

Going Over the Details of Our Hill Reno

WEAVERS WAY CHESTNUT HILL STORE MANAGER Ann Marie Arment (foreground) and members of the Co-op's management team have been poring over drawings of proposed renovations to the store, which will begin in a few months. Two member forums will take place this month to discuss the project,

the timeline, potential impacts and a member loan campaign. Join us on Tuesday, May 19, from 6-7:30 p.m. at Chestnut Hill United Church, 8812 Germantown Ave. or virtually on Thursday, May 28 from 7-8 p.m. Please RSVP at www.weaversway.coop under "Events."

Photo by Weavers Way Development Director Kathleen Casey



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The Shuttle

MAY 2026

Since 1973 | The Newspaper of Weavers Way Co-op

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Mayfly Project Introduces Kids to a New Skill and the Outdoors

by Chris Nosal, for the Shuttle



Photo courtesy of The Mayfly Project

Teaching line management, safe wading and patience.

THERE ARE EASIER WAYS TO SPEND a cold Saturday in March than standing beside a creek at dawn, stringing fly rods and explaining knots to middle school students who've never done this before. But I can't think of many better ones.

I serve as a mentor with The Mayfly Project's first Philadelphia chapter. During four outings this spring, I had the privilege of working with a small group of young men from the city's foster care system. They showed up ready to try something new with a group of adults they'd never met. Their caregivers showed up too, giving up early mornings so the kids could have a new experience and, hopefully, a lasting memory.

(Continued on Page 5)

Projects Funded Through This Year's Environment Committee Grants

THANKS TO DONATIONS AT OUR Electronic Recycling event on Apr. 11, the Weavers Way Environment Committee was able to give grants to a wide variety of community groups, all of whom work to enrich our environment. This year, the committee supported:

- An environmental education project for the summer camp at Allens Lane Art Center.
- A microscope for Center in the Park in Germantown so they can continue to test water and soil in the Wissahickon and Monoshone creeks.
- Garden beds and native plants for DePaul USA in East Germantown, which serves homeless men and women.
- Fencing for the Farm Sanctuary, so they can continue to distribute free produce in North Philly.
- Trees for the Friends of Turtle Park, a once neglected neighborhood park in Manayunk.
- Native plants for Journeywork, which will allow them to conduct workshops to increase biodiversity in neighborhoods with limited green space.
- Native plants and seeds for LandHealth Institute, which will help restore the Schuylkill River peninsula.

WW Environment Committee



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Grants for
Gardens and Green Projects

- A pollinator garden on an underutilized campus space at Norwood Fontbonne Academy in Chestnut Hill.
- Fruit trees at Redeemer Valley Farm in Huntingdon Valley, to be used for donations of fruit at their HUD facility and food pantry.
- Native trees to replace invasives on a neglected parcel of Fairmount Park by Ridge Park.
- Native plants for volunteers to plant for the Roxborough Manayunk Conservancy.
- Native hydrangeas for the garden at Water Tower Park in Chestnut Hill, which serves many communities.
- Funds for the maintenance of a flower garden at Whosoever Gospel Mission in Germantown. In their words, "Your faithful generosity over the years has helped us create a welcoming and therapeutic space filled with fragrant herbs, colorful flowers and soft, calming plants. Our residents are working hard each day to overcome obstacles and rebuild their lives. While flowers may seem superfluous to some, we know —because we see it firsthand — that they truly lift spirits and instill hope."

—Sandra Folzer



Fund Offers Hope for Victims of Health Crises

by Kerstin Fuchs and Alison Glick, for the Shuttle



Photo courtesy of Healing Hands Fund

H2F's first patient, who was fitted with a 3D printed prosthetic.

IN THE LAST TWO YEARS, PHILADELPHIA-based Healing Hands Fund (H2F) has grown from a group of healthcare professionals working to mitigate a manmade healthcare crisis in Palestinian communities to an all-volunteer organization that strives to lessen health crises throughout the world. On May 12, Weavers Way shoppers will have the opportunity to contribute to H2F with a Giving Twosday donation.

In a world where grim statistics abound and overwhelm, one still manages to shock: Gaza has become home to the largest group of child amputees in modern history, according to a United Nations report published last August by the Committee on the Rights of Persons with Disabilities. The committee found that at its worst, 10 children lost one or both legs every day "as a result of premeditated force" used by Israel, "including arbitrary shelling of civilian areas."

(Continued on Page 3)



**Mural Event is Friday, June 12 from 4-6:30 p.m.
Rain Date Saturday, June 13 from 4-6:30 p.m.**

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



AS OF MAY 4, THERE IS NOW A LITTLE under \$1,200 in our fund to help defray the costs of printing and mailing the Shuttle. That's great! We seem to have gained some traction in the last month as readers responded to the house ad in the April paper and the posts in the eNews.

If you've contributed already, thank you. I wish we could give our donors a trinket, but we're not set up for that right now. Maybe someday.

If you get the paper mailed to you or pick it up in one of our stores and haven't yet contributed, please consider it if you're able. This is an ongoing need unless we get a large amount of cash thrown our way, and while I'm totally open to that, I'm not counting on it. I wish we could give our donors a trinket; maybe someday.

In other Shuttle news, here's some of what you'll find in the paper this month:

A story on the Philly-based Helping Hands Fund, this month's recipient for Giving Twosday, and their efforts to get medical supplies, including prosthetics, to the victims of medical crises in Gaza and throughout the world (p.1).

A profile of the Mayfly Project, which teaches flyfishing to kids in foster care to help build their confidence and connect to the outdoors (p.1).

Betsy Teutsch's tale of how she and her husband downsized from their four-story house to a condo in five weeks (p.3). Daunting and inspiring at the same time!

Starting on page 11, you'll find the Co-op's annual report, packed with charts, tables, photos and facts about what Weavers Way has been up to in the last year. I encourage you to flip through and see where we stand (we may even impress you).

Even with all the ups and downs in the weather, we all know summer's coming. Hope you get to enjoy as much of it as you can pack in.

As always, catch you in the pages next month.

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

Statement of Policy

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

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

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

Thinking Coffee

The Adventures of Neal and His Favorite Travel Coffee Cup

by Neal Fordham, for the Shuttle

FORTUNATELY, I AM NOT SCARED OF the dark. But I must say, six days of it is too long — I miss Neal so much! On Thursdays, he finally pulls me from the cabinet and takes me along to work; we leave home at 3:30 a.m. This is the day he drives the Weavers Way truck, heading first to the Chestnut Hill store by 5 and to Mt. Airy by 7:30.

When he finishes unloading the pallets for Chestnut Hill, he fetches me from the truck cab. What a sky in the early morning. What stars! The moon, waxing or waning. Often, there is music — robins behind the store singing for the dark sky's light and for the awakening world. Boy, am I glad he brought me along.

Inside, we get a little black coffee together and then drive the truck back to the warehouse.

Allow me to introduce myself: I am Neal's metal coffee cup. I go everywhere with him. Why does he cherish me? Why am I the only vessel he'll drink coffee from when away from home? Let me share some of my travels.

Last week, along with his wife, we drove to Cape May for a short visit. While we are there we love to bicycle everywhere, go birdwatching, walk on the beach, sit at the edge of the waves to read and watch for dolphins (none were seen on



our last trip), and start each morning at Ostara's coffee shop.

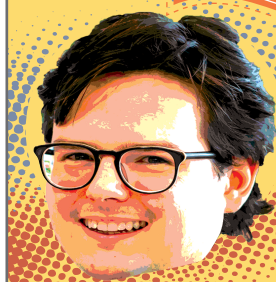
Neal and I mostly enjoy an Americano — hot water with a pair of espresso shots added to me. I wish I had eyes I could roll, but I leave that to Neal. When the barista puts the shots in first and then adds the water, the crema is destroyed. I shudder, Neal's eyes roll, and he considers suggesting that reversing the procedure would produce a finer drink.

On a recent spring morning, Neal and his wife carried me and two bigger travel cups on a morning hike through Cresheim Valley woods. We paused so he could rest his hands on what he calls "The Five Sisters." I believe it is a single tulip poplar, but it splits into five trunks down low before all the sisters start reaching upward.

We emerged from the woods on Allens Lane and crossed over to High Point Cafe for breakfast. One of the big partner cups was filled with a chai latte, the other an iced elixir. After a crepe and danish, Neal brought me inside to be filled with, yes, an Americano. There was no need for any eye rolling here. All hail the fine baristas of High Point!

Neal Fordham is a local coffee aficionado and a truck driver for Weavers Way. His metal coffee cup is just a cup.

8 YEARS



SLICE IT
DICE IT
SERVE IT

The Great Garlic Scape



by Kieran McCourt, Weavers Way Ambler

At first glance, garlic scapes seem like some of the oddest produce offerings out there. These curly-wurly green stalks burst from hardneck garlic varieties after winter passes and the plant begins to grow and develop. Farmers and gardeners trim the green scape off the plant in late spring or early summer so the garlic can develop into a plump head.

Garlic scapes can be used in most of the same ways that you already use garlic cloves. The flavor is mellow and sweeter than standard cloves. When young and tender, their texture isn't much different from green beans. Sometimes they can be tough or woody, so cooking or lightly blanching will make them far more enjoyable.

Young scapes in particular can be eaten raw. Consider tossing them into salads. When thinly sliced and chopped, they can be added to vinaigrettes.

Blend your scapes into a creamy, green goddess style dressing, or make a green spin on a Caesar dressing. Finely chop or pulse and mix them into a compound butter to finish a steak, burger or grilled

vegetables. Or stir them into cooked grains.

Garlic scapes make a delicious ingredient for pesto preparations, and they're great when sautéed or stir-fried. Trim off the ends and cut them into one- to two-inch segments before cooking. They're delicious alone or when combined with other spring vegetables like asparagus, green beans, young radishes or turnips.

Scapes can be thrown on the grill; they'll end up tender and charred in spots. If a grill isn't available, you can get some of that blistery char with a hot wok or cast iron skillet.

Of course, they can be preserved through pickling or lacto-fermentation on their own, or they can be added to other veggies like pickled green beans, asparagus, onions, carrots and more.



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How We Downsized from Mt. Airy Home to Condo in Five Weeks

by Betsy Teutsch, for the Shuttle

WE JUST MOVED FROM A THREE-BEDROOM, TWO-office, four-story house into a Mt. Airy condo in less than five weeks. I'm not gonna lie — it was hard. But we're now on the other side, happily settled in our beautiful neighborhood.

We are part of a flood of boomers similarly downsizing, and an even larger group considering (and often resisting!) such moves.

Given my experience with giving things away via community gifting, I was ahead of the game. That helped for functional, generic items, like kitchen equipment, linens, wall art, tools and the like. However, the vast majority of our material accumulation did not fall into those categories.

For those with space, the Law of Inertia reigns: Once stuff lands, it stays there. My husband, David, recycled the entire contents of a five-drawer, six-foot tall lateral file. It contained projects long put to rest, undergraduate college notes, curricula for classes he once taught and old tax returns — like, really old.

I set a goal: Don't bring anything to the new place that we do not use. That meant going through everything in the house, which was a high-touch endeavor. This is different from Marie Kondo's famous "Does it spark joy?" criteria. Extension cords and towels do not spark joy, but you need them — though not as many as you've collected.

Decision fatigue sets in if you spend too long at one sitting doing this, especially when dealing with collections of small things, like your catch-all drawer or old letters. They acquire a sense of importance just from being old, even if you didn't hold on to them intentionally.

David deposited three huge boxes of letters onto our dining room table. He was prepared to recycle them without looking through them, but I couldn't stomach that. Written communications feel inspiring and precious now. There were several remarkable letters, but most were mundane. I reminded myself that I hadn't even known they were there, so it was pretty silly to feel bad about parting with them. But it was sad.

I sent two carloads of art supplies off with a younger colleague, plus a carload to the wonderful Resource Exchange in Fishtown. "Our nonprofit shop, gallery, and workshop space promotes creative reuse, recycling, and resource conservation... by redirecting them to artists, builders, educators and the general public," it says on their website. Perfect!

