Meeting About the Chestnut Hill Reno

A group of members gathered at Chestnut Hill United Church on Jun. 4 to check out diagrams and other details about plans to renovate Weavers Way Chestnut Hill beginning this summer. Attendees heard from General Manager Jon Roesser about the project timelines, different renovation possibilities, costs and other info.

Photos by Karen Plourde





The Shuttle

JUNE 2026 | Since 1973 | The Newspaper of Weavers Way Co-op | Vol. 54 | No. 5

Community-Owned, Open to Everyone

Dear Shuttle Readers,

The May 2026 issue of the Shuttle included an article written by two Co-op members about a Philadelphia-based charity, the Healing Hands Fund (H2F). The article helped raise awareness about H2F's good and important work all over the world, particularly focusing on the ongoing humanitarian crisis in Gaza.

We received feedback from some readers who found language contained in the article to be unfairly biased against Israel. A roughly equal number of readers wrote to express their appreciation for the article as written.

Nothing in the article should be construed to suggest that the Co-op is "taking sides," or otherwise offering an official position on an issue that we know is complex, and for which thoughtful people of good will can nevertheless have different and strongly held opinions.

Almost all the content that's printed in the Shuttle is written by members of the Co-op, and unless otherwise stated are never representative of an official position of Co-op management or board. We should have taken additional steps that would have made that point clear in relation to the story about H2F.

When people you have come to know and respect tell you they are upset or angry, you better be prepared to say you're sorry, and I am truly sorry that anyone was pained by something they read in the H2F story, or indeed by anything they read in the pages of this newspaper.

I am grateful to all the members of our community who reached out to express their views. Whether they came forward to express their anger or to express their appreciation, each of them did so as member-owners of the Co-op in a spirit of comradery and cooperation.

We have always committed to making sure the Co-op is a welcoming space. In the weeks and months ahead, I will be

(Continued on Page 6)

A Hill Renovation Deep Dive at the Spring GMM

by Karen Plourde, Editor, Weavers Way Shuttle







Photos by Liz Jelsomine @jelsominemedia)

Weavers Way's Spring General Membership Meeting May 7 featured remarks from State Rep. Tarik Khan and a larger-than-normal crowd that came out to hear about Co-op news, including the results of the Board elections.

FOR THE FIRST TIME SINCE BEFORE the COVID-19 pandemic, Weavers Way members gathered in Chestnut Hill on May 7 for a General Membership Meeting. The event included a snapshot of the Co-op's financial picture, a detailed overview of the upcoming renovations to the Chestnut Hill store, an enthusiastic talk from State Rep. Tarik Khan and the announcement of this year's board election results.

The business portion of the meeting, which took place at St. Paul's Church, began with General Manager Jon Roesser announcing that the Co-op is "in excellent shape," although there are indications of "economic chop" on the horizon.

Roesser guided the crowd, estimated at 150 members, through a graphic of store sales through the third quarter of FY 2026 that showed gross sales of just under $40 million, which is well ahead of budget. Co-op discounts were 4.3% of sales — over the budgeted percentage of 4% — which was likely due to an increase in the amount of Food for All discounts.

Operating expenses through the third quarter were $13.4 million, with $9.5 million of that going to labor costs. "Through the end of the third quarter, we budgeted to basically break even, and we're actually a little bit ahead," Roesser said.

Roesser also went through a graphic of net income by store. Mt. Airy's net income through the third quarter was $1.2 million, which makes it the Co-op's most profitable business unit. That's due in part to the amount of sales per square

(Continued on Page 2)

May Drive Gets Us to 15K Members

by Kathleen Casey, Weavers Way Development Director



THE CO-OP HAS OFFICIALLY EXceeded 15,000 member households! During our three-week campaign, we signed up over 450 households; new members also joined online.

This growth comes at a time when we have been experiencing a general uptick in membership, which is a heartwarming sign that the Co-op can continue to play a meaningful role in our communities and the local food system.

Membership and volunteering for the Co-op used to be required. Today, both are optional in order to shop at the Co-op. Even so, the value of membership remains high. The Co-op's strength comes not only through the financial stability created by member equity, but in the collective ownership of our business, where members can directly shape how well we meet our "Ends."

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Editor's Note

by Karen Plourde, Editor, Weavers Way Shuttle

A COUPLE READERS POINTED OUT TO me after last month's issue that I didn't include the link for those who want to donate funds to the Shuttle's postage and printing relief efforts. Silly me; it's a bit of a state secret, and the link is really long. If you'd like to donate, please go to (scan the QR Code) and give what you can. I haven't checked the donated amount lately; maybe I'll report back in the August issue.

Before I get into what else is in this month's Shuttle, I wanted to note the letter on p.1 about the Healing Hands Fund article we ran in the May issue. That article got a number of responses from readers, and this is the Co-op's response from our General Manager, Jon Roesser.

Also on p.1, you'll find an article from Kathleen Casey on Weavers Way's having gotten to the 15,000 member threshold. Cool, right? A lot of staff members, from our membership manager to our outreach department to cashiers who signed up new members and reactivated others, get the credit for having pushed us over the limit. And thanks to those of you who've made the additional commitment to becoming members.

Let's see — what else do we have in the pages? How about a recap of the spring General Membership meeting (p.1)? If you're interested in the details of the upcoming renovations to the Chestnut Hill store, you'll learn a lot from reading that story, along with the results of this year's board election.

Thanks to our "Medicare & Us" columnist Joan Adler, there are two Medicare-related articles in this edition. For those of you in Medicareland or who are approaching it, check them out on pages 9 and 13.

There's more, but I'm rapidly running out of space. As we usually do, we'll be taking July off from publishing to rest and rejuvenate. Hope you get to do the same! Catch you in the pages in August.

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.

A Hill Renovation Deep Dive at the Spring GMM

(Continued from Page 1)

foot of retail space, combined with lower labor costs. Net income from the Chestnut Hill store during that same period was $747,000, with Germantown coming in third place at $616,000 and Ambler at $334,000.

"We are still growing, and we're growing at a healthy pace, given the economic uncertainty that's ahead of us," he said. "...we've got a bit of a war chest to manage through whatever might come our way in the coming months. And this is all related to federal policy around tariffs."

Roesser went through some slides about the upcoming renovation of the Chestnut Hill store, which will happen in three phases. The first phase — the easiest — will take place in the backyard. The size of the outdoor walk-in refrigerator/freezer will be doubled. In addition, a space will be created for the Co-op's mobile farm market truck, which is scheduled to be delivered sometime in the fall, and the outdoor seating area will be expanded to the back of the property.

"The zoning and building permits have already been issued, so Phase One is underway," Roesser said. "It's the smallest part of the overall project, but it's essential for what comes next."

Phase Two is known as "The Building", Roesser said, although the store is actually made up of about seven buildings that were cobbled together over decades. The building will get a new roof, new exterior facade and new windows (including for the apartments above the store). In addition, the foundation will be shored up and waterproofed.

"This is unsexy stuff," Roesser said. "It's stuff that needs to get done. It's stuff that we're doing for the people that are gonna be sitting in this room 20 years from now. This is an investment in our Co-op's future. When you own big, old buildings, you gotta spend some coin to keep them in good form."

Roesser describes Phase Three of the project as "the fun part": the renovation of the store itself, scheduled for the spring and summer of 2027. All of the renovation scenarios include new equipment, a new floor, new lighting and a new HVAC system. Along with those improvements, the front end will be upgraded to include four registers, and the flow at the back end of the store will be improved by replacing the huge masonry column there with a thin, steel post.

All of the scenarios include a temporary closure of the store in the summer of 2027. When Weavers Way Mt. Airy was renovated in the summer of 2012, that store was closed for six or seven weeks.

"We had the Chestnut Hill store at the time, so a lot of the sales migrated up to Chestnut Hill," Roesser said. "For this, we've got three other stores."

There are three options for renovating the store: "Light Touch" ($1.2 million in construction costs), "Operational Efficiency" ($1.8 million) and "Go Big" ($3 million). The "Light Touch" option would involve a 10-week closure of the store and include brand new equipment, better lighting, repainting, a new floor, and a much improved front end and back end, including a new bathroom. For the most part, the layout of the store will be the same.

The "Operational Efficiency" model would expand on the Light Touch renovation by creating a new receiving area next to the store's alley. Going with that plan would mean a 12-week closure of the store.

In the "Go Big" model, walls would be demolished and added. The front end would be further expanded to accommodate five checkouts, a third aisle would be added and the dairy case would be upgraded so that it could be restocked from behind the display. With that design, the store would be closed for 14 weeks.

"I'm not married to any of these, and I think that we have to have some discussions as an organization about what makes the most sense for us," Roesser said. Virtual and in-person forums on the renovation took place in late May and early June.

Co-op Props from Rep. Khan

After taking questions from the audience, most of them about aspects of the Chestnut Hill store, Roesser introduced Khan, who called the Co-op "better than Trader Joe's", "better than Aldi" and "way TF better than Whole Foods — am I right?"

Khan added that the Co-op has a friend in himself and State Sen. Vincent Hughes, both of whom are members. "We will do whatever we can, whatever needs to be done, to make sure you guys have the support that you need — whether that's grants, whether that's funding, whether that's fighting the federal government for our money, we're gonna be there for you," he said.

Khan added that he appreciates the Co-op for its emphasis on bringing in products from local growers and producers.

"We don't need to be making more globalization," he

(Continued on Page 10)



The Glory of Corn



by Kieran McCourt, Weavers Way Ambler

Corn, or maize in most of the world, is a cereal grain much like wheat, barley and rye. It's native to the Americas and was most likely cultivated in what is now Mexico nearly 10,000 years ago.

Thanks to human intervention, there are many cultivars of corn. Some are grown for animal feed, some are destined for popping, and others are grown so their thin skin and starchy kernels can become flour and cornmeal. But in the height of summer, fresh, sweet corn reigns supreme.

Boiling is the traditional way to cook corn, but unless it's for a crowd, I can't be bothered to boil mine; my go-to method is microwaving. Start with four minutes for a lone cob and add 30 seconds afterward if it still needs time. The protective husk allows the corn to steam and helps prevent overcooking. Grab the ear with a towel and carefully pull off the silk and husk to enjoy.

Grilling is also a lovely option and provides char and smokiness. Whether you grill your cobs in the husk or with them removed, make sure to remove the silk before putting the corn on the grill. If you grill corn with the husk on, soak the cobs in water. It will protect the corn and help the cobs steam as they grill.

At peak season, the best option is always to dig into the cob. Consider dressing the cobs with compound butter, spicy salt or a squeeze of lime juice and zest. If you cut the kernels off the cob, you can add fresh, cooked corn to salsas and salads or sauté it with peppers, onions and cooked beans.

Can corn be pickled? Of course, although freezing can be far easier. While eating corn in the summer is a joy on its own, digging out a bag of summer corn from the freezer in the depths of winter can add a pop of summer sunshine to soups, chilis, stews or quick dinners.

If you're freezing corn for ease of use, I suggest cutting the kernels off the cob first. You can blanch it or leave it unblanched; it all comes down to how you might later use it. Blanching makes sense if you want to freeze it and add it to winter salads or salsas later. If you're more likely to add it to dishes that will be cooked, like soups, cornbread or a quick sauce with bacon, skip the blanching and freeze it.

Finally, consider using your leftover cobs to make a quick corn stock; it's deliciously sweet and vegetal. The stock is great for seafood chowders, risottos, extra flavorful polenta and more. It also adds nuance to animal stocks like chicken or pork or vegetable stocks, especially mushroom broth.

A Salad that Puts Dandelion Greens in the Spotlight

by Marisol Villamil, for the Shuttle

I'VE HEARD THAT SOME PEOPLE wisely reach for bunches of dandelion greens because they are considered super nutritious. Yeah, they deserve that reputation, but I'm not a nutritionist.

I delight in tasty dishes made with local produce, and I all but Snoopy dance whenever I see robust, bitter dandelion greens (Taraxacum officinale) in the stores. They are the same as the weeds you see popping up on lawns and in sidewalk cracks, but I stay away from those — who knows what's in the soil from which they sprang? Instead, I get mine exclusively from local farms and farm cooperatives, which cultivate them.

Dandelion greens are not as thick and dense as kale or collards, nor are they as light and delicate as arugula or head lettuce. As a result, they have a wide range of culinary uses: sautéed, braised and raw in salads. Popular recipes have paired them with eggs, garlic, chiles, mustard, lemon juice and Parmesan. And here's a fun fact: According to "A Painter's Kitchen" by Margaret Wood, Georgia O'Keeffe liked mashed potatoes with dandelion greens.



I especially enjoy them in the salad below. This recipe also works well with radicchio, another bitter beloved of mine. It has not worked with any other leafy vegetable I've tried.

Because I cook mostly on instinct with rough approximations, the amounts for each of the ingredients are to individual taste. For example, when I make this to share with my partner, I reduce the amount of ginger I would otherwise be inclined to use when I'm making it for myself.

Happy eating!

DANDELION GINGER SALAD

Ingredients:

- 1 bunch dandelion greens
- Olive oil
- Apple cider vinegar
- Honey
- Salt
- Gingerroot
- Pecans
- Raisins
- Bee pollen (optional)

1. In a salad bowl, mix together a swirl of olive oil, a slosh of apple cider vinegar, a glop of honey and a dash of salt. Then add a pile of rough-chopped pieces of ginger, which adds flavor and texture.
2. While the dressing sits, wash and dry the dandelion greens, then chop them crosswise into pieces one or two inches wide. Place the chopped pieces in the salad bowl and toss with the dressing.
3. Top with pecans and raisins. If you have it on hand, a sprinkle of bee pollen adds to the taste. The sweetness of the honey and raisins balances the dandelion bitterness.

Thinking Coffee

A Citrusy, Lighter Roast Coffee for Midsummer Mornings

by Neal Fordham, for the Shuttle

Equal Exchange
Women in Coffee Series
Organic First Light Coffee

THROUGHOUT THIS YEAR'S COOL SPRING, I'VE been drinking dark roast coffee, loving the thick mouthfeel, sweetness and bitterness. It seemed perfect for my early mornings, when I was greeting days that kept feeling too chilly.

But things are changing! Finally, I wore shorts one morning and began watching flowers reach up toward the light. With the ever-warming days, my coffee desires have slipped toward lighter roasts.

Drinking dark roasts has always felt as if I were coating my mouth with thick syrup. Did I like this because it gave me a feeling of insulation for walking out into chilly air?

For a lighter roast, I tested Equal Exchange's First Light Coffee from its Women in Coffee series. It's organic, comes from coffee cooperatives in Peru and has women to thank for guiding the coffee from seedling to bean. If you are a coffee drinker, you can't go wrong buying an Equal Exchange coffee from our bulk bins. (Please bring your own container to fill. You'll get a 10 % discount for being considerate and not adding your paper coffee bag to our unreliable recycling systems.)



According to Equal Exchange, this coffee is sweet and fruity. I certainly agree! The fruit comes in on the citrus side, with a tiny nip of lemon. As I drank my cup (made with a pour-over), I noticed the aftertaste of sweetness, which Equal Exchange calls molasses.

