most recently, Sara served as executive director of Awbury Arboretum, where she guided a \$1.2 million operating budget, led a dedicated team of staff and volunteers and helped shape a new mission, vision and strategic plan. Under her leadership, Awbury expanded donor engagement and secured more than \$1 million in grants.

We are excited about her nonprofit leadership experience, as well as the energy, enthusiasm and joyful perspective that Sara brings. We are confident in her ability to build strong relationships, steward the organization's financial health and advance goals shaped through thoughtful strategic planning.

In the year ahead, she will focus on strengthening the organization's integrated stewardship approach so the park remains accessible, resilient and well cared for. Central to this effort is the Zone Stewards program.

Zone Stewards are FOW's boots on the ground and care for specific sections of the park by overseeing trails, removing litter and collaborating with staff on larger improvement projects. With a recently awarded grant from the William Penn Foundation, we'll expand volunteer participation, invest in additional training and tools, and develop a Zone Stewards field guide. We look forward to strengthening this already successful program and connecting with additional park neighbors and volunteers who are eager to support our mission.

We are deeply grateful to Sarah Marley, who served as interim executive director during this transition, providing steady leadership and helping the organization position itself for the next chapter. She remains a highly valued member of our experienced senior team.

I hope you'll join me in welcoming Sara Stevenson, perhaps at the Feb. 22 guided hike featuring park structures built during the Great Depression as part of the Works Progress Administration. You can register for the walk on our events page at fow.org/events.

With its dedicated staff, engaged volunteers and



Photo courtesy of Friends of the Wissahickon.

Friends of the Wissahickon is pleased to welcome our new executive director, Sara Stevenson.

powerful legacy, FOW is well positioned for the future. We are excited to see how this next season of leadership takes root and grows.



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Cities Push for Sustainability in Spite of Current Federal Leadership

by Sandra Folzer, for the Shuttle

DURING THESE DARK TIMES, IT’S important to remember that even small changes can make a difference.

Given our president’s policies, we are lucky that our mayors and governors can address climate change at the local level. They know what their constituents want and can move more quickly than federal agencies. According to a 2022 study by the World Resources Institute, more than 700 U.S. cities are aiming to become sustainable. President Biden’s Inflation Reduction Act, which committed \$369 billion to clean energy before Donald Trump froze the funding, is estimated to help U.S. emissions fall 40% below 2005 levels by 2030, according to an article published on the Protect Our Winters website in 2024.

Atlanta now requires all new homes to have reflective or cool roofs, which are an inexpensive means to reduce the temperature in a building and its surrounding area. Los Angeles, New York City and Chicago also have cool roof ordinances, but they only cover flat roofs.

Chicago is one of the most sustainable U.S. cities. All city buildings use renewable energy, which reduces carbon emissions. The city hopes to power all buildings within city limits with renewable energy by 2035. Constellation Energy supplies the city’s electricity from its Double Black Diamond solar farm 30 miles west of Springfield. Chicago also has electric public buses and is transitioning its school buses to electric ones, which are half as expensive as diesel models.

Boise, ID uses geothermal heating for 500 buildings, including City Hall, universities and hospitals. This underground system also warms sidewalks in winter. Boise has hundreds of natural hot springs, and has been using this resource in the past to heat swimming pools and some homes. Their geothermal system is funded by the sale of water, not taxes. Its cost is more economical than natural gas when used alongside heat pumps. Representatives from Iceland, Croatia and Aus-

tralia have come to the city to learn about their system.

Iowa City eliminated bus fares in August 2023, and as a result, there is far less traffic and pollution, according to a New York Times article from last November. The two-year pilot program was so popular that it was extended. The program was paid for with a 1% increase in utility taxes and the doubling of public parking rates from \$1 to \$2.

According to the article, the government calculated that emissions dropped by 778 metric tons. Downtown businesses supported free buses because they brought people downtown and eliminated transit costs for workers. When the free bus idea was first launched, jazz bands played and artists decorated bus shelters. They wanted to make the buses free and make taking the bus appealing.

Boston installed 30 green roofs on bus shelters for a pilot project in October 2024. The shelters can reduce heat by 30 degrees, and each roof absorbs up to 1,500 gallons of rainwater, which reduces runoff and prevents flooding. Native pollinator plants are used, like sedum, which is hardy and drought-tolerant.

Boston’s roofs were the result of a team effort. They partnered with Social Impact Collective, a minority-owned architecture firm, to design the roofs. A local nursery company provided the plants. YouthBuild Boston, a nonprofit which supports underserved youth as they enter the construction and design industry, provided the labor.