Extra Help From Community Gifting

Our Community Gifting West Mt. Airy group came along for the ride, and many items found new homes. I found this fun. If you, the downsizer, want to get stuff out of your house and someone actually wants it, I recommend you drop it off. Waiting for people to find time in their busy schedules to come by and pick things up is slow, frustrating and time consuming. Plus, you need a break from sorting.

I discovered a forgotten drawer full of candles, which went in minutes. Other objects had no takers. We had to pay a hefty fee for disposing of the above-mentioned lateral file and an ancient TV.

Then there are the mystery cords and wires. We never throw out unidentified cables — we might need them. Hah! You will never need them.

I take saving reusable items seriously. Conservation is virtuous, but there was quite the mismatch between supply and demand, based on the number of safety pins and paper clips I unearthed. Let me know if you need some.

The value of vintage items is hard to predict; it's handy to use the internet for de facto appraisals. I saved my 1959 Barbie doll along with her clothes and accessories because I once read they were collectibles; they sold for \$25. On the other hand, David's Hermes 3000 typewriter from 1963 fetched \$200 from the WPM Typewriter Shop across from the Mt. Airy store.

It's worthwhile to go through your drawers and shelves for unused silver or gold, which has skyrocketed in price. While finding those scores of safety pins in my jewelry drawer, I also found tarnished silver jewelry



Photo by Betsy Teutsch

Betsy and David's collection of old smartphones.

components and even a beautiful but broken watch that turned out to be gold. It fetched a nice price.

Boomers, this is your chance to get rid of things that didn't work right or you never actually liked but felt guilty about not keeping. My grandmother's silver candlesticks were beautiful but unstable and, of course, needed polishing. Almost every time we used them, the candles toppled over. Gone.

For those leaving a family home, there is the question of accumulations from adult children. We figured we'd stored things for ours, aged 43 and 39, long enough. The time had come for them to decide the fate of their grade school report cards, bins of camp pictures and college bling. No adult children — busy with careers and their own kids — have ever been excited about this task. Deadlines are helpful.

Going through all your possessions, tedious as it is, allows for consolidation. In a large home, items are dispersed, masking all the duplication. We found six staplers. Likewise, six old phones were tucked away in drawers.

If you miss the moment and discover, when you're unpacking, that you really don't need this or that item, guess what? You can still give it away! Moving is full of second chances.

Fund Offers Hope for Victims of Health Crises

In Gaza, traumatic amputation is the main type of injury caused by explosive weapons.

In July 2025, we learned that H2F was raising money for neonatal medical supplies in support of a medical mission to Gaza. We have been inspired by their dedication, energy and creativity in addressing the dire medical needs in Gaza and the occupied West Bank. Since their start in 2024, they have grown from medical supply procurement to supporting the manufacturing of much-needed prosthetics using 3-D printing technology.

H2F's unusual acronym is inspired by the essential nature of water (H₂O) and symbolizes their dedication to providing life-sustaining support to individuals in need. Just as water is fundamental to life, H2F delivers essential care, resources and compassion to those facing overwhelming challenges. Love, justice, liberation and healing are the values that define the organization — ones that we believe many in the Weavers Way community will recognize and embrace.

According to Dr. Afnan Albahri, H2F's executive director, the organization plans to expand its work with other grassroots organizations in Sudan, Congo, Syria and Lebanon. H2F also aspires to support local Philly mutual aid efforts to sustain our communities here.

Even before the October 2023 genocide began, Gaza was facing a precarious humanitarian situation. A 2012 UN report asserted that the territory would be uninhabitable by 2020 due to the lack of basic necessities and infrastructure to support human life as a consequence of an Israeli-imposed blockade and multiple attacks. In spite of the conditions, 2.2 million people continued to live there.

International bodies and academic experts have declared Israel's actions of the past two and a half years a genocide. The evidence cited by these investigating au-

thorities include the destruction of most of Gaza's medical facilities, the killing of large numbers of medical and aid personnel, and the restriction of aid by Israel. The situation in the occupied West Bank is just as grim, with Israeli settler and military attacks happening every day and hundreds of Palestinians maimed or killed.

H2F's Medical Supply Procurement initiative began in March 2024 and ensures that healthcare delegations are fully equipped to provide effective and specialized care. By tailoring their sourcing to meet the specific needs of hospitals, clinics and healthcare workers across various specialties, they address critical gaps in resources.

Last April, H2F's work expanded to meet the growing needs of West Bank and Gaza amputees. They partnered with Prosthetics for Palestine to establish a project that manufactures 3D-printed leg prosthetics and provides patient rehabilitation programs, psychosocial support and training and capacity building.

"The goal is for these patients to get an FDA-approved 3D printed prosthetic, having gone through rig-



Photo courtesy of Healing Hands Fund

Dr. Yassar Arain, neonatologist, one of H2F's delegates to Gaza, with suitcases filled with medical supplies.

(Continued from Page 1)

orous clinical trials," said Dr. Albahri. "Our impact is material and restores hope in areas of violence and conflict."

The urgent need of this work is poignantly portrayed in the recent documentary "Severed: The Story of a Boy From Gaza" (available on YouTube). The film tells the story of Mohamad Saleh, whose leg was amputated in 2019 after he was shot by Israeli soldiers when he was 12 years old. When Mohamed says "I am physically alive but my soul is dead," he speaks to the lives of all Palestinian amputees.

This month, the Co-op community can support the life and soul-sustaining work being done in Philadelphia by Healing Hands Fund. To learn more about their work, check out their Instagram page @healinghandsfund and visit their website healinghandsfund.org.



Alison Glick is a longtime Weavers Way member and writer. Her 2021 novel, "The Other End of the Sea", is based on her time living in Israel/Palestine.

Kerstin Fuchs has been a working member of the Co-op since 2013. She works as a school van driver and lives with her family in Mt. Airy.

Mayfly Project Introduces Kids to a New Skill and the Outdoors

(Continued from Page 1)



Photo courtesy of The Mayfly Project

Cheers for a huge trout in the net.

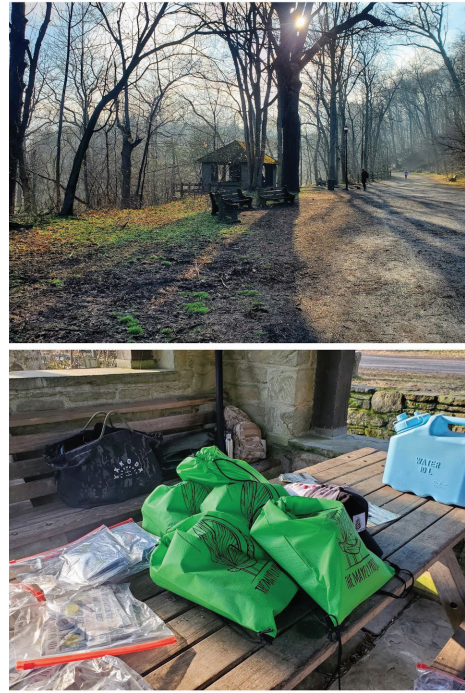


Photo courtesy of The Mayfly Project

Supplies ready for the mentees' arrival on a chilly March morning.

The Mayfly Project, founded in 2015, introduces children in foster care to fly fishing as a way to build confidence, connection and a sense of calm. Each child gets their own gear and learns skills like casting, knot tying and reading water. Just as important, they gain an activity they can return to that encourages patience, focus and spending time outdoors.

This year marks the program's first season in Philadelphia along the Wissahickon Creek. It's the perfect classroom — in the city but far enough removed to feel like a different world.

On Mar. 21, we couldn't fish yet, but that didn't slow us down. We talked about insects, practiced knots and helped the kids assemble their rods. Two experienced mentors, who also run a one-day program at Norristown Farm Park called All Kids Fish, set up a casting area with Velcro "flies" and laminated fish to aim at. What could have been a simple drill turned into a game, and the boys were all in.

One of them, I'll call him S., was especially so. He talked about wanting to design video games someday, and you could see that mindset in how he approached casting; he was trying to "beat" the challenge and land every target. Before long, all three boys were beaming and holding up their practice catches for photos.

Wading into the Water

A week later, we met again on the banks of the Wissahickon, waders on and rods rigged. It was a cold morn-

ing, but the boys didn't hesitate. There's something about stepping into a creek for the first time that can change you. The city noise falls away, and what matters becomes simple: the current, the line, the next cast.

A strong group of mentors from the local fly fishing community gave the group constant encouragement. Every time an indicator moved, there were shouts to set the hook. Every fish was celebrated. Cameras came out and for a few hours, the energy on the water was hard to match.

One of the boys I worked closely with — I'll call him "K." — needed a little extra effort to get geared up. Finding waders to fit his tall frame turned into a small team project, but we made it work. Once he stepped into the creek, I asked how it felt.

"I feel powerful," he said.

That moment stuck with me. It was simple and honest, and it captured something essential about the experience. For all of them, this wasn't just about fishing; it was about trying something new and feeling capable.

The fishing itself delivered. S landed a standout fish, drawing cheers from everyone nearby, and each of the boys brought in fish of their own. Of course, some of the casting lessons went out the window with the excitement, but they were learning by doing, and that's what counts. Each subsequent week stressed more self-reliance, along with reinforcement.

Programs like All Kids Fish share a similar goal.

This one-day event introduces kids to fly fishing by providing equipment, instruction and access to local waters. Like the Mayfly Project, the focus isn't just on catching fish. It's about creating an opportunity to step outside, try something different and experience a sense of belonging.

Access matters; not every kid grows up with easy entry into outdoor activities like this. Sometimes all it takes is an invitation, the right support and a place to start.

The Mayfly Project is intentional in how it provides that. Mentors are trained and vetted. Partnerships with local organizations help support the kids, and each participant leaves with the gear and knowledge to continue fishing if they choose.

After each Saturday morning, I was more tired than I expected — not in a bad way, just the kind of fatigue that comes when an introvert is being fully present. Instead of fishing myself, I slept in most Sundays, still replaying meaningful moments from the day before.

It's unlikely we're creating lifelong fly fishers. Maybe one or two will stick with it. Maybe none will. But if they take away a memory of being outside, supported and successful at something new, then that's enough. I don't always fish for the fish.

If you want to get involved, go to themayflyproject.com or ifishbelong.org.

Chris Nosal is a member of Weavers Way Co-op.

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How to Make the Most of Those Trips to the Gas Pump

by Sandy Folzer, Weavers Way Environment Committee

I WROTE AN ARTICLE ON GAS EFFICIENCY for the Shuttle in 2010 and 2022 and thought it might be helpful now. Some of the information comes from CleanMPG.com.

Drive at 55 mph or slower. Fuel economy drops by 17% at 70 miles per hour and by 10% at 65 mph. When you drive over 55, you increase aerodynamic drag and friction, which lowers efficiency.

Accelerate gradually. Your gas efficiency drops by as much as 33% when you try to hurry.

Brake gradually and glide to the finish line. When I see a red light ahead, I immediately take my foot off the brake and coast. I probably annoy the driver behind me, but neither of us can go anywhere anyway, so why hurry? If they want to wait at the stop light longer, that's fine.

Motor oils should be selected according to weather conditions. In cold weather, higher viscosity is recommended

to protect your engine. Numbers that end in "W" indicate "winter", not "weight." When weather warms, a lower viscosity allows the oil to flow more easily, which slightly improves gas efficiency.

Check your trunk for heavy objects. Added weight causes your vehicle to use more energy, which lowers your mileage.

Follow the manufacturer's recommendation for tire pressure. The number on the tire gives maximum pressure, which is not necessarily good for your vehicle. The manufacturer's recommendation is usually posted on the driver's door. Underinflated tires may reduce fuel consumption from two to 20%, but overinflated tires can decrease traction and increase the risk of a blowout. Underinflated tires typically wear out more quickly and will need more frequent replacing, so keep an eye on the tread!

There's no need to warm up your engine. Just be gentle when you start driving. The colder the weather, the more

gentle you need to be.

When possible, avoid hills and unpaved roads so your car doesn't have to work so hard. Sometimes you don't have a choice. Try coasting downhill when possible.

