

Thanks to COVID-19, Our Air is Cleaner. But How Can We Make That Last?

by Allison Day, for the Shuttle

IN PHILADELPHIA, THE ORDER TO WORK FROM home issued by Gov. Tom Wolf in mid-March forced all non-essential workers to remain home, disrupting businesses and people's daily lives. However, an unexpected result is that this order is thought to have had a positive impact on the city's air pollution.

The 2018 American Community Survey estimated that 400,000 people drive to work every morning in Philadelphia. With non-essential businesses closed and people working from home, the number of commuters has dropped dramatically. Consequently, the city's air quality has improved significantly. According to the Environmental Protection Agency's Air Quality

Index, Philadelphia is currently experiencing the longest streak of "good" air quality days in 40 years. This streak began on March 13, just before all non-essential businesses were ordered to close.

The AQI is a measure of air quality that accounts for several different pollutants, weather conditions, and pollutant emissions sources, such as cars that run on

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The Shuttle

JUNE 2020

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 48 | No. 5

Dale L. Kinley, Pioneering Spirit of Philadelphia Food Co-op, Kidney Transplant Survivor is dead at 69.

by David Kinley III, for the Shuttle



DALE L. KINLEY, LIFELONG PHILADELPHIA resident and Weavers Way stalwart, died suddenly of a heart attack on May 7, days before her 69th birthday.

Dale was the recipient of two successful kidney transplants, but her life was so much more than her one-in-10-million medical odds. She was a hard-working, bright star in her mixed-class neighborhood, and a strong devotee of the cooperative food movement that swept the United States in the later 20th century.

During her 39 years at the Co-op's Mt. Airy store, Dale purchased, unpacked, inventoried, shelved, and sold a wide variety of staples. She managed several sections of the Co-op, including the meat and seafood department. During her career, she earned wide professional respect, forged dozens of strong friendships, and was deeply admired among the

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Organizing Progressive Dollars in the Midst of a Ravaged Economy

by Betsy Teutsch, for the Shuttle

BEFORE ANYONE KNEW THE word coronavirus or phrases like social distancing and flattening the curve, Mark Pinsky spoke at Weavers Way's 2019 Fall General Membership Meeting about his new book "Organized Money: How Progressives Can Leverage the Financial System to Work for Them, Not Against Them." Mark is a towering figure in the world of CDFIs—Community Development Finance Institutions. Their mission is to leverage funds for peoples' benefit, along with rewarding investors.

Pinsky and co-author Keith Mestrich, president and CEO of Amalgamated Bank, are unabashedly progressive, promoting a communitarian, inclusive vision for our country and world. The majority of Americans share these goals, but in looking at our financial system, one would think otherwise. It skews conservative, favoring the rich, white, male, straight, and already powerful. Because Team Blue lacks robust financial organization, their dollars default to the existing money infrastructure; hence, progressive resources are benefiting the conservative agenda. Mark and Keith lay out a pathway to fix this.

I caught up with Mark for his



Mark Pinsky

thoughts on what is coming next, given the current economic devastation and health crisis. WWMD (What Would Mark Do?), if he ran the zoo?

During our discussion, Mark highlighted that 33 million Americans have filed for unemployment and 27 million could lose their health insurance. Their alternative is Obamacare, coverage Republicans in Congress are actively trying to eradicate.

What are your predictions as to how we will invigorate our economy in light of the unprecedented shock of this size?

Predictions are hard with two big unknowns – who will be presi-

(Continued on Page 22)

That's a Wrap: Statistics and Answers About the 2020 Board Election

by Lisa Hogan, Outgoing Chair, Weavers Way Board of Directors Leadership Committee

THE 2020 BOARD ELECTION FEATURED OUR largest voter turnout ever at Weavers Way. A total of 2,286 member households voted — 22.7% of our membership.

Most people voted online this year. That is a positive change, as it makes tallying the results fast and easy. Only 29 paper ballots were cast — 20 in the stores and nine by mail.

While the election was in process, members asked questions, which I responded to immediately. I think the questions were of general interest this year, so I am sharing them, along with my responses.

Question: How am I to make a rational decision about who to vote for? The candidates all look good. Why does the Board not recommend a slate?

Response: We hope that the rationale for voting for candidates is to use what you glean from their statements and videos. This year, the candidates answered questions about their involvement in the Co-op and about their demonstrated financial skills, which is critical to the Board's work.

We have discussed having the Board vet a slate, but we think it would be divisive. Eleven of us would



Illustration by Ariel Dinero, ATW Pet Staff

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



ATTEMPTING TO KEEP UP WITH THE news cycle, particularly for a mostly monthly paper, is a futile task anytime — but even more so now. As I write this, less than two days before our June issue goes to the printer, Philadelphia and cities across the country are dealing with the aftermath of looting and destruction after demonstrations protesting the police-involved death of another unarmed black man (George Floyd), turned violent. Curfews were imposed, and Mayor Kenney ordered establishments in the city to close early on May 31 after looting continued and spread beyond Center City.

We're still not done covering COVID-19 — how it changed everything in no time at all, where we are because of the pandemic and where we think we're headed. And now, the unrest needs to become part of the mix, too. We are full up on hurting and powerlessness in our society, and the causes are many and go back well over a century. Whatever "normal" was, it's gone, and some of it shouldn't be missed. The big question revolves around how we're going to recover. And that's going to take more than wearing masks and giving people an extra check or two.

Art can be especially powerful during this time, even with galleries and museums shut during the lockdown and future funding in jeopardy due to the COVID-19 economic nosedive. So I'm grateful to longtime Co-op member and artist Richard Metz for suggesting that the Shuttle make space regularly to feature local artists and their work. We agreed, decided to call it "Artists in Our Aisles", and it debuted last month.

Thus far, we've profiled three artists, and will continue to do so as long as we get submissions. So please get in touch with Richard if you'd like to be considered. Between "Artists" and the "Weavers Words" verse selections from shoppers, we're becoming a regular literary mag.

Stay safe everyone. Stand up and speak up. Catch you in the pages next month.

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

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

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

Advertising

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

What's in Store at Weavers Way



An Easy Peasy Chocolate Cake Recipe for Dad's Day, a Grad's Day or Just Because

by Dianne Dillman, for the Shuttle

MOTHER'S DAY FELL ON THE SAME DAY AS THE DEADLINE for this article, so I was thinking of my sons, now grown, and remembering this super-simple, wonderful chocolate cake. It's dark, moist, and luscious. No fancy mixing skills or equipment are required. It comes together in a bowl with a whisk, and you can use a fork or a wooden spoon if no whisk is available.

It is also foolproof, in my experience. The worst results we experienced were tiny white balls of flour throughout. Have no fear; the problem was merely cosmetic. The cake tasted the same and the balls were imperceptible. It also tends to stick to the pan, and I've included instructions for how to deal with that.

It's a perfect project for home schoolers. Baking teaches math skills, fractions, precision and how to follow instructions. And it's one school assignment you get to eat. Kitchen skills are basic - like managing finances, mowing a lawn, or showing love and gratitude. They'll also yield lifetime benefits. There's also a sense of accomplishment and deep satisfaction that comes from feeding our loved ones and friends.

My sons were mixing this cake recipe as soon as they were able. They stood on chairs or step stools at the counter to do the mixing. To my mother's horror, the kitchen counter was coated in flour, and there was plenty on their curly red hair when we put the cake in the oven. As they grew older, they took over the measuring and eventually, did all the preparation unassisted.

I found the original recipe in the Philadelphia Inquirer



about 30 years ago and as chefs do, I tweaked it. The icing recipe comes from the Baker's Chocolate box. It's sweet, milk chocolatey, and super easy, but more suitable for children. For adults, I'd advise a ganache or chocolate sour cream icing.

For an even simpler topping, a spoonful of vanilla or coffee-flavored whipped cream or a scoop of ice cream are perfect. There is no reason to think of this solely as a kids dessert; I once served it to rave reviews for a fancy dinner party.

Mississippi Mud Cake

Ingredients:

- 3 oz. unsweetened chocolate
- 1 1/2 cups water
- 1 stick, (4 oz.) butter
- 2 cups sugar
- 2 cups flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. vanilla extract
- 2 eggs

(Note: You can use high quality chocolate, substitute gluten-free flour blends, organic sugar or try different flavorings. A little instant coffee dissolved in the water or a 1/2 cup of leftover coffee subbed for the water will enhance the chocolate flavor.)

Preheat the oven to 275° (Yes, 275°! Low and slow is what you want.)

Oil or butter a smallish tube pan if you have one; otherwise use whatever size you have. Reduce the time baking if using a large pan. The recipe can be made into cupcakes using liners, or baked in a 9" or 10" round pan. Sprinkle flour into the pan and rotate until coated. Turn over and tap out the excess flour.

Heat the chocolate and water in a microwave-safe bowl for about 3 minutes until the water is hot. Stir until the chocolate is melted. Add the stick of butter and allow it to melt, stirring occasionally.

For best results, sift the sugar, flour, baking soda and salt, but don't hesitate to skip this step if it's too complicated. Add the rest of the ingredients to the melted chocolate mixture and stir until combined and well mixed; do not beat it. The batter will be thin and a little lumpy. Pour into the prepared pan and place in the center of the oven.

Bake for 1 hour and 15 minutes. Remove from the oven and let it cool completely on a rack in the pan. Unmold onto a plate. It may help to use a dinner knife to loosen it gently from the sides of the pan. This cake sticks to the pan nearly every time. Use a spoon to scrape off any stuck bits and gently press back in place.

One Bowl Chocolate Frosting

- 8 oz. semisweet chocolate
- 1 pkg. (16 oz.) powdered sugar (about 4 cups)
- 1/2 cup (1 stick) butter or non-dairy butter, softened
- 2 tsp. vanilla
- 1/3 cup milk or nondairy milk

Microwave chocolate in a large, microwaveable bowl on medium for 3 min. or until chocolate is almost melted, stirring after 1 min. Stir until chocolate is completely melted. Cool 5 min. or to room temperature.

Add sugar, butter and vanilla; beat with electric mixer on low speed until well blended. A wooden spoon will work, too.

Gradually add milk, beating until well blended. If frosting becomes too thick, beat in additional milk by teaspoonfuls until of desired spreading consistency. Promptly ice the cake or it may firm up.



What's in Store at Weavers Way



A New Way to CSA

THE HENRY GOT CROPS CSA RETURNED TO ACTION at Saul High School in Roxborough on May 26 with new COVID-19 “Stop the Spread” routines. Above left, new guidelines for those harvesting herbs, flowers and veggies from the U-Pick area, including closing off every other pathway to promote social distancing; at right, the daily sign up sheet with supplies of clean pens and a spot for used pens; below right, masked and gloved U-Pickers make their selections; below left, a masked CSA member checks off her name before picking up her pre-bagged share; at left, the Week One haul.

photos by Joan Gigliotti





SLICE IT

DICE IT

SERVE IT

All the Berries!

by Kieran McCourt, Weavers Way Ambler

Dates to Remember:

- Strawberries:** May 20-June 25 /Peak: First week of June
- Blueberries:** June 20- Aug. 15/Peak: Most of July
- Raspberries:** July 1-Aug. 1 Most plentiful: Mid-July.
- Blackberries:** July 10-Aug.10 Most plentiful: Mid-late July

Eat them out of hand to get a sweet taste of summer!

Basic jam recipe: Cleaned and trimmed fruit and sugar cooked on the stove.

- To lower the sugar content, use pectins (such as Pomona's Pectin, sold at the Co-op) to cut the sugar down while still getting a nicely set jam.
- Always follow USDA guidelines for food preservation.

Freezing Basics

1. Strawberries: use whole or cut pieces (Keep other berries whole.)
2. Lay out in a single layer on a sheet pan with as little contact between the fruits as possible. This helps prevent berries from getting stuck and clumped together once you put them in a zip-top bag or container of choice.
3. Pop them in the freezer. Great for oatmeal, smoothies or winter baking projects



Shrub How To:

1. Combine one cup fruit to one cup sugar (or other sweetener of choice) and allow the fruit to soften until a nice syrup forms.
2. Strain the fruit solids and mix syrup with a vinegar of choice (like strawberries and balsamic, for example). Add in other herbs or aromatics.
3. Mix the shrub or drinking vinegar with a bit of seltzer or club soda for a refreshing, zippy summertime sipper. Shrubs were popular during the colonial period, and they've been making a comeback on modern cocktail menus.