On my earliest work morning, I ran the coffee through my Aeropress. This cup had a more pronounced citrus taste and with a quick slurp, raspberry notes lit along the sides of my tongue. At the top of my mouth, as I swallowed, I picked up a hint of honey/molasses. What complexity!

Please try this coffee, which is created by and honors women — in particular, two Peruvian women, both named Flor, who have navigated leadership roles in the Norandino co-op while also farming and tending to their families. It's an easy, ethical decision, and one that can help heal our wounded world.

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Northwest Village Network Helps Seniors Form New Bonds

by Mike Kyle, for the Shuttle



Seniors aged 60 and over who have moved to Northwest Philly recently, are feeling the need to meet other seniors and develop new relationships, and prefer staying in their current homes may want to get in touch with Northwest Village Network, an organization made up of hundreds of like-minded fellow seniors in Mt. Airy and Chestnut Hill. I can attest that it's an incredibly easy way to meet new friends!

I saw an Inquirer article last December about the Village Network concept, contacted NVN and found a large group of welcoming, stimulating fellow seniors involved in a multitude of interesting activities. I discovered that NVN has had an ad in every issue of the Shuttle for a long time, but never noticed it. I'm hoping that this article has a better chance of getting your attention and making you aware of what a valuable resource we have in NVN.

I joined NVN in January and have attended a number of events so far, including a new member orientation, the third Thursday get together, several Saturday socials and a dinner organized by a member couple. Remarkably, many members were relatively new to the area, having moved there within the last 10 years. I have been in the same house since 1971 and am now the oldest resident in my neighborhood.

There are a wide variety of activities available. Saturday Socials take place at the Fareway Marketplace in Chestnut Hill every Saturday from 10 a.m. to noon. You can attend without being a member, and it's a good way to learn more about the organization and start meeting new friends.

There are many special interest groups through NVN, including needlework, photography, gardening, books, and film. You can also create a new group.

Social gatherings include Men's Meetup, Zoom to Cup a Joe, Monday Coffee/Lunch and Neighborly Groups. There are currently about five of the latter, which are comprised of eight to 10 people who live near each other, get together whenever they feel like it and do whatever they want. The current groups are full, but new ones can form at any time. There are also groups that take nature walks at, for example, Forbidden Drive and Morris Arboretum.

Social connection and support are essential to staying healthy. NVN members help one another in so many ways. We can all use a little help sometimes and when you do, your fellow NVN members are here for you.

For instance:

- One member offers free in-home assistance for simple household maintenance such as changing a light bulb or installing a window AC unit. Other members offer support for computers, phones and other electronic devices.
- If you are so inclined, you can offer rides to members to medical appointments or other destinations within the area — or you can arrange for these rides for yourself.
- You may need short-term assistance while recovering from an illness or a recent hospitalization. Your fellow NVN neighbors can help with meals, caring for pets or running errands — or, you can help others with these tasks.

You may be looking for medical equipment on a short-term basis such as a walker or shower seat, or have one to offer. You may also have extra items, like concert or exhibition tickets. I might offer extra garden produce this summer!

As a member, you'll hear about activities and happenings via email and the NVN website. There is also a bulletin board available for announcements and proposals. There is an annual fee for NVN membership, but it can be modified to suit your situation.

For more information, email nvnphilly@gmail.com, call 267-571-9697 or go to nvn.helpfulvillage.com

Mike Kyle is a member of Weavers Way and a member of Northwest Village Network.





We the People Wednesdays Celebrate a Successful First Birthday

by Betsy Teutsch, for the Shuttle

In April, 2025, freaked out by the new, dark world of the Department of Government Efficiency (DOGE) and other bulldozing of norms by the newly installed Trump 2 administration, several of us organized what has become a local weekly resistance rally, We The People Wednesdays.

Our first outdoor gathering was on April 23, 2025, at Allens Lane Train Station. There was a great turnout, and we have continued our weekly gatherings. Rain or shine, we met outdoors until December. We found a cozy winter home at the Unitarian Universalists of Mt. Airy, and returned to our outdoor home on Apr. 22, marking one whole year of energetic resistance.

Our get-togethers last one hour, and feature an opening musician, usually a singer, followed by a speaker sharing their expertise about how the Trump administration's policies are adversely impacting their work. Next is an upbeat segment entitled "Words of Hope." Hope Yursa, one of us organizers, shares a long list of the week's good news, the results of citizens standing up for democracy and the rule of law. We close out with action items and provide postcards, postage and a scripted message.

Last month, three of the organizers shared why they came forward to create We The People Wednesdays, and what it has meant for us. We also solicited feedback from our attendees about how their involvement has impacted their experience of this last year.

I shared the origin story: "During Trump's first term, on July 2, 2019, there was a one-time national protest called Lights for Liberty. Over 800 communities participated, denouncing the detention of immigrants — that's when babies were separated from parents and put in cages.

"I really wanted to attend one right in Mt. Airy, and decided to take a leap and organize one. I asked my friend Ann Mintz, with whom I've collaborated on a lot of projects, to help me. She agreed and we got to work. Ours was at Lovett Library Park. Maybe some of you were there. Ann, a longtime member of the Philly folk music scene, instinctively invited musicians. Music brings people together!

"When Trump was re-elected, protesters organized immediately all over the country. I joined Fridays at Fetterman's, but he's not there. You're talking to the wall. I wanted something local. Mt. Airy-Chestnut Hill has a high enough number of upset folks to sustain a local protest. Timothy Snyder, the scholar of resistance against facism, teaches that you need to see your neighbors and know them, in order to organize. I went back to Ann and she answered: 'Music!'

"Ann and I knew Hope Yursa from writing voter postcards at Allens Lane and she quickly got on board. David Mosenkis, a highly-skilled community volunteer, stepped in. Ann brought on musician/impresario Ken Ulansey. It all came together really fast. We planned the first week, but had no idea if there would even be a second week!



Photo courtesy of We the People Wednesdays.

Energized participants in a We the People Wednesday gathering.

"When I come here weekly, once all the details are taken care of, I sit down, exhale, look around at all who have shown up, and feel sustained and replenished. Being with y'all gives me energy to keep going."

Good Vibes for a Friend from Cali

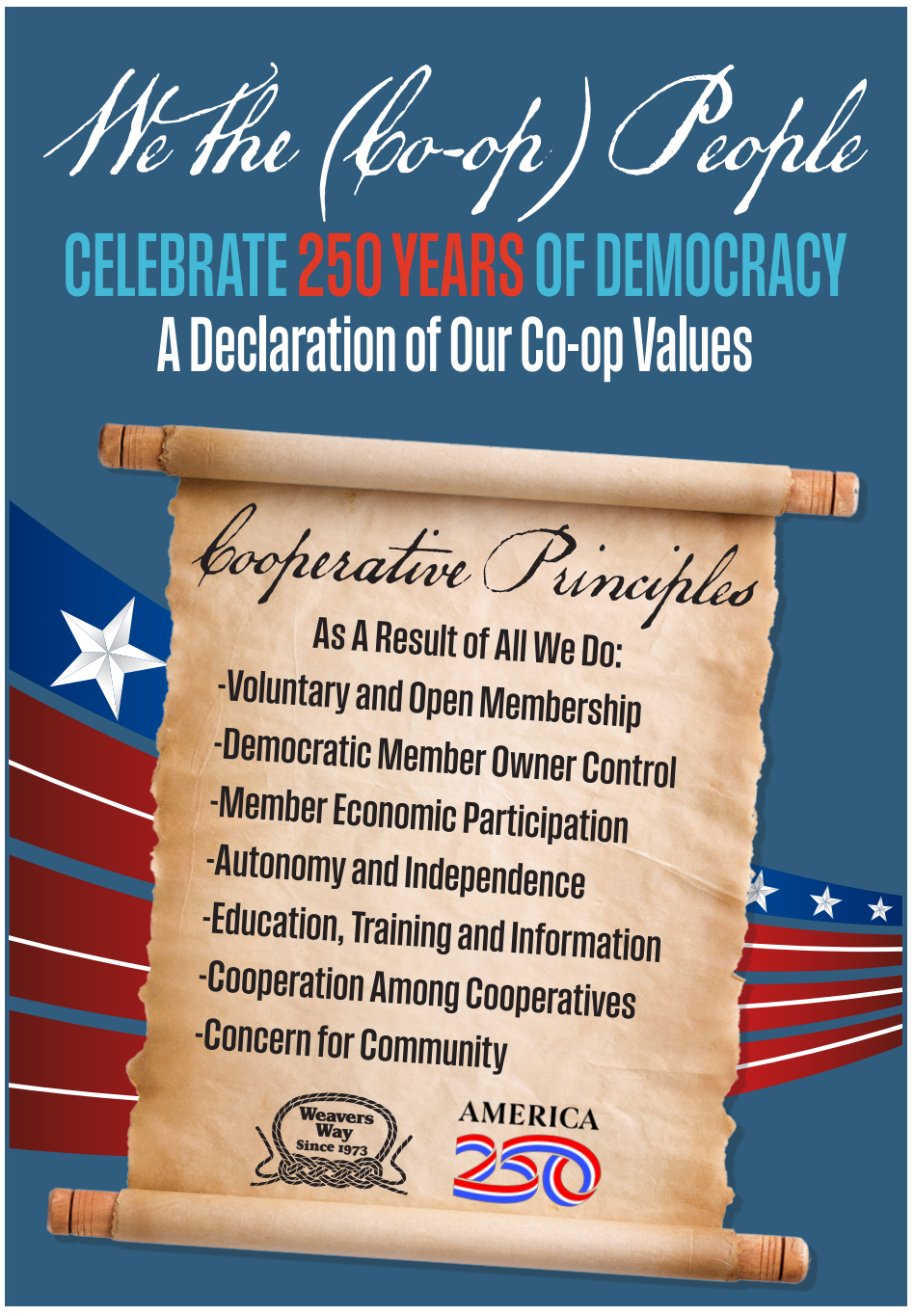
Mintz has been taking a storytelling class for the last four years. One of her colleagues, whom she had never met in person, lives in California. He came to Philadelphia on business and she told him about this event.

"He joined us and told me afterward that it was the first time he felt happy or hopeful since the election," she recalled. "Thus, we're in the business of providing happiness and hope. I started thinking

(Continued on Page 7)







Letter

(Continued from Page 1)

working doubly hard to ensure everyone feels safe, accepted, and welcomed within our four walls.

Weavers Way continues to grow and thrive (see Kathleen Casey's piece on p.1). It is vital to our future success that we remain standing together, arm-in-arm, accepting and embracing the wide spectrum of perspectives within our community, knowing that we are united in the principles of cooperation and our commitment to shared prosperity.

Sincerely, Jon Roesser,
General Manager

SHUTTLE LETTERS POLICY

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

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The Co-op's Role in Starting (and Restarting) My Vet Business

by Dr. Natasha Kassell, VMD, for the Shuttle

In 2002, after living in western Washington state for eight years, working as veterinarians, exploring the wilderness of the Pacific Northwest, and becoming parents of two kids, my husband, Tom, and I decided it was time to move closer to our families on the East Coast. We looked at various communities and ultimately chose Tom's home neighborhood, Mt. Airy.

Tom got a job working for Mt. Airy Veterinary Hospital and I brainstormed ways to get the word out about my holistic veterinary practice, which centered around homeopathy and nutrition in the "house call" setting. From prior visits to Tom's family, I knew Weavers Way to be a source of healthy food, as well as a vibrant community. Nutrition had become increasingly important to me in the years between my graduation from Penn Veterinary School and our move back to Philadelphia. I'd begun my career as a "conventional" small animal veterinarian, but had quickly become disillusioned with the breakneck pace of veterinary hospitals. At the same time, I delved into holistic medicine and eventually started my own practice, which I now hoped to establish in Philly.

As soon as we moved to Mt. Airy, Tom and I became Co-op members. I hung fliers about my practice at Weavers Way, and lo and behold, people called. Slowly but surely, my practice grew. For a year or so, life was pretty good. Tom and I loved being parents, being vets and living in Mt. Airy, with its beautiful architecture, friendly neighbors, independent bookstores, sweet coffee shops and, of course, its wonderful food co-op. I had lived in many other places in the United States and Canada, but I finally felt like I was home.

Tragedy and a Restart

Then Tom fell ill, and as sometimes happens in life, things fell apart. I stopped working to care for him and the kids. When Tom passed away a year later, I was a mess. I wasn't sure if I could ever return to working as a veterinarian, let alone running my own practice.

For a couple of years, I taught veterinary technician students at Manor College. I threw my heart and soul into raising my kids and spent hours running in the Wissahickon with a newfound friend and our dogs. Denise happened to be a homeopathic practitioner, too — for humans. Over time, she convinced me that I could and should open my practice again for financial reasons, as well as to do the work that had previously brought me purpose and joy. She was right.

Once again, I hung fliers at the Co-op. By this time, Across the Way had opened and I was excited to refer clients there for high-quality food and other pet supplies. I met Anton and Bettina, who organized talks for me to give on nutrition and other aspects of pet care. I wrote articles for the Shuttle. Thanks to the Co-op, I was back in business.

For the first several years, I remained committed to having a holistic practice free of pharmaceuticals, vaccines and flea/tick and heartworm preventatives. But over time, my practice evolved. I found that practicing strictly holistic medicine limited how much I could help my patients. I realized that while veterinarians may sometimes overmedicate, over-vaccinate, or make unhealthy dietary recommendations, commercial pet foods, pharmaceuticals, vaccines, and flea/tick and heartworm meds have extremely important roles to play in the health and well-being of our pets.

Reassessing the Business

With experience, I gradually swung back to center. I still try to think critically, consider what's best for each patient, and reach into my holistic and conventional toolboxes. I no longer practice homeopathy, because in my hands, it is not effective. I emphasize nutrition and preventive health care and I use nutraceuticals and pharmaceuticals to treat my patients. I still call myself an integrative veterinarian, because I integrate concepts of nutrition, healthy lifestyle, conventional medicine and alternative modalities into my practice.



Photo courtesy of Dr. Natasha Kassell

Dr. Kassell and Champ, one of her patients.

I love being a house call vet. Even if my patients don't appreciate having blood drawn, getting injections or having their anal glands expressed (being a vet is not the most glamorous job!), in the house call setting, they almost always forgive my nurse and me immediately, especially if there are treats to be had.

When I started my practice in Philly, I traveled all over the city and suburbs; I enjoyed getting to know different parts of greater Philadelphia. But over time, as my practice grew, I began to see the benefit of staying more local. Spending less time driving means having more time to see more patients. And if my patients are closer, it's easier to get to them if they're sick.

I'm so grateful to be part of the beautiful, diverse, justice-minded and pet-loving community that is Northwest Philadelphia. I'm so grateful for the support the community of Weavers Way has given me over the years. If, through my small, integrative veterinary house call practice, I can play a role in making this special place the tiniest bit better, that feels good. I'm thankful to be able to do so.

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We the People Wednesdays Celebrate a Successful First Birthday

(Continued from Page 4)

about this from the point of view of my father, my grandfather and grandmother. I was named after my father's sister, who was killed at Auschwitz. My father lost his entire family in the Holocaust. In a real sense, I'm doing this in honor of my grandparents."

Mosenkis was trying to find a way to plug into the resistance.