Conservation Efforts Run the Gamut

Efforts by cities are varied. Washington, DC is expanding its curbside compost pilot program from 9,000 households to 60,000 by 2030. Tim Bennett, founder of Bennett Compost, believes Philadelphia could do something similar. He suggests a pilot project like DC’s, so success could be gauged without a huge commitment. He believes private companies could be used initially, so the city wouldn’t have the expense of new trucks

and staff until they know curbside composting would work. If 5,000 households comply, they would divert up to 2.6 million pounds of waste from landfills.

Since October 2024, New York City has had a law in effect that compostable waste must be put in special containers, but it wasn’t enforced until last April. Landlords are fined \$25 for the first offense and up to \$300 for subsequent offenses. The fines worked. After the first few weeks, the city collected 3.8 million pounds of organic matter. However, now-former Mayor Eric Adams later paused the implementation of fines until 2026, according to the April 2025 edition of Habitat Magazine.

Cleveland wants all its buildings to reach zero emissions by 2050, according to an article posted last August on the website Signal Cleveland. Mayor Justin Bibb believes clean energy will create jobs and save money, in addition to reducing emissions. A pilot program there in 2023 helped low-to-moderate income homeowners get free solar panels. Cleveland is also proposing to install free electric chargers in poor neighborhoods, where pollution is greater, to encourage the use of electric vehicles, according to an article posted earlier this month on the city’s website.

Bibb likes the concept of a “15-minute city”, in which residents can reach groceries and pharmacies within 15 minutes by walking, biking or taking public transit, according to a July 2023 post on the city’s website. This reduces dependency on cars.

Transportation is the top source of emissions, according to the Environmental Protection Agency, but unfortunately, our cities were designed for a car culture. In 2022, 75.9 % of workers drove alone to work, while only 6% walked, biked or took public transportation, according to a 2024 report by the U.S. Census Bureau.

Ryan Johnson is co-founder of Culdesac, which has built walkable communities of townhomes in Atlanta and Tem-

(Continued on Page 22)

eco tip

How to Stay Warm (Wisely) In the Depths of Winter

by Marsha Low, Weavers Way Environment Committee

In winter, we can lower our heating bills by reducing our energy usage (and environmental impact) while still managing to keep comfortably warm.

For example, if you set your thermostat at 68° or even lower during the day, you can be reasonably comfortable if you wear a sweater or layer up. Take advantage of solar heating by opening curtains and drapes to let the sun shine in. It’s amazing how toasty a sun-warmed room can feel! Also, using a humidifier will increase the humidity in your home, which makes the air feel warmer and reduces the need to turn up the thermostat.

At night, close all drapes and curtains to help keep the cold out. When you go to bed, set the temperature of your home seven to 10 degrees lower for the hours that you sleep. Every degree you lower the thermostat can net you an estimated 1% off your heating bill.

How low is too low? Reducing energy use is one important consideration, but so is health. According to doctors, the ideal bedroom temperature for sleep is 60 to 65°, so most recommend not lowering the thermostat lower than 60 degrees.

You might think that it may cost more to heat your home again in the morning, so you should not lower your thermostat at night. According to the Department of Energy, though, maintaining a consistent higher temperature uses more energy than maintaining a lower one at night and heating it back to your ideal range in the morning. That’s because your heating system doesn’t need to work as hard when the temperature difference between inside and outside is smaller. So go ahead and lower your thermostat at night and reap the benefits for your health, your wallet and the environment.



ENVIRONMENT COMMITTEE COMMUNITY GRANTS



Download a form and guidelines on the Weavers Way Website:
www.weaversway.coop/community-grants

Deadline for the submission of proposals is Friday, March 6, 2026

Grant applications can also be picked up from the Weavers Way Environment Committee mailbox upstairs at the Mt. Airy store.

Weavers Way Environment Committee offers awards from \$100 to \$500 for clearly identifiable public purposes resulting in tangible community improvement including community gardens, environmental education and park and street plantings). Priority will be given to projects that help to address climate change.

Submissions are invited from local community groups and organizations with projects in areas served by Weavers Way and for projects located in underserved neighborhoods.



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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

In recent food news, some Wegman's stores in New York City are capturing and storing customer biometric data (i.e. face, eye and voice captures). The reason given is to "protect the safety and security of our patrons and employees." Apparently, there are signs posted in the stores about this practice, but there is no way to opt out.

Where is this headed? Many stores (including Weavers Way) already know what you buy, because shopping history is recorded as part of loyalty rewards and membership type programs. Now, with the biometrics data in hand, Wegman's knows who you are before you check out. It would be pretty creepy to hear a computer voice come out of a cereal aisle display, call you by name and encourage you to buy a box of Frosted Flakes — especially if they used AI to clone a famous mother's voice like Marge Simpson's.