MOSQUITO SEASON!

is here!

Around here, mosquito season lasts into October. Don't let them spoil your endless summer! Grab some Bti dunks from Weavers Way for non-toxic control. Sold at all locations!






An offshoot of Weavers Way Co-op

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JUNE 16

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FOOD MOXIE

We dig what we eat.

Thanks a Million to All Those Helping Our Families

by Lisa Mosca, Food Moxie Executive Director

THANK YOU TO ALL WHO HAVE BEEN HELPING FOOD MOXIE continue to provide access to healthy food for our students and families in emergency housing. As I write this in mid-May, Food Moxie has purchased, packed and distributed over \$10,000 in local produce and eggs. Our distributions are mainly going to those we have been working with through our programming, including Martin Luther King, and W.B. Saul High School student families and the Stenton Family Manor shelter kitchen.

Over 10,000 pounds of produce has been distributed through a series of actions from many different sectors. We want to give them all a shout out, as we continue to serve in this way for as long as it's necessary and possible.

Funders

- Some of our existing funders have allowed us the flexibility to repurpose existing grant funds, including GreenTree Community Health Foundation, the Leo & Peggy Pierce Family Foundation, and Seybert Foundation.
- In addition, we have received emergency COVID-19 funding from existing and new funders so that we can purchase food — something we don't normally do in our current quantities. They include Albertson's Nourishing Traditions Fund, Green Tree Community Health Foundation, Kistler-Tiffany Foundation, Triskeles Foundation, and the PHL COVID-19 Fund.
- As always, we have incredible individual donors who continue to support our work, including many Co-op members who have become repeat sustaining donors. Their generosity allows our staff to focus our energy on these pivoted work activities.

Teachers, Principals and Shelter Staff

- Saul High teachers and administrators called all their students in March and surveyed their community food security needs so that we could target our efforts to those families who needed food.
- Stenton Family Manor social workers, kitchen staff, security, and entry staff.
- Martin Luther King High life skills teachers and administrators got in touch with student families and are supporting ongoing, twice-weekly grab-and-go lunches for the 19138 community.

Volunteers

- William Penn Charter School students and teachers, who normally provide Food Moxie with community service hours, have been packing boxes for student families at home and then delivering them to Food Moxie staff to redistribute. These boxes have included pasta and sauce, canned proteins, and other household staples. They also included letters of encouragement and hope as well as seed packets.
- Ruth Bennett Community Farm youth and adult staff members have provided a safe space and support with packing produce boxes for distribution.

Produce Distributors and Food Hubs

- Weavers Way Co-op staff, especially Mt. Airy Store Manager Rick Spalek, helped with a produce delivery to Stenton Family Manor kitchen.
- Philly Foodworks has been delivering boxes of produce to Saul High families in need.

HENRY GOT CROPS

FARM MARKET

7095 HENRY AVE. AT SAUL HIGH SCHOOL

EBT, FMNP and Philly Food Bucks accepted.

OPENING TUESDAY, JUNE 9

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Walk-up Shopping 3 - 7 p.m.

To learn about our new options for shopping our selection of over 300 local and seasonal products, including chemical-free produce from Weavers Way Farms, please sign up for our new e-newsletter:

- What's new in the Market
- Updates on our seasonal vegetables and fruit offerings
- Reminders about deadlines for placing online curbside pickup orders
- Instructions for walk-up ordering
- Detailed information about the many changes to the 2020 season

...And more!

www.weaversway.coop/farm-newsletter



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FOOD MOXIE

- The FruitGuys have helped us get local fruit to Stenton Family Manor.

And where would we be without the people growing the produce and raising the chickens for the food we have distributed to families?

Thank you local farmers, including:

- Alderfer's Poultry Farm, Telford
- Eagle Road Farm, Quarryville
- Frecon Farms, Boyertown
- Fifer Orchards, Wyoming, DE
- Food Moxie growing spaces (Brandon and Dorene)
- Gehman Family Farm, Telford
- Honey Brook Harvest Collective, Pennington, NJ
- Mother Earth Organics, Maple Glen
- Radicle Farm, New York City
- Red Hill Farm, Aston
- South Mountain Creamery, Middletown, MD
- Sunny Harvest Farms, Glen Mills,
- Schoharie Valley Farms, Schoharie, NY
- Weaver's Orchard, Morgantown
- Weavers Way Farms, East Germantown and Roxborough

As we continue to pivot our work to address immediate food needs, Food Moxie staff have planted all our grow-

ing spaces with nutrient-dense greens; we will start adding them to our produce distributions soon. We are already planning some vegetable and fruit plant distributions to student families interested in growing their own produce, and we may host a plant distribution to volunteers interested in growing food for donation.

If you would like to donate to these activities with your time, talent or treasure, check for updates on our website at www.foodmoxie.org or our Facebook, Twitter or Instagram accounts. You're also welcome to visit our new YouTube channel, which offers cooking and gardening tips from our staff: www.youtube.com/channel/UCmGW-dbxOwaCw9J_h0OM0yw.



Above: Packed April produce boxes ready for distribution to MLK families

Ruth Bennett Community Farm youth and staff support packing local produce boxes for distribution

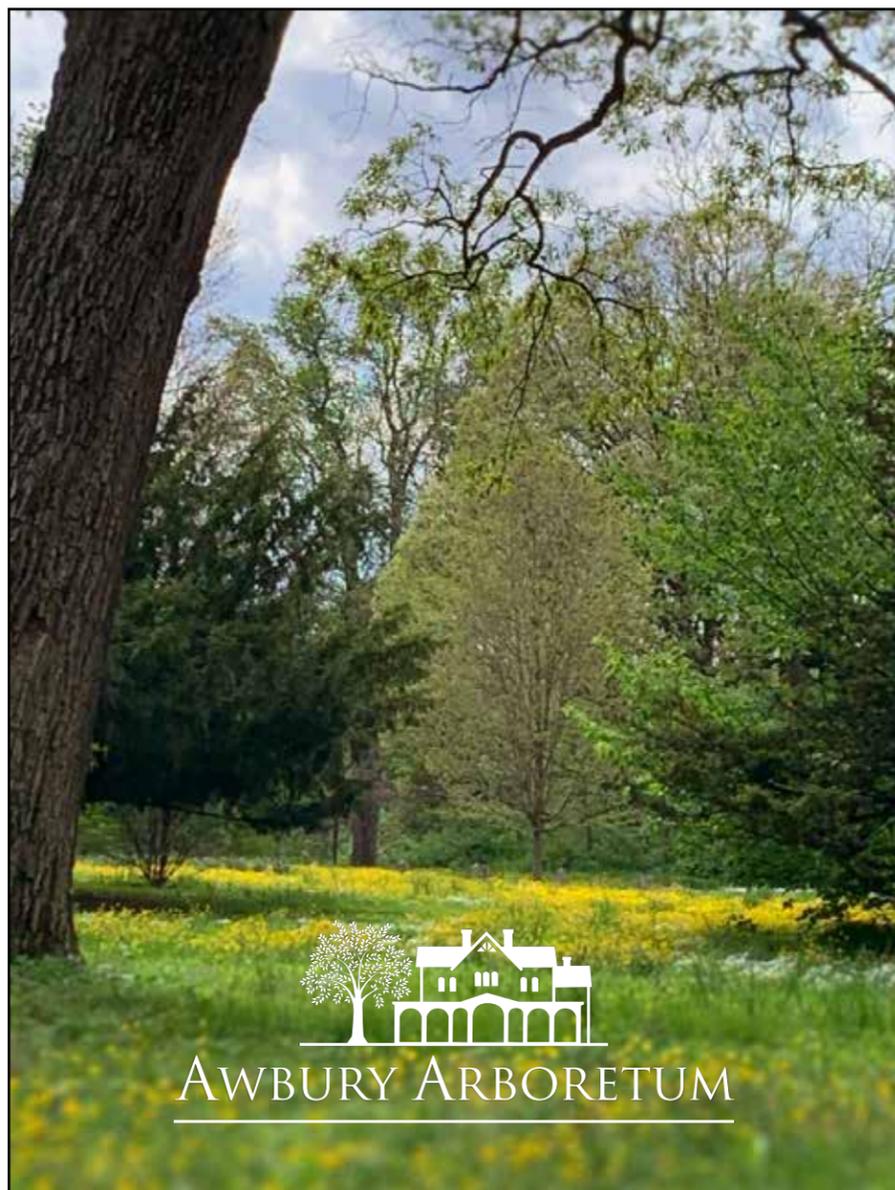


THANKS TO...

- Comcast Cares
- Compass Philadelphia (especially Kelsey Bailey, Andrew Dunmeier, Joey Harlan, David Kriesman and Jenna Leibowitz)
- GreenTree Community Health Foundation COVID-19 Fund
- Night Kitchen Bakery & Cafe
- Penn Charter students, teachers and staff
- Ruth Bennett Community Farm youth and staff
- Triskeles Foundation
- All our recent individual donors, sustainers, High Five members and volunteers
- All our partners, their staffs and teachers
- Weavers Way Co-op staff and members, for their ongoing support



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L·E·T·T·E·R·S

Try Shopping Ambler

SINCE THE PANDEMIC HAS REQUIRED Weavers Way to limit the number of shoppers, I've chosen to shop at Ambler instead of Mt. Airy, even though I only live a few blocks away. The 20-minute ride each way is not difficult, especially with no traffic.

Ambler has a limit of 50 shoppers instead of 12 and they never come close. There's lots of room in the store and a larger selection of items, although there are some things missing. I like Celestial Seasonings Mint Magic tea, but Ambler doesn't have it. Parking is also very easy.

I like to think it helps ease the volume in Mt. Airy, even though I'm only one person. Of course, I used to shop five or six days a week, so that's a bigger impact. Something to think about for Mt. Airy shoppers.

Mike Kyle

More Thanks for GM's Leadership

I'D LIKE TO SECOND THE LETTER OF APPRECIATION TO JON ROESSER THAT WAS PUBLISHED in the May Shuttle. All Weavers Way staff have shown heroic qualities during the coronavirus crisis, but he has had to bear ultimate responsibility for the safety of shoppers, staff, vendors, and for the bottom line on top of all that.

It is a rare soul who possesses the adaptability, flexibility, wisdom, and equanimity required to manage this situation. That Jon had plans in place for this eventuality increases my respect for and gratitude to him.

Words of thanks are feeble in response; I hope the Board will find a way to reward him that is more commensurate with this accomplishment.

Lorraine Appelbaum

Home Delivery

THANKS TO THOSE OF YOU WHO HAVE STOPPED ME IN THE STORE SAYING YOU liked my article ("The Ups and Downs of Home Delivery During a Pandemic," May 2020). I appreciate your response.

I have a question and a couple of requests.

We are still inundated with orders, as only 15 customers at a time are allowed in the store in Chestnut Hill. What makes you choose curbside pickup rather than delivery? I ask because storage is limited, and some customers are erratic in picking up their order.

Also, please go outside your home and check to see if your house number is clear. You know where you live; we sometimes have to guess!

Some of you request no substitutions on your order; for health reasons we quite understand that. However, please try to give second choices when you can. We waste a lot of time ascertaining what we don't currently have in stock among the thousands of items that we do carry.

Lastly, please check your Easy Pay balance before you order. We have had to put quite a few orders on hold until a member's Easy Pay has enough funds. This once again makes storage a challenge. Thank you.

*Josephine Leigh
Chestnut Hill Home Delivery Staff*

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 less and may be edited. The Shuttle reserves the right to decline to publish any letter.

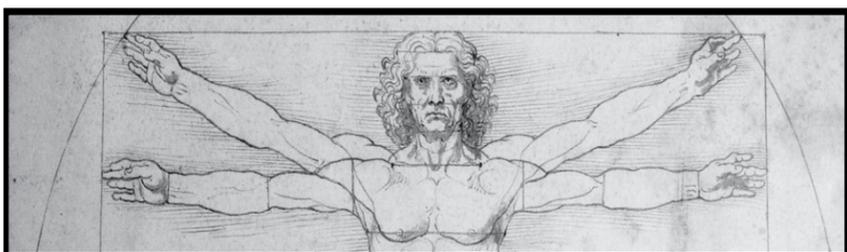
MALT Looking for Neighbors to Teach Their Passion Online

by **Stephanie Elson Bruneau, Mt. Airy Learning Tree Executive Director**

DO YOU HAVE A PASSION OR EXPERTISE you are interested in sharing with your neighbors? Maybe your friends have been asking you to share your sourdough bread tips and tricks, or your neighbors have been wanting to learn about how you started that butterfly garden you're so proud of. What is your unique skill or prowess that you could share with our community? We all have something to share and something to learn from each other. Now is the time to teach your passion through Mt. Airy Learning Tree.