Use your four-wheel drive only when absolutely necessary.

Follow your car's maintenance schedule. A poorly tuned engine uses more fuel. Be sure your auto mechanic checks your wheel alignment and air filter, since both can affect fuel economy.

When possible, avoid ethanol, which has only 2/3 the energy of gasoline. However, I have yet to locate a station that carries gas without ethanol.

Forget more expensive, higher octane gasoline. The octane rating has nothing to do with the energy content of the fuel. It is a measure of the fuel's ability to burn in a controlled manner.

Use your cruise control. The constant speed lowers your energy use. For



safety reasons, you are advised not to use cruise control in the rain, because you might hydroplane.

Avoid using the air conditioner when possible. Operating an air conditioner on high can reduce fuel efficiency by 5-30%. For speeds below 55 mph, open windows are more efficient. At higher speeds, use the air conditioner to avoid aerodynamic drag.

Pyrethroids and Pyrethrins Kill Bad and Beneficial Insects Alike

by Becca Dickstein, Weavers Way Environment Committee

HAVE YOU SEEN SIGNS AROUND YOUR NEIGHBORHOOD advertising a company that has treated a yard with products designed to "prevent" mosquitoes and/or ticks? Have you encountered products in hardware stores for homeowners to apply to lawns themselves for insect control? Maybe you've wondered what is in these products and how safe they are. The short answer is that they are almost certainly not safe for the environment.

Most likely, the active ingredients in these sprays or granules are pyrethroids or sometimes pyrethrins. Sometimes, they're mixed with essential oils. Pyrethrins are a mixture of six naturally occurring botanical chemicals in chrysanthemum flowers that are relatively quickly broken down. Pyrethroids are synthetic compounds whose structures are modified from those of pyrethrins to be much more stable, which extends their killing function. Sometimes they are formulated with synergists to increase their potency. Both are neuro-toxic to insects; they change nerve function, causing paralysis and death.

Pyrethroid manufacturers and distributors will tell you that the chemicals are "targeted to" mosquitoes and

ticks, but that is not all they kill. Pyrethrins and pyrethroids don't discriminate much between mosquitoes, ticks and beneficial insects. Thus, they will kill larval and adult butterflies, fireflies/lightning bugs, bees (including honeybees), other pollinators and the insects and insect larvae that birds use to feed their young. When the chemicals run off lawns and gardens, they also kill aquatic invertebrates that feed fish in our streams and rivers.

Pyrethrins and pyrethroids are included in thousands of products registered by the Environmental Protection Agency. Many of these are used in and around households, on pets, in treated clothing, for mosquito control and in agriculture. Yards that are treated with pyrethroids and pyrethrins are not safe for children, pets and other mammals when they are still wet because they may be absorbed through the skin. After the chemicals have dried, although they are considered safe for people and pets, they continue to kill insects, including pollinators. The most common pyrethroids are bifenthrin, cyhalothrin, permethrin and cyfluthrin, and there are many others. Products containing them should list them in the ingredients label. Companies that spray landscapes for

mosquitoes and ticks may also disclose the ingredients.

Even in yards that are sprayed, insect pests can fly in or be carried in on a deer and find you before the pyrethroids and pyrethrins kill them. Instead of using these toxic chemicals, save the pollinators and other beneficial insects. Consider emptying standing water for mosquito control, and using essential oils, garlic sprays and/or mosquito dunks. You can also plant aromatic plants to act as long-distance beacons for pollinators. Investigate ways to attract bats to your yard, including installing a bat house. Wear insect repellent or repellent-treated clothing, and check yourself for ticks after you've been outside. And please, reconsider the use of these chemicals for mosquito, tick or other insect control in your yard.

For more information about pyrethroids and less toxic alternatives, visit the Xerces Society webpages: xerces.org.

Becca Dickstein is a plant biologist on the molecular and biochemical side of things. She has a history of doing work on sustainability.

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'The Heart Shaped Tin' Examines How We Relate to Our Kitchen Stuff

by Marisol Villamil, for the Shuttle

IT'S EASY IN THESE TIMES TO REGARD OUR CULTURE'S relentless materialism with disdain. Credit cards and online shopping make it easier than ever to throw our money at stuff, and that stuff often ends up in landfills.

At the same time, material goods are vital to our existence, even for those who are innately minimalist. Though as a society we arguably overdo it, our material goods are important — often more so than the function they provide.

Shortly after her divorce, a heart-shaped baking tin fell out of food writer Bee Wilson's cabinet, knocking loose her emotions and leading to the writing of her book "The Heart-Shaped Tin."

Despite its subtitle, "Love, Loss and Kitchen Objects," this is not a divorce memoir. It is an at times personal collection of related essays that soulfully explores the complex and diverse relationships people have with kitchen and dining objects.

Some of the essays center around interviews, others around research, and others around Wilson's own experience. While grouped thematically — "Charms," "Mementos," "Junk," "Tools," "Symbols," "Gifts," and "Treasure" — the objects and the stories behind them vary widely. A silver toast rack and its connection to Wilson's mother's worsening dementia. A long-treasured, well-seasoned "budare" pan and how it ended an eight-year relationship because the boyfriend proudly told his girlfriend that, in preparation for a visit from his parents, he paid a cleaning person whose work included spending four hours scrubbing the budare back to its original pale-grey state.

Two simple vegetable corers obtained in Syria

caused a surge of happiness in a Syrian chef who lived in Britain, because no other corers would do. The 19th-century artisan pots and jars crafted by the enslaved man David Drake for his owner demonstrated extraordinary self-expression, because Drake dared to write his own lasting poetry onto them. In 2021, one sold at auction for \$1.56 million.

Every essay provides insight into what it means to be human by way of our kitchen/dining objects. Within each essay, Wilson gives us much to contemplate: some insights may be relatable, others enlightening and others moving.

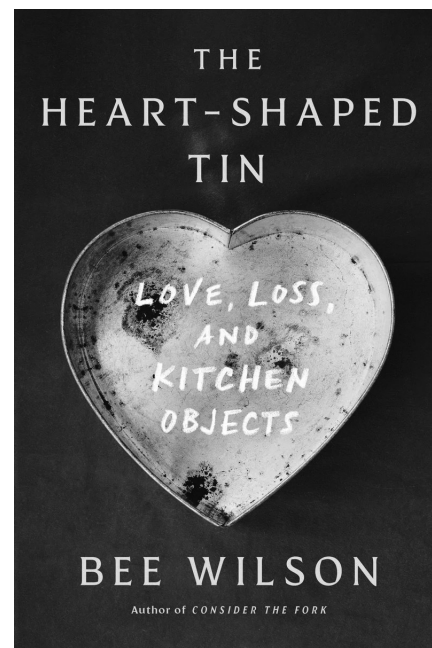
From "Our Kitchen Table":

"When you are very sad, your mind plays tricks on you (...) I was starting to look at some of the possessions in my own kitchen as tokens of bad luck, like a broken mirror or a horseshoe hung the wrong way up. (...) Until now, I had not thought of myself as particularly superstitious. (...) Yet here I was, looking at a slightly rusty cake tin and believing that it was sending me messages."

From "Barry's Pasta Bowl":

"After my conversation with Barry, I started to feel better about having let go of the rotary whisk and some of my mother's other domestic things. He made me see that mementos are actually more powerful if we don't keep too many of them."

From "The Queen's Sieve":



"Going back to ancient times, sieves have been associated with wisdom, which is easy enough to understand when you consider what sieves actually do. They are tools for sorting wanted items from unwanted ones."

From "Jacob's Spoon":

"Gloria commented that Jacob would remark that the Nazis 'treated us like dogs and we had to find a way to be human.' This was what the spoon was about for him: being human."

It's true that objects are inanimate and non-sentient. But one way or another, regardless of our feelings or attitudes, we can't help but live in relation to them. This book is about the many ways people do that.

I came away from it with an inspired and more conscientious understanding of how I relate to my own kitchen/dining things.

As a companion book, I recommend "Julia Child's Kitchen" by Paula J. Johnson, a text-rich coffee table book that is primarily an engaging examination of Child through the lens of her Cambridge, MA, kitchen and the items in it. It is also the story of why and how the Smithsonian moved her kitchen to Washington, DC, to be displayed in the National Museum of American History. Just goes to show how much a kitchen — and all it contains — matters.

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Help Sustain the Wissahickon's Magic — Join FOW Today!

by Sara Stevenson, Friends of the Wissahickon Executive Director

IF YOU LIVE IN THE PHILADELPHIA area, we hope you've found your way to Wissahickon Valley Park.

In my professional and personal life, I often hear from park visitors that, despite living a stone's throw from a trailhead or passing the park on their daily commute, it took years for them to discover its magic. That's something we're working to change by creating more opportunities for people to connect with the Wissahickon for the first time or in new ways.

For generations, Wissahickon Park has offered dramatic scenery, steep hills, dense forests and a creek that makes you forget you're still in the city.

Behind the scenes, Friends of the Wissahickon and our volunteers dedicate thousands of hours to caring for the park, ensuring it remains welcoming and accessible to the millions who visit annually.

One of the best ways to get involved is by joining FOW. We welcome new friends and would love your support to sustain several essential upcoming projects. Join today by scanning this QR code.

Our members help us:

Innovate The Zone Stewards Program expands FOW's stewardship capacity by pairing trained volunteers with specific sections of the park. With sup-

port from a recently awarded grant, they will receive additional training, tools and a dedicated Zone Stewards Field Guide. Invest in innovative stewardship models by becoming a member.

Engage The Little Friends of the Wissahickon Program connects Philadelphia public school students in kindergarten through second grade to the outdoors through fully funded field trips to the Wissahickon. The city's youth learn what it means to care for shared green spaces and explore the city's park system. As a member, you help inspire the next generation of park stewards.

Sustain FOW is launching the Wissahickon Valley Park Streambank Resiliency and Flood Study to identify areas along Forbidden Drive that are most vulnerable to flooding and erosion. This work will guide future improvements and keep the trail accessible for years to come. Your membership supports a healthy and sustainable trail system.

When you join as a new member at the Basic level or above, you'll receive a newly designed Wissahickon pocket trail map to guide you on your next adventure. Plus, we'll send a set of five vintage-inspired Wissahickon postcards to your door.

In the meantime, I hope to see you out on the trails!



Drone shot photo by Brad Maule

A drone's eye view of the Wissahickon.



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Medicare & Us

You May Qualify for Programs that Help Pay Your Medicare

by Joan Adler, for the Shuttle

IF YOU ARE HAVING TROUBLE PAYING FOR YOUR Medicare costs, there may be ways you can get help.

Most people pay \$0 for their Medicare Part A. The Part B premium currently costs \$203 per month. This amount is taken directly out of your Social Security if you are receiving it. If not, you will be billed.

Typically, the other major cost is medications. There can be a high monthly premium for your Part D Drug plan, and then copays for your drugs. Remember to check your Part D drug plan every year during Fall Open Enrollment (Oct. 15 –Dec. 7) to get the best deal for the coming year.

There are several programs to help with costs. If you are a single person with a gross income under \$2,792 per month, or part of a couple with joint income under \$3,458, you may be eligible for one of these programs.

Starting with the lowest income for 2026, if your gross income is below \$1,350 per month and you have less than \$2,000 in the bank, you may be eligible for Medicaid. If you are eligible, the state would pay your Part B premium. In addition, Medicaid would pay all of your copays if you choose to have a Medicare Advantage Plan.

If you choose to be on Original Medicare, Medicaid would act as your supplement and pay the remain-

ing 20% of your medical bills after Medicare has paid 80%. In addition, you would be entitled to Extra Help, a program that keeps your drug costs low. If you have Medicaid, you would not pay more than \$1.60 a month for a generic drug and no more than \$4.90 a month for a brand name drug. You would also be eligible for a drug plan that works with Medicaid and has a \$0 monthly premium.

If you are under 65 and are on Medicare because of a disability, you may be eligible for Medicaid under a program called Medical Assistance for Workers with Disability.

Medicaid has its own list of benefits as well.