"I loved the idea of We The People Wednesdays being built around sharing music, building community, learning something and doing something," he said. "Putting all those elements together really resonated with me as a way to sustain ourselves as individuals and as a community and to ultimately make a difference. We didn't know where this was going to lead, but we knew that, however bad it gets, we would need to network and connect with each other to be able to form the backbone of that resistance.

"We still don't know what all we'll be called upon to do," he continued. "But the community we've built doing this, along with so many other efforts that are going on, is the foundation for what we will need to do to move our country on a different trajectory. I'm really grateful to be part of it."

Attendee John heard about We the People Wednesdays through the Shuttle.

"What struck me most was that it offers action items," he said.

"Everybody likes to complain, and I'm one for that. But to try to achieve action is really what drew me."

John was impressed by the speakers. "The first speaker I heard was Dr. Karl Morris, a computer professor from Temple talking about AI, and how the government is planning to use AI," he continued. "We're seeing that come to reality, with dangers and no guardrails. Those quality speakers really help inform us.

"Lastly, the music is a bonus," he added. "I like having a place that's always going to be here. It's reliable. On Wednesday, you can set your calendar by it. You know what a depression I was in? The Reasons for Hope really is uplifting."

Ron, another attendee, likes to come to We the People Wednesdays as an antidote to doomscrolling. "I like the humor, and I like the fact that we hear about good stuff happening," he said. "It's kind of hard to see sometimes, so thank you."

Sharon, a member of Unitarian Universalists of Mt. Airy, loves writing action postcards.

"Again, it's not just sitting around talking about stuff," she said. "It's actually doing things, and I can even take the cards home and work on them. But there are other connections that you might not know about. One of the speakers, Matthew Kerr, was from Beyond the Bars. I was so impressed that I contacted him for our congregation. Once a month, we choose a non-profit 501c3 to sponsor and to raise funds for, and I nominated them. In December, we raised over $1,000 for them. … There's a lot more that happens that you might not even see at a given gathering. Awesome."

Another woman, a survivor of child abuse, also appreciated the opportunity to take action.

"During Trump's first term, I couldn't even pass my television without yelling and screaming and telling my husband to turn the television off when I was in the room because Trump is such a violent person," she recalled "But you have to pay attention and do something. So, I write to my senators almost every week.

"These gatherings have given me a sense of community to face my own trauma and the trauma that's being created every day in this country," she continued. "And now it's really important for me, as it's a shared vision of what a community can be."

One Hour Packed with Power

Ellen noted that the program is able to fit a lot into an hour,

"I think it's brilliant, in our busy lives, to have a place we can go where we know it's boundaried in that way, and yet it's so full, and look how much you can fit in an hour," she said. "Thank you."

Lynn, who had an experience with profound narcissistic abuse, found herself constantly triggered by the "narcissist in charge."

"I went about my life, but also every day was feeling depressed and anxious because I understood that a narcissist was in charge and had too much power in my life," she said. "Then I started coming to these Wednesday rallies; they uplift my spirit. It got me out of my depression. The people here are kindred spirits, with activism and wonderful music. And Hope really gives me hope. So, I'm very grateful."

Bruce, who loves music and singing together, also loves being able to do something that feels like it might have an effect."

" I love listening to intelligent people talking about things that I don't know as much about as I'd like to, and I love being inspired and hearing what good is going on in the world," he said. "To put all those pieces together has been brilliant — and to keep it within the one hour! Thank you so much for using music in a way that is so powerful, and realizing the importance of it. "

Jane, who describes herself as a sceptic, was pleasantly surprised at the turnout.

"It was clearly filling our huge hunger to have a place to go with our anxiety and our upset," she said. "It's also dubbed 'Singing for Sanity.' For me, it's really been that.

"I love the fact that many of the musicians are also singers, and so it's been great to sing along with them," she continued. "It's always lifted my spirits; I've learned so much from the different speakers that we've had here."

Join us every Wednesday at 4 p.m. Details are at www.wethepeopleweds.org

Drive Gets Us to 15K Members

(Continued from Page 1)

The Co-op works differently than a privately held corporation. Our Board of Directors evaluates whether or not our operations align with our Ends, which lay out priorities such as supporting the local economy, healthy food access, community outreach and member engagement. The board has the power to position the need for profit lower than the need to serve our community, which is strictly against the rules for a for-profit corporation. While, of course, running the business must be economically sustainable, the significance of taking profit out of prime position cannot be underestimated.

As an owner of the business, any member can participate in the work of evaluating whether we are meeting or supporting our Ends by joining one of our monthly board meetings, coming to a General Membership Meeting, joining a committee or volunteering with a community group — all in exchange for a working member discount.

The Co-op has elected to put an economic value on member participation and engagement, because this work contributes to the collective good. If you haven't yet, check out the Co-op's annual Ends Report to get a sense of how busy we are as an organization, and our impacts. You can find the report in the May Shuttle as well as in the Member Center (members.weaversway.coop).

With this membership growth and continued commitment to fulfilling the Co-op's Ends, the membership and outreach departments added two new staff members: Simone Davis (outreach) and L Gnadinger (membership). Feel free to reach out to our membership and outreach crews with questions or ideas at member@weaversway.coop or outreach@weaversway.coop.

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June	27	Compassion at the Pace of our Capacity	Aishah Shahidah Simmons

DELAWARE VALLEY INSIGHT
DVInsight.org

Rules of the Trail: A Guide to Dos and Don'ts in the Wissahickon

by Sara Stevenson, Friends of the Wissahickon Executive Director

It's heating up in Wissahickon Valley Park, and here are a few summer reminders to ensure your safe and enjoyable visit to one of Philadelphia's most treasured public spaces.

Plan ahead. During the warmer months, the Wissahickon sees more visitors than any other season. Consider switching up your route by parking at a lesser-used trailhead or taking public transportation instead. Find your nearest bus, train or regional rail route at fow.org/maps. Blue Bell Park and Pachella Ball Field both offer ample parking, and Pachella is a short hike to the Valley Green area via the White Trail.

Never go without your guide. You don't need to be a member of Friends of the Wissahickon to enjoy the park. But if you join or upgrade to the basic level and above, you'll receive our newly updated pocket map, featuring the latest trail reroutes and, for the first time, grade profiles to help visitors better plan their hikes. You can also download the free FOW Map App for Android and iOS: fow.org/mapapp.

New to the park? Our volunteer trail ambassadors offer guided hikes through the Wissahickon. Find an upcoming walk that works for your schedule: fow.org/events.

Swimming is prohibited in Wissahickon Valley Park under Philadelphia Parks & Recreation guidelines. We want every visitor to have a safe and enjoyable visit, and swimming in the creek can be dangerous due to fast-moving water, submerged hazards and rapidly changing water levels. Cell service is unreliable in many areas of the park, and emergency access within the gorge can be difficult.

Looking to cool off? Check out Philadelphia pool finder using the QR code on this page. Or enjoy the creek from dry land at one of the Wissahickon's many picnic spots, including Rex Avenue, the Thomas Mill Covered Bridge and Bells Mill. These picnic areas and more can be found at fow.org/maps.

Save the date for the sweetest event of the summer. This year marks the 20th anniversary of FOW's free Ice Cream Social! Join us on Aug. 19 from 4 to 6 p.m. at Historic Rittenhouse Town for Bredenbeck's Ice Cream, non-dairy treats and family fun.

Let us know if you encounter a park problem. If you see a downed tree, short dumping, a broken bench or fence or any park problem while visiting the Wissahickon, text "WISS" to 267-966-2207. Our field team will take it from there!

Don't forget the basics. Always bring more water than you think you'll need. At least one liter of water is recommended for a three-to-five mile hike. Wear sturdy footwear. Open-toed shoes are not suitable for the trails and can lead to injury on the park's uneven terrain.

Even with the tree cover, we recommend sunscreen and lightweight layers to protect yourself from sun exposure. Don't ruin a nice hike with sunburn!

Always check for ticks after spending time in the park or in tall brush. To reduce exposure to ticks and tick-borne illnesses like Lyme disease, consider wearing long pants and tucking pant legs into your socks while hiking.

Leave No Trace. With so many people enjoying the Wissahickon this summer, it's important that we care for the park that gives us so much. Pack in, pack out. Whatever you bring into the park, including food packaging, fishing line and pet waste bags, should leave with you. Summer crowds can overwhelm trash receptacles, and packing out your waste helps keep the park clean and beautiful.

Stay on the trail. While it can be tempting to forge your own path, trails are carefully designed to protect the landscape. Cutting new paths can erode hillsides, damage habitat and worsen stormwater issues.



Photo by Stacey Gray

Participants in FOW's "Hike and Heal" family hike, which took place last September.

Be courteous to fellow park users and to the park's wild residents. Keep dogs leashed, follow trail etiquette by yielding to the right and lead with kindness. Wissahickon Valley Park is a great place to recreate, and a vital native habitat. View wildlife at a safe distance and do not feed them.

We're fortunate to have this wild, beautiful, restorative landscape in our city, and I look forward to enjoying it with you all summer long. See you on the trail!

FRIENDS OF THE WISSAHICKON







Medicare & Us

Medicare Late Enrollment Penalties and How to Avoid Them

by Joan Adler, for the Shuttle

Medicare wants to be sure that you have been maintaining your health before you rely on their coverage. To this end, they want people to enroll in the proper parts of Medicare when they become eligible, rather than waiting until they get sick. They have instituted late enrollment penalties (LEPs) for people who don't enroll when they first become eligible.

Part B Late Enrollment Penalty

You may owe a Part B LEP if you delay enrolling in Medicare Part B after you are first eligible. For each 12-month period you delay enrollment, you will owe a 10% Part B premium penalty. If you delay enrollment for 24 months, you will owe the normal premium amount for Part B plus an additional 20%.

The Part B penalty will be added to your premium as long as you have Medicare, unless you are under 65. If you get a Medicare penalty before 65, it will go away when you reach age 65.

You won't owe an LEP if:

- You have insurance from your or your spouse's current employer and have been continuously covered since becoming Medicare eligible. You must have no more than eight consecutive months without coverage from either Medicare or insurance from your current employer.
- You are eligible for a Medicare Savings Program. This is an income-based program for people with low income.
- You qualify for a Special Enrollment Period because of exceptional circumstances.

Part D Late Enrollment Penalty

You may owe a Part D LEP if you delay enrolling in Medicare Part D after you are first eligible. For each month you delay enrollment, 1% of the Part D benchmark premium is added to your regular Part D premium for as long as you have Part D. This year, the benchmark premium is about $33 in Pennsylvania. This penalty will last as long as you are on Medicare, unless you are under 65.

You shouldn't owe an LEP if:

- You had creditable drug coverage during the time you delayed enrolling in Part D. This would usually come from employment coverage.
- You qualify for the Extra Help program, which is also geared to those with low income.
- You can prove that you received inadequate or inaccurate information about whether your drug coverage was creditable.

Most people won't owe a premium for Part A because of they or their spouse's Social Security work history. If you do owe a premium for Part A, you could owe a Part A LEP if you delay enrollment. Visit medicare.gov to find out more about Part A LEPs.

Frequently Asked Questions

What if you delay enrolling in Medicare Part B for 11 months. Will you still have an LEP?

Answer: The penalty applies for each full 12-month period or more that you delay Part B enrollment. Theoretically, if you delay enrolling in Medicare Part B for 11 months, you will not have a late enrollment penalty. However, it's important to be mindful of the timing and ensure you enroll before reaching that 12-month mark to avoid any penalties.

How can someone under age 65 get hit with a Part B LEP?

Answer: People who qualify for Medicare due to disability are automatically enrolled in Medicare Parts A and B after two years on Social Security Disability, but they can decline coverage if they choose. If someone under 65 who qualifies for Medicare due to a disability decides to decline Medicare Part B enrollment when they become eligible, they would have a Part B LEP when they sign up for Part B in the future. Once they turn 65 and have Part B, they would no longer have an LEP.

When does the eight-month window to enroll in Part B after leaving employer coverage apply?

Answer: If you have employer coverage and you leave your job, you have an eight-month window to enroll in Part B. If you do not enroll, you will have to wait for another enrollment period, which may be many months away and subject you to the late enrollment penalty. This eight-month timeframe starts the month after your employment ends or the month after your group health plan insurance ends, whichever comes first. However, even though you may not get a penalty during this time, you will not have Part B coverage if you become ill. Most people arrange for their Medicare Part B to begin the day after their employer-provided insurance ends.

Does the penalty change from year to year thereafter, or does it just become 10% of the next year's premium?

Answer: The penalty percentages do not change year to year. But since they are based on the current Part B and Part D premiums, the dollar amount you pay might change year to year because the premium amounts can change from year to year.

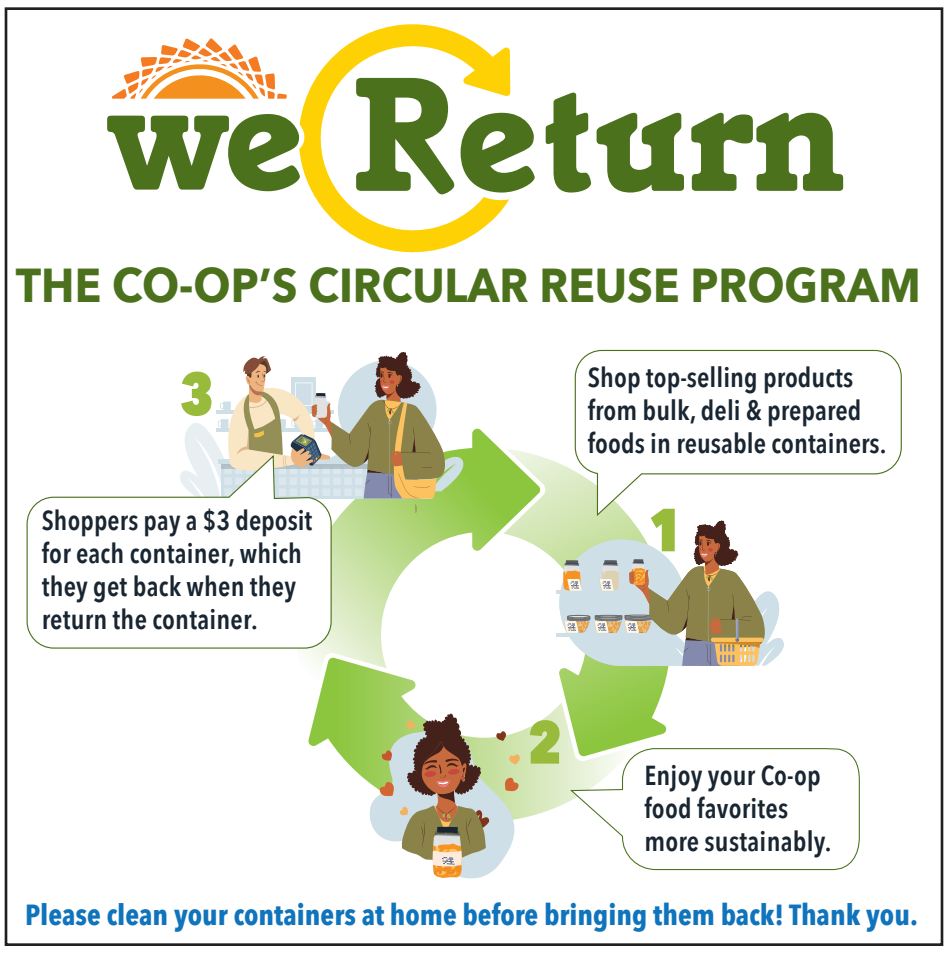
It's my understanding that you do not pay Part B LEPs if you have Federal Employee Health Benefits coverage carried over into retirement. Is that correct?