MALT offers over 800 classes each year, and course ideas are limited only by our collective imagination. Our teachers are like you — people living in Northwest Philly who want to share their passions with others, and who believe in community-oriented exchange. The deadline for submitting course proposals for our Fall Term is June 15.

Visit mtairylearningtree.org/want-teach/ for more information and to submit your idea. We are currently accepting proposals for classes that could be taught online if necessary. We'd love to learn from you!



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When It's Time, We'll Need to Revive Our Status as a "Third Place"

by Jon Roesser, Weavers Way General Manager

“SOCIAL DISTANCING,” A FELLOW MEMBER POSITED the other day, “is an existential threat to the Co-op.” I can only agree.

Ostensibly, Weavers Way is in the grocery business. And it's true, we do sell groceries. But really, Weavers Way is in the “community business.” And our business model is being threatened.

Regular readers of the Shuttle know that we're fond of calling the Co-op a “third place,” based on the social theory of urban sociologist Ray Oldenburg.

For those unfamiliar, as the theory goes, your first place is where you live, your second place is where you work (or go to school), and your third place is where you go for community connections. A third place can be just about anything: a public park, a barber shop, a pool hall, a coffeehouse. And it certainly can be a cooperatively-owned grocery store.

Robust communities have multiple third places and communities without third places really aren't communities at all; they are just places where people live. As Gertrude Stein said in reference to her native Oakland, CA, in such places, “there's no there there.” Apologies to the good people of Oakland.

We have spent decades, consciously or otherwise, establishing the Co-op as a community third place. And our success as a business is in no small part predicated on people feeling like a trip to the Co-op is like hanging out in the community's living room.

Then along came COVID-19. The pandemic has forced us to limit the number of shoppers, wear masks, shop less frequently, leave the kids at home, and avoid long conversations. And, for goodness sake, there's certainly no hugging, kissing or even handshaking allowed.

At least the Co-op has been able to keep its doors open. Philadelphia, its dynamism rooted in an abundance of third places, has lost many of them (evidenced by the fact that we are a city of 1.6 million people all in desperate need of a haircut).

So all of this is bad news. As long as it's temporary, we'll find a way to suffer through it.

But what if it's not temporary? What if there's a permanent shift in our feelings about proximity to others? What if “social distancing” becomes part of our culture?

“

**What we need are
third places —
diverse ones,
lots of them.**

”

This is not far-fetched thinking. Just about every public health official refers to the future normal in quotation marks, implying that our future normal will be significantly altered from our pre-pandemic normal.

Social distancing seems particularly likely to linger and establish itself as a new cultural norm. People have been spooked. And staying away from each other has never been easier, especially when grocery shopping. Corporate grocers can easily accommodate the socially anxious. Maintaining social distance is a lot easier in a Walmart or a Whole Foods than it is at Weavers Way or Captain Andy's. Plus, you can always find a parking spot and you never have to wait in a line outside.

Before the pandemic, we were already a society made up of individuals living increasingly isolated

from one another. More and more, we have become reliant on virtual tribes – often politically and socially partisan – for our information, support, validation, and comradery.

The last thing our already fractured society needed was a pandemic that forces us to keep even further apart. Isolation breeds division. Fear, distrust, and outright hatred of “the other” are inevitable byproducts.

The man who's currently president of the United States, nothing if not cunning, thrives on the exploitation of our differences. His politicizing of the pandemic may be irresponsible, disgraceful, and self-serving (at least he's stayed true to character), but it's also quite effective at stoking the fires of our differences. At a moment when a more responsible leader could have united us to a common cause, we hate each other more than ever.

We don't need any of this. What we need are third places — diverse ones, lots of them. And we, as member-owners of a bona fide third place, have an important role to play. I dare say our business model depends on it.

When the time is right, we must be prepared to breach those six-foot perimeters we've thrown up around ourselves. We must once again happily stand cheek to jowl with our fellow cooperators without fear or reservation, and we must embrace each other (quite literally) as citizens of the same neighborhood, city, nation, and human race.

The alternative is to test Oldenburg's theory, which argues that third places are necessary components of civil societies, and without them society will fray and, eventually, fall apart. No thanks!

See you around the Co-op.

WEAVERS WAY WORKSHOPS



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Together we can #stopthespread

Attend to Mind, Body and Spirit to Sail Through the COVID Storm

by Dr. Carmine Van Deven, for the Shuttle

AS COVID-19 CONTINUES TO BE ACTIVE IN OUR community and around the world, it is easy to get caught up in the stress and its negative impact on our health. Stress manifests not only through our thoughts and emotions but creates a cascade of effects on our physiology and physical body.

The chronic release of the stress hormone cortisol may suppress immune function, disrupt sleep and digestion, contribute to anxiety and depression, and increase the risk of heart disease and food sensitivities, as well as our perception of pain.

In times like these, it is of the utmost importance to maintain our own grounding and internal stability to help weather the storm successfully. A holistic approach incorporates mind, body, and spirit.

We cannot control the world around us, but we can control our mental response to it. We have the power of choice. In that space between our observation and our response, we can either choose to become irritated and upset or adapt to the situation with a positive outlook. Practices such as deep breathing, meditation, qi gong, tai chi, and yoga require us to be in the present moment, which provides access to this process. A daily practice becomes a way of life as it develops new neural pathways that improve cognitive performance and overall health. There are many online resources, videos, and apps that provide instruction. Meditation apps, for example, include Headspace, Calm, and Insight Timer.

The physical body is both an expression of our stress as well as a causative factor. An acute injury that oc-



curred years ago may continue to suspend the anatomy in the pattern of trauma and produce pain or dysfunction at the site of injury or elsewhere in the body. This may physically compress, irritate, and overstimulate the nerves of the sympathetic nervous system extending from the spine, increasing the impact of stress throughout the body.

Old injuries may also derail the calming, healing, and anti-inflammatory function of the parasympathetic nervous system that is based in the cranium and sacrum. Chronic subtle deviations from normal may do the same until discovered and corrected. Osteopathic manipulative medicine (OMM) is an effective, hands-on approach to diagnose and treat these dysfunctions and assist in restoring normal physiology.

Our spiritual health is also of vital importance in times of stress. We are not alone; we are connected to something greater than ourselves. It is in this connection

and relationship where we may find strength and faith.

Prayer and religious practices provide this, but do not resonate with everyone. Another way to access this is to spend time in the natural world. Be present with the love, beauty, and intelligence of nature. Sit in the grass and feel the sun. Enjoy the colors and fragrance of a flower. Fall in love with the mystery that creates and sustains life. This is a safe place where we can rest and heal.

Sometimes even our best efforts at managing stress fall short. There are many possible root causes of this, including but not limited to lyme disease and other tick-borne infections, mold and environmental toxins, electromagnetic hypersensitivity, diet, nutrient deficiencies and genetics. Partner with a physician who is trained in functional medicine to diagnose and treat these conditions.

With all of the challenges brought about by this pandemic, we have also been given a tremendous gift: a pause in our otherwise busy lives. Take advantage of this opportunity to evaluate what is most important to you, and shift as needed to stay aligned with your truth and inner calling.

We are not powerless; we are powerful. Find calm in the storm and rise above the tide.

Carmine Van Deven, D.O., is an osteopathic physician providing personalized care with osteopathic manipulative medicine and functional medicine in Wynnwood. He sees patients of all ages and treats a wide range of conditions. To learn more, go to www.drvandeven.com.

Artists in Our Aisles



In the Schuylkill Center

Into the forest I go to lose my mind and find my soul.



Nathalie Borozny

A few years ago I began to make paper as a student and admirer of Winnie Radalon. I live in Mt. Airy with my retired husband, Jim Browne, near Rittenhouse Town where paper was first made in the United States and where I can walk in the Wissahickon and at the Schuylkill Center. I also make occasional forays into Ridley Creek State Park. My photographs are printed on handmade paper; cotton/abacus, gampi and kozo.

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Don't Forget Extra Bags For Those Extra Walks with Your Puppies

by Kadafi El-Kardah, Pennsylvania Environmental Council

LIFE UNDER QUARANTINE HAS PHIL-adelphians looking for ways to beat boredom and get a change of scenery. For many dog owners, that means taking your pooch on more frequent walks — and dealing with more than the usual amount of dog waste.

Everyone knows that uncollected dog droppings are a nuisance, an eyesore, and a smelly menace to clean shoes everywhere. But they're also an environmental hazard, disrupting ecosystems and affecting plants, animals, and even human beings in ways that might surprise you.

When left on the ground, dog waste breaks down and washes into the Schuylkill and Delaware rivers, polluting the water with bacteria, parasites and other pathogens. It also releases nutrients that cause excessive algae growth and deplete dissolved oxygen levels in the water, harming aquatic life and often making creeks and rivers appear murky.

In large enough quantities, dog waste pollution can make the water unusable for boating, fishing, and other recreational activities. It's no wonder the Environmental Protection Agency considers it a major source of water pollution in an urban area.

In light of these facts, it's disturbing that a substantial number of American dog owners — as many as 40 percent, according to some studies — don't bother to pick up after their pets. Meanwhile, Philadelphia's human population keeps growing. More people means more dogs, and more dogs means more poop. If we want to protect our water, it's time for dog owners to take responsibility.

Here's what you can do:

- Clean up after your dog. Take a bag with you on walks. You don't need a special pet waste bag; a plastic grocery bag works just fine. Turn the bag inside out over your hand and use it like a glove to pick up the waste, then invert



again and tie it off until you get home.

- Dispose of poop properly. Dog waste is best processed the same way as human waste: at a sewage treatment plant. Simply dump the feces from the bag into the toilet and flush; never drop dog droppings in an open storm drain. Storm drains lead directly to our local waterways, and improper disposal can create clogs and degrade water quality.

Sometimes flushing down the toilet is not an option; if that's the case, toss the bagged waste into a trash can (not a recycling bin — it will only contaminate the contents). Though many gardeners use animal manure as a fertilizer, dog waste is not suitable for composting, so keep it away from your plants. Also, please don't throw your bags into the woods or bushes.

Even in normal times, cleaning up after your pet is essential to the health of people and all living things in the city. But with more Philadelphians relying on public spaces for safe, socially-distanced exercise and recreation, it's more important than ever to keep our streets, sidewalks, and trails free of animal waste. During this challenging time, let's come together and do our part as citizens to keep our communities and watersheds clean and beautiful.

A Steamy Lineup of Virtual Concerts to Benefit Those Impacted by COVID-19



BARRY WAHRHAFTIG, LEADER of the local Gypsy swing band Hot Club of Philadelphia and a long-time member of Weavers Way, has organized a virtual concert series co-sponsored by the Co-op to raise money for those hit hard by the COVID-19 pandemic.

The Community Relief Concert Series, which is livestreamed from a restored 100-year-old sheep barn on the Pitcairn Estate in Huntingdon Valley, is co-sponsored by Circle 'D' Productions and kicked off with a performance from the Hot Club Philly Trio on May 27. Going forward, Wahrhaftig is planning two to three shows a month at the venue, known as Events at LNC.

The concerts will feature popular and up-and-coming local jazz and folk-pop acts. Strict safety protocol will be observed, including performances from duos and trios who are safely distanced and masked, and only one or two tech personnel on site. StageTrip.net, a state-of-the-art

local AVI production company, will be handling sound & multi-camera HD video.

The next show, featuring Wahrhaftig and fellow bandmate, Phyllis Chapell, is set for June 10. Future performances include the Maci Miller vocal-piano duo on June 17 and venerable jazz guitarist Marty Grosz and trumpeter Danny Tobias on June 24. All shows are scheduled for 8-10 p.m. The July-August lineup will be posted shortly.