If your income is below \$1,816 a month and you have less than \$9,950 in the bank, you're eligible for one of two other programs, Specialized Low-Income Medicare Beneficiary or Quality Individuals Group 1 (QI-1). In this case, the state would pay your Part B premium and you would be eligible for Extra Help at a higher rate. You would pay a maximum of \$5.10 a month for a generic drug and not more than \$12.65 for a brand name drug.

If your income is too high for these programs, you can still get Extra Help if you make less than \$2,105 a month and you have less than \$18,090 in the bank. Your drug prices would be limited to the higher rate

above.

If you make a little more than that but your gross income is less than \$2,792 per month, you may be eligible for PACENET, a state-run prescription assistance program funded by the Pennsylvania Lottery to benefit senior citizens. You must be 65 or over and have lived in Pennsylvania for the last 30 days. There is no asset limit for this program and it can work alongside your Part D plan or other retirement plan.

If your income is above these limits and you have drugs that you cannot afford, we can refer you to a program that will contact the manufacturers to try to get you a better price. We can also help you check Good Rx or other programs that offer lower prices.

Although I listed income levels, if you are a little above the limit it is still a good idea to apply. Earned and unearned income are treated differently and you may be eligible.

Please call me for a personal assessment: 215-844-0439.

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.

Old House Care Workshops Focus on Windows and Painting

by Monica Gonzalez on behalf of WMAN HPI

WEST MT AIRY NEIGHBORS HISTORIC PRESERVATION Initiative (WMAN HPI) is organizing another round of Old House Care workshops. These workshops aim to empower attendees with knowledge on various topics related to the maintenance and repair of old houses. This is the third year that the workshops are being held, and this year's topics will focus on windows and painting. Workshops will be held on May 26th, June 2nd, and June 9th at 6:30pm at Cliveden of the National Trust.

The first workshop will be Intro to **Window Repair (Lecture Demonstration)**, taught by Ray Tschoepe and Andrew Staples. Ray and Andrew are returning presenters who both work at Fairmount Park Conservancy and who bring years of experience in building restoration and conservation. This class will cover window anatomy, repairing rotted wood, glass replacement, reglazing, and sash repair, with several demonstrations throughout.

Looking to get more hands-on? We're thrilled to offer **Hands-On Window Reglazing** as the second workshop in this series. Instructor Amy Ricci is the new Executive Director of Newlin Grist Mill in Concord Township, and previously the Executive Director of historic RittenhouseTown. After an overview on historic windows, attendees will learn the mechanics of glass cutting and putty work needed for reglazing windows. Attendance at the previous workshop may be helpful, but not required. Due to the hands-on nature of this class, spots are limited.

We'll finish the series with a fresh coat of paint at **Interior/Exterior Historic Painting Dos and Don'ts!** This workshop will be taught by Tom Heiler of Heiler Painting, who learned the painting trade from his father at a young age and whose company makes frequent community contributions to the neighborhood (including painting the storage container at the EcoLab near Carpenter Lane Station). This presentation will cover common prob-

(Continued on Page 19)



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Dog Tip of the Month

Teaching Our Best Friends to Not be Underfoot in the Kitchen!

by Christopher Switky, for the Shuttle

ONE OF THE MOST COMMON PROBLEM BEHAVIORS for which training clients seek advice is their dogs' habit of being underfoot in the kitchen. Oftentimes, their dogs shadow them closely, ready to trip them at every step. In some cases, the dogs attempt to "counter surf" when foods of high interest are brought out. How can this situation be improved?

First, set up a dog bed or mat somewhere on the periphery of the kitchen area. This will be a designated place for your dog to be while food is being prepared. It should be in a spot where he will be able to see you, but a few feet away from the kitchen traffic area.

Next, your dog needs to learn a few cues: "Go to place", "Down" and "Stay", since that's what we want him to do. May is "Train Your Dog Month" — as are the other 11 months!

If your dog is doing well for you and remains on his bed, it's good to give him a sample or two of some of the foods that you're working with. Dogs' noses

are highly sensitive, to understate the case. Scientific literature tells us that their sense of smell is 40,000 times as sensitive as ours!

So your dog can smell every kind of food that you're working with, and if he's doing what you've asked, it's only fair to reward him with a taste of a yummy item or two. If your dog learns that he can earn a sample or two by remaining on his bed, he should be less inclined to climb up onto the counters and try for unapproved samples that way.

Anything cheesy or meaty will be a hit, and most dogs also like bread, fruit such as apples and bananas, and certain vegetables, like carrots. Avoid the four things that are highly toxic to dogs: chocolate, grapes, raisins and macadamia nuts.

If your dog breaks his "Stay" and sneaks into the



kitchen traffic zone, assert yourself by telling him to "GO!" back to his bed. Say the word "GO" loudly and firmly while pointing to the place where he's supposed to be, body blocking him from proceeding further into the kitchen. Walk into his space in order to force him to move back toward his bed.

By doing this, you'll be making it clear that you are controlling the kitchen space, as well as directing who can be where in this situation. Clarity around leadership roles goes a long way in the human-dog relationship, and the kitchen is a great place to establish it!

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

A Massive Burial Site for the First Emperor of China

CHINA'S 2,236-YEAR-OLD "MAUSOLEUM of the First Qin Emperor" was masterfully designed. This underground necropolis was created for Qin Shi Huang (259-210 BCE), China's first emperor.

The Terracotta Army, one of 600-plus mausoleum sites, is not a monument, a tomb or memorial. It is a funerary army, with chariots (130+), horses (600+), weapons (40,000) and entertainers (11-15) that protect and serve the emperor beyond death. The 8,000 terracot-

ta soldiers are anatomically accurate, and none of their faces, expressions, mustaches, beards or hairstyles are alike.

This 38-year project employed an estimated 700,000 workers, including 1,000 to 10,000 skilled craftsmen who labored for 11 years to complete the army. The 22-square-mile mausoleum, equal in size to 10,600 football fields, symbolically expresses Qin's absolute sovereignty on Earth and in the afterlife.

—Rosa Lewis



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FISCAL YEAR 2025

annual report for members

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

from the gm

April 28, 2026

Dear fellow member-owners,

My colleagues and I are pleased to present the Co-op's 2025 Annual Report. I hope you'll take a few minutes to get a sense of what turned out to be quite a year!

2025 was the first full year our Germantown store was open, and it continues to exceed sales expectations and grow at a healthy rate. The store now averages over 1,000 transactions daily, and it has brought new vigor to a stretch of Cheltenham Avenue that has already seen two new businesses open, with a third on the way.

Membership in the Co-op continues to grow, and as we're approaching 15,000 member-owner households, look for a big push this month to get us over that milestone. It is particularly noteworthy that we are seeing robust membership growth in communities outside our immediate marketplace, especially in Roxborough and Cheltenham Township.

In 2025, we faced a new and unexpected challenge: For the first time ever, using the government shutdown as an excuse, the federal administration withheld benefits from SNAP participants and other groups. Fortunately, you rose to the occasion, generously contributing to the ad hoc Cooperative Food Fund created by our affiliated nonprofit, Weavers Way Community Fund. Through your support, we were able to provide cash benefits to Co-op members impacted by the shutdown and expand our Food for All program, increasing the discount from 15% to 20% throughout the holiday season.

There is much to look forward to in the year ahead, including our single biggest project, the renovation of our property in Chestnut Hill. Site work will begin in the coming month or so, and much of the rest of 2026 and early 2027 will be taken up by improvements to the building's foundation, façade and roof. The culmination of this large, multi-year project will be the renovation of the store itself, currently scheduled for the summer of 2027.

Also in the year ahead, we will take delivery of our new mobile farm market truck, financed through a grant from the Pennsylvania Department of Agriculture. The truck will help us improve access to healthy, locally grown and produced food in underserved communities throughout the Philadelphia region.

Plenty of exciting stuff! All the while, we will continue to be prepared to manage Weavers Way through any challenges brought on by federal policy uncertainty, global instability and a murky economic climate.

Thank you for your continued support of our Co-op.



Jon Roesser
General Manager

weavers way's ends

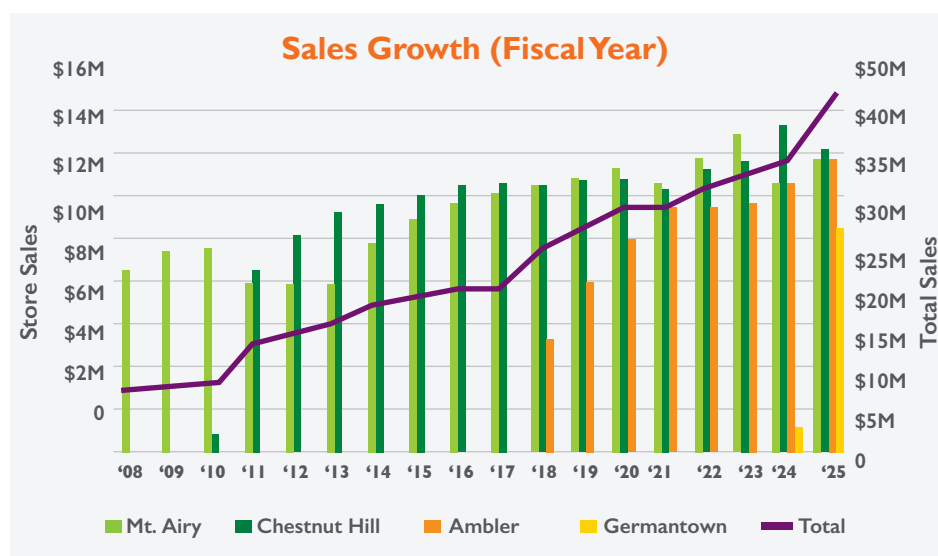
Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy.

As a result of all we do:

- END 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.

sales

Sales growth continued to be strong in a post-expansion year (see chart below). Grocery industry-wide sales growth was 3.1% in calendar 2025, driven mostly by a 2.1% increase in the cost of food at home.



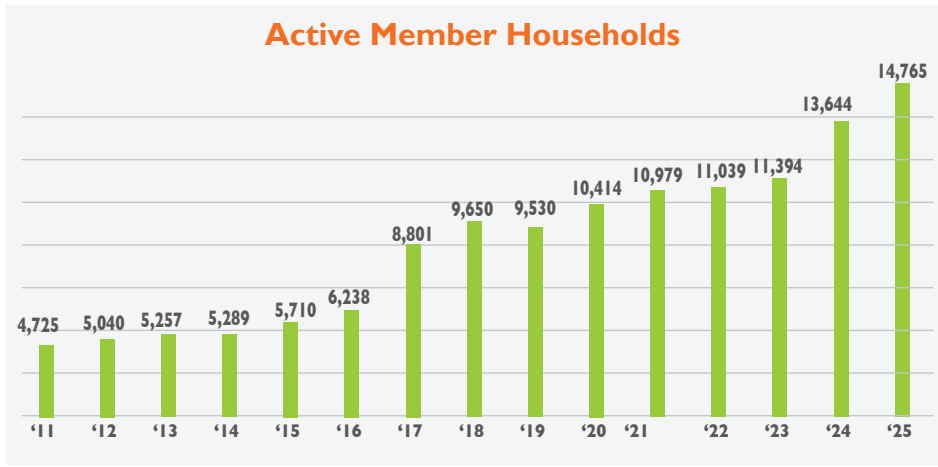
Sales Growth by Store

Fiscal Year	Mt. Airy	Chestnut Hill	Ambler	Germantown	Total	Annual Growth
2008	\$7,726,421				\$7,726,421	
2009	\$8,490,918				\$8,490,918	9.9%
2010	\$8,611,227	\$773,094			\$9,384,321	10.5%
2011	\$7,148,695	\$7,717,225			\$14,865,920	58.4%
2012	\$7,102,371	\$9,150,806			\$16,253,177	9.3%
2013	\$7,098,656	\$10,130,354			\$17,229,010	6.0%
2014	\$8,849,487	\$10,474,863			\$19,324,350	12.2%
2015	\$9,878,336	\$10,859,528			\$20,737,864	7.3%
2016	\$10,555,459	\$11,229,623			\$21,785,082	5.0%
2017	\$10,934,460	\$11,326,975			\$22,261,435	2.2%
2018	\$11,241,470	\$11,231,926	\$4,839,263		\$27,312,659	22.7%
2019	\$11,543,500	\$11,408,717	\$7,141,599		\$30,093,816	10.2%
2020	\$11,976,474	\$11,503,225	\$8,952,533		\$32,432,232	7.8%
2021	\$11,408,754	\$11,116,651	\$10,323,471		\$32,848,876	1.3%
2022	\$12,402,273	\$11,905,947	\$10,346,973		\$34,655,193	5.5%
2023	\$13,406,022	\$12,313,649	\$10,492,144		\$36,211,815	4.5%
2024	\$13,769,749	\$12,590,705	\$11,324,623	\$1,083,868	\$38,768,945	7.1%
2025	\$12,332,039	\$12,806,160	\$12,333,198	\$9,403,217	\$46,874,614	20.9%
2026*	\$13,294,774	\$13,902,560	\$12,969,128	\$11,193,696	\$51,360,158	9.6%