Answer: No. If you are over 65, you can avoid a Part B LEP by being covered by employment insurance or by enrolling within eight months of losing that coverage. While you can keep FEHB as primary insurance to Medicare into retirement, it does not prevent you from having a Part B LEP. If you decide to enroll in Medicare Part B more than eight months after retiring, you will likely have a Part B LEP.

I will be getting retirement insurance for five years from the City of Philadelphia. I have been told that I don't need to get Part B until this insurance ends.

Answer: Incorrect! You need Part B to work with your city coverage. If you do not have it, you will have an LEP for up to five years when you sign up for Part B.

Joan Adler is a Medicare counselor with Pennsylvania Medicare Education and Decision Insight (PA MEDI), a nonprofit funded through the Philadelphia Corporation for Aging. Email her with questions about Medicare at medicare-qa@weaversway.coop.





Don't Despair — Ways to Get Involved and Speak Out in Northwest Philly

by Lis Bass, for the Shuttle





Photos courtesy of Lis Bass

Above left, Northwest residents at an anti-ICE rally earlier this year. Above right, music to accompany the resistance.

In today's political climate, many community members want to take action. In Minneapolis last winter, local organizers coordinated 30,000 people who came out to protest the actions of U.S. Immigration and Customs Enforcement in the city. That number is inspiring, but you don't have to go to Minneapolis to get involved.

Your neighbors in Northwest Philadelphia have been working hard to organize against the current political situation. Rather than falling into despair or doom scrolling, I suggest that you join in the action.

The first step is to learn what's going on by researching and connecting with organizations. Then you can sign up for emails and join demonstrations.

There are amazing payoffs for joining in. Working with others can make you feel part of our community. Also, there's personal growth in volunteering; for example, learning to "step up or step back" at meetings is a practice that will serve you in many areas of life. When you're "stepping up," you share your ideas so the group can benefit from your participation. When you step back, you make sure there is space for all voices to be heard.

The goal of these actions is to recast this painful moment in history as the birth pangs of a better world. As Joan Baez said, "Action is the antidote to despair." Building a movement with your neighbors is a way to cultivate hope and an answer to isolation.

Here are a few local groups you may want to learn more about:

- American Civil Liberties Union. ACLU-PA: www.aclupa.org
- Asylum Pride (Supports LGBTQIA+ immigrants) www.asylumpridehouse.org
- Bread & Roses Community Fund (Funder of Grassroots Organizing) www.breadrosesfund.org
- Face to Face (Provides fresh hot meals, along with legal, health and social services to those in need) www.facetofacegermantown.org
- Families for Ceasefire familiesforceasefirephilly@gmail.com
- GREAT- Germantown Residents for Economic Alternatives Together (Community Support Organization fighting for Social Justice) www.greatgtown.org
- Indigenous Education www.indedu.org
- Indivisible Philadelphia (Progressive Political Action) www.indivisiblephiladelphia.com
- Immigrant Justice Coalition (a collection of immigrant solidarity groups) www.immigrantjusticecoalition.org
- Juntos (Community-led, latine immigrant organization in South Philly) www.vamosjuntos.org
- MAIN (Mt Airy Indivisible Neighbors) mtairyindivisible@gmail.com
- MANDI (Mt. Airy Diversity Initiative): mtairydiversityinitiative@gmail.com
- May Day Strong www.maydaystrong.org
- Movement Voter Project movement.vote/
- New Sanctuary Movement www.sanctuaryphiladelphia.org
- Northwest Philly No Ice www.nwphillynoice.com
- Philadelphia Neighborhood Networks: info@phillynn.org
- Prayers for Peace: prayersforpeacealliance.org. Palestinians and Jews support each other and organize to end U.S.support for Israeli anti-Palestinian violence, aggression and dispossession
- Reclaim Philly www.reclaimphiladelphia.org
- Third Act (for activists over 60) www.thirdact.org
- Teachers: The National Education Association and American Federation of Teachers have toolkits for immigrant solidarity
- Welcoming Homes (matches young adult immigrants with safe homes and caring families) www.welcominghomes.org

Demonstrations, events, and trainings:

- Interfaith Prayer Vigils: Wednesdays at noon outside the Philly office of Immigration and Customs Enforcement, 114 N. 8th St.
- We the People Wednesdays www.wethepeopleweds.org (music, speakers, action every week at Allen Lane Train station in Mt. Airy)
- Mondays at McCormick's: phillyprotest.com/event/mondays-at-mccormicks-3: Show Dave McCormick we need a senator who stands up for peace, justice and human rights.
- Fridays at Fetterman's: fridays-fettermans.mailchimpsites.com
- First Saturday of the month, Citizens Bank Chestnut Hill, 8623 Germantown Ave., 10 a.m. (Citizens supports the building of detention facilities).
- Vigils at ICE offices, 114 N. 8th St. (interfaith clergy and State Sen. Art Haywood): Mondays at 11 a.m. and Wednesdays at noon (New Sanctuary Movement).
- State Sen. Nikil Savall and City Council members Kendra Brooks and Rue Landau conduct Ice Out trainings. Go to training.iceoutphilly.org or request a training for your community: www.request.iceoutphilly.org
- Northwest Immigration Network (12 coalition organizations) nwrefugeeandimmigrant@gmail.com
- State Sen. Haywood conducts civil disobedience trainings and vigils at the ICE office: www.senatorhaywood.com
- State Rep. and Third District Democratic Congressional candidate Chris Rabb: www.rabbforthepeople.com

Let's build on what's here, share what we are doing and invite others to join us! If you have questions or need more information, email mtairydiversityinitiative@gmail.com.

A Hill Renovation Deep Dive at the Spring GMM

(Continued from Page 2)

said. "We need to focus on our neighbors. We need to focus on Pennsylvania agriculture."

Khan also talked about working with students from Norwood-Fontbonne Academy to draft a resolution for the state legislature about World Hunger Day May 28. The resolution, which included a reference to food insecurity worsening due to "recent federal changes", passed by a vote of 193-8, including yay votes from 90 Republicans.

Khan recently introduced another bill that would double the state's yearly investment in farms from $10 million to $19 million for agriculture innovation. So far, the bill has passed out of committee.

"It's really an honor to represent you all," he said. "It's the work of me and my colleagues in the House Democratic majority to make sure that we're investing in places like Weavers Way and make sure that we're investing in co-ops. Make sure that we're investing in local farms, make sure that we are investing in family farms, in family businesses and sustainability."

As part of his efforts to legislate a living wage in Pennsylvania, Khan is working to raise the minimum wage in the state to $15 an hour from the current $7.25. "We're hopeful that we'll get that passed in this budget with the governor," he said. "He's saying that's his top priority."

Lastly, Khan is working on securing more funding for SEPTA and other public transit agencies in the current budget. "We cannot expect our businesses to be able to survive, we cannot expect our economy to continue to grow in the Commonwealth, if we don't have public transit," he said.

Khan believes it's the job of legislators and citizens to fight for "things that are good" — including the Co-op.

"I'm committed to helping Weavers Way be great, to continue to help Weavers Way grow," he said. "And hopefully, we'll see continued growth in the next few years."

And the Winners Are…

The meeting concluded with the announcement of the results of the board election, read by Board President Cheryl Croxton. She preceded her announcement by thanking all those who have served on the board, past and present. In particular, she acknowledged outgoing board director Michael Hogan, who is finishing up seven-plus years of service on the board, including a stint as treasurer.

In all, 11.9% of the membership voted in the election, up from 10.82% the previous year. The four winners were Mia Ormes (1,390 votes), Vice President Kacy Manahan (1,308 votes), Benjamin Bartley (1,274 votes) and Maci Kociszewski (1,154 votes). Croxton thanked all the candidates and everyone who voted, and encouraged members to attend a board meeting in the future.

The Link Between Grocery Shopping and Investments

by Joe Pelusi, Esq., for the Shuttle

Here's something I think about when I'm buying lentils at Weavers Way: I am making an investment decision.

When I choose to buy lentils at the Co-op instead of from a supermarket chain whose parent company I couldn't name without Googling it (turns out it's owned by the Dutch!), I'm deciding where my money goes, who benefits from it and what kind of economy it helps build. I'm allocating capital, which is what investors do; I'm just doing it in a grocery store.

In our minds, these two activities are usually separate. Shopping is tangible: you can grab the oat milk, squeeze the avocado, fill the reusable bag. Investing is abstract (a ticker symbol, an annualized return, a risk profile). But the underlying logic is identical. Money talks, as the saying goes. What's your money saying?

If you shop at Weavers Way, it's saying that where your food comes from matters — that you believe a co-op owned by 14,000 locals like ourselves is a better business model than a chain owned by a multinational corporation. You've decided that a store sourcing from 300 local vendors, running its own farms, refusing to stock plastic bags since before it was cool and powering its buildings with solar panels is worth owning and patronizing. In other words, you have a set of values and are putting your money where those values are.

Do you do the same thing with the rest of your money?

For a lot of good, thoughtful people, the answer is no — not because they don't care, but because they don't know they can.

Over the past decade, sustainable investing has grown from a niche concern into a multitrillion-dollar movement. There are now hundreds of funds that allow you to align your wealth with your values, minimizing investment in fossil fuels (or tobacco, private prisons or weapons manufacturers, for example) and tilting instead toward investing in companies that lead on clean energy (or fair labor, corporate governance or gender equality). Some of these funds have competitive long-term track records, suggesting that aligning your investments with your values doesn't necessarily mean sacrificing your financial goals.

The recent political backlash against considering Environmental, Social and Governance risks when investing didn't emerge on its own. It was apparently organized and funded by the fossil fuel industry, based on Freedom of Information Act documents that demonstrated fossil fuel industry involvement in drafting and distributing anti-ESG legislation. There's probably a reason fossil fuel companies felt the need to spend that money.

None of this requires a finance degree. If you can choose between factory-farmed beef and black beans, you can choose between an index fund that includes every oil major in America and one that doesn't.

The climate crisis has been called the defining challenge of our time, and the financial system can be one of the most powerful tools we have for addressing it. Investing in a fossil fuel company enables the continued extraction of oil, gas and coal, which increases CO2 in the atmosphere and makes our weather extremely dangerous.

"There's 100 million people in the United States with $10 trillion in assets that have no idea that they're investing in their own destruction," said Andrew Behar, chief executive officer of the shareholder advocacy group As You Sow. "It's been completely hidden." We could instead take that money and invest it to try to create a world we actually want (and are able) to live in.

The climate problem is on all of our plates. We can help solve it in the grocery aisles and in our investment portfolios — because where our money goes, matters.

Joe Pelusi, Esq. (Ret.), CSRIC is the Founder and CEO of Green Investment Strategies, a wealth management firm dedicated to helping clients manage their wealth sustainably. Joe volunteers with Citizens Climate Lobby and the Environmental Voter Project and serves on the Board of Directors of the Sustainable Business Network of Greater Philadelphia and the Sustainability Advisory Committee for Montgomery County. He can be reached at joe@greeninvestmentstrategies.com.

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From the Lone Star State to the 'King of Ragtime"

In June, the Co-op's Racial Diversity, Equity and Inclusion Advisory Committee honors the many contributions of African Americans to our country's music scene as part of Black Music Month.

Like other semi-emancipated Black people, pianist and composer Scott Joplin (c.1868-1917) relied on music to nurture and elevate himself. Music was a means of processing grief, releasing emotions and instilling hope. Joplin's musical propensity was shaped by listening to his father playing the violin and his mother singing and playing banjo.

Joplin, who came to be known as the "King of Ragtime," played the piano by ear and was able to reproduce complex musical sounds and rhythms. Julius Weiss, his tutor, recognized Joplin's genius and taught him European classical music, opera, theory and composition.

Joplin's syncopated rhythms are the foundation of Black music and social dancing. He enshrined the slow drag, a ragtime musical form and social dance.

His 1911 opera "Treemonisha" centered on Black life and was initially performed in 1915. "Treemonisha"'s philosophical orations aroused Black consciousness while promoting dignity, education, and communal and moral courage.

—Rosa Lewis

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Racial Diversity, Equity, and Inclusion







Weaving in the Natives

Coreopsis is Easy to Grow and is a Pollinator Fan Favorite

by Charlotte Kidd, for the Shuttle

COREOPSIS (KOR-E-OP-SIS) SHOULD BE IN EVERY perennial and vegetable gardener's vocabulary and garden, IMHO. Tickseed is this daisylike flower's common name, referring to its small, dark seeds.

In the Victorian language of flowers, though, coreopsis represents cheerfulness, sunshine, joy.

Coreopsis is closer to the "native" species that grow better in the northeastern United States than the fancy, highly hybridized cultivars developed in sandy-soiled Netherlands nurseries. The coddled, specialized hybrids grab our gaze with their multicolored flowers, but they can be short-lived here. Their foliage succumbs to mildew or their roots rot in our winter-moist, clay soil.

So back to our tried and true natives.

My favorite tickseed is Coreopsis tripteris 'Gold Standard' that came into my life as a gift plant from the Mt. Cuba Center in Hockessin, DE. I have been dividing and sharing this tall sun lover ever since. It's drought-tolerant, a months-long bloomer and loved by pollinators. Sun-loving here means at least six to eight hours of direct sunlight. Well-drained soil is crucial.

In its 2012-2014 trials, Mt. Cuba found Coreopsis tripteris 'Gold Standard' outstanding, one of two top recommendations.

> Coreopsis tripteris 'Gold Standard' combines all of the great attributes of the straight species, like excellent hardiness and disease resistance with a smaller and sturdier habit. Although still a large plant just under 6 feet tall, 'Gold Standard' has strong stems that never flop.
>
> *—From Mt. Cuba Center's 2015 trial notes summary*

Gold Standard's many bright yellow flowers with dark cones can appear like fluttery butterflies — light and airy, though en masse. Removing the dead flowers will prolong plant bloom. Two techniques: Clipping each flower off individually, or shearing off a section. Usually I start by removing each dead flower, which is tedious. Eventually, I shift to shortening several stems with the most dead flowers.



This rhizomatous perennial spreads about two feet over three years, and is never fussy. It's easy to divide by year two. You can extend the bloom time by staggering the stem height.

I like to have several stands in a large garden, shortening each group of stems differently for varying bloom times.With one cluster in a small garden, I'll leave several stems tall, shorten a third by about 18 inches, and another third by a foot.

Besides its ease of growth, 'Gold Standard' is known in Mt. Cuba as a "fantastic pollinator plant," writes Melissa Starkey of the Mt.Cuba staff. "We have seen everything from bumblebees to swallowtail butterflies on the blooms, which are produced for months. The seeds are a gold finch favorite."



