

## Giving Back to Our Members Two Years Running

by Nancy Pontone, Weavers Way Controller

FOR THE SECOND YEAR IN A ROW, THE WEAVERS Way Board has announced a patronage rebate for members based on profits earned by the Co-op in the last fiscal year.

The rebate program began on Friday, Oct. 30, and is available now. The amount each member will receive is determined by IRS rules and is based on the amount of each member's patronage during fiscal 2015, July 1, 2014-June 30, 2015.

The total amount of the patronage rebate is \$217,000 and will be distributed to members as follows: 20 percent in cash, 30 percent in Regular Equity and 50 percent in Reserve Equity. The 20 percent portion can be taken as cash, applied toward purchases at the cash register, added to Regular Equity or do-

nated to Weavers Way Community Programs. The 30 percent going to Regular Equity will be added to each member's equity account and is returned if the member leaves the Co-op. It also helps increase individual members' investment toward (or over) the \$400 required balance. Reserve Equity is returned to members if and when the Co-op ceases to function as a business.

Member equity is vital to the financial and organizational strength of cooperative businesses, and both Regular and Reserve Equity add to the value of Weavers Way and strengthen our financial position.

In recent years, the Co-op has added stores in Chestnut Hill and renovated and expanded in Mt. Airy. We have generated enough cash to make regular payments on debt related to expansion, as well as paying an extra \$300,000 on principal in fiscal 2015. Sharing profits with our members through this rebate also al-

lows the Co-op to significantly reduce taxes owed.

It's a testament to good management and good financial planning, the dedicated and hard-working staff and a committed board that the Co-op has achieved this much success, and has been able to offer a rebate in two consecutive years.

Here's your role in the rebate program: Come to the stores and claim your cash rebate. There is a deadline of January 31, 2016, so please take advantage of the rebate soon. Use the rebate for holiday shopping or just for purchasing the great array of products offered by the Co-op, including many that are locally sourced.

Your patronage helps sustain Weavers Way Co-op, local vendors and the community.

Keep shopping!

*npontone@weaversway.coop*



# The Shuttle

November 2015 Vol. 43 No. 11

Community-Owned, Open to Everyone

## GMM Attendees Came Hungry — for Knowledge, of Course

by Jacqueline B. Boulden, for the Shuttle

THE COMPETITION IS OPENING ITS doors just down Germantown Avenue from the Weavers Way Co-op's Chestnut Hill store, and new General Manager Jon Roesser is ready.

"Competition is good and we are preparing for it," he told those gathered for the Fall General Membership Meeting at the Schuylkill Center on a cool day in mid-October.

Roesser pointed out that Fresh Market, whose corporate headquarters is in Greensboro, NC, will have a store at the corner of Germantown Avenue and Hartwell Lane that is more than triple the size of the Co-op's Chestnut Hill store and will also have some free parking. But the Co-op is ready to counter with specials and hard work to make sure its loyal members continue to shop and support Weavers Way.

Fresh Market, which on its website calls itself "your neighborhood food market and premium quality local produce store," held a job fair in Philadelphia at the end of September. No date has been set for the opening of the Chestnut Hill store, which would be its third in the region.

In updating Weavers Way's budget

and membership numbers, both Roesser and Board Chairman Chris Hill said the Co-op is on firm financial footing.

"Our sales are strong and we are in excellent financial shape," Roesser said, noting that the Co-op will be issuing a patronage rebate again this year, although slightly less than last year's rebate.

"In the end, competition is inevitable and will serve to make us a stronger, more efficient operation," he added.

Following the business portion of the meeting, Emily Moscato, Ph.D, a professor at St. Joseph's University, spoke about her research around food and how consumer decisions are influenced.

One issue can baffle even the best label readers among us, and it has to do with what's on the front of the package — words such as "natural," "organic," "fair trade" and "wholesome."

Moscato noted that these words "infer attributes about the quality and nutritional value of products" that are not supported by labels alone. "My research and others' have demonstrated strong 'health halos' that lead consumers to believe products with these labels are lower in calories and consequently consumers will consume more of them and more often. In addition to health halos, consumers ascribe qualities such as less processing or



Larry Goldfarb photos



Four Weavers Way Board presidents were on hand — from left: Nancy Weinman, David Woo, Stu Katz and the incumbent, Chris Hill — to hear GM Jon Roesser present the big picture.

no preservatives, which is not necessarily true. Under FDA guidelines, you can still have organic high-fructose corn syrup."

So what's a health-conscious consumer to do? Turn the package over and study the nutritional information on the back, Moscato said. "This information will better inform you if the product is consistent with your definition of the label."

Getting all the information can be a challenge because it "takes time and ef-

fort that consumers don't usually have," Moscato acknowledged. She likes educational and crowd-sourced efforts such as The Open Label, an app that scans a product's UPC bar code to provide on-the-spot product information and crowd-sourced recommendations.

During her presentation, Moscato also told members to think about not only what they are putting on their plate, but

(Continued on Page 24)

Weavers Way Cooperative Association  
559 Carpenter Lane, Philadelphia, PA 19119  
WWW.WEAVERSWAY.COOP  
CHANGE SERVICE REQUESTED

### INSIDE

New on the Shelves . . . . .	2	Environment Committee . . . . .	16
Turkey & Thanksgiving Ordering . . .	3	Suggestions . . . . .	18
5 Things & Lighten Up Friday . . . . .	5	Health and Wellness Committee . .	20
GM's Corner . . . . .	7	Membership Corner . . . . .	22
Weavers Way Community Programs .	8	Board Corner . . . . .	22
Co-op Specials . . . . .	12-13	Cooperator of the Month . . . . .	22
The Passionate Gardener . . . . .	14	Staff Celebrity Spotlight . . . . .	23

## Editor's Note

by Mary Sweeten, Editor,  
Weavers Way Shuttle



LAST MONTH BEING NON-GMO Month, Co-op member Frank Schaller was inspired to write the piece on Page 6 urging everyone to educate themselves about genetically engineered crops and pay attention to the legislation wending its way through Congress that would ban state laws requiring GMO labeling.

One of the rallying cries of American anti-GMO activists is that other countries require GMO labeling, or have banned GMOs outright, and many American companies seem to have managed to comply with these rules in their overseas business just fine even as they insist that GMO labeling here at home would just ruin everything.

At a panel discussion I attended a couple of months ago, one of the speakers, by his own account a GMO supporter, shook his head over the boneheadedness of the U.S. GMO industry in drawing the line at labeling. "Big Food has a transparency problem. Anti-labeling makes them look bad," he said. Ya think?

Meanwhile, rather than feeding the world, the main thing that genetic engineering has accomplished so far is vastly increasing the use of herbicides.

Glyphosate-resistant cotton is a great thing — for Monsanto. It's a disaster for soil health, which is what I wish the anti-GMO crowd would focus on, rather than making a big deal about the purported human health risks of genetically altering what we eat. (It does sound creepy, doesn't it?)

One more thing: The non-GMO movement is a mixed bag for organic farmers. I have a new favorite button; it says: "Organic is non-GMO & more." Picture this: You bust your butt to maintain soil tilth, accept lower crop yields, fight nice with bugs and birds, and someone who does none of these things grabs 75 percent of the love by slapping "Non-GMO!" on a box of conventional strawberries.

There are no GMO strawberries. Not yet, anyway.

[msweeten@weaversway.coop](mailto:msweeten@weaversway.coop)



### New on the Shelves

by Karen Plourde,  
Weavers Way Chestnut Hill  
Grocery Staff



#### Picks in Produce

**We've got your makings for stuffing. And cranberries are back at last.**

Those who like to tinker with their stuffing recipe every Thanksgiving (and you know who you are) will find plenty to work with in both stores. We have everything from chestnuts to chemical-free hazelnuts from Rutgers University to wild-harvested chanterelle and organic maitake mushrooms from Mycological. (Last three just in Chestnut Hill.)

If you haven't given any love to our local rutabagas before, make room on your table this year for the savory swede turnip. And please don't forget the local cranberries. They're vibrant and tangy, and they'll be gone before you can say "Where's the sauce?"

#### Goings on in Grocery

**Organic sriracha goes great with turkey (or Tofurky).**

Sriracha delivers a righteous kick to just about anything edible, but the brand you see everywhere contains potassium sorbate and sodium bisulfate. Enter Organicville's Sky



Valley Sriracha, which leaves out those preservatives and uses organic cane sugar. Better, right? You can find it on the shelves in Mt. Airy, along with Sky Valley verde and mole sauces.