* Projected.

membership

In calendar 2025, we continued to see robust growth in membership — an increase of 1,121 households, or 8.2%.



employment

- The Co-op's starting entry level wage is \$16 an hour, 108% above the "Poverty Rate" as determined by the MIT Livable Wage Calculator, which puts us in the 90th percentile for grocery retailers in the Philadelphia region.
- The "livable wage" for Philadelphia, according to the MIT Livable Wage Calculator, is \$23.34 (\$48,547). Of the Co-op's 356 active employees, 55 earn \$23.34 or more.
- The average pay rate for hourly employees is \$18.23 an hour.
- All Co-op employees qualify for paid time off (sick, vacation, holiday); health insurance (medical, dental, vision; short- and long-term disability, life); retirement plan and employee discount, among other benefits. Some benefits require a minimum number of weekly hours.



local

In 2025, we continued our commitment to supporting the Philadelphia Food Shed, which we have historically defined as extending to 150 miles from City Hall. The below data is for calendar year 2025.



Local Sales (Fiscal Year)

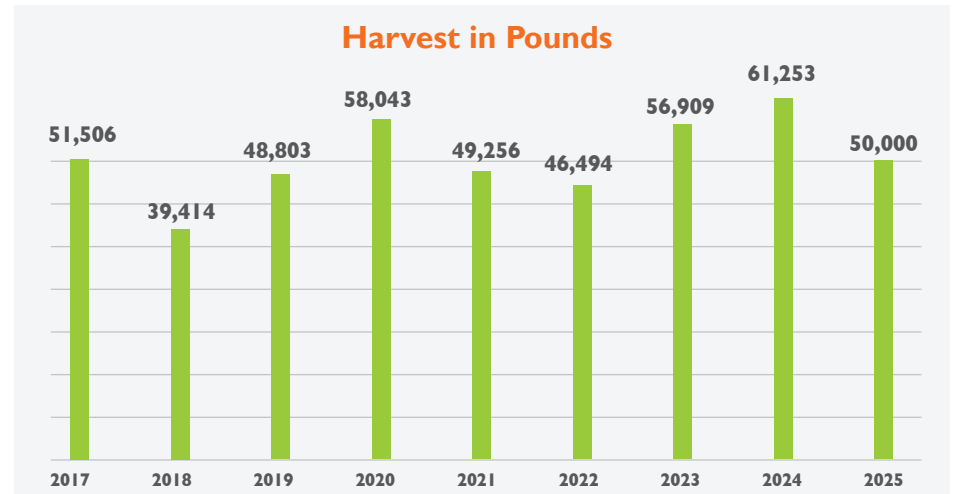
Year	Local Sales	% of Total
2020	\$9,900,000	28%
2021	\$10,533,000	30%
2022	\$11,100,000	30%
2023	\$11,325,000	31%
2024	\$12,270,000	30%
2025	\$14,658,000	31%



weavers way farms

Our farms grows approximately 65 annual crops, plus 30 to 40 perennial herb, flower, fruit, nut and berry crops.

The 2025 growing season produced a lower harvest weight than the previous record-breaking season. However, this was offset by a significant increase in flower sales (which are not weighed), and a higher volume of lighter, valuable produce like lettuce heads. Farm sales totaled \$348,416 in 2025, compared to \$345,858 in 2024.



weCircle

WeCircle is the heart of our sustainability commitments - a community-powered circle of reuse, return, and renewal. We invite our shoppers to be part of a loop that reduces waste, rewards mindful habits and builds a more sustainable future.

weFill



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

weReturn



WeReturn is our circular reuse program. We will offer top-selling products in bulk, deli, and prepared foods departments in returnable containers. Shoppers pay a \$3 deposit that's refunded when containers are returned at the register.

weCycle

Weavers Way and Rabbit Recycling are working together to recycle deli containers used for prepared and in-house packed foods.

environment

We launched our weCircle program to give our customers different ways to shop more sustainably. These are the aspects of the program:

- weReturn** Formerly the Container Refund Program (CRP), customers pay a deposit when buying prepared foods and bulk products in multi-use containers. The deposit is refunded when they return the container, which we then clean/sanitize and reuse.
- weFill** To encourage bulk shopping, in 2025 we increased the amount bulk customers receive when using their own container (or one from the jar library) from 15 to 25 cents. This incentive came to more than \$10,000 last year.

Here are the amounts given to bulk shoppers by store:

- Mt. Airy: \$7,539
- Chestnut Hill: \$451
- Germantown: \$754
- Ambler: \$1,789

- weCycle** In 2025, we launched weCycle, a partnership with Rabbit Recycling that allows customers to return clean, single-use plastic containers (such as those used for grab-and-go prepared foods) to our stores so that Rabbit can recycle them, reducing the need for "virgin" plastic.



Member Households
14,650+

Local Vendors Supported
275+

Member Volunteer Hours in 2025
20,959

Members that Joined in 2025
2,557

Funds Raised for Community Groups in 2025
\$121,900

Pounds of Vegetables Harvested at our Farm in 1 Year
50,000

community giving & partnerships

Food for All

In 2025, we saw a substantial increase in participation in the Food for All program.

Food for All Participants as of 12/31/24: 614

Food for All Participants as of 12/31/25: 867 (+41%)

Discount Given to Food for All Participants, Calendar 2024: \$259,655

Discount Given to Food for All Participants, Calendar 2025: \$386,084 (+33%)

2025 Giving Twosday Results

In 2025, we set a record for fundraising through our Giving Twosday program. We raised **\$32,519** compared to **\$25,432** in 2024, which had been our previous record year.

Date	Organization	Amount
1/15/2025	Germantown Community Fridge	\$2,119
2/11/2025	HIAS of Pennsylvania	\$2,784
3/11/2025	Ambler Community Fridge	\$2,135
4/9/2025	Weavers Way Community Fund	\$2,267
5/13/2025	PASA	\$1,976
6/11/2025	Northwest Mutual Aid Collective	\$2,369
7/8/2025	Weavers Way Community Fund	\$2,440
8/12/2025	Equal Exchange	\$1,895
9/9/2025	Germantown Community Fridge	\$2,625
10/14/2025	Awbury Arboretum	\$1,997
11/11/2025	Cooperative Food Fund (WWCF)	\$5,119
12/2/2025	Cooperative Food Fund (WWCF)	\$2,880
12/9/2025	Weavers Way Environment Comm	\$2,880
Total		\$32,519



Run for the Environment: Tex Mex 5K Returns for a 36th Year

by Lisa Hansell, Senior Development Manager, Wissahickon Trails

LACE UP FOR A LOCAL TRADITION with real impact. The 36th Annual Tex Mex 5K Race for Open Space returns on Jun. 24, bringing the community together in support of cleaner water and protected green space.

This popular weeknight race draws a lively crowd, from runners on the course to volunteers and neighbors cheering them on. Once the race is over, the evening rolls into the “Party Under the Stars,” featuring live music, dinner and a margarita or craft beer for participants 21 and over.

The event is hosted by Tex Mex Connection, a family-owned North Wales staple known as much for its values as its food. They’re a certified three-star green restaurant with a landfill-free operation and robust recycling program, and have long supported local organizations, including the police department, library and North Penn Boys & Girls Club.

Proceeds benefit Wissahickon Trails, which helps protect open space and care for the watershed. Our work keeps our region’s trails, streams and natural areas accessible for everyone.

If you’re interested in joining the fun, here’s what you need to know:

- Registration includes chip timing, a tech t-shirt and post-race dinner, with fees starting at \$50 through May 4.
- Not running? Volunteers get dinner, a drink and a \$10 Tex Mex gift certificate.
- Sponsorship opportunities offer visibility to more than 1,300 runners plus the broader community.



The start of the 2025 Tex Mex 5K.

Photo by Jack McCoy

Level up to a VIP Experience

Participants who raise \$150 or more for Wissahickon Trails get access to the VIP Green Ribbon Tent, which features a buffet, open margarita bar, photo booth and private restrooms.

To learn more, please contact Lisa Hansell at lisa@wissahickontrails.org.



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The Definitive Guide to Transplanting Spring Seedlings

by Sally McCabe, for the Shuttle

WATCHING A TINY SEED DEVELOP ITS FIRST SET of true leaves on a sunny windowsill gives a grower a unique sense of pride. As spring finally warms the soil, you face the most critical step in a plant's life: moving it from the controlled environment of your home to the great outdoors.

Transplanting requires more than moving a seedling from a plastic cell to the ground; it represents a delicate handoff that demands patience and a gentle touch. Whether you grow heirloom tomatoes or pollinator-friendly perennials, these steps will help your home-started seedlings thrive in their new home.

Choosing the Best Nursery Stock

While starting from seed gives you the greatest variety of options, you might supplement your garden with starts from a local nursery or community plant sale. Selecting the right plant at the store is as important as nurturing one at home.

Avoid the temptation to buy the tallest plant on the shelf. "Leggy" or overly tall plants often struggle for light in the greenhouse and may have weak stems. Instead, choose compact, bushy specimens with deep green foliage. Check the undersides of the leaves for hitchhiking pests like aphids or whiteflies and look at the roots, if possible. If you see thick, woody roots circling the bottom of the pot (a sign of being root-bound), that plant is already stressed and will take longer to establish in your garden.

Finally, resist the urge to buy a plant already in full bloom. While those bright flowers are beautiful, a plant in bud, rather than in flower, will direct its energy into growing strong roots once you put it in the ground. You want the plant to perform in your garden — not in the plastic nursery pot.

Managing Plant Transitions

Your seedlings have lived a pampered life indoors, enjoying consistent temperatures and gentle watering without the stress of wind or intense UV rays. If you shift them directly into the garden, they may suffer from transplant shock or sun scorch, which often proves fatal for young starts. To prevent this, begin a gradual acclimation process about a week before you intend to plant.

Move your trays outdoors to a sheltered, shady spot for two hours on the first day. Each subsequent day, increase their time outside and their exposure to direct sunlight. Of course, this assumes you work from home and have no other pressing needs in your life. Do your best and by the end of the week, your plants should possess the strength to handle a full day of Philadelphia sunshine and even a night outdoors, provided the forecast remains frost-free.

Gardening in the Mid-Atlantic requires immense flexibility. Sometimes, despite your best planning, the weather refuses to cooperate. A week of heavy rain can turn your garden beds into a muddy soup, or a late-season cold snap can drop temperatures back to freezing. When your seedlings reach maturity but the ground remains unready for planting, you enter a holding pattern.

If you notice your seedlings becoming root-bound, in which the roots circle the bottom of the tray, the plants will begin to experience stress, which makes a plant a magnet for pests and disease. If you must wait more than a week to plant, pot the seedlings into slightly larger containers. This provides the roots with fresh soil and more room to expand, essentially hitting the pause button on their growth until the weather clears.

During this waiting period, monitor nutrition and airflow closely. Seedlings in small cells exhaust their nutrient supply quickly. Maintain a regimen of diluted, water-soluble organic fertilizer to keep the foliage healthy without forcing excessive, leggy growth. If you bring plants back inside to protect them from a frost warning, avoid crowding them. Stagnant air often causes damping off (a common and often fatal fungi that thrives in cool and wet conditions), so run a small fan nearby to simulate a natural breeze and keep the stems strong.