Starkey continues, "The pollinator study done by Owen Cass in the coreopsis trial showed that the majority of pollinators are bumblebees, with smaller portions of dark and green sweat bees observed. Some wasps and hover flies were also counted."

Local Color

In April in our West Mt. Airy neighborhood, gardener Andy Croft spied a sweat bee on the dead brown stock of a coreopsis 'Gold Standard'. Late last fall, he clipped post-bloom stems back to about 12" to 16" high, for winter use by insects.The thoughtful effort was successful. Voila! Come spring, a living sweat bee was atop one stem he'd shortened. Croft said the tiny bee had nested inside the dead stalk, making chambers for its eggs.

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Brenda's Cat Tales

The Importance of Caring for Your Cat's Teeth

by Brenda Malinics, for the Shuttle

Dental disease is one of the most commonly overlooked clinical conditions to occur in cats, and it is entirely preventable. Dental care is a major part of keeping cats healthy, yet few cat owners realize this.

A vet should check your cat's teeth at every visit. The American Veterinary Dental College reports that most cats have the beginnings of dental disease by age 3.

Human medical research links poor oral health to an increased risk of several diseases, and the same is true for cats. Bacteria enters the bloodstream from infected gums and decayed teeth and can adversely affect many of your cat's organs, including the heart, kidneys and liver.

If you've ever had a toothache, you can relate to the pain your cat may be feeling. Cats are experts at hiding pain and can appear to be eating normally, when in fact they are gulping down food whole and bypassing their gums, teeth and/or mouth ulcers. Problems like gingivitis, severe inflammation, tooth resorption, exposed roots and infections will eventually lead to loose or lost teeth.

In the case of tooth resorption, lesions begin at the root and move upward inside the tooth, eating it away from the inside out. This incredibly painful condition can go undetected for years. A cat can be in constant pain, but you will never suspect there is a problem in the mouth.

Once dental conditions advance, you may notice bad breath, drooling, dropping food, pawing at the mouth, red or bleeding gums, reduced appetite, weight loss, irritability and even hiding. Please do not assume that because your cat is eating, its teeth are healthy. This is not the case.

There is a dreaded condition called stomatitis which seems to be prevalent in community cats that have had poor nutrition and have lived in a state of constant stress. The actual cause of stomatitis is not completely understood. It is thought to be a debilitating autoimmune disease, causes ulcers in the mouth and throat and brings with it severe inflammation. Often, cats need to have all their teeth removed, since the body seems to be allergic to the tooth enamel.

Please note that cats with no teeth can still eat dry food once their gums harden. Several of my resident cats have no teeth, and the only extra care they need is to have their claws cut regularly because they cannot chew them down. You would never know which of my cats have teeth and which have none.

Vets often recommend brushing teeth to keep bacteria down, but I have never been able to brush any of my cats' teeth. I have, however, successfully been able to get vet recommended toothpaste into their mouths to help cut down on bacteria.

Never use human toothpaste on cats, since some ingredients are toxic to animals. You can find dental water additives to prevent bacteria, over-the-counter dental food that sloughs off plaque and tartar due to larger, marble-size kibble, and tasty dental treats.

Cats need to be anesthetized to have their teeth cleaned or extracted. Dental X-rays are necessary to assess tooth decay under the gums, and pre-surgery bloodwork is also recommended. Post-extraction X-rays are essential to confirm that there are no broken roots in the gums.

Proactive dental care should be a routine part of your cat's annual wellness visit; it will make the difference in their comfort and long-term health. A pain-free cat is a happy cat, and happy cats mean happy humans.

Meet Mia!



Mia is a cute, smart, talkative, sweet female who just had a dental and is in great health. She is FIV+ and a great human companion. She prefers to be a solo cat and would do best in a quiet home with adults.

Contact Brenda'sCatRescue at 215-872-1636.

Brenda Malinics has worked with cats for over 65 years and founded the nonprofit Brenda's Cat Rescue. She also has over 35 years of wildlife rehab experience, and is a bat specialist.

Wellcare Premium Change Leaves Many Without a Drug Plan

by Joan Adler, for the Shuttle

About 131,000 Medicare members of Wellcare Value Script Prescription Drug Plan have been terminated from their plans for "lack of payment." As a result, most of these members will now have to wait for the next open enrollment for coverage unless they qualify for a special enrollment period.

In 2025, Wellcare Value Script PDP Plans had a $0 monthly premium. Members could select for their premium to be withheld from their Social Security check, and Wellcare shared when a member selected SSA withholding for a $0 premium plan. The Centers for Medicare and Medicaid Services automatically set the members to be directly billed instead, and then Wellcare systems updated their information accordingly.

As of this year, the Wellcare PDP plan now charges a monthly premium ($8.80 in Philadelphia.) Members who did not actively select an alternate form of payment, or asked to have it deducted from their Social Security, were directly billed by Wellcare. This applies to members who were already on Wellcare and elected to keep it.

Since they weren't signing up for a new plan, members could not choose to have their premiums automatically deducted from their Social Security. Many members received a coupon book for payment of their premiums, but since they didn't understand that they were being billed, they didn't make their payments.

Approximately 96,000 Wellcare members were terminated at the end of March due to their failure to pay plan premiums. About 35,000 members were terminated at the end of April for the same reason.

Most members have been deemed not eligible for a Good Cause reinstatement of their Drug Plan, even if they offered to pay what they owe. This means that they will be without a Part D Drug Plan for the rest of 2026. They will then begin to be charged a late enrollment penalty for the months they remain without a plan, and this penalty will stay with most of them for the rest of their lives.

There is almost no way to get a new Part D Drug Plan for this year, except for the following reasons:

If a member is on a low income subsidy like Extra Help, they can get their medications through a program called LI-NET. Some, but not all, pharmacists are familiar with this program.

- If a member is eligible for PACE or PACENET, they can enroll during a special enrollment period to get a new drug plan for 2026.
- All others will have to pay for their medications out of pocket for the rest of the year.
- The next opportunity for most people to sign up for a new Part D drug plan will be during Medicare Open Enrollment, from Oct. 15-Dec. 7. The plan will start on Jan. 1, 2027.

I advise that everyone affected by this Wellcare issue call their representatives in Congress and make them aware of the situation. In Philadelphia, that's Rep. Dwight Evans: 215-276-0340 or 215-225-4001. In Montgomery County, contact Rep. Madeleine Dean at 215-884-4300. You can reach Sen.Dave McCormick at 215-405-9660, and Sen.John Fetterman at 215-241-1090.

Joan Adler is the Shuttle's "Medicare & Us" columnist.

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Out-of- the-Way Treasures Emerge During MALT Hidden Gardens Tour



Mt. Airy Learning Tree invites the community to explore inspiring private gardens in Northwest Philadelphia during its Annual Hidden Gardens Tour Jun.14 from 11 a.m. to 4 p.m.

A beloved neighborhood tradition for more than 38 years, the Hidden Gardens Tour offers attendees the opportunity to visit enchanting gardens filled with trees, flowers, unique vegetable beds and a mix of native and non-native plants. Guests can meet neighbors, gather ideas for their own landscapes and enjoy conversations with fellow gardeners, who will be on hand throughout the day to answer questions and share inspiration.

This year's self-paced, self-guided tour also includes a native plant stroll in West Mt. Airy. Because the gardens are located throughout the neighborhood, driving your own car is recommended. A bike route will also be available.

As part of a longstanding tradition, the gardens will remain "hidden" until the day of the tour. Attendees will receive a booklet, map and wristband at check-in between 11a.m. and 1 p.m. at Ned Wolf Park, located at McCallum and West Ellet Streets in Mt. Airy. The gardens will remain open until 4 p.m. The tour takes place rain or shine.

Tickets are $35 in advance and $40 the day of the event. To purchase tickets or learn more, visit www.mtairylearningtree.org or call 215-843-6333.

MALT thanks the sponsors who make the annual Hidden Gardens Tour possible:

- **Sweet Sassafras Sponsors:** Elfant Wissahickon Realtors
- **Flower Dogwood Sponsors:** Univest Financial, Philly Office Retail, Bowman Properties, Airy Kitchens
- **Spring Cherry Blossom Sponsors:** Living Well Homes Collective, Weavers Way Co-op

For more information about classes, programs and events, visit www.mtairylearningtree.org. MALT's office is located at 6601 Greene St. in Mt. Airy. Follow MALT on social media: @mtairylearningtree.

'Curious Incident' Caps Off Stagecrafters' 2025-26 Season

The Stagecrafters Theater will close out its 2025-26 season with a production of the Simon Stephens play "The Curious Incident of the Dog in the Night-Time" Jun. 12-28.

The play's protagonist, Christopher, is a mathematically talented teen who knows every prime number up to 7,057, detests the color yellow and prefers the company of animals over humans. His mind allows him to see the world in a way that is detailed, logical and deeply (sometimes uncomfortably) honest.

When Christopher discovers that his neighbor's dog has been killed, he decides that he must be the detective who solves the murder. This decision leads to discoveries that turn his world upside down, drawing him beyond the boundaries of his carefully ordered life and into an unfamiliar, overwhelming place.

This powerful play, adapted from the bestselling novel by Mark Haddon, is a celebration of courage, curiosity and what it means to navigate a world that isn't always designed with everyone in mind.

Thursday, Friday and Saturday performances will begin at 8 p.m., with matinee performances on Sunday, Jun. 14, 21 and 28 at 2 p.m. Thursday evening tickets are $20 each when purchased online. All other performances are $26 online and $30 at the door. Discounts are available for students with a valid ID, seniors 65 and over, industry members and groups of 15 or more.

The Stagecrafters is located at 8130 Germantown Ave. in Chestnut Hill. For more information and to purchase tickets, go to thestagecrafters.org.



Join us for Mt. Airy Learning Tree's 2026 Annual Hidden Gardens Tour!
Sunday, June 14 | 11 AM - 4 PM
Explore enchanting gardens bursting with gorgeous trees, vibrant flowers, and unique vegetable beds. The tour is self-paced and self-guided, and includes a Native Plant Stroll in West Mt. Airy! Gardeners will be on-hand to answer your questions. This event supports MALT's programs while celebrating the beauty of our neighborhood.
The tour is rain or shine. This is not a walking tour; driving is recommended. We will also provide a bike route.
Pick up your map and wristband on the day of the tour, between 11 am and 1 pm at Ned Wolf Park, 7018 McCallum St. at W. Ellet St.
$35 advance; $40 day-of-tour tickets
Buy tickets at mtairylearningtree.org or call 215-843-6333.
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Join Us to Care for Blue Bell's Slice of the Wissahickon

by Margaret Rohde, Wissahickon Trails' Associate Conservation Director

We talk a lot about "stewardship" in the world of environmental protection. At its core, most understand this as "the careful and responsible management of something entrusted to one's care."

It's a simple definition for a significant undertaking. For a small organization managing nearly 25 miles of trails and over 650 acres of preserved land, with few (albeit dedicated) staff, practicing stewardship at this scale is no small feat.

That's where community support makes all the difference.

So much of what we accomplish each year is possible because of the people who value natural lands and who are willing to give their time, energy and enthusiasm to help us meet our goals. As with most things in life, many hands make possible what a few could not.





Photos by Margaret Rohde

The slice of the Wissahickon Creek that cuts through Penllyn Natural Area in Blue Bell.

This year, we are focusing stewardship efforts at Penllyn Natural Area through "Serve the Preserve" workdays, which take place on the third Thursday of each month now through October from 9 to 11 a.m. All tools and instruction are provided.

While stewardship continues across all our preserves, Penllyn is a focus this season for good reason: It is guided by a 10-year management plan, finalized at the end of 2025. The plan outlines our priorities for the decade ahead, from maintaining healthy habitats to improving trail access and visitor experience. These monthly workdays make it possible for us to turn that plan into consistent, on-the-ground action.

Penllyn Natural Area is a 23-acre preserve adjacent to Penllyn Woods Park. The Wissahickon Creek flows through it, and a section of the 10.5-mile Green Ribbon Trail winds along its edge for about a quarter of a mile, passing through oak, hickory, black cherry and beech forests. It holds a special place in our history, too, because it was the first piece of land preserved by Wissahickon Trails.

Like all natural areas, Penllyn has its challenges: invasive species, trail erosion and a need for improved access and wayfinding. But on a recent morning, it was alive with migrating birds, the sounds of moving water and the brilliant green of new spring leaves pushing through the canopy. These places require care because they, in turn, care for us.

We hope you'll join us on a Thursday morning this spring, summer or fall and become a part of stewarding Penllyn Natural Area. For more details and to sign up, visit www.wissahickontrails.org/events.

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Transitioning Your Garden from Spring to Summer Bulbs

by Sally McCabe, for the Shuttle

The April garden is a technicolor dream of tulips, daffodils and hyacinths, but by late May, the party is over. The vibrant petals have dropped, leaving behind a sea of floppy, yellowing leaves that look more like a neglected lawn than a curated landscape. It's the "awkward teenage phase" of the garden, and it leaves many gardeners asking: What now? Do I leave them? Pull them? Is it too late to plant something else?

To keep your garden blooming without a "brown-out" gap, you need to understand the fundamental differences between spring and summer bulbs. Think of it as a relay race: The spring bulbs have run their lap, and now it's time for the heat-loving summer showstoppers to take the baton.

Spring vs. Summer Bulbs: What's the Difference?

The primary difference lies in the internal clocks of these bulbs and their relationship to the weather. Spring bulbs are planted in the autumn, and require a cold dormant period — a "big chill" — to reset their growth cycle. They are hardy perennials that withstand our sub-freezing winters and provide an early season spring tonic for the soul. However, they are short-distance runners; once the heat of June hits, they are ready to go dormant.

Summer bulbs include dahlias, cannas and gladiolus. They crave the heat and most are tropical or semi-tropical, meaning they aren't particularly winter hardy here in Zone 7. They offer a much longer bloom window, often going from mid-summer until the first frost kills the foliage.

We're calling them all bulbs because it's convenient, but many are actually corms, rhizomes, tubers and stolons.

Rhizomes, tubers, corms, and stolons are examples of modified stems. They are specialized underground or horizontal stems used by plants for nutrient storage, asexual reproduction and survival over winter or dormant seasons.

- **Rhizomes:** Horizontal underground stems (e.g., iris)
- **Tubers:** Swollen, starchy underground stems (e.g., potatoes)
- **Corms**: Vertical, fleshy underground storage stems (e.g., gladiolus)
- **Stolons:** Horizontal stems running above or just below the soil surface (e.g., strawberry runners)
- **Storage Roots:** Just what it sounds like (sweet potatoes)

The most common mistake gardeners make once spring bulbs are done is to clean them up too early. Leave the foliage alone. Those fading leaves are solar panels that send energy down to the bulb to create next year's flowers. If you cut them while they're green, your bulbs will return smaller next year, if they return at all.

You have my permission to get rid of anything you don't like the look of once it turns yellow and pulls away from the ground with a gentle tug. If it's still anchored firmly, it's still doing the work.

To hide the mess of fading leaves from spent bulbs, tuck your bulbs behind emerging perennials like hostas or amsonia — or plant shallow-rooted annuals around the bulb base once the ground warms. They'll hide the "yellowing" without competing for deep nutrients.