#### Bakery Bites

**Cakes to please the vegans among us. And whole-grain fans will love our newest baguette.**

We're approaching heavy house-guest season, and you never know when someone's latest dietary needs will have you scrambling. If you or a loved one has gone vegan, the Chestnut Hill bakery section has dessert covered. Miami's Kelly Family Kitchen makes vegan cakes that are free of preservatives, nuts, peanuts, eggs and dairy. They're baked in a facility that's free of all of those. Chocolate and vanilla are available. (And don't forget Roz's vegan cupcakes in Mt. Airy.)



Meanwhile, both stores are adding Metropolitan whole-wheat baguettes. These could provide a tasty, good-for-you alternative to dinner rolls on Nov. 26, all warmed up and ready for butter.

#### Meat & Fish Market

**Lamb's on sale! Because you don't have to eat turkey all month.**

Cooler temperatures mean roast season has returned, and we've got some deals on lamb to nudge you to add that to your menu. In Chestnut Hill, Esposito's bone-in leg is on sale for \$7.99 a pound in November. In Mt. Airy, Esposito's 1.5-pound lamb roast wrapped in bacon



is available for \$10.99 a pound — a dollar a pound off the regular price. Mash some potatoes and I'll be right over.

#### All Wellness & Good

**The latest scents of the season from Demeter. And some new Baggalini's, too.**

The latest collection of everyday-inspired scents from Demeter reads like a smeller's guide to fall: Mulled Cider, Cypress, Bonfire, Frankincense, Vetiver, Asian Pear, Greenhouse and Fig Leaf. Makes me want to hang out Next Door for an hour or two and try them all. Sample them yourself and pick one to take home.



Over Across the Way, new Baggalini's have landed. The gold collection includes backpacks, cross-body models and handbags with Baggalini's trademark sturdy construction and a plethora of pockets. It's not too early to think about gifts for you or yours.

[kplourde@weaversway.coop](mailto:kplourde@weaversway.coop)

The Shuttle is published by  
Weavers Way Cooperative Association.

#### Statement of Policy

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

Weavers Way members are welcome to submit articles or Letters to the Editor. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January. Articles should be 500 words or less; letters should be 200 words or less. Articles express the views of the writers and not those of the Co-op or its Board, unless identified as such. No anonymous material will be published, and all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or Letter to the Editor. Submit to [editor@weaversway.coop](mailto:editor@weaversway.coop).

#### Advertising

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

The Shuttle is printed  
on 100% recycled paper.



WE'RE NOT SAYING YOU CAN DO ALL YOUR HOLIDAY DINNER SHOPPING UNDER THE CO-OP BASICS banner — after all, our all-natural Esbenshade turkeys from Lancaster County and fresh-from-the-field Brussels sprouts are, well, anything but basic.

But a review of the Co-op Basics lineup shows there's plenty of the stuff you need — green and black olives and a variety of crackers for that relish tray, maple syrup (to dose up those Brussels sprouts), balsamic vinegar (for those wilted greens), not to mention Le Bus dinner rolls.

For an all-Basics side dish that's essential to the groaning Thanksgiving board, think Green Beans Almondine.

#### Green Beans Almondine for a Crowd

- 2-pound bag Field Day frozen cut organic green beans
- 3 tbs. Organic Valley butter (or Field Day extra-virgin olive oil)
- 4 oz. raw shelled almonds (about 3/4 cup)

**Blanch the almonds** (optional): Pour boiling water over the almonds and let them soak for a couple of minutes. Then rub the almonds in a dish towel, and the brown skins will come right off.

**Toast the almonds:** Using a chef's knife and a cutting board, slice the almonds into slivers. This isn't precision work, so don't worry if you have as many

chunks as slices. Put the almonds in a nonstick pan at medium-high and keep an eye on them, shaking the pan as the almonds turn golden brown. This should only take two or three minutes. Empty them onto a plate to cool.

**Cook green beans** in a small amount of salted water or in a steamer basket until tender but still a little crunchy. Drain.

**Heat the butter or olive oil** in the pan where you toasted the almonds. Add the beans and sauté and toss until they are coated and hot.

Stir in the toasted almonds and season to taste with salt and pepper. Serves 8-10 as one of many side dishes.





# company's coming

fresh • local • natural

These items will be available in both stores while supplies last. Order ahead to be sure!

Mashed potatoes	.....	\$7.99/lb.
Mashed sweet potatoes	.....	\$7.99/lb.
Green beans almondine	.....	\$12.99/lb.
Honey-mustard glazed Brussels sprouts	.....	\$10.99/lb.
Wild rice with toasted pecans and dried cherries	.....	\$10.99/lb.
Fresh cranberry and pear relish	.....	\$10.99/lb.
Gingered pumpkin soup	.....	\$8.99/qt.
Turkey gravy	.....	\$8.99/qt.
Pilgrim's rice salad with pine nuts and dried fruit	.....	\$9.99/lb.
Green olive and toasted pine nut tapenade	.....	\$9.50/lb.
Marinated mushroom and fresh fennel salad	.....	\$8.99/lb.
Fresh oyster bisque	.....	\$9.99/qt.*
Herb-roasted boneless turkey breast — fully cooked and seasoned	.....	\$14.99/lb.*
<i>(minimum order: whole turkey breast)</i>		
Trio of roasted squash — delicata, butternut and kabocha	.....	\$10.99/lb.
Apple sage stuffing	.....	\$10.99/lb.

\*Available made to order only.



[www.weaversway.coop](http://www.weaversway.coop)

Weavers Way Chestnut Hill  
8424 Germantown Ave.  
**215.866.9150 ext. 209**

Weavers Way Mt. Airy  
559 Carpenter Lane  
**215.843.2350 ext. 102**

## My House Pies



Pumpkin, Apple (Double Crust, Crumb or Pear Cranberry), Sweet Potato, Mixed Berry, Peanut Butter, Coconut, Pecan, Chocolate Pecan

**\$7.99** 6-inch **\$15.99** 10-inch

Please order online. A limited number of pies will also be for sale in both Mt. Airy and Chestnut Hill.

**10% discount on all orders of 4 or more pies**

**My House order DEADLINE: Wednesday, Nov. 18.**

## Turkeys! Turkeys! Turkeys!

Once again, we're offering fresh turkeys from Esbenshade's, Heirloom Bronze turkeys from Koch's and Empire Kosher turkeys.

**SIZE RANGES ARE APPROXIMATE**

**Esbenshade \$2.59/lb.**

*Working Member price \$2.46/lb.*

Size ranges in lbs.: 10-12, 12-14, 14-16, 16-18, 18-20, 20-22, 22-24, 24-26

**Koch's Heirloom Bronze \$3.49/lb.**

**Empire Kosher \$4.25/lb.**

(14-18 lbs.)

(10-14 lbs.)

Choose your pickup location and the size and type of turkey you want. Quantities are limited; the website will be updated as sizes run out. If you don't have access to a computer, come on in and we'll be glad to help you!

**For boneless, all-natural local turkey breasts (5-7 lbs.) and spiral-cut hams, please order through the Meat Department.**

## PLACING YOUR ORDER IS EASY!

Visit [www.weaversway.coop](http://www.weaversway.coop)

Look for these buttons



**Order Fresh Turkeys Here.**



**Order the rest of your Thanksgiving meal here.**



→ **Or Stop by the stores.**

*Be sure to choose your pickup location!*

We prefer one week's notice for holiday orders, but we will do our best to accommodate you!

**Pick up Tuesday or Wednesday, Nov. 24 or 25**



## Thanksgiving: It's a Cultural Mashup

by Sue Wasserkrug, Weavers Way  
Food Justice Committee

EVERYONE WANTS TO TALK ABOUT Native Americans around Thanksgiving time. On the one hand, it's a nice opportunity to acknowledge their many contributions to our country (and the world, for that matter). On the other hand, these limited conversations often perpetuate the myth that Native American cultures and communities are a thing of the past — which is absolutely false. Don't take my word for it. Visit the National Museum of the American Indian — more info at [nmai.si.edu](http://nmai.si.edu).

Enough of my soapbox. Let's get back to Thanksgiving. The many diverse peoples already living on this continent before Europeans arrived held thanksgiving celebrations and feasts throughout the year. Think about it: Food is harvested at different seasons, and each harvest is cause for celebration — in the spring for the spawning of the fish, in summertime for the harvest of delicacies like strawberries and green corn, and in the winter for maple syrup, to name just a few. The Narragansett people in New England traditionally hold a celebration practically every month, to give thanks to the Great Spirit and the Earth Mother for the meat, fish, fruit and vegetables that sustain them. Way on the other side of the continent, the native people of Alaska also give thanks throughout



Sue Wasserkrug photo

the year for the whales that provide not only food but also materials for clothing, shelter and other uses.

Just as at our “American” thanksgiving feast, these events are opportunities to express appreciation for all the delicious foods of the earth and to gather and enjoy the company of family and friends.

It's hard to know exactly when Europeans first sat down with Native Americans to give thanks for the harvest, but the “first Thanksgiving” usually refers to a celebration that occurred in Massachusetts in the fall of 1621.