Another emerging use of technology in retail is the adoption of electronic shelf labels. These replace the ink on paper shelf tags that have been in use for about a century with electronic "ink" displays. These displays are easier to update, can help speed up order picking for home delivery programs and can provide additional info that is useful to consumers, like allergens.

What happens when shopper biometric data is combined with ESL price displays? As you approach a display, will the system know who you are and be able to change prices based on what's known about you, including your income level and past spending habits? Could it change the price based on what the system thinks you'll pay?

So far, there are no reports of this kind of "dynamic pricing" (also known as "surveillance pricing"), and it's not really in most retailers' interests to employ it, but it is possible. Perhaps because most retailers want repeat customers, they wouldn't want to try it.

Algorithmic pricing, which factors in supply and demand and other data, is already in use by rideshare apps, airlines, hotels, etc. Different states have different laws about biometrics use and dynamic and algorithmic pricing. So far, Pennsylvania has House Bill 1779 under consideration, which would require retailers to disclose that a price was set by an algo-



rithm using personal data about buyers. We'll see how this all washes out, but in the meantime, to protect yourself there is always the tried and true measure of making a hat made of aluminum foil and wearing it when you go out to shop.

Also in recent food news, Papa John's is getting into the high-protein trend with a one-day test of a new protein-infused crust pizza in Atlanta. It sounds like the main source of the added protein in the crust is added whey.

I'm not sure why the food industry is adding protein to foods that already have it. I would think a more innovative approach would be to add protein to things that don't have any yet are consumed in large quantities, like bottled water or bananas.

suggestions and responses:

s: "Hi, I've looked in the Ambler store several times over several years for chives in the bulk spice area. They haven't been there, and the world will be fine if Weavers Way doesn't have them. But today, I asked the two staff members working in bulk how the Co-op determines which items to stock that are not currently on the shelf. One of them had no idea. (this is not a commentary on those employees). The other said that members can request an item at the front register/customer service. Do most members know to do that, and actually do it?"

How many requests for a new product (e.g. chives) do you get, and how often does that lead to stocking the item? I suspect that it's unlikely, as I have doubts about how many people actually do it (call me a cynic!). I didn't do it, and I am pursuing my inquiry with you. I see the questions and [your] responses in the Shuttle, but find it hard to believe that this is the primary way an organization as technically sophisticated as the Co-op gets answers to this type of inquiry. So, is there a procedure for members to request new products? And, what is your method of determining items to stock, beyond someone writing to you and your column?

r: (Norman) We can add chives to our offerings in Ambler; I think we missed that product when setting up the bulk spice section. It will probably take a

(Continued next page)

**Norman Says:**

EMAIL YOUR SUGGESTIONS TO
suggestions4norman@weaversway.coop

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

(Continued from previous page)

few weeks.

How we add products is a combination of shopper requests, vendor solicitations, staff awareness of industry trends and product developments, and our trade group (National Cooperative Grocers), which requires us to stock certain products. The traditional way members requested new products was via the old handwritten Suggestion Book that used to be in Mt. Airy; that morphed into the current email system. However, since we opened the Germantown store, we also created an internal chat system where verbal shopper requests to staff are recorded and tracked. We’ll have to see about rolling that out to our other stores.

Deciding which items to add is basically an exercise in what the retail grocery industry calls “category management,” which basically means using common sense to decide if adding an item makes sense for a given store. We look at things like if we have room, if we have a vendor that offers the item at a wholesale price that allows us to sell it at a competitive price and still make our target margin, if it fills a gap in our offerings, if it’s in line with our values, and if it requires extra handling or extra steps in procurement and/or preparation. We also consider if we think it will sell (shopper requests help).

Our stores are all different, so what makes sense for one store may not make sense for another. We used to have new staff orientations where we reviewed many things about the Co-op, including product selection, but those ended during COVID and we never fully resumed them, which we’re working on.

Hope this helps and thanks for writing. It’s valuable to receive this type of feedback — it helps expose our gaps.

s: “Germantown carries several flavors of Hot N Saucy, but not their Black Garlic N Peri Peri SKU. I’ve tried most of them, and this is arguably the best (great fla-

“
**Now Wegman’s knows
who you are before
you check out.**”

vor, high but tolerable heat). Would you consider giving it a go?”

r: “(Virginia) We should be able to add it to our sauce set in Germantown. Give it a few weeks to show up, and thanks for the suggestion!

s: “Love the Co-op and being a member! The Chestnut Hill location used to carry Bob’s Red Mill semolina flour. I’ve talked to a few employees who said it is no longer carried and probably no longer available from Bob’s. Looks like Bob’s still makes it. Can the store carry it again? There are a million unique flours in store, but not good, old. standard semolina, which we pasta makers desperately need.”