The concerts will be streamed through either the band's Facebook page or through local producer Denny Horn's Circle 'D' page. Those pages will also include information on how to contribute or sponsor shows via Venmo or PayPal.

Hot Club Philly's new CD 'Gypsy - Americana' is available through direct mail order and at Weavers Way Next Door. It can also be downloaded at Bandcamp.com. The band is available for duo stoop shows and Zoom private parties.

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Weavers Way Wellness Team

Do You Really Need to Take 10,000 Steps a Day?

by Joanne Fagerstrom, Weavers Way Wellness Team

THE ASSOCIATION BETWEEN WALKING 10,000 steps every day and good health can be traced back to the 1960s, when a Japanese company designed a pedometer to count specifically to 10,000 — a nice, round, and perhaps tantalizing number. Not long after the introduction of this device to the marketplace, scientific studies examining the effects of this precise activity on our health began to appear. What has been learned is that 10,000 daily steps are not, after all, the magic threshold that can assure better health.

Most adults spend 10 hours or more each day sitting, and research shows this level of inactivity cannot be counteracted with a workout at the end of the day. To maintain health, you need frequent movement during your waking hours. According to Dr. James Levine of the Mayo Clinic, we need at least 10 minutes of movement for every hour of sitting. Study after study has shown that decreasing sedentary time by moving more is beneficial to our health, and the real value of step counters is that they motivate you to stay active. Many people respond very well to this type of goal setting.

Even minor changes to your daily routines and habits can add up. Most of us have heard these suggestions before: Take the stairs instead of the elevator when possible; park farther away from your destination; go for a walk during your lunch break; and so on. These strategies work! Small, positive changes can amount to big differences in your overall health.

Nevertheless, there are a few considerations regarding step counting that we should always keep in mind.



Not Every Step Is Created Equal

You can stroll around your garden, wander in a forest, or run to catch a train. Of course, you can identify the differences between the physical requirements of these types of steps, but your step counter can't. From a purely exercise-based perspective, taking 10,000 slow steps does not compare with the cardiovascular impact of moving at a faster pace. Therefore, a step counter can't be relied upon to provide fully accurate information about the benefits of your daily walking.

Not Every Activity Is Counted as a "Step"

For some people, being held accountable by a device might encourage healthier lifestyle behaviors, but for others, it's not a good match. Different people have different needs, and no single form of exercise is ideal for everyone. Riding a bicycle or going for a swim are activ-



ities that obviously don't register on a step counter, but they are still very valuable forms of exercise.

Our Different Needs

Thank goodness for the amazing and fantastic differences between us! It's absurd to think that being unable to take a prescribed number of daily steps suggests that good health is unattainable. Walking might not be an option for some folks because of pain or a physical limitation. All movement counts, and you begin where you begin.

The bottom line? Find ways to move more, in any way you can, all day long!

Joanne Fagerstrom, PT, CFP, is the owner of Mindful Physical Therapy LLC in Wyndmoor (www.ourstrongbones.com).

Why shop the Co-op?

LET'S COUNT THE WAYS.

1

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Weavers Way Wellness Team

Beneficial Bacteria is the Basis for a Healthy Microbiome

by Wendy Romig, Weavers Way Wellness Team

LACTOBACILLUS, BIFIDOBACTERIUM AND BACILLUS...oh my! Some of these beneficial bacteria have become household names, and their role in a healthy microbiome is continually being explored by scientists and clinicians.

The microbiome is our body's natural colony of bacteria. We have bacteria throughout our body. In fact, we are made up of more DNA from microorganisms than human DNA (cringeworthy, but amazing at the same time). The symbiotic relationship microorganisms have with their human hosts plays a critical role in immunity, digestion, lowering inflammation, nutrient production, electrolyte balance and much more. When the microbiome is thrown out of balance, all of these vital functions can become impaired.

All of the following cause imbalances in the microbiome. They are the top five I have observed in my clinic:

- 1. Antibiotics** are designed to kill invading bacteria that do not belong in the body. However, most of these medications are broad-spectrum, meaning they do not differentiate between pathogens and our healthy bacteria. When someone takes a course of antibiotics, it is often recommended that they take a probiotic for a month afterward and increase their intake of certain probiotic foods (far right).
- 2. High sugar diets** Since the bulk of our microbiome is located in the gut, eating high sugar diets can change the ratio of bacteria present. Typically, "good bacteria" feed off of fibers, while "bad bacteria" feed off of sugar and simple carbohydrates. Overfeeding the "bad bacteria" can lead to digestive complaints and other health issues.

3. Low stomach acid Our stomach acid is the first line of defense against bacteria on our food. As we age, the acid levels in our stomach tend to decrease, leaving us exposed to pathogens that can populate in our gut and damage beneficial bacteria.

4. Overuse of probiotics Probiotic supplements can be beneficial for a short period of time to restore levels of certain bacterial strains that may have become compromised from any of the above. However, taking these supplements long term can alter the body's natural biodiversity and overpopulate certain strains, leading to an imbalance in the microbiome. Our body should have hundreds of strains, not just 12-16, so it's important to rely more on diet than a supplement.

5. Stress Unfortunately, stress is a major factor in changes to the microbiome. When the body is under stress, biological functions not deemed necessary for survival in a fight-or-flight situation (like digestion) are turned down. Production of stomach acid, enzymes and other important digestive messengers decrease leaving opportunities for the "bad bacteria" and fungi like candida to overgrow. Stress also reduces our immune function, which is linked to a healthy microbiome. Everything is connected.

Common signs that the microbiome is out of balance are digestive symptoms like gas, bloating, diarrhea or constipation. Other signs may be poor immunity and susceptibility to illness.

While duration and severity of digestive imbalances may differ, dietary interventions can play an important role in building a healthy microbiome. Here are some to consider:

Increase intake of these foods:

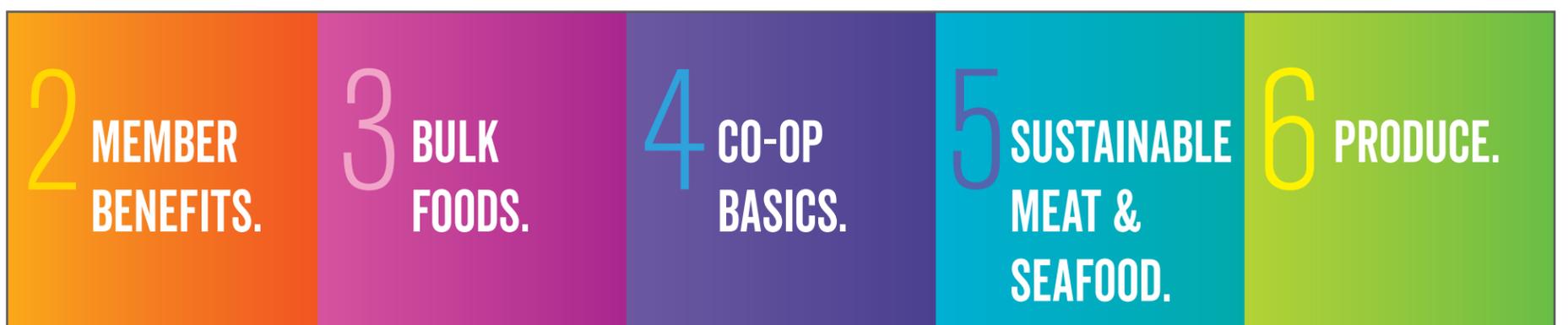
- Dark leafy greens and non-starchy veggies
- Bitter foods like arugula, broccoli rabe, chicory, etc., which can improve production of stomach acid and digestive enzymes
- Naturally fermented foods like sauerkraut, yogurt, kimchi and miso
- Complex carbohydrates like beans and whole grains, which are also high in fiber
- Vegetarian proteins like tempeh, quinoa and tofu
- Low glycemic fruits like blueberries, apples, and citrus fruit

Decrease intake of these foods:

- Sugar and simple carbohydrates
- Alcohol
- Heavy meats, which can putrefy in the gut
- Deli meats
- Dried fruit
- Artificial sweeteners (small amounts of stevia are OK)

A healthy plant-based diet (with moderate intake of animal proteins) can go a long way toward restoring gut balance and bringing biodiversity back to the body.

Wendy Romig, DCN, is a doctor of clinical nutrition and owner of Sage Integrative Health Center in Mt. Airy. She sees patients with a wide range of chronic illnesses using functional medicine, nutrition and herbal remedies.



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Co-op Members Cope with Pandemic Shopping and Meal Planning

by Jacqueline Boulden, for the Shuttle

WE ARE ALL ADJUSTING TO NEW ROUTINES DURING this pandemic, including how we plan our meals and shop for groceries. Between social distancing, empty shelves, and limited options for dining out, the process has gotten a lot more stressful.

Among those hardest hit due to coronavirus are people whose health is compromised, among them older adults and pregnant women.

"I'm 23 weeks pregnant, so I don't go to the grocery store at all," said Hannah Datz of Northwest Philly. She used to make regular trips to Weavers Way, Mt. Airy with her two-year-old daughter, Maggie. They were special outings that usually ended with sharing a treat at High Point Café.

Now her husband shops for bulk items at the big stores, buying three-pound packages of hamburger so Hannah can make meatballs for Maggie. "She eats some meatballs and then I freeze the rest," Hannah said. "We're two working parents and we used to get what we needed on the run. We can't do that now. So we buy in bulk."

Brooke Giles is also juggling a lot, with a two-and-a-half-year-old and an infant born April 1.

"If it wasn't for Weavers Way, I'm not sure how we would be getting our food, especially in those first few weeks," she said. "I'm so grateful and impressed by how they've adapted to the change."

Brooke consults her cookbooks and makes a dinner schedule on Google Docs. She creates her shopping list and then, usually on Tuesdays, submits her grocery list to the Co-op for home delivery on Thursday.

"It's definitely hard when the order comes in and I forgot something that the toddler wants," she said. Or something that her planning menu calls for.

"They try to substitute but they can't always," she added. "I definitely miss going to the store and browsing. Relying on my memory of what they have is challenging. And it's been tricky to only get groceries once a week."

For others, navigating the tight aisles in the Mt. Airy store, even with limits on the number of shoppers allowed in the store at one time, is not an option. Adina Abramowitz, who is over 60, and her wife, who is over 70, haven't stepped inside a grocery store since March 11. Home delivery and curbside pickup are a lifeline for them.

Adina is also grateful the Co-op has a virtual tip jar, so she can show her appreciation for how much the staff is helping people like her. (You can find the virtual tip jar in the Member Center on the Co-op's website.)

No More Trips

Pandemic grocery shopping means cutting back on shopping from twice a week to once a week, or from once a day to once a week.

"I had no idea how many bananas and pints of blueberries we ate until I had to make sure I got enough during my once-a-week shopping trip," Kim Pelkey said. She used to stop in the Mt. Airy store every day to pick up fresh produce. It's just she and her husband and it's taken three or four weeks to perfect her system of making sure she doesn't buy too much or too little.

"I'm still trying to figure out the herb thing," she said. "If I get a bunch of dill for one recipe, I look for more recipes that need dill and make them, so the dill doesn't go to waste."

They used to eat out a couple of times a week, so she's cooking more meals than ever before. "I feel like I'm spending more money on food even though we aren't eating out as much," she added.

"Milk. Bread. Butter. Eggs." Kassie Hughes-Lampros ticks off the items she and wife Brittany Ann Tranbaugh usually run out of between shopping trips. They used to shop about once a week in Mt. Airy. Now Kassie makes a food run to Weavers Way Ambler every other week because she found the Mt. Airy store too stressful. "We try to figure out how long things will last and plan meals to use the foods with the shortest shelf life first," she said.

Kassie added they are making their snacks now, instead of buying them. "We used to eat a bag of chips with salsa every week," she said. "Now Brittany bakes bread, cakes and cookies. And I make our own yogurt. We have a tiny refrigerator so we can't store a lot, but we are making as much as we can."

She buys a lot of bulk in Ambler, but they don't always have what she's looking for and that can be a challenge. "One time they didn't have the kind of rice that we like so I took what they gave me," she said. "Another time we couldn't get regular flour, so we got spelt. A baker-friend of us told how to adjust our bread recipe for the spelt. That was a fun experience."



photo by Jonathan Sgro

Brooke Giles, mother of two-and-a-half year old Ansel and a two-month old (foreground) looks through cookbooks to make up her weekly home delivery shopping order from the Co-op.