Turkey is the centerpiece of the modern Thanksgiving meal. But at the so-called “first” Thanksgiving, that wasn't the case. The Pilgrims had been in the area for about a year, but the Wampanoag people had been around for thousands of

years. The Pilgrims were getting ready to celebrate their first harvest, and they were hunting for “waterfowl” to accompany the crops. Some Wampanoag folks heard the gunshots and went to investigate. Supposedly at that point the Pilgrims invited them to join the festivities. Since there wasn't enough food, the Wampanoag offered to bring a deer or two.

Instead of turkey, stuffing, mashed potatoes, cranberry sauce and pumpkin pie, that meal probably consisted of venison, corn, squash, seafood, berries and duck or goose. These foods were well known to the Wampanoag. The native peoples were kind and generous enough to share their agricultural and culinary knowledge with the Pilgrims, who had never eaten, much less cultivated, corn and squash. (Sadly, this kindness and generosity weren't reciprocated, but we'll

“  
If you're looking for something to be thankful for this year, consider the many culinary contributions of the indigenous peoples of the Western Hemisphere: corn, beans and squash; tomatoes, peppers and potatoes; chocolate, vanilla and maple, and much more.”

save that discussion for another day.)

So if you're looking for something to be thankful for this year, consider the many culinary contributions of the indigenous peoples of the Western Hemisphere: corn, beans and squash; tomatoes, peppers and potatoes; chocolate, vanilla and maple, and much more. And don't forget to plan your visit to the National Museum of the American Indian. If you go to the one in Washington, DC (there's another one in New York City), be sure to eat at the award-winning Mitsitam Cafe ([www.mitsitamcafe.com](http://www.mitsitamcafe.com)), which has foods from many Native American traditions on the menu.

You might even come away with ideas for your next Thanksgiving dinner!

*wasserkrug@gmail.com*

## The Story Behind the Big Bird

by Mike Weilbacher, for the Shuttle

LATER THIS MONTH, WE'LL GATHER around tables overflowing with colorful cornucopias of food in a time-honored tradition of giving thanks for food and family. Whether that table includes cranberry sauce or couscous, tortellini or tortillas, the centerpiece is likely to be that quintessential American bird, the turkey.

But consider the center of our tradition. What do you know about the life and times of this intriguing bird?

One of our largest natural neighbors, one even occasionally seen at the Schuylkill Center or in the Wissahickon Valley, wild turkeys (*Meleagris gallopavo*) are right now forming single-sex winter flocks, a tom and its brothers joining a fraternal order of males, sparring viciously to establish, yes, a pecking order. They wrestle and strike with wings, feet and head until exhausted, and he who fights longest and hardest is the winner: To him goes the right to mate next spring.

When winter flocks break up, the brothers stay together, strutting in clear-

ings hoping to attract harems of females, gobbling and fluffing like so many hyperactive Mummies. The knobs atop their heads turn various shades of red, white and blue — they are, after all, patriotic — and their wattles flap and snoods bounce. But when the hens arrive, only the big brother mates, top-gunning with multiple females to spread strong genes through the pool.

It's doubtful the Pilgrims dined on turkey that first Thanksgiving, but they likely knew about them. Aztecs domesticated the Mexican subspecies 3,000 years ago, and Spaniards brought the bird to Europe. It came to England in 1550, and by the Pilgrim era was already the centerpiece of large feasts held by the wealthy. Because Londoners knew the big colorful bird was from exotic lands, it was christened the “Turkey fowl,” and settlers actually brought European-bred birds back to America from Europe. Ironically, the turkey we eat today — unless there is a hunter in your family — is not the American wild turkey Ben Franklin famously wanted as the country's symbol, but a descendant of the Mexican subspecies.

One more turkey story. Though the wild birds roamed a huge swath of Amer-



Tim Simos, National Wild Turkey Federation

The boys are back: A pair of Eastern wild tom turkeys doing their spring thing

ica, overhunting and deforestation collaborated to devastate turkey populations, and by 1900, they disappeared completely from Canada, New England, New York and elsewhere. While Pennsylvania was the northernmost state on the East Coast to retain wild turkeys, there were none hereabouts.

But as forests grew back, turkeys rediscovered viable habitat, and have rebounded, with millions of birds reclaiming their former range. Audubon recently

christened the wild turkey one of the “10 Creatures We Saved.”

This month, as turkeys take center stage on our tables, be thankful for one of our too-few conservation success stories: The return of the wild turkey.

And Happy Thanksgiving!

*Mike Weilbacher directs the Schuylkill Center for Environmental Education in Upper Roxborough, can be reached at [mike@schuylkillcenter.org](mailto:mike@schuylkillcenter.org), and tweets @SCEEMike.*



LEAVE A GIFT  
TAKE THE PIE

Weavers Way is a pickup location again this year for MANNA's Pie in the Sky fundraiser.

Order through Nov. 20, get your pies Nov. 24-25.  
For info and to order, visit [mannapies.org](http://mannapies.org).

MANNA provides nourishment to people battling life-threatening illnesses in the Philadelphia area.



# 5 THINGS

Five Things is a service of Weavers Way.

Because there's nothing that can't be improved by something you bought at the Co-op!

## 5 Alternatives to Black Friday Insanity

C'mon, you don't *really* want to get up super early and stand in the cold for bargains that aren't. Dial back and get ready for the busy weeks ahead.

- 

**1 Stock up for holiday baking** — Co-op Basics flour, walnuts and almonds in bulk, plus eggs and butter. Not to mention Singing Dog vanilla in bulk in Mt. Airy. Other essentials like sugar, coconut, extracts and food coloring. Start now and you might actually do it this year.
- 

**2 Perfect your mulled cider mixture** — Head for the bulk Frontier spices and put together a combo better than any packet out there. Don't forget the cinnamon sticks, and oranges for grated peel.
- 

**3 Recover from your Thanksgiving food hangover** — Pick up some kombucha (any bottled variety, or check out the Food and Ferments kegerator in Mt. Airy). And seltzer. Some Fire Cider, too. It could be rough going 'til the end of the year.
- 

**4 Shore up your leftovers** — Because you forgot to pick up good bread for the turkey sandwiches. And your guests tore up the cranberry relish. And you're still not over roasted Brussels sprouts.
- 

**5 Stoke your inner firekeeper** — Bundles of local firewood are here. Hustle up some kindling and ready your indoor or outdoor canvas. "Fire warm. Mmmmm."

## LIGHTEN UP

# Friday

### Why Do They Call It Black Friday?

Could it be the dark mood that descends when it's all hurry up and push and shove and you're a little hungry too?

Visit Weavers Way Across the Way or Weavers Way Next Door this Nov. 27 for something a little different: soothing aromas, nice music, a little wine, a few nibbles . . . and the best selection of sustainable and thoughtfully present-able personal care products and gift items around!

**Lighten Up Friday, 4-8 p.m. Nov. 27 at Weavers Way Across the Way and Weavers Way Next Door**

(Lighten Up Friday continues Across the Way and at the Mt. Airy Co-op Dec. 4, 11 and 18. Shopping the Avenue? Be sure to get that holiday feeling Next Door and at the Chestnut Hill Co-op on Stag & Doe Nights, Wednesdays, Dec. 9, 16 and 23.)

**across the way  
next door**

## Honoring the Women with Dairy Dishes

by Ronit Treatman, for the Shuttle

IN THE UNITED STATES, HANUKKAH IS ASSOCIATED WITH potato latkes and the brave Judean men fighting for freedom. But in some Sephardic communities, the seventh day of Hanukkah is focused on dairy dishes and the brave Judean women.

More than 2,000 years ago, a group of Judean rebels called the Maccabees vanquished the Seleucid Empire. Hanukkah means "dedication," and refers to the purification of the Temple in Jerusalem following the Maccabee victory.

One indispensable protagonist in this victory is Judith, even though she lived 400 years before the time of the Maccabees, during the reign of King Nebuchadnezzar. In Judith's story, General Holofernes was charged with besieging the fictitious city of Bethulia (symbolizing Jerusalem). A beautiful young widow, Judith ventured outside the city walls. Holofernes tried to seduce her, inviting her into his tent, where she entertained him with salty cheese, wine and conversation. He became so inebriated that he fell into a deep sleep. Seizing this opportunity, Judith cut his head off with his own sword, then paraded around Holofernes' encampment with his head, so terrifying his soldiers that they fled. The Maccabees were said to have been inspired by Judith's bravery to fight until they were victorious.

So in some Sephardic communities, the seventh day of Hanukkah is reserved to honor Judith's bravery. This is called *chag habanot*, the festival of girls and women. Dairy dishes are served to commemorate the cheese that helped bring down Holofernes.