Don't plant summer bulbs until the soil is consistently 60°F. If you plant a dahlia tuber or a canna rhizome in cold, soggy April soil, it's more likely to rot than grow.

Planting Summer Bulbs For a Strong Second Season

For bold, reliable color, I always lean on a few favorites that bring a "good story" to the garden:

- **Dahlias:** The undisputed kings of the late summer garden. Their sizes range from dinner-plate to tiny pompoms.
- **Cannas:** Great for height and a tropical, "machete-required" look.
- **Gladiolus:** Perfect for vertical interest. I recommend planting a few every two weeks from May through June to ensure you have fresh spikes for cutting all summer long.

Can you plant summer bulbs among spring bulbs? Absolutely. As your daffodils start to flag, you can tuck dahlia tubers into the spaces between them. Just be mindful not to slice through your spring bulbs with your trowel!

Can you leave bulbs in the ground? For spring bulbs, yes; they need the winter cold. For summer bulbs in Zone 7, it's a gamble. While a mild winter might let a canna survive with heavy mulch, most dahlias and gladiolus will turn to mush if the ground freezes. Even so, take chances.

How to Store Bulbs for Winter:

1. Lift them gently after the first frost blackens the foliage.
2. Brush off the dirt and let them air dry in a garage or shed for a few days.
3. Pack them in peat moss, vermiculite or even shredded newspaper and put them in a cool, dark place (like a basement). Check on them once a month to ensure they aren't shriveling or rotting.

If the "relay race" in your garden beds sounds too complicated, try growing bulbs in pots. You can have a pot of tulips on your front porch in April and when they finish, move the pot to a "nursery" area in the backyard to let the foliage die back privately. You can then swap it out for a fresh container of pre-started dahlias or caladiums. It's instant gratification gardening, which is ideal for small spaces or urban patios.



Photo courtesy Morgan Horell

Common Mistakes to Avoid:

- Never tie, braid, or bunch bulb leaves. It restricts the "solar panel" surface area and invites mold.
- Don't plant summer bulbs in heavy shade; they need six to eight hours of sun to fruit and flower. You can get away with it the first year, since there's energy stored already in the bulb, but without enough light, there'll be nothing stored for the following year.
- Don't use "fill dirt." Bulbs are high-performance plants. They prefer loose, well-draining soil, especially in raised beds, to keep the bulbs from rotting.
- Don't view the end of spring blooms as a loss — view it as an opportunity. The rhythm of the garden is about ebb and flow. By managing your spring bulb aftercare and timing your summer bulb planting, you can eliminate the summer gap and keep your landscape vibrant from the first crocus to the last dahlia.

At the end of the day, gardening is about experimentation. Maybe this is the year you try a storage tomato in the same bed as your gladiolus, or finally surrender to the "chickweed tonic" while waiting for your dahlias to sprout. Whatever you choose, keep growing!

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

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The Worldwide Efforts to Protect and Plant More Trees

by Sandy Folzer, Weavers Way Environment Committee

EVERYWHERE, PEOPLE RECOGNIZE the critical need for trees.

Colombia: The world's second most biodiverse country is reducing deforestation in its part of the Amazon rainforest. Outgoing President Gustavo Petro's strategy is to compensate farmers for maintaining wooded areas and to work with armed groups that have significant power in forest areas.

In Bogota, trees are being planted in poor neighborhoods, which typically have toxic air, to reduce air pollution. Major streets are sometimes closed to traffic so people can bike and walk in cleaner air. At the turn of the century, Bogota was one of the most polluted cities in Latin America, with particulate levels that were seven times over the limit set by the World Health Organization. But between 2018 and 2024, pollution has been cut by 24%, according to a Jan. 26 article in The Guardian.

One major factor was cleaner transportation. Bogota has 350 miles of cycle lanes, the largest network in Latin America. It also has one of the world's biggest fleet of electric buses and has expanded its cable car lines so that residents can commute into the city. Bogota is prioritizing environmental justice, so the city is making changes where they are most needed.

Bosa, a poor southern district, has high respiratory illness rates. An initiative there includes repaving dirt roads, rerouting freight traffic away from schools and planting trees to create buffer zones between highways and homes. New urban forests and green corridors are planned. Breathing easily should not depend on your zip code.

Bolivia: The largest landlocked country in South America is working to protect its biodiverse forests by establishing a new protected area between two indigenous reserves. This allows wildlife, including jaguars, to move between wild areas and flourish. The protected area exceeds one million acres and safeguards wildlife and trees, along with protecting the headwaters of the San Antonio River, upon which thousands depend for water.

Brazil: Sebastião Salgado, a well-known photographer, and his wife restored desiccated land totaling 1,500 acres.They planted 20 million trees from 290 different species between 2001 and 2019. Today, over 173 bird species have been identified there.

Chile and Argentina: Forests have tripled in size over the last 100 years.

Kristine Tompkins, who retired from Patagonia in 1993 after 20 years as its CEO, began buying land and donating it for national parks in Chile and Argentina along with her husband, Douglas, founder of the North Face clothing company. Over 15 million acres have been set aside as national parks.



Congo: The Congo has 10% of the world's tropical forests, but mining and illegal logging has caused deforestation there. A government program planned to plant one billion trees to alleviate climate change and protect biodiversity. While the plan was admirable, many trees didn't survive, because there was not enough followup or research done about which trees were best for specific areas. For example, endemic species like the African juniper and baobab would have been better choices than eucalyptus. Their efforts remind us that planting trees is not enough; planning and maintenance are crucial.

Kazakhstan: The country planted 50,000 trees between 2021 and 2024 in hopes of laying a foundation for a resilient ecosystem. Tigers will soon be reintroduced to the area, where native trees can help support them

Portugal: In response to the over one million acres of forests burned in wildfires across the country from 1980 to 2023, 19-year-old students Marta Bernardino and Sebastio Mendonça last year invented a spiderlike robot that can reforest hard-to-reach areas. It's able to plant 28% faster than humans with a 90% survival rate, and can plant 200 saplings per hour. Furthermore, its light movement doesn't impact the soil. It also has sensors that analyze the soil and GPS coordinates so trees can be monitored remotely.

China: In rural Youyu county, trees were planted over 240,000 acres last year. This has transformed a desert into a fertile land with grasses, Mongolian pine and larch trees as well as orchards.

Romania: In the Carpathian Mountains, there are 5,000 secular beeches, the highest concentration in Europe. To protect the trees, a nonprofit has been established so that people may adopt specific trees.

Principe, Africa: On this tiny West African island, people are paid to protect the rainforest, also known as the "African Galapagos."Billionaire Mark Shuttleworth pays dividends directly to islanders to be stewards of the land.

United States: Between 2000 and 2020, there was an 8% increase in tree cover throughout the country. Even when tree cover is small, it increases biodiversity, prevents erosion, reduces temperature and is known to calm people.

Another benefit of trees is that scientists are better able to predict volcanic eruptions after carbon dioxide gases are released from the magna below the earth. Trees absorb the gas and become more green and vibrant, which can be observed by satellites. Parts of the United States which are at risk from volcanic eruptions include northern California, southwest Alaska and Hawaii.

Even small efforts make a difference. Small urban spaces using yards, rooftops and tiny areas can decrease the temperature significantly, according to a 2021 Australian study. In Philadelphia, local volunteers have banded together to form Cool Down NWPhilly with the aim of planting trees in poor communities.

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If You Have Space, Grow Vegetables!

by Marsha Low, Weavers Way Environment Committee

It's prime growing season in our neck of the woods. If you have a lawn and were thinking of converting part of it into a garden, now would be a good time. A better time would have been months ago, when you could have killed off part of your lawn by solarizing it. But you can still till it and get the area in good enough shape to plant. Even a small garden can yield a lot of produce.

After digging up part of your lawn, make sure to test your soil pH level. If you're concerned about the presence of heavy metals in your soil, you can test for them, too. Even if you don't have a lawn or much of a yard, you can plant vegetables in containers on a patio or balcony.

Converting part of a useless lawn that takes time and energy to mow into something that is useful and helps keep you and your family healthy is always a good idea. But it may be an even better idea now because of the situation in the Middle East. Since the Strait of Hormuz is still closed as of this writing, the 20% of the world's petroleum supply that usually passes through there is sitting on oil tankers that can't get through, and gas prices are rising steadily. Diesel is even more expensive than gas (as of the last week of May, the national average price was $5.64 a gallon).

Some experts, including economist Jeff Currie, say supplies of diesel (and gas) could run out by early July of this year. Seventy percent of food and food products are transported around the country by trucks, which run on diesel, so higher grocery bills and even some food shortages could result. Better to be safe than sorry, but even if this scenario doesn't play out, growing your own fresh produce is a win for you and your family! If you live near a community garden and can get a plot there, all the better, since gardening with others is a lot more fun than gardening alone.

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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. I have a vague recollection of Ultraman, a fictional TV character with special powers who appeared on TV in the late '60s. Utraman, per the typical superhero identity of the times, helped fight evil characters like giant serpents of the sea who for unknown reasons were motivated to destroy humans and their buildings by breathing fire on them or using a destructive force they could shoot out of their eyes.

The word "ultra" has been in the news off and on this past year, also as a destructive force. That's partially because Secretary of Health and Human Services Robert F. Kennedy Jr.'s " Make Our Children Healthy Again" plan includes reducing consumption of ultra-processed foods. Unlike many in political positions these days, the view that the consumption of lots of ultra-processed foods results in negative health issues is not that controversial. However, an officially accepted definition of what ultra-processed food is does not yet exist, so it's a bit of a free-for-all with the government, universities and certifiers (like the non-GMO Project) coming up with their own definitions, or trying to.

This reminds me of what happened in 2018 with the word "natural." The U.S. Food and Drug Administration took a few swings at defining it due to receiving three citizen petitions. Eventually, they gave up.

Basically, "ultra" means way beyond normal limits; "extreme" is part of the definition. Given that most food is processed in some way, even if it's just drying or cooking and packaging, defining "ultra-processed" seems a question of degree. If you pick an apple off a tree and eat it, that seems pretty unprocessed. Maybe you ran it under a hose to rinse any bird poop or insect debris off it, so that could be the beginning of "minimally processed."



If you cut, peel, cook, dehydrate, press, add preservatives or do anything else to the apple, that's more processing. If, after any such processing you put it in a package and store or ship it in a refrigerated truck, is that more processing?

Some packaging involves more processing. For example, aseptic packaging requires the food going into it be sterilized first. What about nitrogen flushing: Is that processing? What about controlled atmosphere storage (which happens to most commercially available apples after the fall)? These processes don't change the food, but didn't exist until advances in technology occurred. Where does fortification exist in the "ultra-processed" definition? Is the "ultra-processed" definition going to be a relative and perception-based term, like in 1964 when Supreme Court Justice Potter Stewart referred to obscenity and pornography as "I know it when I see it"?

Most of us would agree that many items on grocery shelves are ultra-processed. Artificially colored and flavored foods come to mind, including snack foods like Cheetos, most fast foods, frozen pizza, donuts, pudding, etc.

However, there are people trying to come up with a more specific definition, and one group is pushing their "Non-UPF Certified" label program. Another group has claimed their program "… leverages a database of 8,500 ingredients and… 130,000 terms that get used on labels. To date, WISEcode has parsed and scored more than 940,000 foods." This seems like ultra-analyzing to me and is a sign of the state of our food system. How much easier would it be for consumers to have a basic understanding of ingredients that typically appear on packaged foods and avoid the ones they find unhealthy?

(Continued next page)

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Norman Says:
EMAIL YOUR SUGGESTIONS TO
suggestions4norman@weaversway.coop
Read SUGGESTIONS by Purchasing Manager Norman Weiss every month in the Shuttle.

International Co-op Principles
1 Voluntary and Open Membership
2 Democratic Member-Owner Control
3 Member-Owner Economic Participation
4 Autonomy and Independence
5 Education, Training and Information
6 Cooperation Among Cooperatives
7 Concern for Community

(Continued from previous page)

suggestions and responses:

s: "I'm wondering if any of the Weavers Way stores have curry leaves. Can I order them?"

r: (Matt) Unfortunately, it doesn't look like any of our stores currently stock curry leaves.

I would be happy to connect you with our buyers to help explore preorder options.

s: "I and some of my friends and family would love to buy our granola from Weavers Way, but most have seed oils. I found one that I love and it is local and made with butter. Would you consider carrying Granola Factory granola, particularly Grains & Honey, which is made with organic oats? Almost all of them are good, though. Overall, I think it's a solid brand to add to your granola lineup."

r: (Matt) Thanks for the recommendation of Granola Factory. We'll keep it under consideration as we evaluate our product selection. In the meantime, Granola Factory is available via our Provisions program in cases of six bags.

(Norman) Seems like there is a lot of confusion about seed oils. The concern is often around whether omega-6 oils contribute to inflammation. There is skepticism about this among researchers and dietary professionals, as an online query will show. That seed oils are considered unhealthy also touches on the ultra-processed issue.

There are many issues involved. Some seed oils are GMO, hexane-extracted, refined, and otherwise heavily (ultra) processed, while others may be organic, expeller pressed, unrefined and minimally processed.

So the production is one aspect. Then there is the omega 6 — omega 3 fat balance issue, which you can read about online to your heart's content (and the effect on heart disease is one of the controversial issues). There is also the issue of the way seed oils are used in restaurants, being heated over and over, since that presents its own set of health issues. Since everyone's body, resources and food situation is unique, self-education in food and food systems seems a worthy endeavor, especially given the research resources available to us these days.

s: "We should copy Starbucks, which now has the option for customers to use AI to pick their drink, for our made-to-order sandwich and bowl programs."

r: (Norman) Imagine finding inspiration in a bowl of Weavers Way black beans and rice; talk about "value added"! By the way, our bowl programs at Ambler and Gewrmantown have been a big hit among shoppers.

> **"Ultra' means 'Way beyond normal limits."**

We're hoping to find a way to add it to Chestnut Hill and Mt. Airy, but it's challenging due to the amount of space required.

s: "Regarding Better Than Bullion Vegetarian No Chicken Base, there is a statement on the label that it 'contains bioengineered food ingredients.' Would you explore and explicate what this means? First I automatically recoiled, then thought about whether splicing a pear limb onto an apple tree would be considered bioengineering."

r: (Norman) "Bioengineered" in food means GMOs were used in the production of one of the ingredients. In this case, I suspect it could be the corn in the hydrolyzed corn protein, or the canola oil, or both. Some definitions: "GMO" (Genetically Modified Organism): A broad term describing any plant, animal or microorganism whose genetic makeup has been modified using biotechnology. "Bioengineered" (BE): A subset of GMOs.