People talk about coordinating with their neighbors when someone goes shopping to pick up groceries someone else forgot, which means one less trip to the grocery store. And they're looking beyond the challenges of this difficult time for other ways the pandemic shopping and meal planning has changed their lives. There are some unexpected benefits.

Hannah and Maggie miss their shopping outings to the Co-op, but they are cooking together and with Hannah travelling less, they are eating together more often as well.

"Maggie is in the kitchen cooking with me. She helps me stir things. That's helped replace our outings to the Co-op," she said. "And because my husband and I aren't rushing around so much because of our work, we're eating together as a family more, and that's been a huge joy."

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A Successful Home Delivery Depends on a Detailed List

by Anne Spiegelman, for the Shuttle

REMEMBER THE RESTAURANT SCENE in “When Harry Met Sally” in which Sally (Meg Ryan) specifies how she would like her pie? It’s intended as a glimpse into the entitled and inflexible aspects of her character, and we are meant to judge her for it.

Well, Sally wasn’t ordering during a pandemic. But if she had ordered via home delivery at Weavers Way, we would not judge her, and we would appreciate how specific she was.

A well-drafted shopping list makes a significant difference in the amount of time it takes us to pull your order. If it takes more than half an hour to pull, and most do, the delivery fee of \$7 and the curbside fee of \$5 do not cover the cost of the labor — and that is just one component of the costs of providing this service.

Sometimes we shoppers call because there’s too much guesswork or too many questions created by a list. I enjoy talking to my person, but it adds time, and time is money. So here are some tips for making a better list, so that we don’t call you and can improve your odds of getting what you want.

- To substitute or not to substitute; that is the question. There is a question at the beginning of the online order form as to whether you will accept close substitutions. While this question applies to your whole order, you can indicate specific items for which you

do or do not want a substitute. For example, if you request organic or non-organic, tell us if this is an absolute or preferred.

- Also, when specific brands or flavors matter to you, let us know, and use information from the label to guide us.
- Assume items on your list are not on the shelf and provide us with a second and maybe even a third choice. This is especially important when it comes to cuts of meat, cheeses, ice cream flavors and artisan bread. While we’re on the subject of bread, do you want sliced, unsliced or either?
- Organize your list as if you were moving through the store and trying to minimize your steps. Visualize the store and organize the items within categories as you would find them.

One order I had was structured like this and because of it, I was able to find polenta easy peasy. I could have thought of five places to look, but my orderer knew where it was and had it listed among the other items on those shelves. If you don’t know the layout of the store you are ordering from, not to worry. But if you do, please SOS (Save Our Steps).

- If size matters to you, give us guidance. Small/medium/large works for some items but in many cases is ambiguous. When it comes to meat or fish, weight works, and so do dollar ranges.

- For some things like produce, you might not have any idea of weight, but other descriptors work, for example, four large yams, or three handfuls of string beans.
- For bulk items, weight works, as do measuring cups and ounces, but “half a bag?” Not so good. Which bag? For spices, some people ask for “a cup.” That’s a lot of spice. Did you mean a scoop?
- When you choose your size descriptors, think about whether they are clear, and how they might be misinterpreted. One member asked for “one thingy” of practically everything he had on his list; you know who you are. And it worked!
- If you are ordering large quantities, consider pre-ordering. (Hint: If your list says “a case of,” that’s a pretty good indication that pre-ordering is justified.) We understand that you are attempting fewer and larger shops, but ordering large quantities wipes out stock for other members unless we have advance notice. This applies to bulk items as well.
- Feel free to elaborate and annotate. The best lists are those that flow like a conversation.
- Label color and location advice can help. The labels on canned cat food are impossible to read even with reading

Shopping List	
Fruit	<ul style="list-style-type: none"> • Apples • Bananas • Oranges • Clementines • Tangerines • Strawberries • Kiwi • Pineapple • Prunes • Grapes • Avocado • Coconut • Peaches • Plums • Nectarines • Pears • Blueberries • Blackberries • Tomatoes
	<ul style="list-style-type: none"> • Broccoli • Asparagus • Butternut Squash • Arugula • Spinach • Celery • Romaine Lettuce • Collard Greens • Swiss Chard
	Grocery
	<ul style="list-style-type: none"> • Sunbutter • Peanut Butter / Other Nut Butters • Almonds / Nuts • Guacomole • Salsa • Coconut Oil • Butter • Olive Oil • Hummus

glasses and a magnifying glass. But if you tell us the can has a hot pink label, we are off to the races.

- If you are asking for an esoteric item and you know where it is, please share your knowledge. Pickled lemons? On the deli counter above the smaller cheese case.
- Before you hit send, proofread your order. Typos wreak havoc, and especially when it comes to quantities.
- Lastly, if your shopper wrote notes on your list, please take time to review their comments to understand why they did what they did. It will likely help you improve your list the next time.

Locally Grown

Illustration by Alli Katz

MOREL PHILOSOPHY



Diversity Committee to Host Online Discussion On Coronavirus Impact on People of Color

WEAVERS WAY’S RACIAL DIVERSITY, EQUITY, AND INCLUSION ADVISORY Committee will host a virtual discussion on the uneven impact of COVID-19 on people of color in our neighborhoods on Thursday, June 18 from 6:30-7:30 p.m.

The discussion, which will be led by committee members and facilitators Vanessa Johnson and Esther Wyss-Flamm, will revolve around coronavirus’ effect on education, finances, physical and mental health, food, employment, and housing. The group hopes to identify action steps they can take individually and within the structure of the Co-op, including educating themselves and others, acting as allies and/or advocates for those impacted by the virus, and identifying resources or groups which could improve the circumstances of those who’ve been affected.

The committee, formed in 2018, is currently made up of 16 members, including staff and member representatives from each of the Co-op’s three locations, three board members, and representatives from the administrative staff. We meet regularly to further develop the Co-op’s #7 Ends goal: Weavers Way will have a welcoming culture that values diversity, openness, inclusiveness, and respect in all that we do.

The event is free, but pre-registration is requested. Those interested in attending can do so by going to the Co-op’s online calendar of events on our website: www.weaversway.coop.

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Honor the Red Covered Bridge with a Miniature Model for Home

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

THOMAS MILL COVERED BRIDGE, A/K/A “The Red Covered Bridge,” is one of the most iconic places in Wissahickon Valley Park. It is thought to date back to an original bridge built in 1737, but is generally recorded as being built in 1855. The Bridge was restored in 1938 by the Works Progress Administration and again in 1999 with funds from the Fairmount Park Commission (now Philadelphia Parks & Recreation).

As with other bridges in North America built around this time, it was made of wood, which was more plentiful and less expensive than stone or masonry. The 86.5-foot-long, 18.66 foot-wide single-span bridge was later reinforced with vertical iron posts and wooden diagonal braces in a design known as the Howe truss, patented by Massachusetts constructor William Howe in 1840.

This landmark structure holds multiple distinctions. It is the only remaining covered bridge in Philadelphia, and the only covered bridge in a major U.S. city. In 1980, it was added as a Contributing Property to the Chestnut Hill Historic District of the National Register of Historic Places, and in 2015 was inducted into the Chestnut Hill Conservancy’s Architectural Hall of Fame, which honors “the community’s most treasured places.”

While it’s true that the Red Covered Bridge connects one side of the Creek to the other, its connections to people’s lives span generations. It has been a source of comforting constancy in an ever-changing world. If it could talk, the bridge would tell stories about all the park users who introduced it to their fiancés and babies, or told it about visiting it instead of going to work, or visited from other places like Europe, or made a pilgrimage after a cancer diagnosis or news of remission.

Since 2018, these stories and messages have been captured in what started as letters, then became entries into a small notebook, which was at first nestled between two boards just inside the Forbidden Drive side of the Bridge. Later, the notebook was housed inside a box built to hold it and encourage others to write in it.



photo by Ashley Velez

Dozens of notebooks of love letters to the bridge have been filled with messages like:

“It is this bridge that serves as a symbol for what all of us want...to connect 2 sides of difference knowing a similarity lies between.”

“Thank you for allowing me to see that there is always another side. That our journey does not end here. And that I am always walking with other souls.”

With stay-at-home policies and social distancing keeping people from visiting the park as often as they would like, Friends of the Wissahickon wants to bring the bridge to you with your own miniature paper version. Go to fow.org/virtual-valley/parks-and-recreation/ and print, cut, fold, and tape it together, then proudly display your little bridge at home. Or take the #CoveredBridgeChallenge — create your own little scene and pose the Bridge in it, then photograph your creation and tag @FOWissahickon on social media. (Many thanks to Bryan Green at



paperfoldables.com for donating the design.)

The Red Covered Bridge is just one more reason why we love where we live. In fact, that’s the theme of FOW’s 2019 annual report, now available on our website. <https://fow.org/about-fow/> (digital-only this year, due to COVID-19 constraints).

 IMPACTS In 2019, our Co-op supported the local community in these ways:	 125 Free Workshops	 \$10M Local Products Sold	 \$20K in Community Donations	 266 Local Producers Supported
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Mysteries of Migrating Songbirds

by Gail Farmer, Wissahickon Trails Executive Director

IF YOU'RE FRIENDS WITH A FEW BIRD NERDS AND FEELING concerned that you haven't heard from them in the past month, rest assured their heads are just in the clouds. This time of year, passionate birders spend every free moment outdoors looking for migratory songbirds as they pass through our region on their epic journeys north.

Many species of songbirds are migratory; this means they live in one location during their breeding season and another location during the non-breeding season. Twice a year, migratory birds make their journeys to and from their breeding grounds, and May is the month when the most songbirds pass through our region en route to their northern breeding grounds.

These small migrants fly at night, in the light of the moon, oftentimes in large mixed flocks. In the morning, they descend among us ground dwellers to forage and rest before they take off once again just before dark.

That is, except for a mighty little songbird called the Blackpoll Warbler, which breeds in northern North America and winters in the forests of South America. Blackpoll Warblers make an epic 1,700-mile journey entirely over the ocean, and they travel without stopping. This tiny bird, which weighs in at one-half of an ounce, flies for nearly three days straight!

It's difficult for us humans to fathom how these birds find their way across the continent without the aid of Google Maps or a GPS. While we understand some of the ways birds use the Earth's forces and features to guide themselves, the simple truth is that we don't fully understand how they accomplish their sophisticated feats of navigation. But based on more than half a century of research, we do know that bird orientation and travel involve a variety of natural cues. For example, before songbirds take flight at dusk, they look up at the sky and can interpret the patterns of polarized light to orient north or south. Once in flight, they are able to use a celestial compass based on the directional rotation of the stars in the night sky to guide them on their travels. If they can't detect such visual cues, they rely on the magnetic field to orient themselves north or south.

While the mysteries of migration are fascinating, the real spectacle is when these colorful feathered beings descend on our preserves and make the canopy and shrubs come alive with

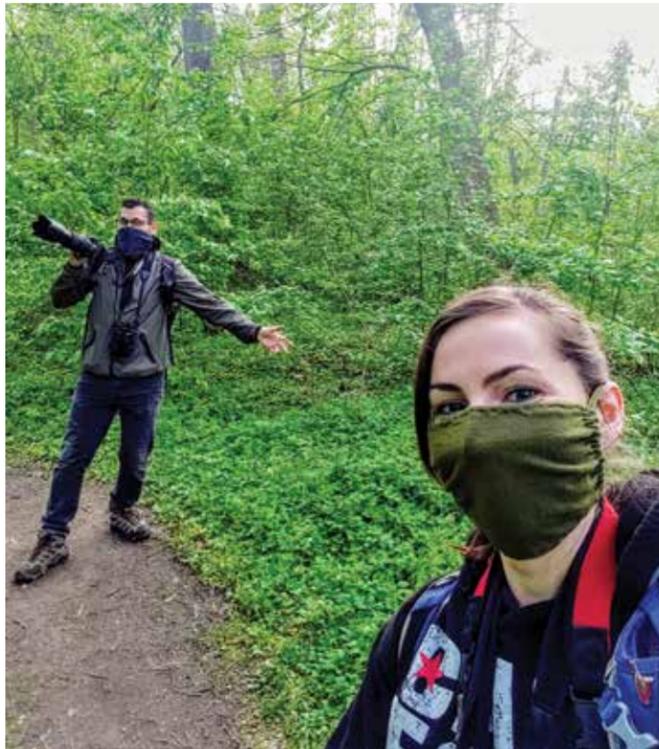


photo by Margaret Rohde

Birding responsibly, masks and all.

their activity. To witness the bright yellow plumage and dashing black cap of a Wilson's Warbler or glimpse the orange cheeks of a Cape May Warbler through the foliage is a rare joy indeed.