*Weavers Way member Ronit Treatman is food editor of the Philadelphia Jewish Voice (www.pjvoice.org) and creator of Hands-On Jewish Holidays (www.handsonjewishholidays.com), a celebration of Jewish traditions. Contact her at ronit.treatman18@gmail.com.*

**K**ONAFI A LA CRÈME IS A DAIRY PASTRY POPULAR throughout the Levant. It is composed of four parts: the pastry, the filling, the syrup and the garnish. You may substitute rose water for the orange blossom water. (Adapted from "The Book of Jewish Food," by Claudia Roden.)



### Konafa a la Crème

#### Make the pastry:

- 1 lb. frozen filo dough
- 8 oz. butter

Melt the butter. Shred the filo dough in a food processor. In a large bowl, mix the shredded filo dough with the butter. Set aside.

#### Make the filling:

- 5½ cups cold milk
- 4 tbs. sugar
- ¼ cup rice flour

Place the rice flour in a small bowl. Add enough cold milk to mix into a paste. Heat the rest of

the milk until it boils. Stir in the rice flour paste. Simmer for 15 minutes while stirring. Mix in the sugar. Set aside to cool.

#### Make the syrup:

- 1 ¼ cups water
- 2 ½ cups sugar
- 2 tbs. orange blossom water
- 2 tbs. freshly squeezed lemon juice

Boil all the ingredients for 15 minutes. Cool in the refrigerator.

#### Make the garnish:

- 2/3 cup shelled raw pistachios

Preheat the oven to 350 degrees F. Spread the pistachios on a cookie sheet. Toast for 8 minutes. Cool and chop coarsely.

#### Compose the cake:

Preheat the oven to 350.

Put half the pastry dough in a 12-inch round porcelain casserole dish, working it with your fingers so it coats the bottom. Cover the pastry dough with the milk filling. Top filling with the rest of the pastry.

Bake for 60 minutes.

Remove from the oven, pour the cold syrup over the pie and sprinkle on the pistachios.



O.P.I.N.I.O.N

# Tell Senate We Want to Know About GMOs

By Frank Schaller, for the Shuttle

**H**R 1599 IS A BILL IN WASHINGTON THAT WILL TAKE away your right to know what you are eating. If you want labeling (informed consent) of GMO food, now is the time to act.

Remember the excitement: supercomputers, government vs. private enterprise, Collins vs. Venter. Eureka! We sequenced the human genome — welcome to the 21st century!

Well, none of those exciting, genetic, technical, medical developments have anything to do with genetically modified organisms (also referred to as genetically engineered or GE). Development of the human genome is all about curing diseases. GMOs are all about killing weeds and other living things.

Environmental activists have dubbed HR 1599 “The DARK Act” for Denying Americans the Right to Know what they are eating and feeding their children.

Check the websites of organizations including the Center for Food Safety, Physicians for Social Responsibility, the Union of Concerned Scientists, the Environmental Working Group, Food and Water Watch and GMO-Free PA. Some of the issues they raise are that GMO crops:

- Are exposed to excessive amounts of pesticides.
- Have been linked to tumors and genetic disorders in animal studies.
- Are destructive to soil microbiology.
- Contribute to global warming by disrupting carbon dioxide balances.
- Have not been proven safe for humans or the environment.
- Can damage agricultural economies.
- May override nature’s protections on genetics resulting in unknown consequences.

Is the GMO industry’s main claim, that GMOs will feed the world, really true? Maybe, but every mouthful will have been sprayed with deadly pesticides, two to seven times more than conventional crops.

Why can’t or won’t the FDA and the USDA protect us against the health risks and diseases reported on these web sites? Perhaps because these government agencies have a revolving door of employees with the GMO industry. Why was Proposition 37 on labeling GMOs defeated in California? Because the GMO industry spent \$42 million to influence the vote. Why does the GMO industry oppose labeling? Are they ashamed of the food they created with their technology?

Our House of Representatives voted in July to send HR 1599 (official title: “The Safe and Accurate Food Labeling Act of 2015”) to the Senate. We who want the right to know what is in our food missed the boat by not contacting our representatives. Don’t miss the boat with the Senate. Senators Pat Toomey and Bob Casey need to hear from us. GMO-Free PA is locally leading the opposition to HR 1599 and encourages citizens to contact Toomey at 215-241-1090/www.toomey.senate.gov and Casey at 215-405-9660/www.casey.senate.gov.

The Fourth Branch of Government (you and me) got the lead out of paint, bisPhenol A out of baby bottles and asbestos out of insulation. We can get the label on GMO foods because we do not want to lose our freedom to choose our food. We do not want to be part of a global GMO experiment where there is no control group, no traceability and no party to hold liable for damage to our health and environment.

The gene pool (our children’s children) will be forever grateful you took the time to learn, decide and act.

Contact Weavers Way member Frank Schaller at [looktoNatureFirst@gmail.com](mailto:looktoNatureFirst@gmail.com).

## HR 1599’s Legislative History

**H**R 1599, “THE SAFE AND ACCURATE Food Labeling Act of 2015,” passed the House of Representatives in July and was referred to the Senate Agriculture Committee.

It was the second try for the bill, which would keep states from issuing their own GMO labeling laws. Proponents like sponsor Mike Pompeo, R-Kansas, who introduced it originally in 2014 with little support, claim the law would foster the development of federal standards for GMOs and prevent the “nightmare” of a 50-state patchwork of GMO labeling laws.

Nineteen states have some sort of GMO labeling laws. Pennsylvania has been unsuccessful for two years in getting one passed.

To become law, the Senate would have to pass its own version of 1599 before the end of the 114th Congress next year. No Senate companion bill has been introduced, although John Hoeven, a North Dakota Republican, is working on one. The Agriculture Committee’s top Democrat, Debbie Stabenow of Michigan, has said a national GMO labeling policy is needed, but has not endorsed HR 1599’s approach.

Last month, the Agriculture Committee — of which Bob Casey is a member — held testimony on “agriculture biotechnology,” its first review of the issues around HR 1599. Among the witnesses were representatives from government agencies, farm interests and the Center for Science in the Public Interest.

For the text of the legislation and updates on action about it, visit [www.congress.gov/bill/114th-congress/house-bill/1599](http://www.congress.gov/bill/114th-congress/house-bill/1599)



## Martin Elfant Inc.

REAL ESTATE



6640 Sprague St. Phila. PA 19119

E. Mt. Airy  
2 Bd. 1 Ba.  
\$1095/mth



6 Willow Grove Ave. Phila. PA 19118

Chestnut Hill  
2 Bd. 1 Ba.  
\$1,250/mth  
Free Parking!

Visit [Elfantre.com](http://Elfantre.com) for more listings and Details! 215-844-1200 ext. 2

**ACQUISITION / REFINANCE REHAB NEW CONSTRUCTION**

**Direct** | Mortgage Loan Company

**We finance all types of commercial properties. Serving Real Estate Investors And Developers In the Philadelphia Area Since 1962**

[DMLC-Lending.com](http://DMLC-Lending.com) / 215 844 1200 / [Jared@Elfantre.com](mailto:Jared@Elfantre.com)

**SHUTTLE LETTERS POLICY**

The Shuttle welcomes letters of interest to the Weavers Way community. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. The Shuttle may decline to publish any letter for any reason. The deadline is the 10th of the month prior to publication (e.g., March 10 for April). Send to [editor@weaversway.coop](mailto:editor@weaversway.coop).

Exciting Visiting Show! Our 19<sup>th</sup>  
**8514 Germantown Ave. ANNUAL HOLIDAY SALE**  
**CHESTNUT HILL of Unique Indonesian**  
**610.529.2083 HANDCRAFTS & GIFTS**

FROM BALI TO BALA

Take a cultural journey to Indonesia without leaving home. Enjoy an authentic shopping experience enriched by interesting and affordable gifts while supporting local nonprofits through your purchase, all in one convenient location!

**November 6<sup>th</sup> - December 24<sup>th</sup>**  
**Tuesday - Saturday 11 am - 6 pm**  
**Sunday & Monday 12 pm - 5 pm**

*Special events throughout the show!*  
[WWW.FROMBALITOBALA.COM](http://WWW.FROMBALITOBALA.COM)  
 VISIT us on Facebook

OPENING NIGHT PARTY Saturday, Nov. 7<sup>th</sup> 7 - 9 pm  
 Featuring Indonesian performances by Modero Dance Company



**CHESTNUT HILL**

*Computer Spa*

PC & Mac Repair,  
iPhone Screen Replacement!

Joanne Davis  
**215-939-2534**

**COMPLETE COMPUTER SERVICES AND TRAINING**

**215-939-2534**

[CHComputerSpa@gmail.com](mailto:CHComputerSpa@gmail.com)



GM'S  
CORNER

# Clothes Make the Man . . . Skeptical

by Jon Roesser,  
Weavers Way General Manager

I HAVE A WARDROBE PROBLEM.