r: (Virginia) I was forwarded your email regarding Bob’s Red Mill Semolina Flour from Chestnut Hill. I looked into it, and we are still able to get it from our distributor; it was likely dropped from the shelf due to slow sales. That being said, we definitely should have it back in the set! I’ll pass on the info to Len and Dan in Chestnut Hill. In the meantime, we carry it in our Mt. Airy and Ambler stores if either is accessible to you. Thank you for reaching out.

s: “I am a SNAP user and a single senior. There were times when your packaging of the containers for items

such as tuna, chicken salad, cole slaw, sides, etc. used to have staggered quantities. Those concerned with cost always check the price on the bottom of the container. It was always possible to find a smaller quantity and therefore a lower price. Single seniors don’t always want a fully packed container.

The cost for the usual container of orange-scented farrow is almost \$10; I got it once when there was a half container. I shop in the Chestnut Hill store, and I’m talking about the food case in the rear with all the prepared containers and dinners. I tried talking to Ann Marie and others about packing some containers with a smaller quantity, but nothing came of it. When reading the article about all your SNAP customers, I thought maybe if I reached out to you, something can be done to lower the cost by packing the same container, but with a little less.”

r: (Norman) Like a lot of things at Weavers Way, package size is a bit of a balancing act. We want to offer some variety of sizes, since shoppers vary in their needs. The flip side is that the container costs about 45 cents, so we want to have enough inside to not lose money on it overall. In some cases, the lighter containers don’t sell as well, although this varies by store.

In any event, Ann Marie will see about having some smaller sizes out. She also offered to have a smaller size available for you if you wanted us to set aside a smaller container for you each time we make it, kind of like a standing pre-order. Let me know if you want to go that route and I’ll put you in touch. Or, if you see her in the store, let her know.

s: “Can we get ground octopus powder? I hear it can help a person become more ambidextrous.”

r: (Norman) We stock lots of supplements, but dried octopus powder is not one of them. If we get a lot of requests, we’ll look into finding a supply. Meanwhile, try juggling.

Neighborhood Groups Work/To Cool Down/Northwest Philly

(Continued from Page 1)

overwhelmed by problems beyond our control.

With the support of two community organizations, West Mt. Airy Neighbors and East Mt. Airy Neighbors, Mt. Airy Tree Tenders organized Cool Down Northwest Philly, a partnership to help address heat islands. We invited tree tender groups from Germantown, Nicetown-Tioga, Awbury Arboretum, West Oak Lane and Chestnut Hill to join us as they share our dedication to restoring our canopy and nurturing a culture of neighborhood stewardship.

At the heart of Cool Down Northwest Philly are the four Cs:

Canvassing: Talking directly with neighbors on designated heat-island

blocks to share how trees make communities cooler, calmer and safer. Our volunteers invite residents to request trees, join planting days and discover how small actions can meaningfully lower neighborhood temperatures.

Communication: Reaching more residents through mailings, email updates and social media so that information about free trees, planting events and training opportunities is easy to find and easy to share.

Collaboration: Pooling tools, training, volunteers and best practices across Northwest Philly. By working together, we can plant more trees, support one another and reach the blocks that need shade the most.

Care: Checking on young trees, wa-

tering, clearing weeds, mulching properly and providing early pruning, because the biggest barrier to planting is often worrying about maintenance. Early-care visits help new trees thrive and ensure that our investment lasts.

Mt. Airy Tree Tenders deepened our commitment to tree equity with a 2024 grant from the Pennsylvania Department of Environmental Protection’s Environmental Education and Information Center. That support allowed us to increase tree planting and care in areas where the canopy had been thinning and to build momentum for this next step.

Cool Down Northwest Philly aligns with the city’s 2023 “Philadelphia Tree Plan”, which aims to grow tree canopy equitably, cool the hottest neighbor-

hoods and improve public health. Our local, community-led work helps make that long-term vision real on the ground.

Today, we are poised to make meaningful progress toward a cooler, healthier and more resilient Northwest Philly. We’d love for you to join us. Learn. Volunteer. Plant. Care. Together, we can grow the urban forest that protects us all.

- Learn more: www.mtairyreetenders.org/
- Volunteer with us: <https://wman.net/climate-environment/tree-equity/>
- Apply for a free street tree: <https://phsonline.org/programs/tree-programs>
- Get a free yard tree: <https://treephilly.org/yard-trees-2/>



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.