If you're interested in learning more about birds, visit www.wissahickontrails.org for information on upcoming virtual programs.



Blackpoll Warbler



Cape May Warbler



Wilson's Warbler



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Liberate Your Lawn & Garden

It's Up to Homeowners to Make Our Yards Native Plant Friendly

by Sarah Endriss, for the Shuttle

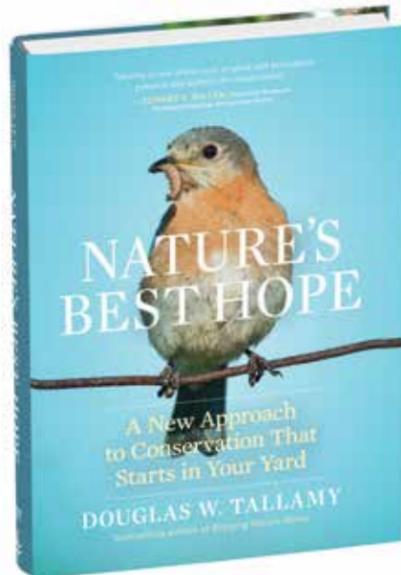
LAST FALL MY SISTER-IN-LAW CALLED; SHE WAS excited about an elegant plant she had seen while walking on the canal trail near her home. "It would be a brilliant addition to the front yard," she said, and she wanted to know what it was and where to get it. An artist, she described the big heart-shaped maroon leaves and the delicate, almost translucent, triple-winged seed pods cascading out from graceful arched stems. I was stumped and intrigued, so I asked her to send me a picture. She did; it was Japanese knotweed (*Fallopia japonica*).

"Oh god, no. You can't plant that; it's invasive!" I exclaimed.

"Is it really that bad?" she asked. Yes! It really is that bad.

Invasive plants are not invasive because they are foreign, ugly or vile tasting. They are invasive because there are no natural predators or pathogens to keep them in check, allowing them to overwhelm our local ecosystems.

Historically, we have admired these plants for their beauty, utility or flavor and wanted them for our own. Early settlers and plant enthusiasts imported exotic plants for comfort and/or the desire to own that which is beautiful and rare. Take the Empress or Princess Tree (*Pawlonia tomentosa*). Once unique, it now grows everywhere from chimney cracks, railroad and highway overpasses to the Schuylkill, Delaware and Wissahick-



on riverbanks. After years of this practice, we can now see the impact of our desires on local flora and fauna.

And yet, we continue this practice every day. Invasive plants such as barberry, burning bush, creeping euonymus, vinca, pachysandra, Callery pear, privet, and grass are planted daily by well-meaning landscape professionals and homeowners who don't know the difference. As a society, we have lost our connection to the land and the invaluable ecosystem services that native habitats provide. Our emotional quest to control and decorate our yards has had a devastating impact on the health of our planet. If you know what you're looking

for, you can easily see it everywhere.

Here's the good news: We can make educated choices about our yards.

Doug Tallamy's new book "Nature's Best Hope" lays out the consequences of our collective historical and present-day decisions. He shares the history and implications of transforming 40 million acres (an area the size of New England) of wild natural land to highly controlled, lawn-dominated and horticulturally constructed landscapes. He discusses the efficacy of some of our conservation policies and shares the science behind the profound impact human beings continue to have on the species with whom we share our yards.

Tallamy doesn't just advocate for planting native plants; he illustrates how homeowners are the answer. By restoring our yards as natural conservation corridors, we can supply the critical habitat needed for local species (and humans) to survive and thrive. We citizens could together solve our climate and biodiversity crisis. It's a book that will take you through a number of emotions — and it's empowering.

My sister-in-law is getting a copy from me.

Sarah Endriss is an ecologic restoration design professional. She is principal of Asarum LandDesign Group located in Germantown, adjunct faculty at Jefferson University, and a restoration design consultant for WildLawn, an ecologically-aware lawn alternative.

COVID Outbreak Leads Hill Couple to Develop Reusable Wipes Startup

by Karen Plourde, Editor, the Shuttle

STORIES ABOUT THESE DAYS ABOUT PEOPLE USING their imposed time off due to COVID-19 to get to long-tabled projects. Longtime Weavers Way members Elise and Max Rivers have done more than clean out their basement or pick up a new hobby; they've created a startup to produce, market and distribute reusable IoWipes — iodine-infused sponge cloths that can be used to sanitize and protect commonly-used surfaces in the home.

The IoWipe was invented by Elise's father, Solomon Rosenblatt, late last year. It's an offshoot of IoPlex, an antimicrobial bandage that Rosenblatt, a chemist and entrepreneur who worked for the Ford Motor Company and Aerojet General, among others, invented in 1995 to treat wounds that were slow to heal. At the time, he was already retired from Mercocel, a company he founded in the 1960s after inventing lint-free surgical sponges.

"He knew iodine would do a good job on the bacteria in those wounds, but we didn't have a good technology to dose it without damaging the healthy tissue," Elise said.

The IoPlex released a low dose of iodine slowly, allowing stubborn wounds to heal while maintaining the health of the surrounding tissue.

"He knew after he did the wound care piece that it would be an amazing consumer product, because if it can kill bacteria in wounds, it can kill bacteria on hands," Elise continued. "And it turns out that iodine is not only

a bactericide, but it is a broad-spectrum antimicrobial, which means it kills fungi and parasites and viruses and bacteria, not just bacteria."

Rosenblatt, 90, has been wanting Elise and Max to investigate the consumer uses of IoWipes for years. But with Elise busy as the owner of Community Acupuncture of Mt. Airy and Max running his own mediation business (Two Rivers Mediation), neither had any time for an additional project. Having to temporarily close the acupuncture studio due to the pandemic changed that.

"Plus, COVID is sort of the perfect environment for this," Max said.

The couple started advertising the products locally, including giving and selling the cloths from the acupuncture studio as they were preparing to shut down. Elise and all her practitioners have been using IoWipes at the studio for at least five years to clean their hands and some surfaces between patients.

"I discovered the pleasure of not having to go to the sink every time to wash my hands, and I also love that



Solomon Rosenblatt



photo by Karen Plourde

Elise and Max Rivers

I don't go through paper towels and I don't go through tons of wipes," Elise said. "...It's reusability is what

(Continued on Page 23)



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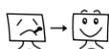
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A Longtime History of Devaluing Trees Continues in PA and Southeastern U.S.

by Sandra Folzer, Weavers Way Environment Committee

DID YOU KNOW THAT ABOUT A CENTURY AGO PENNSYLVANIA was stripped bare of nearly all of its trees? It must have looked like a moonscape. It was especially tragic because our state's name reflects the wonder of its tree landscape.

Pennsylvania literally means "Penn's woods." Originally, 90% of the state was covered by forest, but intensive logging began in the mid 1880s. Pine went for ship's masts, hemlock bark for leather tanning, and forests were clear cut to produce charcoal. By the 1920s, of its 28.7 million acres of forest, only a few hundred acres of old growth remained.

The Department of Forestry was created in 1902 to prevent Pennsylvania's soil from washing into rivers and to reclaim other benefits of the forest. In 1933, President Franklin Roosevelt created the Civilian Conservation Corps to hire the unemployed to work on environmental projects during the Depression. They cleared debris and planted 50 million trees, so that today much of Pennsylvania has beautiful forests. My friend Jon told me that if you look carefully at the cornerstones of the shelters on Forbidden Drive, you will see they are chiseled with the date 1934 CCC.

Pennsylvania's history is a reminder that while it may take only months to destroy a forest, it takes generations to replenish what we lose. Unfortunately, we don't seem to learn. In recent years, the United States has been exporting wood to the European Union by deforesting our southeastern forests, particularly in North Carolina. According to a Nov. 2017 story in the *Charlotte Observer*, nearly 50,000 acres of forest are logged every year to keep up with the demand for pellets. Not only are precious trees cut, but habitats are also destroyed, watersheds are degraded and pollution increased due to logging and processing.

Today we herald biomass as a "sustainable" energy source; it provides about 24% of Pennsylvania's renewable energy, according to a 2019 report by the U.S. Energy Information Administration. Along with incinerating garbage, biomass encompasses different sources of fuel, ranging from plant matter to residue from milling, post-consumer waste, and cutting down healthy trees.

In Pennsylvania, six biomass facilities run by Covanta burn municipal waste. According to their website, they process close to 21 million tons of municipal waste each year, conserving 25 million cubic yards of landfill space while generating nine million megawatts of electricity, enough power for one million homes. They accept just about anything, including plastics and pharmaceutical supplies. I hate to think of all the harmful chemicals that may be incinerated.

Another example of "sustainable" biomass is ethanol. Thanks to our politicians, it is nearly impossible to buy gas-

oline which does not contain ethanol. Yet, it contains less energy than gasoline because its combustion is incomplete. And ethanol costs more to produce, according to a 2009 report from the Organic Consumers Association.

When I think about sustainable energy, I think of solar and wind, occasionally geothermal. It's hard to imagine biomass as "sustainable." Thanks to the controversial film "Planet of the Humans," produced by Michael Moore, I was reintroduced to the subject of biomass. Though much of the film is out of date, I was shocked to learn that cutting down trees for fuel was considered "sustainable."

Wood pellets are a popular source of biomass fuel. Despite company claims, three quarters of wood pellets come from whole trees and only a quarter from wood residue. According to a 2017 report from Chatham House, an international affairs think tank based in London, energy from cutting trees is not carbon neutral.

Chatham House's report is based on peer-reviewed scientific analyses, so it is quite credible. Because of wood's higher moisture and lower energy content, it emits more carbon per unit of energy than fossil fuels, and 50% more than coal. Yet, biomass energy from cutting trees has a false reputation of being a clean energy source.

Even worse, the EPA allows biomass power plants to emit more pollution because they claim to be a minor source of it, according to Inside Climate News. As such, they have no limitations on the emissions of hazardous air pollutants. And biomass plants are dirty because they are inefficient, emitting nitrogen oxides, volatile organic compounds, particulate matter, and carbon monoxide. In addition, transportation of the trees causes more pollution.

Hopefully, educating communities may stop some of the destruction of forests. People need to know that biomass is not sustainable and contributes heavily to climate change. We are losing the carbon sequestration of trees, especially in old-growth forests, since young trees sequester less carbon. Aside from planting trees to reduce greenhouse gas, we need to stop the destruction of our precious forests.



eco tip



Don't Believe the Industry Hype About Reusable Bags

by Marsha Low, Weavers Way Environment Committee

The plastic bag industry has been under attack and is on its way out. As the public becomes more aware of the dangers of plastic pollution to the environment and to aquatic and other living beings, more municipalities and states are passing at least partial bans on plastic bags.

But with the coronavirus crisis, the industry has seen a chance to undo these bans. (In Philadelphia, the plastic bag ban that was to take effect in July has now been delayed to January 1, 2021.) They are attempting to scare us into using plastic bags when we go shopping instead of cloth ones by calling reusable bags "virus-laden." To quote an industry campaign that goes by the name "Bag the Ban," "We don't want millions of Americans bringing germ-filled reusable bags into retail establishments, putting the public and workers at risk."

There is no evidence that the virus is spread by the use of reusable shopping bags. Despite this, some stores have banned their use. Thankfully, our Co-op has not; you just need to pack your own bags.

While studies are ongoing as to how long COVID-19 can live on various materials, here's what I found: the virus can live up to three days on plastic (one article I read even claimed as long as seven days, but most stated three). In contrast, it lasts only from about three hours to, at most, two days (which I found stated in only one article) on cloth. If you're super concerned, you could wash your shopping bags after using them after each trip (which is perhaps more important to do if your reusable bags are plastic instead of cloth). But you could also put your cloth bags aside for a few days before using them again.