Timing the Move

In our region, the average last frost date falls around mid-April, but experienced gardeners prioritize the 10-day forecast over the calendar. Cool season crops like broccoli, kale and pansies can head out as soon as you can work the soil. Conversely, warm season favorites like tomatoes, peppers, and basil require night temperatures to stay consistently above 50°F.

To further reduce stress, choose an overcast day for transplanting or wait until the late afternoon. This timing gives your seedlings a full night to recover from the move before they face the heat of the midday sun.

Before the seedlings leave their trays, prepare the garden bed. Avoid heavy tilling, as it disrupts the delicate soil microbiome. Instead, use a garden fork to gently loosen the earth and incorporate a few inches of high-quality compost.

Water your seedlings thoroughly about two hours before moving them. A moist root ball stays together more easily and suffers significantly less root hair damage than a dry one. As you handle the plants, remember the golden rule: Never pick up a seedling by its stem. Squeezing the stem can crush the plant's vascular system. Instead, gently cradle the root ball or lift the plant by a sturdy leaf.

For most plants, set them at the same depth they occupied in their starter tray. Tomatoes are a notable excep-



Photo courtesy Morgan Horell

tion; they benefit from deep planting. Burying the stem up to the first set of leaves encourages the growth of extra roots, creating a more vigorous and drought-resistant plant.

Once the seedling sits in the ground, firm the soil around it gently with your fingers to eliminate air pockets that could dry out the roots. The first 48 hours following this move determine the plant's success. Give each transplant a generous drink of water immediately after planting to settle the soil.

If a surprise cold snap or high-wind event appears in the forecast, protect your hard work with cloches or recycled containers to create a temporary greenhouse effect. Additionally, spread a light layer of straw or shredded leaf mulch around the base of the plants. This mulch regulates soil temperature, suppresses weeds and retains the moisture your young plants need to establish deep, healthy roots.

Starting your own seedlings does more than save you money. It allows you to cultivate varieties you will never find at a big-box store, including rare heirloom vegetables that are adapted to our local climate. By mastering the art of the transplant and knowing how to pivot when the spring weather turns, you take full control of your garden's success. Each seedling you successfully transition represents a win for your backyard and our local ecosystem, which contributes to a greener, more vibrant community.

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



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'Beekeeper for a Day' Offers a Deep Dive into Bee Culture

by Karen Plourde, Editor, Weavers Way Shuttle



Photos by Karen Plourde

Above, Mark Berman offers a primer on bees at the Beekeeper for a Day class at Growing Together Community Garden. Above right, class participants record an up-close look at the honey bees from one of Berman's hives. Far right, bees busy at work on a frame.

IF YOU'RE A FAN OF BEES (AND WHO ISN'T NOWADAYS?) and you want to take your fandom to the next level, you may want to enroll in Mark Berman's three-hour dive into bees and beekeeping, "Be a Beekeeper for a Day," which he offers at the home of his beehives, Growing Together Community Garden in South Philly.

Berman, 56, is the owner and purveyor of Anna Bees Honey, which he runs out of his home in South Philly. He's a 2024 graduate of Cornell University's Master Beekeeper program. By day, he's the creative director at a nonprofit.

The Saturday class I participated in took place on a clear, mild morning last month. There were 10 of us in the group: A couple members were interested in possibly taking up beekeeping, but most were there to learn more about bees.

Berman started the class with a laid-back seminar on all things bees. He explained the difference between hives and colonies, the percentage of workers to drones in a colony, the nuts and bolts of mating and other fun facts. Here are a few:

- The queen in a colony (there's almost always just one) can lay 1,500 to 2,000 eggs per day.

- If a queen lays an egg fertilized by a drone sperm, that egg becomes a female worker bee or a queen. If she lays an unfertilized egg, it becomes a male drone.

- Workers build all the cells in the frames of a hive. The cells are made of wax that comes from the underside of a 12 or 13-day-old worker bee, and store pollen, nectar and eggs. Workers produce eight flakes of wax every 12 hours.

"When the queen is laying her eggs, she measures the cell with her head and her forelegs," Berman explained. "If it's 5.2 millimeters wide, she's gonna lay a fertilized egg so [it'll] become a worker. If it's 6.4 millimeters wide, she's gonna lay an unfertilized egg in there. The cell's a little bit bigger to accommodate the drone's big butt."

This is the time of year when the most drones are produced, he continued. As winter approaches, any remaining drones are killed and dragged out of the hive, so they don't eat valuable resources.

Finding the Queen's Successor

When the queen dies, or when the colony needs to swarm due to the lack of room in a hive, the worker bees try to find several worker larvae that are 12 to 36 hours

old. Once they locate them, they'll start exclusively feeding them royal jelly — a nutrient-rich, gelatinous substance secreted by workers — in the hope it will become a queen. If they want the larva to become a worker bee, they feed it worker jelly, which contains less sugar and more water than royal jelly. The worker larva is also fed far less often.

During swarm season, which happens in early spring, new queens are being raised. While the queen lays eggs in the hive, the older worker bees (known as foragers) bring in nectar — so much that after a while, the queen runs out of space to lay eggs.

Once that happens, the queen will take half of the current colony, which is made up of older foragers, and the group will meet up around 25 to 50 feet away from the old hive. They leave behind several capped swarm cells for the remainder of the colony.

"I know that they're gonna swarm soon when those queen cells have been capped," Berman said. "...And I can take those open cells and I can move them."

When swarms occur, it's helpful to have a beekeeper available who can gather the bees into a box so they can form a new colony. A couple days earlier, Berman got a call about a swarm that was in a tree within a mile

(Continued next page)



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WEAVERS WAY EVENTS

Emergency Response Network Educational Panel

Wednesday, May 20 6-7:30 p.m.
Summit Church

Weavers Way members will talk about their experiences related to emergency preparedness. Come hear from your neighbors: Ed Melendez, Josh Mitteldorf Maryellen Norek and Duane Quenze. There will be a Q&A and community discussion.

Live Music at Weavers Way Ambler

Thursdays, May 21 and 28 6-7:30 p.m.
217 E. Butler Ave.

Join us in the café at our Ambler store for live, local music. Grab some yummy snacks or dinner and beverages from our store and unwind. This month, music will be provided by Co-op members Art Miron and Duane Hershberger.

Raising Emotionally Intelligent Children with Claudia Apfelbaum

Saturday, May 9 11 a.m.-2 p.m.
326B W. Cheltenham Ave., Germantown

Join Claudia for a session on helping your kids get smarter with their feelings and handle life better. How can connecting with our children be easier? How can we meet their needs and

understand them better? How can we take care of our own needs while doing the demanding job of parenting? This class will focus on the parenting of children aged birth to five.

Weavers Way Member Forum - Chestnut Hill Store Renovation

Tuesday, May 19 6-7:30 p.m. **8812 Germantown Ave.**

Join us for a member forum to see where we are with the project to renovate our Chestnut Hill store and to provide feedback. The current plan is for the major renovation, which will require a temporary closure of the store, to take place in Summer 2027. Less disruptive preparatory work on the backyard and the store's exterior will begin this summer. We want to be sure to do what we can to address members' needs, in addition to updating equipment, front end queuing and other key store features.

Additionally, we will present information about a possible member loan campaign so that members can help support the project and earn interest. Finger foods, beer, wine and nonalcoholic drinks will be served.

Virtual New Member Orientation

Wednesday, May 20 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 choose if working membership is right for you. You will receive a zoom link by email prior to the meeting. Questions? Feel free to contact membership at member@weaversway.coop

Virtual Weavers Way Member Forum - Chestnut Hill Store Renovation

Thursday, May 28 7-8 p.m.

See event description for Tuesday, May 19. This session will be hosted on Zoom. A link to join the session will be emailed to members prior to the meeting.

ALL EVENTS ARE FREE Unless Stated Otherwise.

Membership Office & Notary Hours

Mt Airy: 555 Carpenter Lane

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

For more info: www.weaversway.coop/events

'Beekeeper for a Day' Offers a Deep Dive into Bee Culture

of the garden, but he wasn't able to respond.

Meeting Berman's Bees

Armed with all this background info, we suited up for an up-close look at Berman's hives. He supplied us with beekeeping suits, including gloves and headgear, and helped us get into them as needed.

Beekeeping suits are loaded with zippers, velcro and fabric flaps over the zippers to minimize the chance that bees will get inside your suit and sting you. At one point, a bee parked itself on my veil but flew off after a few minutes, with no damage done.

While observing the bees near and at the entrance to the hives and on the frames, I got the sense that they all knew their jobs and did them with no letup. In the spring and summer, worker and drone bees live for several weeks, so they have a lot to do in a short amount of time. Queens, meanwhile, can live for several years. Their To Do list is shorter, but equally vital.

According to Berman, there are benefits to being a honey bee in Philadelphia.

"We generally don't have fields of pesticides and monoculture," he said. "We have the largest park system in the country. We have 40,000 vacant lots that pretty much get ignored or mowed, but they're not gonna be

(Continued from previous page)

sprayed, and so there are wildflowers."

Berman latched onto beekeeping after attending a Philadelphia Beekeeper's Guild HoneyFest when his daughter was seven. He said in an email that he most enjoys connecting with people about honey bees and sharing his knowledge about them. "The honey is a close second," he added.

Anna Bees Honey is available on Berman's website, annabees.com, in addition to pollen, lip balm and candles. You can also register there for an upcoming Beekeeper for a Day class. The cost is \$50 for children ages 10 and up and \$75 for adults.

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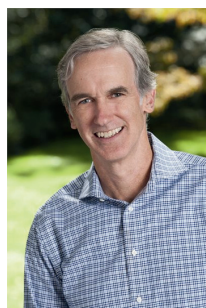
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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR WRITING. Email suggestions to suggestions4norman@weaversway.coop. 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.

One way in which global events have affected agriculture is the impact on fertilizer availability and cost. We all know that food crops need water and sun, and some people are aware that there is a specialized seed industry. But when we hear about tariffs, wars and blockades, we get a glimpse of another huge international producer that most of us depend on for food: the fertilizer industry.

As agricultural lands produce crop after crop, year after year in our high productivity modern farming era, the soil needs supplementation. Apparently, there are three main elements needed for plants to grow: nitrogen, phosphorus and potassium.

The United States produces about 80% of the nitrogen, 85% of the phosphorus and only a little of the potassium it needs. Fertilizer use quantities vary with crops, soil, seasons, etc. But in general, we are dependent on significant imports to get us to full production. In addition, the global price of fossil fuels factors into the price of fertilizer, since natural gas is used to manufacture nitrogen fertilizer.

Three prominent countries come to mind when considering our fertilizer situation: Russia, Canada and Iran. When we talk about "affordability" in food, it's important to recognize all the factors. Broadly speaking, our food system has two basic parts — the production part and the distribution part (there's also storage, processing, packaging, marketing, transport, etc.). Our co-op exists mostly in the distribution part, but since we operate a couple farms, we at least get a small taste of the production part and the substances and effort that production requires.



Irrespective of global events, our farmers are busy planting for the start of a new CSA season. Besides the healthy growing practices and freshness our CSA offers (with most produce picked within a day or two of distribution), our CSA also offers the environmental benefit of using almost no packaging. Veggies are generally loose in trays and bins and CSA members bring their own bags and containers to transport their shares. In many ways, it's a relatively healthy model of a small food system. We're fortunate to have a little part of the food system that doesn't depend much on global forces to get us local produce (despite our tractor being a Kubota).

In recent news, Starbucks customers can now use AI to help choose their drink. Few people realized this was a gap in society that AI could help with, but it's an example of how we can all benefit from adopting AI in as many places in life as possible.

Apparently, the struggle to decide on a drink at Starbucks is formidable and people need the assistance of added intelligence. AI has been deployed to help match a drink to your outfit, your mood, the weather, a picture, etc. It would be interesting for a data center employee to inform Starbucks AI they'd like a drink suitable for a data center job. I guess AI would offer something in a cooling color, like their blue summer cooler (with extra ice).

suggestions and responses:

s: "I shop at the Ambler store. I have not seen any Lightstyle Oatmeal Pepperidge Farm bread for several weeks.