After seven years working at the Co-op, half of my clothes sport the Weavers Way logo. Now, this hasn't bothered me in the slightest and it's made getting ready for work pretty simple. Those suits I used to have to wear that needed to be dry-cleaned and the shirts that needed to be pressed, all now nearly a decade out of style, have been banished to the attic. Good riddance.

But at my son's soccer game last week, a grandparent of one of the players came up to me and said, "My son told me I couldn't miss the coach, he'll be the one wearing a Weavers Way sweatshirt." Like Jawaharlal Nehru, the predictability of my outfit is becoming my primary identifier. I'm the Weavers Way Guy.

So maybe it's time to buy some new threads. Before doing so, I decided to research sustainably produced clothing options.

Working at Weavers Way has helped me become a more responsible consumer of food. While not perfect, generally speaking my grocery basket is filled with food that is healthier for both me and the planet than the food I bought seven years ago.

But when it comes to clothes, I'm in the wilderness.

I started with the easy part: raw material. Organic cotton makes sense, given that non-organic cotton is drenched in chemicals. By some accounts, 25 percent of the insecticide used on crops worldwide is sprayed on conventional cotton, bad for the planet and terrible for farm workers.

Recycled polyester is another good choice, since it requires less energy to turn used soda bottles into polyester fabric than it does to make "virgin" polyester, plus it finds a reuse for something that would often other-

wise be discarded. Other good choices include clothing made with hemp or bamboo.

But beyond the raw materials, finding clothes manufactured by workers who receive fair wages and who work in safe, non-exploitative conditions turns out to be a lot harder.

Take Bangladesh, ground zero for some of the most horrifying garment-factory disasters of the last decade. Bangladesh has become synonymous with poor workplace conditions. It is the perfect storm of what happens when an industry that has a long history of exploiting its workers settles into a country with lax regulations.

There are more than 5,000 garment factories in Bangladesh, many of them part of a vast, informal subcontracting network. In 2013, Bangladesh exported \$31 billion in goods overall; \$28 billion of that was clothing. Clothing is to Bangladesh what cars once were to Detroit. And Bangladeshi leaders, well aware of what happened to Detroit when the car industry left, is in little hurry to give the garment industry much of a hard time.

One could avoid clothing with a "Made in Bangladesh" tag, but that does nothing for the millions of low-skilled workers for whom a low-paying job in a cruel and unsafe factory is the only choice.

In truth, the country of origin on the tag of a T-shirt tells you nothing about the working conditions of the factory in which it was made. The lack of additional information on almost all clothing tags tells the consumer, essentially, "You don't need to know anything else."

Stymied, I began researching big brands like Gap, H&M, Nike and whatnot. They ALL have a "Code of Vendor Conduct" or something along those lines, referencing things like "internationally accepted work standards" and "safe and healthy" factory conditions.

Forgive my skepticism.

The garment industry is more-or-less self-regulat-

**If there's an industry in desperate need of third-party certification, it's the clothing industry. If I'm going to make the right choices when it comes to clothing, I need help.**

ed. Self-regulation of an industry that for centuries has migrated to wherever labor is cheapest and government least nettlesome is a recipe for trouble.

We consumers are partly culpable. For so many of us, clothing purchases, like food purchases, come down to price. And when a pair of jeans or a bag of coffee is cheap, it's a good bet that somewhere along the line a worker was exploited.

The food industry is now crowded with certifications: Fair Trade, Dolphin-Safe, Sustainably Grown. Some of these are better than others, but at least when it comes to food, there's identifiable movement in the right direction.

If there's an industry in desperate need of third-party certification, it's the clothing industry. If I'm going to make the right choices when it comes to clothing, I need help.

For the time being, I've suspended my plans for buying new clothes. The Weavers Way sweatshirt I wore while writing this column was made in Pakistan by E-conscious out of organic cotton. The E-conscious website ([www.econscious.net](http://www.econscious.net)) offers encouraging facts about workplace conditions and fair wages. So for now, my wardrobe will probably become even more dependent on gear from the Co-op. There's worse things than being known as the Weavers Way Guy.

See you around the Co-op.

[jroesser@weaversway.coop](mailto:jroesser@weaversway.coop)

## THE MILL ARTISTS' STUDIOS

23rd Annual

# OPEN STUDIOS

Saturday & Sunday  
November 7th & 8th, 2015  
Noon to 5 p.m.

MANAYUNK  
123 & 128 Leverington Ave.  
Philadelphia, PA  
[www.millstudios.org](http://www.millstudios.org)

## Avenue Art & Framing

Your neighborhood shop for quality custom framing



Open Tuesday through Friday 10 to 5:30  
and Saturday from 10 to 4.

6837 Germantown Ave.  
Philadelphia, PA, 19119  
215.848.4420



## EasyPay Credit Accounts

Fly through checkout and help us save on credit & debit transaction fees!



## BANKING ON RELATIONSHIPS

I have been banking at Valley Green Bank, a division of Univest Bank and Trust Co., for over 5 years. What keeps me coming back is the family feel. All of the staff are helpful and friendly. I couldn't imagine banking anywhere else!

**GREAT PEOPLE YOU CAN COUNT ON!**

CHESTNUT HILL ASSISTANT MANAGER SYLVIA MCNALLY WITH LEAH AND AVA BROWN, CUSTOMERS SINCE 2010



**VALLEY GREEN BANK**

A DIVISION OF UNIVEST BANK AND TRUST CO.

[ValleyGreenBank.com](http://ValleyGreenBank.com)

MT AIRY | 215.242.3550  
CHESTNUT HILL | 215.242.1550  
SOUTH PHILADELPHIA | 215.462.2265  
RADNOR | 610.995.2265  
CENTER CITY | 215.569.2265

# Weavers Way Community Programs



**W**EATHER WAS NO OBJECT FOR THE WWCP Farm to Table Dinner Oct. 1. Instead of dining al fresco, participants raised their glasses to community, education and sustainability inside and on the porches of Awbury Arboretum's historic Cope House.

A very special thank you to Weavers Way Kitchens, for the delicious repast; to all our local suppliers; and to our Friends of the Farm sponsors, whose support helps us to both expand and deepen the impact of our farm and nutrition education programming:

- Harriet Dichter & John Schapiro
- David Haas
- Lisa & Michael Hogan
- Lindy Communities
- Mira Rabin & Tom Whitman
- Sarah Ricks & Tom Dolgenos
- Laura & Ronald Siena
- Patricia Stranahan & Edward Rhoads
- Sue Wasserkrug & David Casarett
- Moore Brothers Wine Company

Photos by Aileen Bannon



## Santa Claus



is Coming to Mt. Airy!

All are invited to visit with Santa at **Rothe Florists** on **Friday December 4th**, from 6 ~ 8:00pm ...bring your camera!

**30% Off all Holiday trimmings Store-wide!**



7148 Germantown Ave. • Mt. Airy  
(across from The Sedgwick - Next to FitLife)  
(215) 247-0832 www.rotheflorists.com

Now accepting all major credit cards.

**Gerard A. Plourde**  
Attorney at Law

Wills ■ Estate Administration ■ Real Estate Transactions  
Veterans Matters  
Misdemeanor Criminal Matters ■ Small Claims Court

Consultations at your location

Phone (215) 843-8203  
Mobile (215) 901-7222



*Locally Grown*

Rebecca Buffum REALTOR®  
Making People feel at Home...

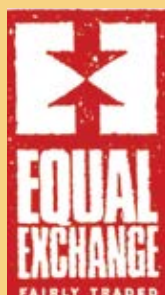
BERKSHIRE | Fox & Roach,  
HATHAWAY | REALTORS®  
HomeServices

office: 215-247-3750 direct: 267-285-1456  
rebecca.buffum@foxroach.com

## Coffee of the Month

BULK BEANS  
All Varieties EXCEPT Decaf

**SALE \$7.99/lb.** reg. \$11.99/lb.



Nov. 4 - Dec. 1

**Jay Tarler**

215.421.3863  
jtarler@verizon.net

Serving Small Businesses, Individuals, and Organizations

### Mr. Fix It Computer Services

Consulting, On-Site Service, Education, Upgrades,  
Software Installation, Network Installation and  
Trouble Shooting, Virus Removal, Virus Protection,  
Disaster Prevention and Recovery



Up-to-the-minute Co-op news...  
like us on Facebook.