Brenda's Cat Tales

Consider Your Age — and Your Potential Pet’s — When Adopting

by Brenda Malinics, for the Shuttle

BEFORE BRINGING A NEW PET INTO YOUR HOME, it’s essential to consider the ages of yourself and the adoptee to ensure a harmonious and long-lasting match. Will the cat be a companion for another cat or become a human companion? Evaluating your current cat’s energy level, sex, personality (Alpha/Beta), and territorial behavior is crucial if you are trying to bring in a new friend for a resident cat.

With experience in adopting over 1,000 cats, my goal is to create satisfying and enduring relationships between people and their feline companions. That’s why I dedicate a significant amount of time to working with potential adopters. As a cat advocate and a senior, I have established an age-appropriate adoption policy at Brenda’s Cat Rescue which considers the needs of humans and felines.

Cats, on average, can live to be 16 to 18 years old. As we grow older, we experience changes to our lives and our health. These two considerations impact how long you can expect to be your cat’s primary caretaker and should be the deciding factors in selecting the age of the cat to be adopted. Illness, relocation (especially to senior facilities), difficulty carrying litter and food, and vet transportation are all issues I discuss with middle-aged to senior adopters. I usually get pushback and comments like, “I am very healthy and don’t expect anything to change.” I understand this response. No one feels that their circumstances will change, but experience has shown otherwise.

Cats and all pets are deeply affected when their owners deny the realities of aging. It is heartbreaking to see a middle-aged cat become confused and frightened af-

ter losing their human and the only home they have ever known. Cats feel emotions, are sensitive to stress, and dislike changes to their environment and routines. No one should be adopting a cat if they can provide care for only part of its life.

Seniors should never adopt kittens. Young cats can be hazardous, increasing the risk of falls. As people age, their skin becomes thinner, and kittens will bite until their adult teeth come in at around five months old. Their sharp, rapidly growing claws may scratch curtains, furniture and anything that moves, including fingers and toes. Kittens can be destructive by chewing wires, plants and other household items.

People of all ages often prefer to adopt kittens or young cats for various reasons, such as wanting to watch them grow, believing that they can shape their personalities, hoping to ensure good health, seeking a playful companion, or avoiding possible veterinary costs associated with older cats. However, none of these outcomes is guaranteed when adopting kittens or young cats. I haven’t even touched on financial or environmental factors.

Adoption of any animal is a serious, lifelong commitment; it should never be rushed or made on impulse or emotion. There are so many things to consider before adopting a cat. Where you adopt from is important, as is the information you learn about the cat’s personality, background and health status.

Please consider fostering or adopting an adult cat: they’ve outgrown their crazy kitten years and are ready for a meaningful relationship. They are looking for a human friend with whom to bond, trust and love. They make the best and most loyal companions.

Meet Alice!



She’s approximately 5 years old, is part Russian Blue and has an interesting story to tell. She is longing for that special human who wants a loyal and loving friend and is a good listener. She is microchipped, totally vetted and in good health.

Contact Brenda’sCatRescue at 215-872-1636.

For more information about adopting or fostering cats from Brenda’s Cat Rescue, go to brendascatrescues.org or contact 215-872-1636.

Brenda Malinics has worked with cats for over 65 years and founded the nonprofit Brenda’s Cat Rescue. She also has over 30 years of wildlife rehab experience and is a bat specialist.

A Visual Documentarian of Black Life and African Traditions

JONATHAN GREEN (1955-), INTERNATIONALLY renowned painter, printmaker and author, grew up in one of South Carolina’s marooned Gullah regions — enslaved Southeastern coastal African American communities that preserve and practice the highest level of West African culture. During the mid-1950s, bridge construction connected the once-separated Gullah and mainland communities. While developers and tourists entered “newly” accessible areas, the 300-year-old traditions of Gullah peoples began eroding.

Gullah communities were self-sufficient, time-capsuled preservers of countless African traditions, and they are the central messengers of Green’s work. His paintings are visual testimonies, documenting embedded Gullah and African practices. Vibrant colors electrify Black life; big hats crown women’s heads and work is a dignified experience. Green deliberately “unenslaves” his subjects, presenting them as owners of their labor.

—Rosa Lewis



Photo courtesy of Jonathan Green Studios



weavers way coop

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Artists in Our Aisles

Sara Robbins

I learned to weave baskets after taking a class over 35 years ago. My first love has always been traditional Appalachian style baskets, but I often go a bit wild with organic baskets like the one pictured. I use driftwood or antlers as the handle and allow it to dictate the shape of the basket. I use handspun yarn, handwoven cloth, seagrass, bark, reed and other materials to achieve an organic shape and feel.