(Continued next page)



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(Continued from previous page)

Is it discontinued? Is my husband the only one who wants this product? Thank you.”

r: (Kristina, Ambler) Our Pepperidge Farm driver informed us the Light Oatmeal was discontinued, along with Light 7 Grain, top sliced potato hot dog buns and Farmhouse potato hamburger buns. Sorry for any disappointment.

s: “What happened to Silk soy milk?”

r: (Matt) Unfortunately, it looks like the shelf-stable Silk was discontinued in Mt. Airy due to slow sales. The refrigerated 64 ounce is currently out of stock with our supplier, but will be replenished as soon as we can get it back in.

s: “I noticed that you have had Cape Cod potato chips for a few months. I suggest that you try their Dark Russet chips, which are rich and sweet due to the choice of potato and their extended broiling — they’re the second best potato chip in the USA. If you want the best, order Fox Family Potato Chips of Maine — full of potato chip flavor because they are much lower in salt than the standard.

I know from the wonderful Shuttle article on SKUs that the last thing you need is more items, but give them a try! I am a potato chip expert and have tasted almost every brand made in and around Lancaster County. Only a few who cook their chips in pure lard compete with my top two for flavor.

r: (Jess) I couldn’t agree more about the dark russet Cape Cod chips — they’re delicious! Unfortunately, they are not currently available through any of our distributors, nor are the Fox Family ones you mention. I’m going to hunt for those to try, as you clearly have great taste in chips. Sorry I don’t have better news!

s: “Hello, I really like the bottle you use for olive oil. Do you sell it separately or do you know where I could search to find the topper that is used for it?”

r: (Norman) If you mean the Weavers Way branded olive oil with the spring up spout, we do not sell those bottles or spouts (we do have non-spring-up bottles). There are many olive oil pouring devices online, but I haven’t seen the spring-up one. We can ask our supplier where they get them.

s: “A recent column noted that today’s price of an empty paper egg carton is the same as a full egg carton in 1974. Clearly, it’s time eggs were sold in bulk like kiwi.”

r: (Norman) I doubt it would be legal to sell eggs in bulk, since there are a number of labelling requirements by the state. Even if the state accepted a sign by the display as sufficient labeling (which is doubtful but maybe), bulk eggs still have the rough equivalent of dozen carton packaging within their bulk cases. The cases have layered fiber trays similar to egg cartons to protect each egg during transport.

s: “Can we get birdseed in non-plastic packaging?”

“Our CSA offers the environmental benefit of using almost no packaging.”

r: (Norman) Yes. A member found a brand (Avian Aviators) available in paper bags and we are stocking 25-pound bags in Ambler and at Across the Way in Mt. Airy. They are premium mixes, so are more expensive than others.

One wonders why birds need human help to get food, since that’s not how life evolves, given survival of the fittest and all. But I guess we’re lending a helping hand, given all the habitat destruction we did so we could build cities, factories and now data centers. Some birds seem to adapt fairly well; the ones you see on utility lines seem to like hanging out on wires and watching us as we destroy our habitat and theirs. Ever wonder why they don’t perch on car roof racks?

s: “Decades ago, we had Jay’s Knishes, made with brown rice, for the hippie types and Irene’s Knishes, which were more traditional. Now it seems we only have Kisses Knishes in our Ambler store. How was this allowed to happen? Do knishes mean nothing to modern Co-op shoppers? What happened to tradition, culture and fun in food?”

r: (Norman) There are trends in food, just like with fashion, cars and music. Knishes seemed to slowly fade away without much uproar; we don’t know why. On the other hand, the whole “food surrounded by dough” thing has otherwise gotten more popular. Along with the decline of the knish, we saw the rise of ethnic stuffed dough items like samosas, handpies, dumplings, pierogi, empanadas, egg rolls, wontons, etc. Americans contributed Hot Pockets and Pop Tarts. Pigs in blankets get close but are not fully enclosed, so they can’t be counted.

s: “In the bulk section of the Mt. Airy store, we sell organic oats and gluten-free oats, but we don’t carry organic, gluten-free oats. I’m sure these must be available in bulk form. Can we transition to organic gluten-free oats? Also, is there any chance of moving to Lotus Foods for some of our bulk specialty (e.g. basmati, jasmine) rices? Lundberg is great for the more run-of-the-mill rices (pun sort of intended), but it would be great if we could go to authentic products for more exotic rices.”

r: (Matt & Norman) Organic gluten-free oats would be about \$1 a pound more than the non gluten-free organ-

ic. We don’t think there is enough demand to justify a switch, since yours is the only request we’ve had. Our main bulk supplier only has one Lotus rice in bulk. We have a secondary supplier that has more, but we don’t get regular deliveries from them, because we can’t always make their minimum.

Switching to Lotus could help us make their minimum, but still leaves a significant gap. We did add Lotus to our list of potential items to get from them, because we are looking to close the minimum gap for a variety of reasons.

s: “Do we sell non-plastic, reusable food containers? I am concerned about the microplastics in the plastic containers I’ve been using for a long time. I have seen non-plastic containers sold on web sites, but I’d like to be able to examine them in person to see how durable they are.”

r: (Virginia) We typically carry Pyrex glass containers, but they have been experiencing a national shortage and are unfortunately mostly out of stock. We may have some of those or stainless steel options in our Ambler store. We are also looking for additional options, so please keep checking in and let us know if there’s a brand you recommend!

s: “I was wondering if the Ambler location could carry organic green grapes.”

r: (Mira, Ambler) We get them when they are available and affordable. They have been totally unavailable until recently, and now would have to be around \$6.99 a pound, which is way too high for us. I think the season for organic grapes is May through November, with the peak season being August and September.

s: “Do we carry peanut butter that consists only of peanuts and peanut oil — no salt or sugars added?”

r: (Matt) Once Again, Santa Cruz, Field Day, Crazy Richards — quite a lot of our unsalted selection contains nothing more than peanuts and the separated oil. The glaring exceptions are the “No Stir” offerings from those brands. Also, our in-house ground peanut butter has no oil added, there are just dry roasted organic peanuts in the hopper (of the plain version).

s: “Can we stock non-ultra-pasteurized organic milk? Most of the cartons we have say they are ultra-pasteurized.”

r: (Matt & Norman) We used to stock Natural By Nature but ran into a spell where NBN had dating problems, so we dropped it. We’re looking at bringing it back. Most nationally distributed organic milk is ultra-pasteurized, because it spends more time in warehouses and trucks than more local milks. Ultra-high temperature milk is heated to 280 degrees for two seconds, which kills enough bacteria to extend the shelf life significantly. Standard pasteurization is 161 degrees for 15 seconds.

Old House Care Workshops Focus on Windows and Painting

lem areas like dealing with exposed wood and cracks in stucco, as well as painting mistakes to look out for.

We hope to see you there! Online registration can be completed at <https://bit.ly/house-care-workshops-2026>, or scan the QR code. Workshops can be taken individually or all three (there is a slight discount if you sign up for all three). If cost is an obstacle, please email wmanhpi@gmail.com for accommodations. There is also a “pay-it-forward” ticket option if you’ve got a little extra to give and would like to cover the cost for someone else.



(Continued from Page 9)

WMAN HPI champions the economic, environmental, and community benefits of preserving our historic places. In addition to offering workshops, HPI organizes house tours, publishes histories on buildings in Mt Airy, and prepares nominations for designation on the Philadelphia Register of Historic Places. Their most recent accomplishment is the successful designation of the Northwest Philadelphia Apartments Thematic Historic District. WMAN HPI is proud to be involved in this active stewardship of our historic resources for the benefit of the community. To learn more, visit <https://wman.net/neighborhood-transformation/historic-preservation-initiative>. To get involved, email wmanhpi@gmail.com.

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Brenda's Cat Tales

Kittens Are Now Born Year 'Round — and That's a Problem

by Brenda Malinics, for the Shuttle

IT USED TO BE THAT KITTEN SEASON only happened in the warmest months, when the days were longer and brighter. But these days, kittens are born year round.

Female cats used to go into reproductive hibernation when the days got darker and colder, much like bears and bats. Today there is so much artificial lighting for security in yards, academic campuses, shopping centers and highways that female cats' reproductive systems have been fooled into thinking it is safe to go into heat (estrus) regardless of the season.

As a result, kittens are being born into the coldest winter months, when the water is frozen and food is hard to come by, so they don't have much chance of survival. Often, their moms don't survive the pregnancy. This is a good reason to sterilize all cats.

Once winter is over, there is a significant increase in kitten births. For the last month, I have been getting more calls and messages about moms and kittens being found. A female cat (called a queen) can become pregnant at as young as four months. A mother that young does not even have her permanent teeth, and her body's calcium reserve is being drained to create kittens. She may never develop teeth properly.

A queen can have as many as three litters a year — sometimes more, depending on the mortality rate of the kittens. The average litter size is four to five kittens. A kitten mom will usually birth just one kitten, and may not be able to produce any milk for the baby's survival.

Cats in heat are vocal, often letting out cries known as caterwauls, and they will exhibit affectionate behaviors. They may roll around or raise their hindquar-

ters in an attempt to find a mate. Estrus can last from four to 14 days and can occur every two to three weeks.

Did you ever wonder why kittens in a litter can look so different and may not even resemble their mother? Kittens can have multiple fathers, which is known as "superfecundation." Queens can release multiple eggs over several days while in heat, and their eggs can be fertilized by different males (tomcats) during one cycle.

Queens are "induced ovulators." Tomcats have a barbed penis that causes the female pain when they withdraw after mating. Pain spasms trigger induced ovulation. They also explain why queens scream and often attack the male after mating. These tiny spines also attempt to sweep away competing sperm in the queen.

The Perils of Birthing And Raising Kittens

It can be hard to tell when a cat is pregnant, except in the last trimester when the belly is hard and round. By week three, a pregnant cat's nipples become more enlarged and red and her appetite increases. By week five, the belly will start to get round, and by week eight or nine, the female may be restless and irritable, and she might eat less, since the kittens are taking up so much space.

Kitten birthing can last from a few hours to a full day. Only once have I witnessed a birthing indoors; it isn't pleasant, fast or simple. The queen moans and cries throughout the process.

Kittens that are born outdoors are vulnerable to predators, including male cats that are not neutered and are not the fathers. These tomcats will sometimes at-

tempt to kill the kittens. It is believed that the male cat wants to stop lactation so the queen will accept mating.

While lactating, the hormone prolactin is released, which suppresses ovulation, but a lactating cat can still become pregnant as soon as two to four weeks after giving birth. Nursing is not a form of birth control and females can enter a new heat cycle while still caring for their litter. Closely succeeding pregnancies cause exhaustion and malnutrition for the mother.

When kittens are discovered by humans or predators, the queen will move them to safety by carrying them in her mouth one by one. During this relocation, kittens can be dropped and left behind if the mom is startled or chased.

When a solo newborn is found, survival is slim unless it is bottle-fed by an experienced person. Bottle feeding newborn kittens is a difficult process and must be done around the clock every two hours for at least five weeks. Up to 75% of kittens born outside die or disappear before they're six months of age. (source?)

A nursing mom's life outdoors is full of challenges, from keeping the kittens safe to producing enough milk to feed the litter. Queens need to consume a lot of calories to keep feeding their babies. If they have to hunt to find food, the kittens are vulnerable when left alone.

Never take kittens away from a mother before they are weaned (around five weeks). My advice is to always leave food and water nearby and keep your distance until you have established a plan as to how to help this family get safely indoors. Plans vary if the mom is feral or friendly; sometimes, friendly moms may appear feral because they are protecting their kittens from intruders.

Meet Lexi!



Lexi is part Lilac Siamese with light blue eyes. She is a loving, mellow, calm lap cat who follows her foster around and will purr and knead continuously. She is around eight years old and recently became diabetic. She will bring joy and loyal companionship to any household.

Contact Brenda's Cat Rescue at 215-872-1636.