# Weavers Way Community Programs

## The Newest Addition to the WWCP Family!

by Jill Fink, WWCP Executive Director

PLEASE JOIN ME IN WELCOMING the newest staff member to Weavers Way Community Programs: Mercelyne Latortue! As our Nutrition Education Associate, Mercelyne brings creativity, expertise, and know-how when working with parents in our Hope Kitchen program at Stenton Family Manor. With a Public Health degree from Temple University and work history at Sunday Suppers and SHARE, Mercelyne has over three years of experience educating families on the benefits of home-cooked meals and family dinners. She's introduced healthy and innovative recipes to the parents participating in the program and has used her gentle, yet persuasive, ways to get them to try new things.

When asked about her first few weeks in her new role, Mercelyne said, "I immediately felt at home with WWCP. Being surrounded by a staff that is passionate about making a difference and building relationships is truly a blessing!" She added, "As the Nutrition Educator at Hope



Mercelyne Latortue: Nutrition educator

Kitchen, I truly feel I am making a quality difference in the families' lives." Of course, we agree.

Mercelyne was born in Brooklyn, NY, raised in Haiti, and has made Philadelphia her home since 2006. She believes everyone has the right to have access to quality foods no matter their economic status.

In addition to her enthusiasm for cooking and educating families, Mercelyne is an avid yogi and yoga instructor. Practicing yoga for nearly a decade, she tries to incorporate the philosophies of yoga into her work style.

Please join me in welcoming her to the co-op community!

[jill@weaversway.coop](mailto:jill@weaversway.coop)

## WWCP's Hope Kitchen Wish List

by Jackie Schrauger, WWCP Program Director

It's the season for being thankful for what we have, and to give! What better way to do that than to donate some gently used or new kitchen items to Weavers Way Community Programs' Hope Kitchen cooking class?

The folks who graduate from our healthy cooking class earn a Fresh Start Kit which includes many healthy cooking essentials like a chef's knife, spice rack, crock pot and more to help them maintain their healthy new habits as they transition into independent living. We'd like to be able to supplement our kits with some special items, and you can help us out by donating anything from the list below. Thanks in advance for your generosity!

- Colanders/strainers
- Graters (small or large)
- Cooking utensils (whisk, spatula, wooden spoon, etc.)
- Pots
- Pans
- Tupperware sets for storing leftovers

Want to learn more about WWCP's programs? Follow us on Facebook or Instagram (@wwcp)!

## Giving Twosdays!

Give \$2 to WWCP! Every 2nd Tuesday Every Month

When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support WWCP programs and services. Your support enables WWCP to provide a wide range of farm education and nutrition programs to local children.

**WEAVERS WAY COMMUNITY PROGRAMS**  
608 Carpenter Lane  
215-843-8289  
[www.weaversway.coop/wwcp](http://www.weaversway.coop/wwcp)

**Executive Director**  
Jill Fink  
[jill@weaversway.coop](mailto:jill@weaversway.coop)

**Program Director**  
Jackie Schrauger  
[jschrauger@weaversway.coop](mailto:jschrauger@weaversway.coop)

**Development & Operations Associate**  
Angela Faranda  
[afaranda@weaversway.coop](mailto:afaranda@weaversway.coop)

**Youth Education Coordinator**  
Tara Campbell  
[tcampbell@weaversway.coop](mailto:tcampbell@weaversway.coop)

**Farm Educator**  
Melissa Powell  
[mpowell@weaversway.coop](mailto:mpowell@weaversway.coop)

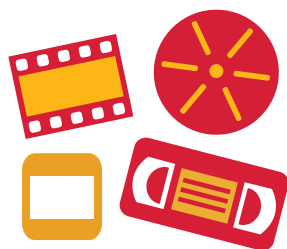
**Nutrition Educator**  
Mercelyne Latortue  
[mtortue@weaversway.coop](mailto:mtortue@weaversway.coop)

**Farm Manager**  
Andrew Turner  
[aturner@weaversway.coop](mailto:aturner@weaversway.coop)

# ARCHIVAL REVIVAL

from **PHOTO Lounge**

Now in Chestnut Hill at the **Market at the Fareway**, behind the hotel



[myphotolounge.com](http://myphotolounge.com)

## AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES

Free Beer Tastings  
Every Sat 3-5 PM

**Craft Beers**  
Belgians  
Imports  
Ciders  
Lambics  
Organics  
Sorghums  
Gluten-Frees



One-Stop Shopping For All  
Your Beverage Needs

**Sport Drinks**  
Seltzers  
Juices  
Teas  
Water  
Sodas  
Organics  
Ginger Beers

Best of Northwest  
Philadelphia '08!

Cases - Kegs - Ice - Snacks - Cigars - PA Lottery - Open 7 Days - Free Parking - We Deliver  
7401 Germantown Ave, Phila, PA 19119, 215.242.3110, [www.mybrewersoutlet.com](http://www.mybrewersoutlet.com)



Up-to-the-minute Co-op news...  
follow us on Twitter.



## Visit MORRIS ARBORETUM THIS FALL!

Enjoy the Brilliant  
Colors of Autumn

Learn Something New  
So many classes to choose from!

Mark Your Calendar  
for Holiday Fun

• Garden Railway Opens  
November 27

• Friday Night Lights:  
December 4, 11, and 18

let's socialize



#MORRISARBORETUM

FOR MORE DETAILS VISIT  
[morrisarbooretum.org](http://morrisarbooretum.org)

**Morris Arboretum**  
UNIVERSITY of PENNSYLVANIA

100 E NORTHWESTERN AVE, PHILADELPHIA 19118 • (215) 247-5777 • MORRISARBORETUM.ORG

# Fill Up at Empty Bowl Dinner

by Herb Levine, for the Shuttle

WHAT COULD BE BETTER THAN A HOT BOWL OF YOUR FAVORITE soup on a cool fall night? How about as many bowls of as many kinds of soup as you could ever want! In my experience, that only happens at the Philadelphia Interfaith Hospitality Network's Empty Bowl Dinner.

One of the annual highlights of the fall and a celebration of Mt. Airy's neighborly caring and good will, this year's Empty Bowl Dinner is Wednesday, Nov. 18. For the third year running, the Empty Bowl Dinner will be held at the Lutheran Theological Seminary's Brossman Center, 7301 Germantown Ave. For \$20 per adult and \$10 per child, your household can indeed eat as many kinds and as much soup as you want! The dinner is organized into three seatings: 4-5:30 p.m., 5:30-7 p.m. and 7-8:30 p.m. To purchase tickets, visit [philashelter.org](http://philashelter.org).

One of the best parts of the event is selecting your own empty bowl to bring home from the hundreds of hand-made bowls contributed by local potters and their students. Your bowl serves as a reminder that not everyone's food bowl is full, and that it takes a communal effort to get them that way.

You'll also leave with the satisfaction of having supported the Mt. Airy-based Philadelphia Interfaith Hospitality Network. Funds raised support its work with 160 families in Northwest and Northeast Philadelphia who are homeless or at risk of experiencing homelessness. PIHN organizes and supports 32 religious congregations in Northwest Philadelphia and 19 in the Northeast in hosting families on their premises.



Choose your handmade bowl made by local potters and students

"Philadelphia now turns away 48 percent of the homeless families that present themselves to receive shelter, because the city lacks sufficient beds and the political will to fund affordable housing," said Rachel Falkove, PIHN executive director for the last decade. "The solution to family homelessness does not necessarily lie in more shelter beds. We need apartments that working poor families can afford. Otherwise, we'll have too many families stuck in shelter for long periods of time."

More than 100 local businesses contribute the soups, breads and desserts for the dinner. It takes 75 volunteers to staff the event itself. It is truly a vast community effort to make this event an annual success. Want to get involved? Call the Interfaith Hospitality Network at 215-247-4863. If you want to work with Rachel and the network's board to provide more affordable housing in Philadelphia, please contact her at [Rachel@philashelter.org](mailto:Rachel@philashelter.org).

## International Co-op Principles

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

**Empowering Children  
One Project at a Time**

**Open House**  
November 14th  
10:30 am

Call 215-438-3623 to RSVP  
or Schedule a Tour!