I have become interested in the history of the Shakers – their belief in equality, pacifism, their work ethic and particularly their craftsmanship. I became particularly fascinated by Shaker baskets. They were traditionally woven using molds for consistency and were usually made of ash. Since I am not able to process my own materials such as ash or oak, my Shaker baskets (pictured) are made from reed produced from the inner parts of rattan vine.

Basketry led me to loom weaving, and I now make clothing from the fabric I weave. The style of weaving I practice appeals to my organic side and is called Saori weaving, a Japanese style of free form weaving.

My latest pursuit is broom making. Watch for my classes on either basket weaving or broom making at Morris Arboretum, Wild Hand, Mt. Airy Learning Tree or Plant 4 Good in Ardmore.

www.instagram.com/prairiemoonbasketsandbrooms/



SUBMISSIONS NEEDED

We want to feature your art in the Shuttle!

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

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

Weavers Words

ALL THE FEELS ON TWO WHEELS

Ba-rump a de-bump
rocky mountain trails, roots, ruts,
bruise the rump-de-rump

—Marilyn Wimp

wasp nest
some winter sky
shines through
—Jeff Ingram

“FOR ALEX JEFFREY PRETTI” MURDERED BY I.C.E. JANUARY 24, 2026

by Amanda Gorman

We wake with
no words, just woe
& wound. Our own country shoot
ing us in the back is not just brutal
ity; it’s jarring betrayal; not enforcement,
but execution. A message: Love your people & you
will die. Yet our greatest threat isn’t the outsiders
among us, but those among us who never look
within. Fear not the those without papers, but those
without conscience. Know that to care intensively,
united, is to carry both pain-dark horror for today
& a profound, daring hope for tomorrow. We can feel
we have nothing to give, & still below this world wait
ing, trembling to change. If we cannot find words, may
we find the will; if we ever lose hope, may we never lose our
humanity. The only undying thing is mercy, the courage to open
ourselves like doors, hug our neighbor,
& save one more bright, impossible life.

Our Revised Submission Guidelines:

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



Imagining a World Without Waste

A Few New Practices For the New Year

Members of the Plastic Reduction Task Force shared these ideas for reducing your plastic use in 2026:

Easy reusable substitute for plastic wrap: Our household stocked up on several sizes of plates and saucers from a thrift store years ago. Some are glass, others are Corningware, but any dishware works. Now, when we store a bowl of food in the fridge, instead of covering it with plastic wrap, we put a plate or saucer on top like a lid. Voila! No need for plastic wrap.

Trash bags: One way to use less plastic is by composting your food waste scraps. If you don't put organic waste and wet items in your trash, you can use a paper bag rather than a plastic one. A compost pile can be simple — just a small area in the yard or a metal trash can that you dump food scraps into, stir now and then and add dried leaves to. Or you can buy a wooden compost bin and occasionally mix in leaves or wood chips.

Dental Supplies: Use silk dental floss instead of plastic. This avoids a single use of plastic and the likelihood of microplastics shedding in your body. Also, zero-plastic toothbrushes are available online that are made mostly of bamboo.

Takeout: Keep a few clean plastic takeout containers in your car for when you eat out so you don't need an additional container to take leftovers home.

—Becca Dickstein and Richard Metz



Image courtesy of Romana Klee via Creative Commons

Plastics and Food Safety Updates

Ban on Foam: Beginning this January, California joined Washington and Oregon in banning the use of foam (polystyrene) products for food packaging. It is estimated this will eliminate nearly four billion pieces of foam packaging a year.

Foam became widely used by restaurants because it has some heat retention properties and it is cheap. However, polystyrene can take 500 years to decompose in a

landfill, and it then breaks down into microplastics that further contaminate soil and water.

Plastics in our Food: Judy Enck, a former Environmental Protection Agency regional administrator and founder of the nonprofit Beyond Plastics, has published a new book along with co-authors Melissa Valliant and Adam Mahoney: “The Problem with Plastic: How We Can Save Ourselves and Our Planet Before It’s Too Late” (2025, The New Press).

Beyond Plastics gave this background on the book:

Plastic is everywhere — wrapped around our food, stitched into our clothes, even coursing through our veins. What began as a marvel of modern science has become a toxic industry that is harming our health, polluting our planet and driving climate change.

According to a recent report in The Lancet, the world is in a plastics crisis, causing disease and death from infancy to old age and covering the planet with eight billion tons of plastic waste. Without bold new laws, these problems will only worsen.

“Plastic production has increased exponentially since single-use plastics’ start, from two million tons per year in 1950 to 450 million tons per year today. And production is expected to triple by 2060. Given that less than 6% of plastic is actually recycled in the United States, all that plastic will continue to harm us, our communities and our environment.