If you happen to be an at-risk individual who orders groceries online from the Co-op and has them delivered or picked them up curbside, you can cut down on plastic bag use by requesting that your produce be put directly into cardboard boxes (on which the virus can live only for 24 hours) whenever possible. And here's a reminder: There's no evidence that you can get COVID-19 from food. Unlike bacteria, viruses cannot grow on food items, so it would be unlikely any viable virus could live on what you eat. And cooking will kill it, as do stomach acids.

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- 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

Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS. NO DISCLAIMERS TO start this month's column, as it is about remembering and honoring Mt. Airy Meat and Seafood Manager Dale Kinley, who passed on May 7. Memories are what we have left of Dale, augmented by pictures, her workspaces, her impact on Weavers Way, and our recent conversations about her.

Many longtime Co-op members remember Dale; many did work shifts with her, wrapping and packing meat and fish. In some ways, she was the founder of the Co-op's meat departments, although she didn't start out that way.

I think I first met Dale in 1979, when she was dating a friend of mine who worked at Weavers Way. Shortly after that, I left the Co-op and Philly, returning in 1985. Dale had joined the staff and had become assistant store manager.

Once I returned to the Co-op, Dale and I hit it off well, because we shared an interest in natural foods and the natural foods industry. She was also the first person I became friends with who had an interest in macrobiotics.

Dale introduced me to products I had never paid much attention to — sea vegetables, ponzu, mirin, umeboshi plums and vinegar, brown rice syrup, yin, yang, and local foods. Macrobiotics included preferences for eating food grown in the region where you lived, and this was well before the local food movement took hold. She went so far as to live in a macrobiotic communal house for a while.

Because a macrobiotic diet includes fresh seafood, Dale eventually became the Co-op's most knowledgeable main staffer about it, and her work marked the beginning of a legit meat and seafood department at Weavers Way. Some older members probably remember packing fish and chicken with her in the upstairs kitchen at 559 Carpenter, where fish was cut and placed into plastic bags, sealed with a twist tie, then weighed and tagged with a handwritten label. We sold it out of picnic coolers filled with ice. There was a fair amount of physical labor involved, including dragging the coolers outside to drain the melted ice.

Crazy as the process was, not only did Dale make it work, it thrived and helped us grow. She had an eye and nose for quality and a sense of what our members wanted, and developed what turned out to be important long-term, trusted relationships with suppliers — so much so that we did not have to worry about "getting took" in what was then a bit of a cut-throat business at the wholesale level.

Somewhere around 1986, Dale gave up being assistant manager and devoted herself full time to establishing and managing the meat department that exists in Mt. Airy to this day. Along the way, she stayed interested in natural foods, and regularly found and suggested new products, which we all benefited from.

The product that sticks most in my mind in this category was soy milk. Dale was the first staffer to bring it to our shelves, way before you could find it at stores outside of Chinatown. When I first saw it, I thought soy milk was from Plu-

(Continued on Next Page)

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(Continued from Preceding Page)

to and would have limited appeal. But I had already learned to trust many of her food instincts, and sure enough soy milk became a staple for us (and for the natural foods industry) for decades. She went on to find other meat and non-meat department products and vendors, including pasta sauces from PTG, local vegan items from Moshe's, and of course, our main Thanksgiving turkey supplier, Esbenshade of Lancaster County.

As the years passed, Dale ended up working with hundreds, probably thousands of members, for a few hours each year. She established such a strong bond with members that when she had a bad hiking accident and broke both legs and an arm and bills started to outstrip her insurance coverage, they donated \$10,000 to help her meet her expenses.

Longtime members might also remember a Weavers Way anniversary party at Allen's Lane Park (I forget what year) at which Dale and husband Lenny volunteered to grill for hours and ended up serving hundreds of people. Once again, their actions displayed Dale's stamina and commitment to our members.

As purchasing manager, I maintain a list of our buyers and their contact info so vendors know with whom to communicate. Somewhat incredibly, we've grown to the point that there are 33 current buyers on the list.

I can't bring myself to take Dale's name off. And I don't think I ever will.



Bottom kneeling, Ed McGann (GM). Left to right: Steve Hebden, Marti Bowditch, Debra Hoffman, Alix Rabin, Dale Kinley, Jon McGoran, Fran Ryan, Stephanie Johnson, Chrissy Clawson, Kendra Schpok-Jones, Connie Iadicicco, Andi Sheaffer, Julia Bradley, Walter Bader, Eileen Schaller, Norman Koerner, Norman Weiss



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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.

Sierra Club Campaign Wants Communities To Sign On to 100% Renewable Energy

by Joy Bergey, for the Shuttle

THE READY FOR 100 RENEWABLE Energy Campaign is a grassroots movement organized by the Sierra Club to encourage cities and towns across the country to transition to 100% renewable energy. The program has taken off in our area, with dozens of boroughs and townships in southeastern Pennsylvania taking action.

By making this commitment, elected officials resolve to get their municipal operations running on 100% renewable energy by 2035 for electricity, and 2050 to heat buildings and power municipal vehicles.

Phoenixville led this effort in southeastern Pennsylvania by making their Ready for 100 commitment in 2017. In January 2019, Springfield Township became the first Montgomery County municipality to commit. Philadelphia, meanwhile, passed their resolution in September of last year.

“We in Springfield Township are proud to play a leading role in addressing climate change at the municipal level by committing to a goal of using completely

renewable energy,” said Baird Standish, president of Springfield’s Board of Commissioners.

Eleven other Montgomery county municipalities have made the commitment, including Ambler, Plymouth and Whitmarsh townships, as well as municipalities in Bucks, Chester, and Delaware counties. (You can see the full list at www.sierraclub.org/pennsylvania/southeastern/ready-for-100)

Beyond municipal operations, the Ready for 100 resolutions passed by elected officials aim to inspire residents, businesses and schools to move to 100% renewable energy as well. A big part of this vision is to significantly increase the amount of solar power on the rooftops of residential, commercial, and non-profit buildings.

Solarize campaigns are actively working on this part of the initiative. Solarize groups can assess your roof and potential for generating solar power, and then compare that to your annual electricity usage to see if you’re a good candidate for solar. They can answer questions, dis-

cuss costs and benefits, and connect residents with local, vetted installers.

“Each of us, whether at home, at work or at the municipal level, need to be mindful of our energy expenses and how these contribute to carbon emissions from coal, oil and gas,” said Weavers Way member Meenal Raval, the volunteer coordinator for Solarize Southeast PA and the Ready for 100 effort in Philadelphia. “The energy we choose to use can be cleaner and more efficient, therefore safer for all of us, as well as costing less.”

As any entity, be it a municipality, a household or a business, considers moving to renewable energy, the first step is to assess how much conventional energy is being used, and reduce that amount through energy efficiency and conservation measures. It then makes sense to move to renewable energy sources like wind and solar.

In Springfield Township last fall, the commissioners ordered an energy audit of their municipal buildings. “The results were impressive, with anticipated annu-



al savings of \$16,000, while avoiding 206,000 pounds of carbon pollution each year,” said Standish.

If you’re in the suburbs and want to find out what your municipality is doing about moving to 100% renewable energy, contact joybergey@gmail.com or go to readyfor100.org/montcopa. In Philadelphia, contact meenal.raval@gmail.com.

If you’re interested in exploring solar for your property, contact solarizephilly.org in the city, or solarizesoutheastpa.com in the suburbs. In addition, PECO will perform reasonably priced residential energy audits. See peco.com/WaysToSave/ForYourHome/Pages/Assessment.aspx for more information.

Joy Bergey is a member of Weavers Way, a Flourtown resident, and vice chair of Springfield Township’s Environmental Advisory Commission.

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Weavers Words

A WALK DOWN MAIN STREET

Footfalls, sidewalk cracks, Windows reflect back,
 Watch your own walk, hear others talk
 Glimpse at the plate of diners on a date
 Cross at the light, the path black and white
 What's playing tonight, 'Riveting, 'a delight'
 Step aside, a stroller goes by: Little rider, eyes to the sky
 The passing and the past, not going too fast
 Footfall, sidewalk crack, another block before going back.

—Kirstie Jones

WARPED RHYMES FOR WARPED TIMES

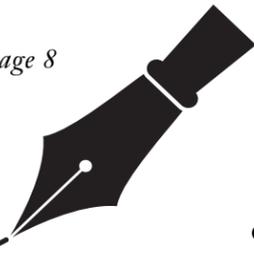
When all the news that's Trumpy is making you more grouchy,
 Resist becoming grumpy: just stay rational like Fauci.
 And when your kids consume your time and act as if you're taskless,
 Ship them off to Harrisburg where protesters are maskless.
 Should your partner irritate and keep tryin' to nudge-ya,
 Find a new one at the Co-op, standing right by the kombucha
 In short, stay cool and grounded, and vocalize this line:
 "It's the end of the world as we COVID, and I feel (kinda) fine."

— Bill Dingfelder

DISANTE ACROSTIC

Cute
 Animals
 Tails twitch
 Sometimes snugly

—Alena DiSante, age 8



Feeling Inspired? Here Are Our Guidelines:

1. Poems must be written by you and can contain no more than eight lines.
 2. The Shuttle editor has the final say as to whether a poem is suitable for publication.
 3. The number of poems 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 for Shuttle" in the subject line.
 6. Preference for publishing will be given to those whose work has yet to appear in the paper.
- Thanks. We're looking forward to your creation!



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Thanks to COVID-19, Our Air is Cleaner. But How Can We Make That Last?

fossil fuels. Philadelphia's air quality in the spring tends to undulate between "good" and "moderate" conditions.

Lockdowns Temporarily Clear the Air

Globally, the decrease in air pollution is detectable from space. NASA satellite images show that concentrations of nitrogen dioxide (NO₂), an air pollutant caused by combustion, significantly dropped over China in January and February compared to the same time the year before.

Transportation restrictions and decreased demand for energy from combustion power plants resulted in cleaner air. According to the Centre for Research on Energy and Clean Air, these restrictions impacted two of the largest sources of nitrogen dioxide in China, causing a 36% decrease in coal consumption in February, and a 70% decline in domestic flights. In addition, there was a 21.5% increase in good air quality days in February in the region compared to the year before.

Italy, which has also implemented strict quarantine measures, has seen a similar improvement in nitrogen dioxide levels. After officials placed the country on lockdown, European Space Agency satellites detected a noticeable decrease in nitrogen dioxide.

However, Li Shuo, a climate policy advisor for Greenpeace East Asia, notes that air quality improvements from decreased economic activity may be short lived. Because the improvements in air quality have been linked to economic disruption, it is likely that once the threat of coronavirus passes, these areas will rapidly increase their economic activity, and with it their production of pollutants like nitrogen dioxide.

Similarly in the United States, as states slowly begin to reopen we can expect to see our air pollution levels increase. Air pollution is also impacted by temperature, so as the weather warms, we may see an increase in pollutants such as the respiratory irritant ground level ozone, which occurs when nitrogen oxides like NO₂ interact with volatile organic compounds in the presence of sunlight and heat.

Another Public Health Hazard

Air pollution poses a significant threat to public health. The World Health Organization estimates that 4.2 million people die prematurely each year as a result of exposure to air pollution. Marshall Burke, an assistant professor at Stanford University's Department of Earth System Sciences, estimated that the recent improvement in air quality due to coronavirus containment measures in China may have saved between 1,400 and 4,000 children under five and 51,700 - 73,000 adults over 70.

Air pollutants like nitrogen dioxide that are typically abundant in large economic hubs harm human health because they are respiratory irritants. Short-term inhalation of pollutants like nitrogen dioxide irritates the respiratory system and exacerbates respiratory diseases such as asthma. Studies have found that long-term inhalation of pollutants from emissions or smoking can cause individuals to develop asthma or become more susceptible to respiratory infections.

In a recent study from the Harvard University T.H. Chan School of Public Health, researchers examined the relationship between coronavirus deaths and exposure to PM_{2.5}, very fine particulate matter that can present

(continued from page 1)
lung and heart problems when inhaled. After accounting for factors in demographics, such as age, smoking, weather, and socioeconomic variables, the study found that just a slight increase in one's exposure to PM_{2.5} was associated with an 8% increase in the COVID-19 death rate. Because the coronavirus pandemic is only a recent development, more research will be done on this topic as scientists learn more about the disease.