[www.projectlearnschool.org](http://www.projectlearnschool.org)

**PROJECT LEARN SCHOOL**  
A Cooperative School Community

**PLYMOUTH MEETING FRIENDS SCHOOL**

**Quaker School**  
Pre-K - 6th

**2016 Open Houses**  
Wednesdays  
9:30 - 11:30 am  
January 13 and April 13

**Accepting Applications**  
2015-16 and 2016-17

**RSVP or Schedule a Personal Tour**  
610.828.2288 x226

**A Big World  
in a  
Small Quaker School**

2150 Butler Pike  
Plymouth Meeting, PA 19462

[pmfs1780.org](http://pmfs1780.org)  
[info@pmfs1780.org](mailto:info@pmfs1780.org)  
610.828.2288

**OMC** *Our Mother of Consolation Parish School*

Pre-Kindergarten through Eighth Grade

**Proud to be a 2015 National Blue Ribbon School of Excellence!**

Please RSVP for our next Observation Mornings  
10AM Tues Nov 24 • 10 AM Fri Dec 18  
10 AM Tues Jan 12 • 10 AM Fri Feb 19

17 East Chestnut Hill Avenue  
215-247-1060 • [school.omcparish.com](http://school.omcparish.com)

[f](https://www.facebook.com/OMCParishSchool) OMCParishSchool • [t](https://twitter.com/OMCParishSchool) @OMCParishSchool

**GERMANTOWN FRIENDS SCHOOL**

**K through LIFE**

**OPEN HOUSE: November 11**

31 WEST COULTER STREET, PHILADELPHIA, PA 19144  
215.951.2345 [WWW.GERMANTOWNFRIENDS.ORG](http://WWW.GERMANTOWNFRIENDS.ORG)

# Henry PTA, W. Mt. Airy Neighbors Collaborate in Annual Turkey Trot

by Robin Roberts and Della Lazarus, for the Shuttle

**J**OIN THE HENRY SCHOOL COMMUNITY AND the residents of West Mt. Airy for the third annual Turkey Trot, Saturday, Nov. 14.

This 5K run was created by Henry learning support teacher Johanna Evangelou, who is an avid runner. There is also a 1K walk for those who prefer a more leisurely stroll through the neighborhood.

This event has grown over the past two years, with more than 110 participants in 2014. This year, we hope to attract more runners and walkers than ever as Henry School pairs with West Mount Airy Neighbors to offer this wonderful community event.

The course includes Mt. Airy's rolling hills, but avoids the traffic. And we are encouraging people to take the turkey theme to heart: Come dressed as a turkey and be entered to win a special prize! Students will vote on the winner.

Proceeds from the Trot will go toward technology additions at Henry, to support the

Henry PTA in its programs to aid Henry students and to help WMAN's ongoing efforts to enhance and maintain the quality of life in West Mt. Airy. As one of the major public schools in the neighborhood, Henry has a longstanding relationship with WMAN, first through the WMAN Schools Committee and more recently through the Mt. Airy Schools Coalition.

The Henry School community looks forward every year to inviting the neighborhood to this event as well as Henry alumni, families and even retired teachers. Henry and WMAN also welcome the participation of neighborhood businesses. Interested in becoming a sponsor? Contact Della Lazarus, WMAN president, at dellaz@verizon.net. Want to volunteer to help with the race? Contact Robin Roberts at robrob@temple.edu or Johanna Evangelou at jevangelou@philasd.org.

On-site registration opens at 7:30 a.m. and the race goes off at 8:30. The race is timed by Run the Day; to register, visit [www.runtheday.com/registration/race\\_info/3384](http://www.runtheday.com/registration/race_info/3384). Medals will be awarded to the top three male and female finishers in five age brackets.



Doris Kessler photo

Dedicated Mt. Airy Streetscapes volunteer Peter Schneider is ready to plant. (No shovel actually required.)

## Are You More a Digger Than a Trotter? Read On

**T**HE WMAN STREETS CAPES COMMITTEE PLANS TO PLANT APPROXIMATELY 30 new street trees on Nov. 14 — and you can help.

Volunteers should show up at 9 a.m. at the Allens Lane Art Center (601 W. Allens Lane) for coffee and assignments. You'll be paired with trained Tree Tenders and landscape professionals. Groups then spread throughout the community to plant bare-root street trees provided by the Pennsylvania Horticultural Society and the Plant a Million initiative.

No experience is necessary. Tools and refreshments are provided.

This will be the Committee's 18th such planting, with a total of more than 550 trees planted. Please consider giving a few hours of your time and energy to help this entirely volunteer-driven project succeed. And bring a friend!

To volunteer and for details, contact Doris Kessler at the WMAN Streetscapes Committee: [doriskessler@me.com](mailto:doriskessler@me.com) or 215-242-0651.

**AFS**  
Abington Friends School

the honors  
**scholarship**  
program

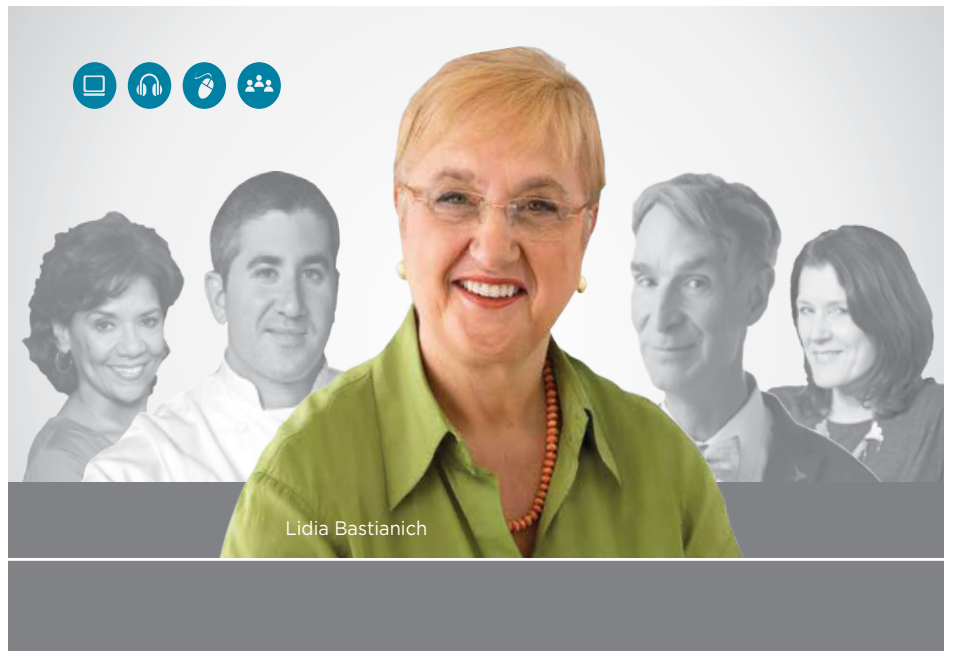


Honors Scholarships are awarded to academically talented students applying to fifth through tenth grade.

For more information please call or visit us online.

AFS offers a bus shuttle service for our students coming from Northwest Philadelphia.

[www.abingtonfriends.net](http://www.abingtonfriends.net) | 575 Washington Lane, Jenkintown, PA 19046 | 215-886-4350  
Abington Friends School is an independent co-ed Quaker college preparatory school for students age 3 through grade 12



Lidia Bastianich

**WHYY**

# SPEAKER SERIES

In November and December, we're hosting five special events featuring conversations with inspirational public figures from the Philadelphia region and beyond.

Whether you attend one or all, we hope you'll join us for a season of fascinating discussions.

[WHYY.org/speakers](http://WHYY.org/speakers)

**Bill Nye** **SOLD OUT!**  
The Science Guy  
Monday, November 9

**Sonia Manzano**  
Actor, *Sesame Street*  
Sunday, November 15

**Lidia Bastianich**  
Host, *Lidia's Kitchen*  
Friday, November 20

**Michael Solomonov**  
Chef and Owner, Zahav  
Sunday, December 13

**Marty Moss-Coane**  
Host, *Radio Times*  
Tuesday, December 15

**HOUSE AT POOH CORNER**  
where learning comes naturally  
Teri DiCesare, M.Ed.  
INFANTS • TODDLERS • PRE-K  
Over 30 years of quality care  
215-843-0815  
Visit our website [www.houseatpooohcornerdaycare.com](http://www.houseatpooohcornerdaycare.com)

Become a member of the  
**ABC CLUB!**  
Kids Under 12 Can Enjoy A Free **Apple, Banana or Carrot!**  
Ask a staff member for details.



# HARVEST ON HENRY

**T**HE FIFTH ANNUAL HARVEST ON HENRY FESTIVAL Oct. 17 was a big success! Thank you to everyone who worked so hard to bring it all together and thank you to everyone who came to the farm at Saul High School and participated in the festivities! The lines

were long for food, face painting and hay rides; we estimated the crowd to be over 1,000. The weather was cooperative — the slight chill in the air kept the hot chocolate popular. All the pies sold and almost every pumpkin was painted. It was a beautiful day!