The good news is there’s still time to turn off the tap and live in a world without pointless plastic. That’s the hopeful message at the heart of this book.



Image courtesy of Jeepers Media via Creative Commons

Roundup in our Food: The Center for Food Safety recently announced that a science journal has “formally retracted” a study that had long been used by Monsanto to support their claim that glyphosate, the primary ingre-

dient in Roundup, is safe. The study was ghostwritten by Monsanto.

Glyphosate has been linked to cancer, and contrary to the claim that it quickly dissipates in the soil, it has been found to break down into smaller, persistent chemicals. Glyphosate is now found everywhere — in soil, air, rain, streams and the human body.

PFAS in Our Food: According to the Washington Post “The Environmental Protection Agency is moving forward with approvals for pesticides containing ‘forever chemicals’ as an active ingredient, dismissing concerns about health and environmental impacts raised by some scientists and activists.”

This month, the agency approved two new pesticides that meet the internationally recognized definition for per- and polyfluoroalkyl substances, also known as PFAS or fluorinated substances, and has announced plans for four additional approvals. The authorized pesticides, cyclobutrifluram and isocycloseram, which were approved Thursday, will be used on vegetables such as romaine lettuce, broccoli and potatoes.”

Atrazine in our Water: Atrazine is a toxic weed-killer that is already banned in 60 countries. The international Agency for Research on Cancer has made multiple findings over the past 10 years that, like glyphosate, it is a probable carcinogen. Nevertheless, it is still allowed to be used by agriculture in the United States and is sprayed on millions of acres of farmland, where it then washes into waterways.

Atrazine is a hormone-disrupter that breaks down slowly; its impacts have been specifically identified on fish and frogs. Recently the U.S. Fish and Wildlife Service released a draft rosy assessment of the risks (or non-risks) posed by atrazine to wildlife.

—Karen Melton

Be Sure to Remember These Jar Library Tips

- Tell the bulk staffer on duty when you are dropping off your jars, so they can inspect them to see if they are appropriate for the Jar Library.
- Donate clean, dry glass containers only — no plastic containers.
- Remove labels as much as possible. Volunteers maintain the Jar Library; the more labels there are to remove, the harder their job becomes.
- Larger jars are especially appreciated, e.g. tomato sauce or quart sized. Also, consider if the size of jar you’re donating would be useful.
- If the incoming jar box is full, please do not leave your jars. Currently there is no place to store surplus jars.
- For any item you buy in bulk using your own container or a container from the jar library, you will receive a 25-cent discount at the register.







Cities Push for Sustainability in Spite of Current Federal Leadership

pe, AZ. In his youth, he traveled to 60 different countries, which inspired him to build where public transportation is available. Yet, as he discovered, there are many hurdles involved, such as zoning that mandates parking.

Making changes in the real estate market is difficult, so he advises talking to community groups. Johnson, who has lived without a car for 15 years, found an ideal parcel of land along a rail line in Tempe. The city passed legislation that allowed the development to be built without parking.

The development features retail stores on site, as well as light rail and electric bikes. The company was

able to get free rail passes for all residents, who are loving their walkable city.

In Presidio, TX, a poor, small town near Mexico, Ramon Rodriquez, at age 13, stood before City Council to advocate for composting bins, tree nurseries and green spaces in the city. After the council declined, Rodriguez persisted. While in high school, he created Project Homeleaf, in which teenage volunteers planted trees in the town.

Students formed the Climate Crew, which taught elementary students about the environment. According to an article posted last January in the Texas Tribune, Ro-

(Continued from Page 1)

driguez helped write a federal grant for \$12.7 million, which was part of President Biden’s Infrastructure Reduction Act.

Thanks to Rodriguez and others, two geothermal facilities are now being built which will generate 110 megawatts of power. Construction will create jobs as well as reduce pollution.

We cannot give up hope. Cities and individuals have found ways to work around a climate-denying administration. Hopefully each of us can find a way to make a difference.



Shoppers get a **25¢ credit** for each reusable container they use while shopping. BYO container or get one from our Jar Library.