The bottom line is that all cats should be sterilized, especially females. No female should have to birth more kittens. Pregnant cats can be spayed, and their unborn kittens safely and humanely aborted. A shelter director once told me that "for every kitten born, another living kitten dies." There is no valid reason to bring more kittens into an overpopulated world.

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.

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Artists in Our Aisles

Peter Sparber

Pete Sparber is a Philadelphia-based artist whose drawing practice examines the psychological density of contemporary culture through complex, improvisational compositions. He holds an MFA from Cornell University and returned to full-time studio work after a long global career in corporate leadership, including six years in Shanghai and Tokyo.



A contributing writer for Artblog, Sparber has published numerous interviews and reviews that reflect the same observational acuity found in his drawings. He has recently begun exhibiting his work in and around Philadelphia.

Artist Statement

My drawings begin with images drawn from contemporary life – crowds, performers, public figures, press mobs and theatricalized spaces where culture displays its anxieties.

I'm interested in how humor, exaggeration and caricature can reveal something psychologically true, and how a dense, overloaded composition can echo the overstimulation of modern experience. Through improvisation, distortion and reassembly, the work becomes a way of thinking on paper – a search for meaning in our noisy, crowded culture.



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

A POEM FOR MENTAL HEALTH AWARENESS MONTH

Nod your head
if you've ever worried before bed.
Raise your hand
if you thought no one would understand.
Tip your hat in my direction
if you're worried about rejection.
Wave from afar
if you've ever cried in the car.
Beep the horn
if your mind's been torn.
Give a tiny smile
if you wore out an extra mile.
Say the word hi
if you've ever said goodbye.
Give another wave
if you were invisibly brave.
Now whenever we meet,
no matter how we greet,
you'll know the secret code
we're together on the road.

—Kirstie Jones (IG: @kirstiejpoetry)

LOOKING UP

I needed a walk to dispel the news,
chaos and madness,
so I laced my sneakers
for a loop around the neighborhood.
The morning, green and crisp,
peppered my step with a quick beat,
as if walking faster were the antidote.
At a turn, a cherry blossom tree,
immense as a cloud.
I stepped off the asphalt
to stand under its canopy,
a bouffant of ruffled blossoms.
Petals fell on my hair,
sprinkled my shoulders
and, there, suspended
in a snowglobe of pink froth,
I looked up. Branches,

laden with voluptuousness,
hummed as they bloomed.
"You must have been loved
expansively,"
I said to the tree,
"to be able to share your abundant
ecstasy."
Somewhere nearby, a saw was buzzing.
A fallen limb.
How varied the chants of spring—
bees, birds, a chattering squirrel,
the whirring of steel on bark.
Then, a surprising outburst—
my own laughter, looking up
into the delirious aliveness
of the cherry blossom tree.

—Sara Wenger

Our Revised Submission Guidelines:

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



Imagining a World Without Waste



Rabbit Offers a Path To Real Recycling

Matt and Bryan Siegfried, brothers and engineers (Matt mechanical, Bryan chemical) had a vision for what serious recycling could look like. It would involve accepting a huge list of items and materials, making as many as possible reusable and finding actual recycling destinations for the rest. It would provide customers with a variety of choices for scheduled or on-demand pickups. It would be a valued part of the circular economy.

They looked everywhere for industry models and there weren't any, so they set about inventing one from scratch. Eight years later, Rabbit Recycling (rabbitrecycling.com) does all that and more. They provide subscription plans or on-demand pickups to hundreds of households and businesses and accept scheduled drop-offs. They've built relationships with a network of partners who accept materials from Rabbit because they are clean and have been carefully sorted and appropriately bundled.

Artists, makers, hobbyists, teachers, small businesses and other community members can 'shop' for free materials at Rabbit's East Kensington facility by appointment. Certain reusable items are donated to homeless shelters and other community groups.

Most importantly, the list of accepted items is long enough to be organized into categories such as Kitchen, Bed & Bath, Clothing, Office Supplies, Arts & Crafts, Outdoor, Sports, Electronics, Glass, Plastic, Foam (yes, they take styrofoam) and Metal.

"Like most engineers, we live to solve problems, and between us, we know a bit about systems, logistics and materials," Matt said. "We also want to be part of moving Philadelphia toward a circular economy and to demonstrate how recycling can ideally be done. A majority of the items that get thrown in the trash or put in city recycling and end up burned or landfilled can be reprocessed, recycled or reused when managed appropriately."

"The first step in making sure items make it to their next use rather than the landfill is the responsibility of the person or business who owns it," he continued. "We recommend adopting the view that you are accountable for the next life of anything you own or acquire, including the packaging — something to consider when making a purchase. In an ideal future, manufacturers will be held responsible for the disposition or recycling of their products."

Residential customers receive an 18-gallon container that is picked up and replaced with an empty one on a subscription schedule, for example, every two weeks, or by scheduling an on-demand pickup. You can also schedule a drop-off to their facility. Commercial customers make individual agreements around materials and schedules.

Rabbit picks up and recycles plastic containers that are cleaned and returned by customers to Weavers Way stores. Although the PRTF is trying to get the Co-op to convert from single-use to reusable containers, we are grateful there is a viable recycling option, given the concerns that much of the plastic that enters the city recycling system ends up being incinerated in Chester or landfilled.

Rabbit has customers in most Philadelphia zip codes from the Northeast to Center City to West, South and Northwest Philly, as well as some in Delaware and Montgomery counties. They offer facility tours that can be scheduled on their website, and welcome volunteers to help with sorting.

Since its inception, Rabbit has diverted more than a million tons of material from the waste stream, including more than 100,000 tons of glass and 200,000 tons of cardboard and paper.

—Karen Melton

Updates on Plastics and Food Safety

Dirty Dozen: Each year, the Environmental Working Group tests for pesticide levels on a wide range of fruits and vegetables and produces what they call the 'dirty dozen' list — produce with the highest levels — and the 'Clean 15' list — those with the lowest. You can view the complete lists on their website (ewg.org). Unfortunately, many of our favorite foods are on this year's dirty dozen list: spinach, kale, strawberries, grapes, blueberries.

Not surprisingly, many of the Clean 15 are foods that come in their own wrappers that we remove before eating, including corn, avocados, mangoes, onions and bananas.

Glyphosate: This pesticide, the key component of Roundup, is being routinely ingested by humans. It has been linked to non-Hodgkin's lymphoma and has been targeted in more than 180,000 lawsuits. Earlier this year, President Trump signed an order declaring glyphosate necessary for national defense. The administration is supporting Beyer, the glyphosate producer, in a lawsuit that is now before the U.S. Supreme Court. Beyer is seeking federal protection from lawsuits, with arguments around whether state level warnings are superseded by federal labeling.

Books: Journalist Beth Gardiner has published "Plastic Inc.: The Secret History and Shocking Future of Big Oil's Biggest Bet."

In her review, Zoe Schlanger of the New York Times wrote, "Plastic took over the globe through decades of intensive marketing, political maneuvering and flat-out deceit. Originally, plastic was a way for oil and gas companies to wring value out of petroleum. Today, Gardiner argues, oil and gas makers see plastic as a safeguard against falling revenue in a world reckoning with the climate consequences of burning its products, and aim to increase production significantly."

Bear in Mind 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. The people who maintain the Jar Library are volunteers. 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.



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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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Editor: Karen Plourde
editor@weaversway.coop, 215-843-2350, ext. 135

Art Director: Annette Aloe
annette@weaversway.coop, 215-843-2350, ext. 130

Advertising Coordinator: Karen Plourde
advertising@weaversway.coop, 215-843-2350, ext. 135

Proofreaders this issue: acqueline Boytim, Jeanette Dewey, Mike Dunn, Erin Landis, Lindsay Matias

Contributors this issue: Chris Nosal, Sandy Folzer, Kerstin Fuchs, Alison Glick, Neal Fordham, Kieran McCourt, Betsy Teutsch, Jana Marie Rose, Becca Dickstein, Marisol Villamil, Sara Stevenson, Joan Adler, Monica Gonzalez, Chris Switky, Rosa Lewis, Lisa Hansell, Sally McCabe, Norman Weiss, Brenda Malinics, Karen Melton, Alli Katz.

HOW TO REACH US

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<p>Admin 215-843-2350</p> <p>General Manager Jon Roesser, ext. 131 jroesser@weaversway.coop</p> <p>Chief Financial Officer Lindsay DelaFuente, ext. 105 ldelafuente@weaversway.coop</p> <p>Purchasing Director Norman Weiss, ext. 133 normanb@weaversway.coop</p> <p>HR Director Donna Thompson, ext. 132 hr@weaversway.coop</p> <p>IT Director Jon Hojnacki, ext. 127 IT@weaversway.coop</p> <p>Operations Manager Rick Spalek, ext. 101 rick@weaversway.coop</p> <p>Membership Manager Kirsten Bernal, ext. 119 member@weaversway.coop</p> <p>Retail Director Jess Beer, ext. 121 jbeer@weaversway.coop</p> <p>Outreach Manager Nima Koliwad nkoliwad@weaversway.coop</p> <p>Farm Manager Alessandro Ascherio, ext. 325 farmer@weaversway.coop</p> <p>Facilities Manager Doug Keener, ext. 128 dkeener@weaversway.coop</p> <p>Admin (Ambler) 215-302-5550</p> <p>Development Director Kathleen Casey kcasey@weaversway.coop</p> <p>Marketing Manager Rachel Coats, ext. 151 rcoats@weaversway.coop</p> <p>Culinary Program Director Chazz Alberti, ext. 371 calberti@weaversway.coop</p>	<p>Ambler 217 E. Butler Ave. 8 a.m.-8 p.m. 215-302-5550</p> <p>Store Manager Heather Wigley, ext. 300 hcarb@weaversway.coop</p> <p>Assistant Store Manager Karen Gemmell, ext. 379 kgemmell@weaversway.coop</p> <p>Grocery Manager Nancy Timmons Melley, ext. 373 nmelley@weaversway.coop</p> <p>Chestnut Hill 8424 Germantown Ave. 8 a.m.-8 p.m. 215-866-9150</p> <p>Store Manager Ann Marie Arment, ext. 212 arment@weaversway.coop</p> <p>Assistant Store Manager Stacy McGinnis smcginnis@weaversway.coop</p> <p>Grocery Manager Len Mears, ext. 217 lmears@weaversway.coop</p> <p>Next Door 8426 Germantown Ave. 9 a.m.-8 p.m. 215-866-9150, ext. 220/221</p> <p>Wellness Manager Alison Wear, ext. 221 Awear@weaversway.coop</p>	<p>Germantown 328 W Cheltenham Ave. 8 a.m.-8 p.m. 215-843-1886</p> <p>Store Manager James Mitchell jmitchell@weaversway.coop</p> <p>Assistant Store Manager Ariel Levine alevine@weaversway.coop</p> <p>Grocery Manager Kristina Walker; kwalker@weaversway.coop</p> <p>Mt. Airy 559 Carpenter Lane 8 a.m.-8 p.m. 215-843-2350</p> <p>Store Manager Matt Hart, ext. 101 matt@weaversway.coop</p> <p>Assistant Store Manager Juli Cardamone, ext. 128 jcardamone@weaversway.coop</p> <p>Grocery Manager Keith Souder, ext. 140 ksouder@weaversway.coop</p> <p>The Mercantile 542 Carpenter Lane Saturday & Sunday 10 a.m.-5 p.m. mercantile@weaversway.coop</p>	<p>608 - 610 Carpenter Lane 8 a.m.-8 p.m. 215-843-2350, ext. 6</p> <p>Wellness Manager Sarah Risinger, ext. 114 srisinger@weaversway.coop</p> <p>Pet Department Manager Anton Goldschneider, ext. 276 petstore@weaversway.coop</p> <p>Farm Market 267-876-3101 Manager Jenna Swartz jswartz@weaversway.coop</p> <p>Catering cateringMA@weaversway.coop, cateringAB@weaversway.coop, cateringCH@weaversway.coop</p> <p>Preorders MApreorder@weaversway.coop, CHpreorder@weaversway.coop, ABpreorder@weaversway.coop</p>
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