Looking to the Future of Air Pollution

While this period of working from home has done wonders for our air quality, humans are still social creatures, so a totally remote workforce is unlikely in the future. Collaborating with coworkers through video chat software will never be the same as meeting in person.

People around the world are experiencing and appreciating cleaner air. Perhaps when our lives return to normal, we can work toward better air quality year-round, with less dependence on fossil fuels that contribute to air pollution and warm our planet.

There are a number of decisions we as individuals can make to help achieve this goal. We can decide to buy locally, which, like working from home, reduces spending fossil fuels to ship goods from around the world. Others may choose to use public transportation when they return to their offices or opt for renewable energy that produces fewer emissions.

Even though we are in a dark time, we can learn from it.

Allison Day is a sustainability intern with Boyer Sudduth Environmental Consultants in Philadelphia.

Statistics and Answers About the 2020 Board Election

(continued from page 1)

likely not agree on a slate to recommend. All candidates are Co-op members, and offer to volunteer their service. We think the Board should not publicly make a statement choosing some candidates and excluding others. We defer to the will of the members.

Question: I cannot vote for any of these nominees; not one of them has worked in the stores.

Response: If you do not choose to vote for any of the candidates you may register your vote as Abstain. That option on the ballot allows you to express your dissatisfaction while still registering a vote. Beyond that, I can say that no current or past employees offered to run this year; we can only put into nomination those who decide to run.

The point about whether it is necessary to have worked for Weavers Way to be an effective Board member is a subject for a longer conversation, with different points of view. We are a policy governance Board and therefore have less to do with operations and more to do with fiscal concerns and policy compliance.

Question: All the candidates look good. Why don't you just put them all on the Board and skip the election?

Response: We operate according to our bylaws, which say that the Board should have between nine and 11 members. Appointing all five candidates to the Board would give us too many and would set a precedent for the future. Further, having an odd number on the Board is helpful in avoiding ties in a vote. Even if we had only four candidates for four positions, we would still have an election so that the members, at least 10% as required, would elect the Board.

Question: I do not know if my vote was counted and I do not want to vote twice.

Response: You may safely vote again; the system will not allow you to vote twice. After you vote, you will get a message saying that your vote was counted.

It has been my pleasure to chair the Leadership Committee for the past five years. Thank you to all the members of the Committee, who helped direct the election and prepared the candidates: Larry Daniels, David Woo, Hilary Baum, Sylvia Gentry, Susan Zipin and Joan Patton.

Organizing Progressive Dollars

(continued from page 1)

dent and when will COVID-19 be under control.

Economic activity will not be a 'V' like most people expect; it will take at least 18 months to get back to something resembling what it was like just a few months ago. By early 2021, some existing businesses — as well as new ones — will be growing at a good pace and hiring again. In the third quarter of 2021, I expect we'll start to feel like the economy is coming to life overall. For now, most businesses will be struggling, waiting to see who wins the 2020 elections. The stimulus bills are, not surprisingly, skewed to lift big businesses, so Democrats will need to be selective in what they push.

What are your top priorities for aid/relief?

The top of my list is affordable health care; [also] safe, affordable housing, financial well-being for individuals (particularly access to money to pay living costs and cover emergencies), and small business growth. This needs to be done with a move from "greed is good" capitalism to a more humane form, as we describe in "Organized Money."

CDFI Funds are included in the third

coronavirus relief bill. How is that playing out?

Big financial institutions, small banks, large and small city governments, corporations ranging from Google to Verizon and more have invested almost \$2 billion into CDFIs in the last two months. CDFIs use that and the \$180 billion they already hold to finance businesses that can't get PPP funds, families that can't pay bills after losing jobs, and nonprofits that are in trouble.

What personal action can people take to help promote organizing progressive money?

A friend in Chicago has set up Mighty Deposits (www.mightydeposits.com) that gives users a snapshot of how their bank is working for or against their values. It's a lot of fun and I urge everyone to try it out. Also, progressive banks and credit unions have improved their online accessibility during the crisis. Check them out while you have time on your hands.

As [former Chicago Mayor] Rahm Emanuel advised, we should never let a serious crisis go to waste.

Mark's book is available at the Co-op. If you don't see it on display, ask a staff member.



VIRTUAL TIP JAR

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Reusable Wipes Startup

(continued from page 16)

makes it so distinctive, because it's self-sanitizing; if it gets some bacteria on it, it eats that, and then the next time, it's ready for re-use."

The standard IoWipe measures 7" x 7" and sells for \$25 on the Rivers' website (iowipe.com). It lasts about two months, and can then be returned postage-free for a discount on a future purchase. IodoRios (the couple's LLC) will then reconstitute the wipes and donate them to those in need.

Other products available through the site include kitchen tray and counter covers and door "socks" in two sizes, for round doorknobs and door levers. They're also looking to put together kits for different rooms in the house — the kitchen, bathrooms and sick room.

The couple has moved from making the products by hand to contracting with a manufacturer to produce them. Last month, they got an order for 200 door handle covers, and they've also been contacted by a restaurant supply company interested in developing a distribution relationship with them.

"One of the things we're enjoying about creating this company right here and now is that it's a way for us to continue to give back to the neighborhood," Max said. "...The next person we're

probably going to get is someone who will package things and label them and do shipping. We're hoping to have a little cottage industry where people can work in their homes."

Down the line, Max and Elise are hoping to capture the commercial market — gyms, restaurants, grocery stores, cleaning companies, to name a few. A key part of that expansion is to have the product tested for its effectiveness in killing bacteria and viruses; they're in the process of hiring someone who can navigate that portion.

"This wipe has been tested for four difficult-to-kill foodborne bacteria, including e. coli," Elise said. "With three swipes of the wipe, it completely wiped out everything on the plate."

In the current climate, the sky appears to be the limit for the IoWipe's growth — not bad for a product whose patent was submitted in January, and a company that's been in business for less than three months.

"We expect it to explode, honestly," Elise said. "There are just not enough multiple-use products out there. There's too much throwaway."

COOPERATOR OF THE MONTH

Tina Phipps

Joined Weavers Way: Late 1970s. She and her wife, Barbara Rice, were originally members of the East Mt. Airy Co-op, a division of Weavers Way that was subsumed into the main membership sometime after they joined.

Lives in: Lafayette Hill

Former job: She's a retired anthropologist and ethicist. She directed the Center for Urban Health Policy and Research at Albert Einstein Medical Center, and was co-director of a medical ethics consultation service.

Why they joined: "I think we were interested in community...and we liked the co-op model."

Why they're still working members: "I particularly like working outside, so having the farm as an option is great. I enjoy doing that....plus I learn stuff." She does all the household hours.

Co-op job history: In addition to the farms, she's also tended the flower garden behind Martin Luther King High School for Food Moxie.

Favorite Co-op products: Organic carrots and greens, local apples, Bell & Evans chicken. Barbara makes her own granola, so they buy all their ingredients in bulk. Since the pandemic, they've been doing about 98% of their shopping at the Co-op.

Thoughts on the Co-op: "It's a wonderful place to shop. The people are nice, it's clean [and I] feel safe."



—Karen Plourde

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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. Meetings are taking place online during the COVID-19 crisis. Check the Co-op's Calendar of Events for the date of the next meeting.

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

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Treasurer: Michael Hogan

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Weavers Way Mt. Airy

559 Carpenter Lane

10 a.m.-8 p.m. (temporary)
215-843-2350

Weavers Way Chestnut Hill

8424 Germantown Ave.

10 a.m.-8 p.m. (temporary)
215-866-9150

Weavers Way Ambler

217 E. Butler Ave.

9 a.m.-8 p.m. (temporary)
215-302-5550

Weavers Way Across the Way

610 Carpenter Lane

10 a.m.-7 p.m. (temporary)
215-843-2350, ext. 6

Weavers Way Next Door

8426 Germantown Ave.

10 a.m.-7 p.m. (temporary)
215-866-9150, ext. 221/222

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DID YOU KNOW?

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New Member Orientations

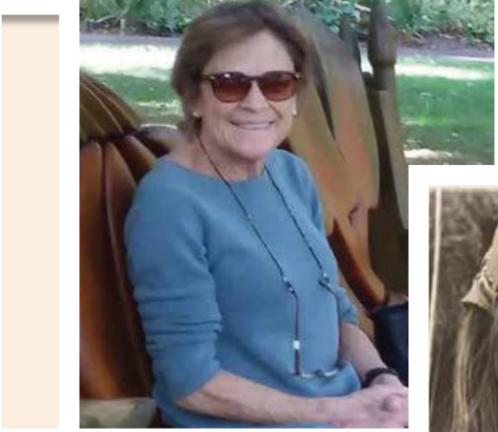
are postponed

during the COVID-19 crisis.

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!

Always in our Hearts



IN LOVING MEMORY OF
DALE KINLEY

1951 - 2020

Dale Kinley

(continued from page 1)

Co-op's 10,000-plus members in greater Philly.

Dale suffered double kidney failure in the early 1980s. During her initial journey through the life/death trauma of kidney failure, a local filmmaker documented her struggle in a short film that aired on public TV. But even though she had to depend on weekly dialysis treatments for several years, Dale never allowed that to dampen her desire to live a full, exciting life. She visited Maine, Assateague Island, VA, California, and the Jersey Shore while lugging heavy plastic sacks of transfusions to keep her hopes alive.

As she approached her first kidney transplant in the mid-1980s — long before GoFundMe campaigns — Co-op members and staff raised over \$10,000 to support medical expenses related to her operation and recovery. Dale suffered a second kidney failure in the 1990s, and two years later, after more years of dialysis, she received a second successful transplant at the Hospital of the University of Pennsylvania. She returned to work at Weavers Way as soon as doctors permitted.

Dale received her primary and secondary education at Springside School and Stevens School in Chestnut Hill. In these all-girls settings, she built a network of committed friends whom she vigorously cultivated throughout her life. She was a member of Roxborough Presbyterian Church, where she worshipped with her mother, Betty L. (Propert) Kinley.

Dale's Father, David Kinley Jr., was an estate planning lawyer and Common Pleas Court judge in Philadelphia, and a decorated veteran of World War II. He served in the Army Air Force 1944 campaign against Nazi Germany.

From early childhood though her adult years, Dale — together with her life-partner and husband, Len Byron of Philadelphia — regularly vacationed in Ocean Grove, NJ. Special holidays were often shared with the Propert family near Atlantic shore towns. More summers were spent in Bass Harbor, ME, Eagles Mere, Stone Harbor, NJ, San Francisco, and the Hill House and Philadelphia



David and Dale with their mom, Betty.



Dale and Len

Cricket Club swimming pools in Chestnut Hill.

Once she regained control over her wavering health after her a second transplant, Dale and Len couldn't be slowed from adventuring throughout the Western World. Countries they visited included France, Italy, England, Ireland, Austria, the Czech Republic and Hungary.

Dale's journeys fueled a rich, inner soul radiating kindness, empathy, caring, love and generosity. She was a huge fan of the Beatles and co-hosted many rock-and-roll-inspired parties at the Kinley home in the woods of "Murder Hollow."

She became an avid reader and consumer of news, history, and cultural treasures of the wider world. She never ceased studying and learning from other's experiences in art, drama, music and literature — no matter difficult her physical health and spiritual struggles became.

Dale's modest but satisfying life always centered on work at Weavers Way. Even when COVID-19 descended on Philadelphia earlier this year, she was reticent to leave her post at the ordering desk in the Co-op's basement.

After a five-week sick leave in March and April, she returned to work May 4-6 for a final two days at her beloved community store. Following her death, she was tested and found negative for COVID-19.

Dale is survived by Len, her brother David Kinley III, presently of Philadelphia, her mother-in-law, Kay Byron of Chestnut Hill, and cousins Steve and Jeff Propert and their extended families.

A graveside burial service for family is being planned for this summer at Laurel Hill Cemetery in Roslyn. A larger memorial service will be scheduled for close friends and admirers this summer.

In lieu of flowers, donations in Dale's memory should be directed to her favorite charities, including The American Kidney Foundation, Philabundance, the Wounded Warrior Project, the Salvation Army of Philadelphia, Morris Arboretum, the Philadelphia Museum of Art, and Food Moxie.

Inquiries may be addressed to:

- Randy Lownes of Lownes Funeral Home;
- David Kinley III and Len Byron in Philadelphia
- Jon Roesser at Weavers Way Co-op.