Under U.S.Department of Agriculture standards, only foods containing detectable modified DNA require the "bioengineered" label. Key distinctions are: Labeling: "Bioengineered" is the legal term for USDA labeling, replacing the term "GMO" on packaging. "Detectability": Some GMO products, like highly refined oils or sugars (e.g., from sugar beets), may not contain detectable modified genetic material, meaning they are GMOs but not labeled "bioengineered." Regulation: Bioengineered definitions in the United States generally exclude refined products, meat, poultry and eggs, whereas the broader term GMO usually covers them. One might ask, are foods containing bioengineered ingredients ultra processed? Seems like they are ultra something.

s: "I love that the Germantown location of the Co-op stocks whole wheat pasta, but it has the exact same shapes from two different mainstream brands (I think the Italian-sounding one might be organic or something). Can we carry more varied whole wheat pasta shapes from Barilla or the other brand? Rigatoni, anyone?"

r: (Matt) I did some digging into our vendors' catalogs to see what else we may be able to offer for whole wheat pasta shapes and unfortunately, it looks like the only shape available that we aren't already stocking is angel hair from Barilla. While some brands may produce more exciting shapes of whole wheat pasta, it appears that demand is low enough at this time that our suppliers aren't necessarily offering them. I will keep an eye out for opportunities to mix up the whole wheat pasta selection in the future. Please don't hesitate to reach out if you have any further questions or feedback.

(Norman) I question the value of any pasta shape, since it's all getting chewed up in your mouth, anyway. I know people claim some shapes hold sauce better, but if you want more sauce, why not eat your pasta with a spoon? I do think we need the noodle shaped pastas for those that want the twirl experience. (Matt) If you boil the pasta long enough, it'll soften to the point where you could reshape it to whatever shape you'd like, then put it in the dehydrator overnight and it'll be ready to go as dried pasta for tomorrow night!

s: "Will we have peaches this year?"

r: (Norman) We will have peaches, but there won't be many local ones due to the unusual weather events in April — warmth followed by two freezes. Apples will also be affected.

Both New Jersey and Pennsylvania were affected, and the governors are asking the federal government for assistance for the farmers. Moving forward, part of an orchard farmer's task is to think about 2027, since trees that didn't produce fruit due to cold have different management needs than trees that produced fruit. It can get pretty location specific; even in the same orchard, some trees could have been more affected than other trees depending on where the cold settled and for how long.

A hidden gem of Weavers Way is our own orchard on the Saul High School campus, which is invisible from the road. We've grown figs, persimmons, pawpaws and Asian pears. Our Farm Manager, Alessandro Aschiero, reports that we were fortunate not to have suffered any damage, possibly due to Philadelphia being somewhat of an urban heat island.

weavers way coop

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WEAVERS WAY **ENDS**

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

AS A RESULT OF ALL WE DO:

END 1 There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.

END 2 Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.

END 3 There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.

END 4 Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op's long-term vision.

END 5 Members and shoppers will actively participate in the life of the Co-op and community.

END 6 The local environment will be protected and restored.

END 7 Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.

WEAVERS WAY EVENTS

Weavers Way Germantown Mural Unveiling Celebration

Friday, Jun. 12 4–6:30 p.m.
328 W. Chelten Ave.
Join the celebration for the dedication of "Weaving a Bountiful Harvest" – a vibrant, new public artwork honoring land, food and community connection.The mural reflects the natural abundance and seasonal rhythms of the Wissahickon landscape and highlights the interconnected systems that sustain local food and community life. The event will include a ribbon cutting and remarks from stakeholders, local elected officials and the artist, as well as light refreshments, a DJ and an art activity. Plus, there will be a raffle for a chance to win a guided mural tour with Mural Arts Philadelphia.

Live Music Summer Special: Third Thursdays at Weavers Way Ambler

Thursday, Jun. 18 6–7:30 p.m.
217 E. Butler Ave.
Join us for a fun evening featuring live music by Diane Reimer to beat the summer heat, along with free make-your-own ice cream sundae samples.

Live Music at Weavers Way Ambler

Thursdays, Jun. 25, July 9 & 16 & Aug. 6 6–7:30 p.m.
217 E. Butler Ave.
Grab some yummy snacks or dinner and beverages from our store and unwind to tunes by Weavers Way members Lauren Goodyear, Duane Hershberger and Steve & Joan. We're excited to present music of various musical genres, from rock to pop to acoustic jazz and folk music.

Virtual New Member Orientation

Wednesday, Jun. 17 6:30–8 p.m.
We encourage all new members to attend a member orientation, which are now virtual! The session 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'll receive a zoom link by email prior to the meeting. Questions? Contact membership at member@weaversway.coop

Enjoy the Dog Days of Summer at Weavers Way Mt Airy

Thursday, July 9 5-7 p.m.
Come by the Mt. Airy store for free hotdogs, live music and cold beverages. Tired Hands Brewing Company will be outside selling beer, too! Bring your pup and receive a $5 off coupon from Across the Way.

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**

There's Much to Do this Summer Throughout Historic Germantown

June and July are chock full of indoor and outdoor events across the sites of Historic Germantown. Here's what's going on beginning about mid-June and beyond.

Garden Painting, Outdoor Quilting and Insect Explorers at Stenton

Date & Time: Jun. 24, 25 and 26 | 4-7 p.m.
Location: Stenton, 4601 N. 18th St., North Philly
Details: Three evenings of outdoor activities. Enjoy self-guided plein air painting on Jun. 24, guided quilting and embroidery with Mama Carla on Jun. 25 and a guided insect exploration for all ages on Jun. 26 from 5:30–6:30 p.m.

Philadelphia Juneteenth Festival

Date & Time: Jun. 20, Noon-7 p.m.
Location: Johnson House Historic Site, 6306 Germantown Ave., Mt. Airy
Details: Join the Johnson House Historic Site – an authentic Underground Railroad station – for a full day of family-oriented activities celebrating Juneteenth and

July 4th Celebration

Time: All day, starting at noon
Location: Concord School House and Upper Burying Ground, 6309 Germantown Ave., Germantown
Enjoy a bell-ringing ceremony, performances and music. Free and open to the public. Established in 1693, the Upper Burying Ground is one of the two oldest cemeteries in Germantown and one of the oldest in the Philadelphia region. The Concord School House, built in 1775 and expanded in 1818, is an intact, 19th-century schoolroom that occupies a corner of the Burying Ground.

Buggin' Out: Meet Your Backyard's Best Bug Buddies

Jul. 7, 8 and 9, 5-7 p.m., Historic Fair Hill, 2901 Germantown Ave., North Philly
Ecologist and author Doug Tallamy says insects are "the little things that run the world." While society tells us that bugs and insects are creepy crawly things to smoosh and avoid, these tiny creatures are the reason we have food to eat. Insects keep our world humming, so it's vital to protect them and help them thrive.
We'll explore outside and meet some of these backyard bugs – including fireflies, butterflies and other beneficial insects – in a safe way. We'll start out with a scavenger hunt and then play a bug-themed bingo game with buggy swag as prizes. By the end of the evening, you'll have a newfound love of these tiny creatures and some ideas about how to help them keep doing their important jobs.

Croquet, Picnic, Bingo & More

July 15, 5-8 p.m., Cliveden of the National Trust, 6401 Germantown Ave.
Play a round of croquet, take part in a scavenger hunt or bingo or bring a picnic and enjoy Cliveden's beautiful greenspace.

Second Saturdays Events

Stroll on The Farm: Second Saturdays at Awbury Arboretum

July 11, 10 a.m.-2 p.m., 1 Awbury Rd., East Germantown
Stroll on the Farm with an Awbury Ambassador at 11 a.m. and 1 p.m. and see the variety of farm life taking place!

Free Tours at Ebenezer Maxwell Mansion

200 W. Tulpehocken St., Germantown
July 11, Noon-3 p.m.

Free House Tours of Cliveden of the National Trust

6401 Germantown Ave., Germantown
July 11, Noon-4 p.m.
Tours begin on the hour and the last tour of the day starts at 3 p.m.. Tours begin in the Cliveden Barn, 98 E. Cliveden St., Mt. Airy. Each tour lasts one hour.

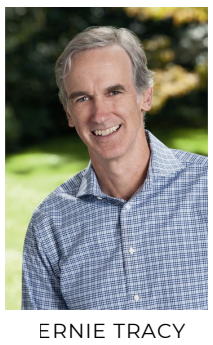
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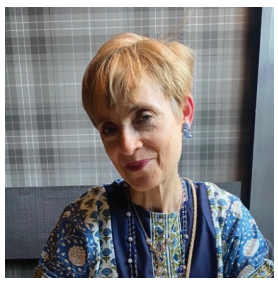
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Artists in Our Aisles

Eleanor Day



Day is a mostly self-taught artist. She received initial instruction at an arts-based high school, followed by four years at the Pennsylvania Academy of Fine Arts. Much of her education came as a result of her hunger for viewing her favorite painters' work, from Munch, Klimt and the Pre-Raphaelites to Renaissance masters such as Caravaggio.

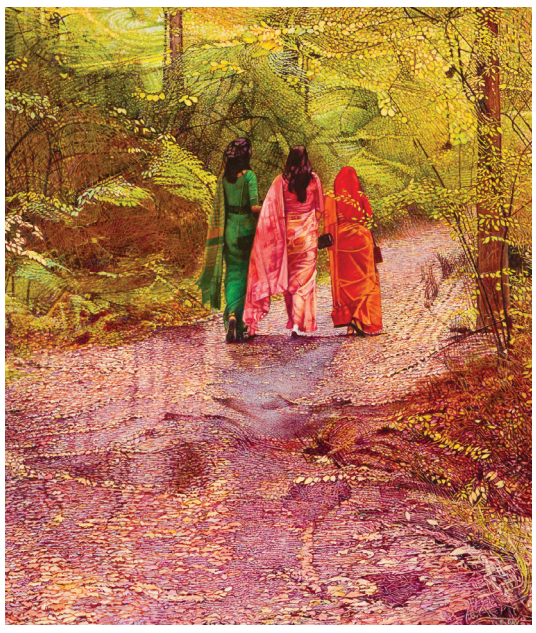
Day's early travels gave her the experience of European cathedrals and the breathtaking beauty of their treasures. Her love of stained glass and the mystical aspects of religious painting and iconography have continued to influence her work over the years.

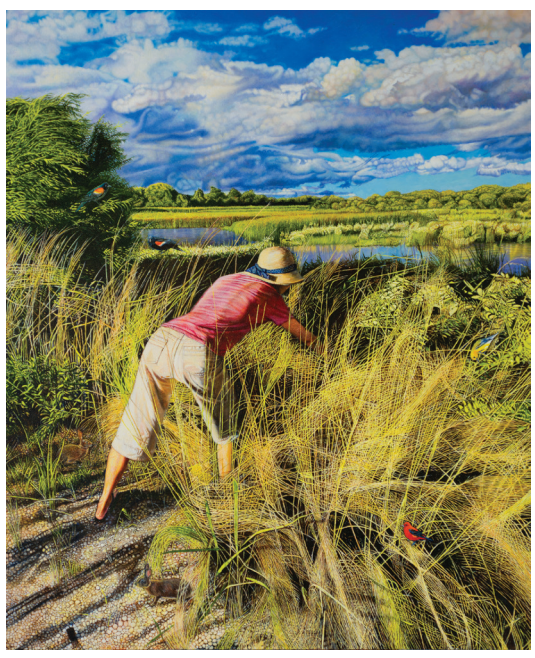
She has exhibited locally in Philadelphia, which is her hometown, in addition to New York City, San Francisco and Innishannon, Ireland.

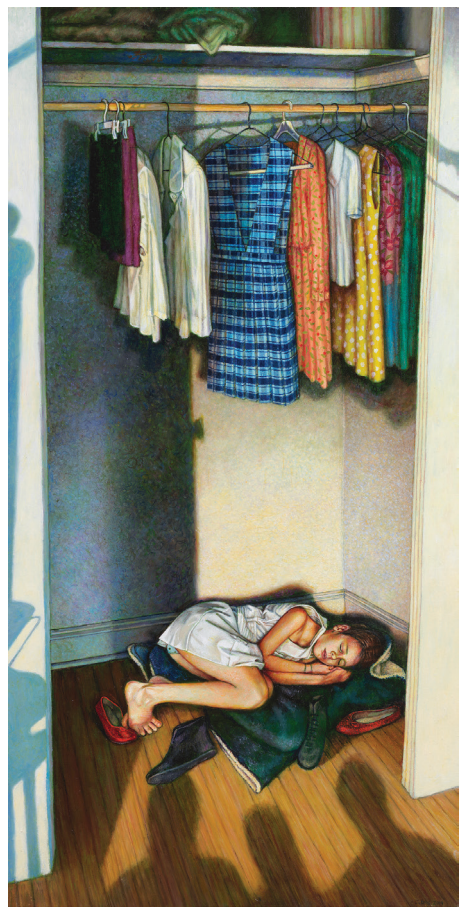
Day's recent subject matter connects her personal struggles to relevant issues of the day. In particular, she tells the story of women in relating scenes from her own childhood, and brings to attention the struggles of others who are burdened and marginalized in our society. She also documents the beauty of flowers in the midst of the destruction of nature caused by greed.

Many of the paintings on her website which are no longer available can be purchased as high quality archival jet prints. Her current work is represented by Borelli's Chestnut Hill Gallery, and some of those prints are also for sale there.

www.Eleanorday.com







SUBMISSIONS NEEDED

We want to feature your art in the Shuttle!

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

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

Weavers Words

WISSAHICKON VALLEY PARK

Ripped stitch of slate cloud.

Light falls out in discrete shafts.

The creek gives it back.

—Matthew Kosinski

BE AWARE

BE AWARE

Look up . . . bird in tree.

Look down . . . bumbling bee.

Be still . . .You will see

important things, MYSTERY.

—Dorothy Fulton-Stevens

MORNING SPARROWS

The sparrows are courting
Fluffed, fanned, full, eager
The male flicks and flutters
Bobs, dips, swerves his head
Chirping and trilling his bold intentions
the promise he holds
ready for her
She sits, patient, preening,
hearing his song of possibility
the blur and puff of his movements
Many males have come to sing to her
Covers of similar sounds
Coverts of similar shades
That may brighten a morning
or amuse an afternoon
But she'll rebuff or rebuke
any attempted approach
Until a clear voice,
pulls to sharp focus
the brown, tawn, buff and black
now dancing vivid before her,
sends a song that awakens her blood and rings
deep into her crystalline bones
makes the choice not a choice
but a fait accompli

—Vicki Mehl

I can tell members

By their iridescent aura

While they traipse the Ave

—Tyson Boles

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

Plastics and Chemicals wIn Everyday Life

For more than 50 years, the narrative around plastic and waste has been shaped by powerful corporate interests.

In the early 1970s, the now-iconic "Crying Indian" commercial aired, showing a Native man paddling through polluted waters before a single tear falls as someone tosses trash from a car window. What most people don't know is that this campaign was created by Keep America Beautiful, an organization funded and governed by beverage, packaging and petrochemical companies that sold disposable containers such as Coca-Cola, PepsiCo, McDonald's and others. Its purpose was clear: Blame the public for pollution instead of the corporations producing disposable materials at scale.

Keep America Beautiful didn't just run ads, it lobbied against legislation that would have made producers responsible for their packaging waste and instead pushed voluntary recycling messaging that put the burden on individuals. This is called structural deflection. It reassigned blame away from systemic contributors and onto consumers, obscuring the reality that industrial production of plastic, a material entwined with fossil fuels, is what drives pollution, not individual "carelessness."