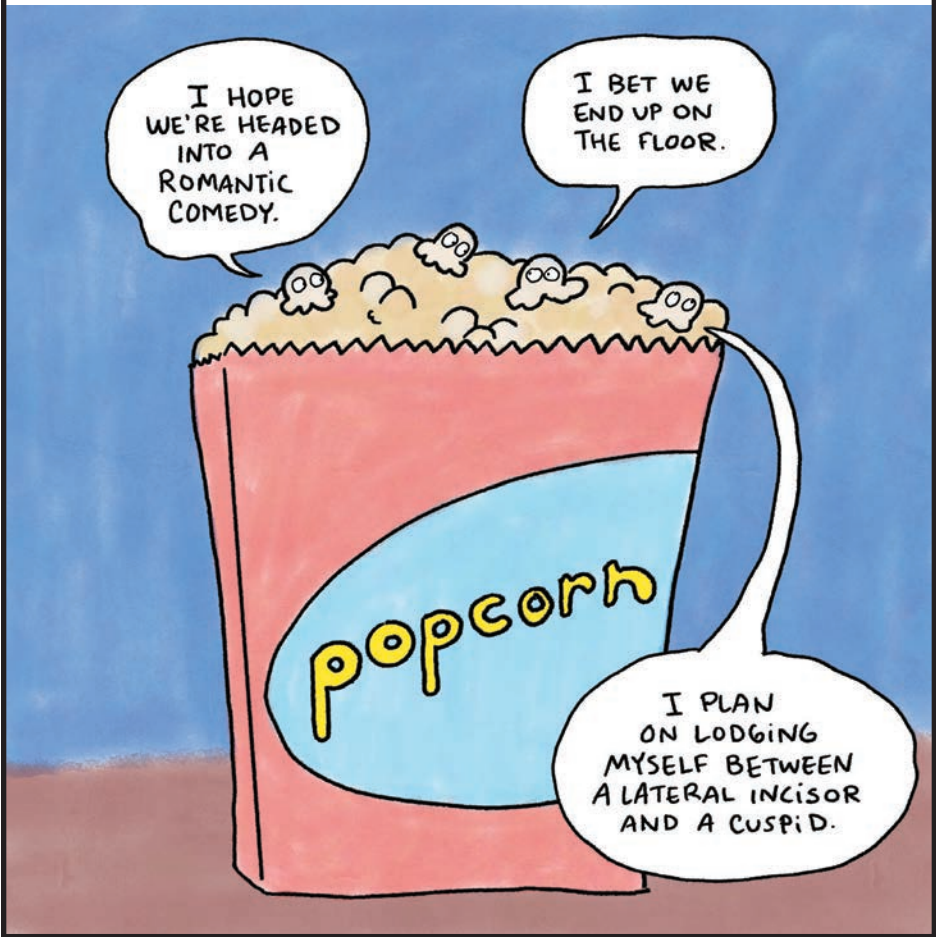


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Locally Grown

Illustration by Alli Katz



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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. Check the Co-op's Calendar of Events for the date of the next meeting.

For more information about Board governance and policies, visit www.weaversway.coop/board. 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.

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lmears@weaversway.coop
Next Door
8426 Germantown Ave.
9 a.m.-8 p.m.
215-866-9150, ext. 220/221
Wellness Manager
Alison Wear, ext. 221
Awear@weaversway.coop

Germantown
328 W Cheltenham Ave.
8 a.m.-8 p.m.
215-843-1886
Store Manager
James Mitchell
jmitchell@weaversway.coop
Assistant Store Manager
Ariel Levine
alevine@weaversway.coop
Grocery Manager
Kristina Walker;
kwalker@weaversway.coop
Mt. Airy
559 Carpenter Lane
8 a.m.-8 p.m.
215-843-2350
Store Manager
Matt Hart, ext. 101
matt@weaversway.coop
Assistant Store Manager
Juli Cardamone, ext. 128
jcardamone@weaversway.coop
Grocery Manager
Keith Souder, ext. 140
ksouder@weaversway.coop

Across the Way
608 - 610 Carpenter Lane
8 a.m.-8 p.m.
215-843-2350, ext. 6
Wellness Manager
Sarah Risinger, ext. 114
srisinger@weaversway.coop
Pet Department Manager
Anton Goldschneider, ext. 276
petstore@weaversway.coop
Farm Market
267-876-3101
Manager
Jenna Swartz
jswartz@weaversway.coop
Catering
cateringMA@weaversway.coop,
cateringAB@weaversway.coop,
cateringCH@weaversway.coop
Preorders
MApreorder@weaversway.coop,
CHpreorder@weaversway.coop,
ABpreorder@weaversway.coop

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!

DID YOU KNOW?

You can read the Shuttle online.
www.weaversway.coop/shuttle-online



NEW MEMBER ORIENTATION

Wednesday, February 18, 6:30-8 pm
Virtual

To register visit: www.weaversway.coop/events

Member Appreciation

MEMBERS ARE THE HEART OF THE CO-OP!

Members get an EXTRA 5% OFF!

Pick a shop at a main store, plus The Mercantile, Across the Way and Next Door during the 2-week period and get an **extra 5% off** (on top of your other member discounts)

Sun, Feb 15 - Sun, Mar 1, 2026