That matters because plastics are not benign objects floating in oceans. They are chemical complexes containing thousands of substances with real impacts on human and ecological health. The landmark PlastChem Report cataloged over 16,000 chemicals used in plastics, and more than 4,200 are classified as hazardous based on persistence, toxicity, bioaccumulation and mobility. Basic hazard or exposure data is unknown for many more.

Among these chemicals are notorious PFAS, also known as "forever chemicals" used in thousands of applications for their resistance to heat and degradation. PFAS don't break down in the environment, they build up in water, soil and human bodies. Yet chemical corporations and industry lobbying groups have spent over $110 million on lobbying in the United States alone since 2019 to stall regulation and weaken protections against PFAS contamination. These regulations have only weakened with the current administration.

Meanwhile, on the global stage, chemical and petrochemical sectors have actively opposed an ambitious Global Plastics Treaty, working to narrow its scope so that limits on plastic production and harmful chemicals are weakened in favor of downstream solutions like recycling.

The result? We live in a world where the plastics industry has engineered the narrative, regulators lag decades behind science, and families remain unaware of exposure to thousands of unregulated and potentially harmful chemicals that touch nearly every aspect of modern life.

But there is another story we can tell — one rooted not in extraction and convenience, but local self-reliance and community food security. Though that won't make the corporate food system disappear overnight it will bolster our local economy and the food systems we support do matter.

Across the Philadelphia region and northern New Jersey, networks of farmers, markets and food advocates are working to rebuild local foodsheds, regional systems of food production and distribution that nourish people without the heavy environmental and health costs of industrial supply chains. Foodsheds strengthen local economies, reduce long supply routes and reinforce connections between people and the land.

The Foodshed Alliance connects farms to markets, rescues surplus produce for community distribution, protects farmland and supports regenerative practices that keep soil and water healthy. Their work shows that local food systems aren't niche or nostalgic — they are practical, resilient alternatives to industrial supply chains.

The differences between these two systems are not just economic. Industrial food and material systems externalize costs, hiding toxic exposures and environmental damage while capturing political power. Local foodsheds internalize responsibility, valuing transparency, shared stewardship of land and health and relationships that weave people into place rather than extract value.

Choosing local farms, markets and foodshed networks reduces dependence on fossil fuel-based inputs and plastic packaging and increases community engagement in how food is produced and consumed. It fosters connections between people and the land that sustains them — connections that industrial systems have repeatedly severed. Weavers Way Farms is an example of this.

weavers way coop
Plastic Reduction Task Force

The scale of the chemical and plastics crisis can feel overwhelming, but recognizing who holds power and how that power has shaped our environment and our health is the first step toward collective action. We don't have to accept a future where our food, water and health are collateral damage. We can demand transparency, accountability and resilience even from our Co-op. After all, we aren't just shoppers or grocery patrons. Every member is also an owner.

In the end, the choice isn't between convenience and virtue; it's between reclaiming power for our communities and checking the corporations that continue to monetize at the expense of our health and our environment.

—Alisa Shargorodsky

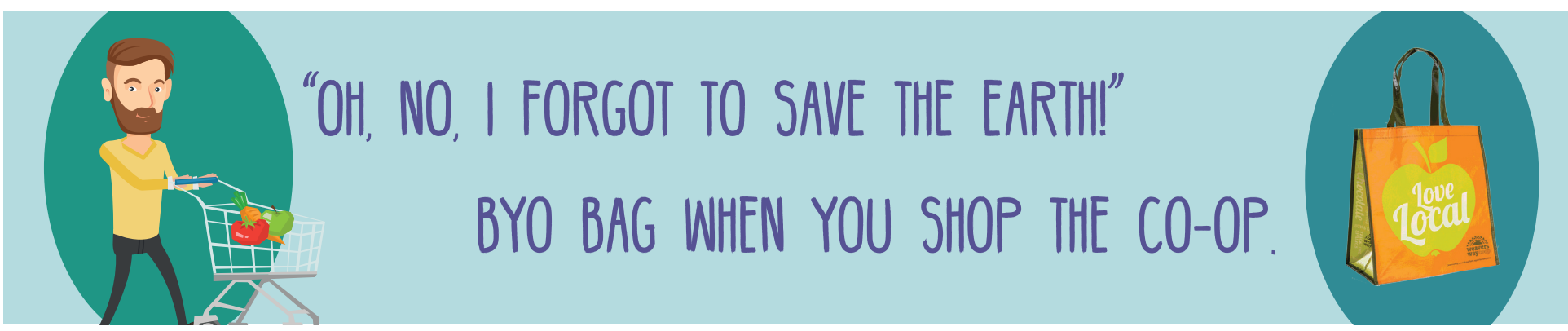
Commit to Memory These Jar Library Tips

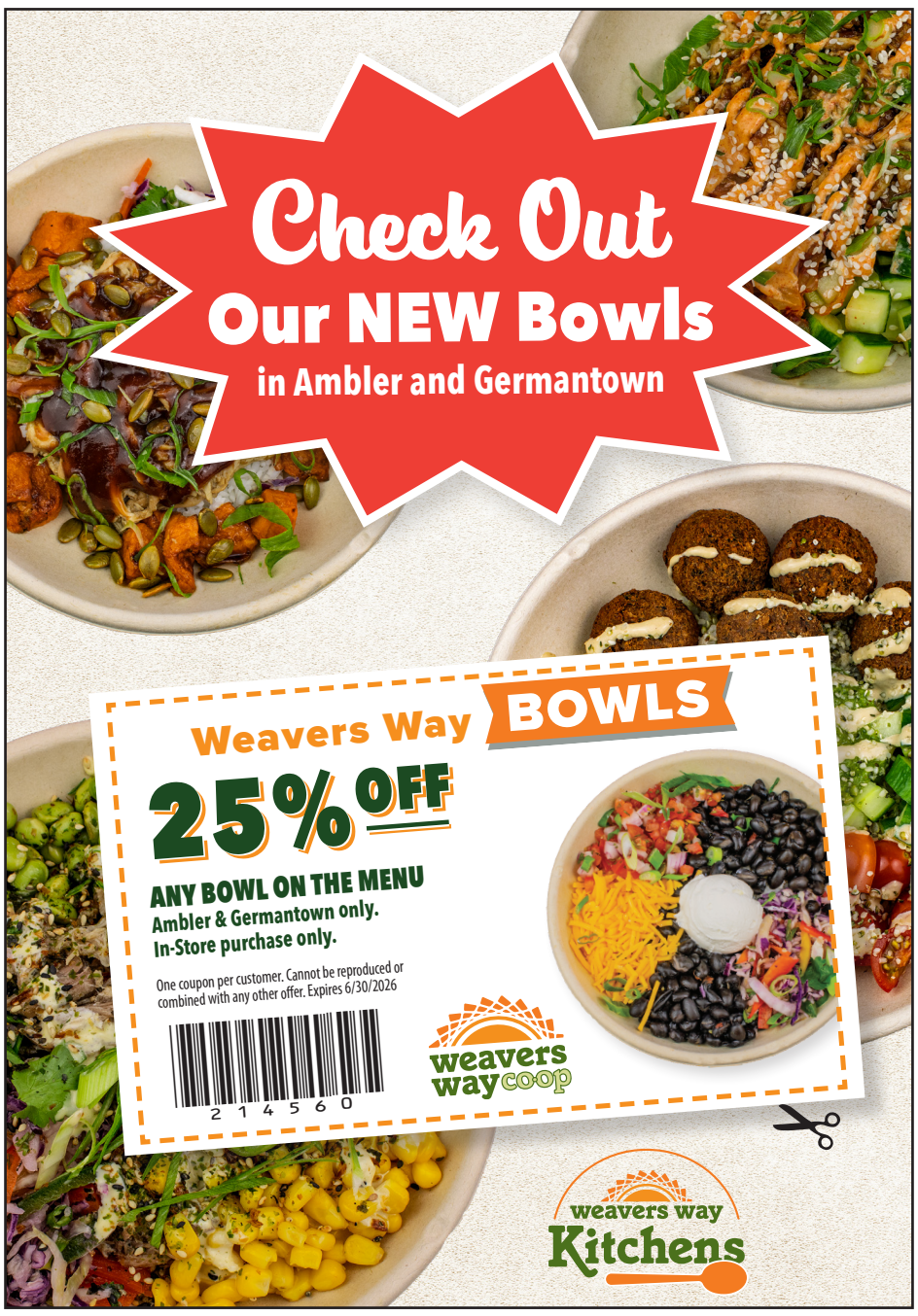
- Tell the bulk staffer on duty when you are dropping off your jars, so they can inspect them to see if they are appropriate for the Jar Library.
- Donate clean, dry glass containers only; no plastic containers.
- Remove labels as much as possible. The people who maintain the Jar Library are volunteers. 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 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.





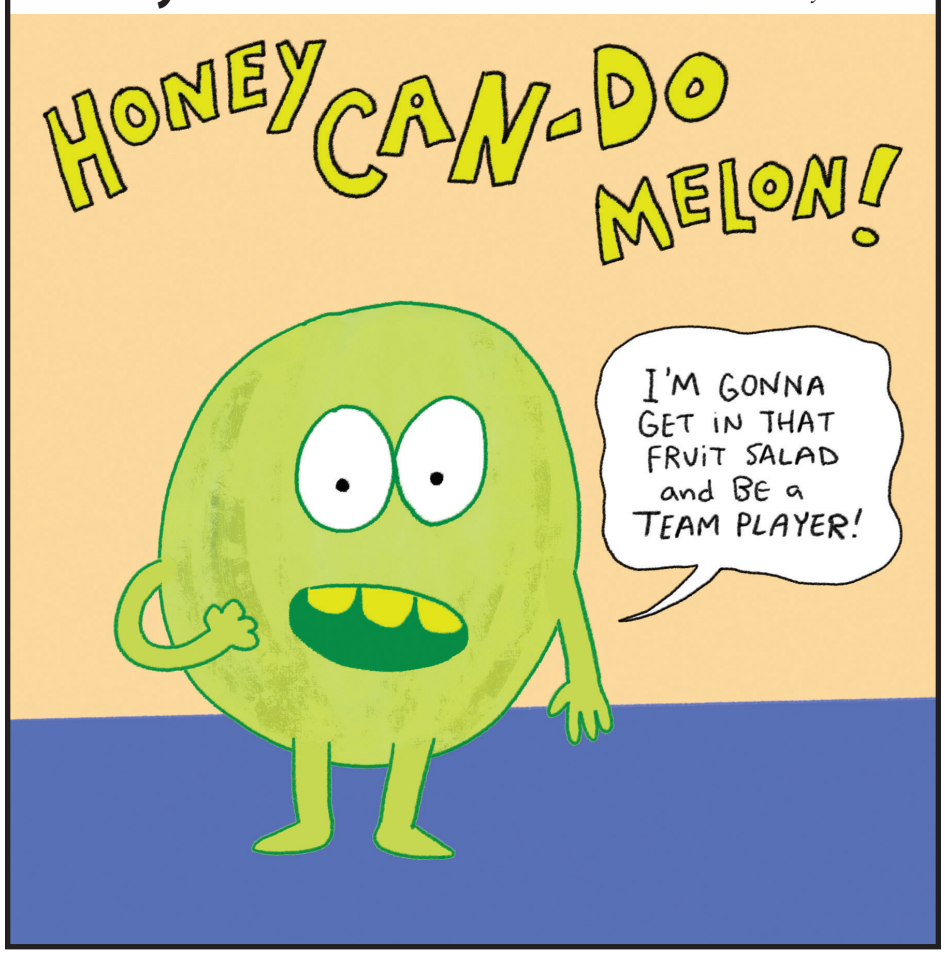
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Illustration by Alli Katz



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

Weavers Way Board

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

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

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

2025-2026 Weavers Way Board of Directors
President: Cheryl Croxton
Vice President: Kacy Manahan
Treasurer: Gail McFadden-Roberts
Secretary: Jason Henschen
At-Large: Ellen Badger, Benjamin Bartley, Ariel Baumet, Melissa Easy, Kristin Haskins-Simms, Cedric Hardy & Michael Hogan

The Shuttle

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editor@weaversway.coop, 215-843-2350, ext. 135

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HOW TO REACH US

www.weaversway.coop contact@weaversway.coop

Admin
215-843-2350

General Manager
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jroesser@weaversway.coop

Chief Financial Officer
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HR Director
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IT Director
Jon Hojnacki, ext. 127
IT@weaversway.coop

Operations Manager
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rick@weaversway.coop

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member@weaversway.coop

Retail Director
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jbeer@weaversway.coop

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Nima Koliwad
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Farm Manager
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farmer@weaversway.coop

Facilities Manager
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Admin (Ambler)
215-302-5550

Development Director
Kathleen Casey
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Marketing Manager
Rachel Coats, ext. 151
rcoats@weaversway.coop

Culinary Program Director
Chazz Alberti, ext. 371
calberti@weaversway.coop

Ambler
217 E. Butler Ave.
8 a.m.-8 p.m.
215-302-5550

Store Manager
Heather Wigley, ext. 300
hcarb@weaversway.coop

Assistant Store Manager
Karen Gemmell, ext. 379
kgemmell@weaversway.coop

Grocery Manager
Nancy Timmons Melley, ext. 373
nmelley@weaversway.coop

Chestnut Hill
8424 Germantown Ave.
8 a.m.-8 p.m.
215-866-9150

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

Assistant Store Manager
Stacy McGinnis
smcginnis@weaversway.coop

Grocery Manager
Len Mears, ext. 217
lmears@weaversway.coop

Next Door
8426 Germantown Ave.
9 a.m.-8 p.m.
215-866-9150, ext. 220/221

Wellness Manager
Alison Wear, ext. 221
Awear@weaversway.coop

Germantown
328 W Chelten Ave
8 a.m.-8 p.m.
215-843-1886

Store Manager
James Mitchell
jmitchell@weaversway.coop

Assistant Store Manager
Ariel Levine
alevine@weaversway.coop

Grocery Manager
Kristina Walker;
kwalker@weaversway.coop

Mt. Airy
559 Carpenter Lane
8 a.m.-8 p.m.
215-843-2350

Store Manager
Matt Hart, ext. 101
matt@weaversway.coop

Assistant Store Manager
Juli Cardamone, ext. 128
jcardamone@weaversway.coop

Grocery Manager
Keith Souder, ext. 140
ksouder@weaversway.coop

The Mercantile
542 Carpenter Lane
Saturday & Sunday
10 a.m.-5 p.m.
mercantile@weaversway.coop

Across the Way
608 - 610 Carpenter Lane
8 a.m.-8 p.m.
215-843-2350, ext. 6

Wellness Manager
Sarah Risinger, ext. 114
srisinger@weaversway.coop

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

Farm Market
267-876-3101

Manager
Jenna Swartz
jswartz@weaversway.coop

Catering
cateringMA@weaversway.coop,
cateringAB@weaversway.coop,
cateringCH@weaversway.coop

Preorders
MApreorder@weaversway.coop,
CHpreorder@weaversway.coop,
ABpreorder@weaversway.coop

Become a Member

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

DID YOU KNOW?
You can read the Shuttle online.
www.weaversway.coop/shuttle-online



NEW MEMBER ORIENTATION

Wednesday, June 17, 6:30-8 pm
Virtual
To register visit: www.weaversway.coop/events

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