## November Member Specials

Valid from Nov. 4 - Dec. 1

For more member savings, visit [www.weaversway.coop](http://www.weaversway.coop)



**BADGER**  
Lip Balm -  
assorted .15 oz  
**\$1.99** REG \$2.39



**MINERAL FUSION**  
Moisture Lip Tint  
.1 oz  
**\$6.99** REG \$7.95



**SWEETLEAF**  
Stevia Powder 4 oz  
**\$6.99** REG \$10.89



**HEALTH VALLEY**  
Cream of Mushroom  
Soup 14.5 oz  
**\$2.69** REG \$3.35



**PACIFIC NATURAL**  
Organic Whole  
Cranberry Sauce  
15.6 oz  
**\$2.99** REG \$3.99



**TEA TREE THERAPY**  
Natural Whitening  
Toothpaste 3 oz  
**\$3.99** REG \$4.35



**LIGHTLIFE**  
Gimme Lean Beef  
Style 14 oz  
**\$3.39** REG \$4.15



**SUNSPIRE FOODS**  
White Chocolate  
Baking Chips 10 oz  
**\$4.39** REG \$5.35



**WHOLLY WHOLESOME**  
9 in Whole Wheat  
Pie Shell 14 oz  
**\$4.39** REG \$4.95



Community-owned markets  
open to everyone.





**Winners**

**Student Pie** — As proof that too many cooks do NOT spoil the pastry, Saul's sophomore Food Science Class!  
**Fruit Pie** — First: Joanna Sinclair (Apple Ginger Crumble Pie); Second: Georgia Kirkpatrick (Cherry Berry Pie)  
**Other Pie** — First: Alicia Rink (Strudel Pumpkin Pie); Second: Beige Berryman (Snickerdoodle Pie)  
**Cow Plop Bingo** — Allen Downing, Saul '92 (pictured at right), who donated half of his winnings back to the Saul Alumni Association!



Photos by Gabrielle Mahler; Cow Plop Bingo winner photo by Massimo Griffiths

# coop™ deals

## Great Monthly Savings.

Each month, the Co-op Advantage helps participating co-ops like Weavers Way offer their members tremendous savings on dozens of items. Most food co-ops were formed by people who realized that by pooling their resources, they could save money and have greater control over their purchases. A few years ago, the co-ops of the National Cooperative Grocers Association formed the Co-op Advantage

Program, or CAP, now called "Co-op Deals." When co-ops combine their buying power to get volume discounts, their members save money!



# coop™ basics

## Good Deals Every (Holi)Day.

You don't have to empty your wallet for the good stuff when company's coming. With Co-op Basics, you can take advantage of everyday low prices on plenty of high-quality organic and natural food — grocery, dairy, produce, freezer and deli.

We're adding more products all the time to the Co-op Basics roster, and making more room on the shelves for more value-priced items.

One way to save money without making compromises is to look for the Field Day label. Field Day sources the best ingredients to create products you and your family will love. And 91% are Certified Organic

and 94% are Non-GMO Project Verified. Taste and compare for yourself.



When you shop at Weavers Way, more of your money stays local, through our partnerships and our very own farms. For 40 years, we've been owned by our members, the people who shop here every day.

[www.weaversway.coop/connect](http://www.weaversway.coop/connect)

Henry Got Crops is a collaboration of Weavers Way Co-op, Weavers Way Community Programs, W. B. Saul High School of Agricultural Sciences and Philadelphia Parks and Recreation.

The Passionate Gardener

# Tips for Creating Healthier Soil

by Ron Kushner, for the Shuttle

THE SUCCESS OF ANY GARDEN REALLY depends upon the health of the soil. For the most fertile soil, organic matter must be increased along with mineral availability. Also, the soil's structure should not be disturbed. This means no tilling! Healthy soil contains a balance of bacteria, fungi, protozoa, nematodes, earthworms and microarthropods. If they are not present, we need to add them back and create an environment for them to survive and multiply. Rototilling breaks up needed fungal hyphae, decimates worms and destroys arthropods along with ruining soil structure and displacing the air needed in the soil to support life.

**Manure.** Livestock manures are great for your soil, adding nutrients readily available to both soil organisms and plants. Since there is a chance of contamination, it is best to apply manure a few months prior to planting crops. November is a great time to apply manure so

you can safely plant in the spring. There are certain crops, however, that can take fresh manure — available for free at most horse stables — at this time of the year. Once my raspberries, horseradish and asparagus are cut back for the winter, I cover the beds completely with a 4- to 6-inch layer of fresh manure. The manure not only provides nutrients but also creates mulch for the next season. I also mulch my roses in the winter with a thick layer of fresh manure.

Fresh manure can always be added to compost piles to feed the soil organisms that hasten decomposition and then added to garden beds the following season. Compost is an excellent way to enrich any soil. Regular applications provide slow-release nutrients, improve water retention and help suppress plant disease. The end product of compost is humus. This valuable addition to soil consists of long chains of carbon molecules with a large surface area, which carry electrical charges that attract and hold mineral par-



Go ahead, use it fresh — it will be OK to plant in by spring.

ticles. Not only does humus attract minerals but it contains microscopic "holes" that become breeding grounds for soil microbes, the beginning requirement for healthy garden soil.

**Cover crops.** You can also plant cover crops or "green manure." Cover crops not only feed the soil and build up its fertility but improve the structure of the soil to make it a better growing medium without adding minerals or fertilizer. Cut down and left in place, the dead plants provide nutrients and the roots create channels for air and water to penetrate, thus loosening compacted soil. Legumes make good cover crops as they also are able to fix nitrogen from the air and that nitrogen becomes available to other plants. Clover, peas and beans are examples.

**Mulch.** Keep your soil covered with mulch. It will keep moisture from evaporating, protect against temperature extremes and decompose slowly, adding to the health of the soil. It also looks lovely and greatly helps to control weeds. Salt hay is excellent as it contains no weed seeds, which can be a problem with barnyard hay and straw. However, I use a chopped and shredded hay-and-straw mixture in my raised beds and it works well.

**Watch where you walk.** Create paths and walkways in your garden so you never have to step on a section where plants will be grown. Compaction is highly detrimental to soil structure and your ultimate harvest. Roots cannot grow normally in compacted soil and water has a tendency to pond or run off rather than soaking in. Soil with a good structure absorbs water rapidly.

**Fertilizing.** Use only organic, slow-release fertilizer with a low chemical analysis (N-P-K ratio). Synthetic fertilizers do provide a quick high dose of nutrients. But they put no organic matter in the soil and can damage beneficial soil microbes. Fertilizers are salts, and we all know what table salt does to a slug. Fertilizer salts suck the moisture out of bacteria, fungi, nematodes and protozoa. These microbes are the basis for the soil nutrient system and without them, you will have to add more and more synthetic fertilizer. This is how soil health degradation begins.

Fall is a good time to add organic amendments such as greensand, rock phosphate, gypsum, blood or bone meal, fish meal or kelp. Most are slow-release and when added in the fall they have a chance to break down over the winter and release the minerals when the plants need them in the spring.

For questions or comments email [ron@primexgardencenter.com](mailto:ron@primexgardencenter.com) or visit [www.ronsorganicgarden.com](http://www.ronsorganicgarden.com).

**PrimexGardenCenter.com**

Organic Gardening Supplies • Vegetables • Herbs • Fruit • Native Plants • Perennials • Trees • Backyard Chicken Supplies • Rain Barrels • Composters

435 W Glenside Ave, Glenside, PA | 215-887-7500 | Find us on Facebook!

**Weaver's Way Members Receive 5% Off** \*MUST PRESENT CARD\* SOME EXCLUSIONS APPLY

**Wissahickon Tree & Landscape Services, LLC**

Brian Ames  
Certified Arborist

CUSTOM PRUNING  
DESIGN & INSTALLATION  
ORGANIC & NON-CHEMICAL SOLUTIONS  
GARDEN STRUCTURES

215-681-2436  
[www.wissatree.com](http://www.wissatree.com)

*"I might not be teaching biology anymore, but my green thumb sure hasn't retired!"*

**Cathedral Village®** offers luxurious apartments and fabulous amenities. Our stimulating lifestyle addresses every passion, like gardening, fitness, horticulture, technology, art, music and literature. Sculpt your own David on Monday and plant veggies on Tuesday. Join friends in Center City on Wednesday. Need a rest? We've got 40 acres of beautifully landscaped grounds just waiting to be explored at your leisure.

Call **215-984-8620** today to schedule a personal visit.



600 East Cathedral Road  
Philadelphia, PA 19128  
[www.cathedralvillage.com](http://www.cathedralvillage.com)  
215-487-1300

**Sarah West**  
Cathedral Village  
resident since 2004  
MS Biology, Yale University



Ask Us About

**CARE Pointe**  
at Cathedral Village

**Short-Term Rehabilitation & Wellness**

Call 215-984-8695 for information about our physical, speech, occupational and aquatic therapies & pain management.

## Talk Seasonal Cooking & Eating at Morris

MORRIS ARBORETUM'S "CONNECTIONS Beyond Our Gardens — Talks on People, Plants and Place" continues in November with a special deal for Weavers Way members — discounted admission to the talk by Frenchtown, NJ-based cookbook publishers Christopher Hirsheimer and Melissa Hamilton.

In "Getting and Giving — Tales of Cooking Seasonally and Eating Well for the Holidays," Hirsheimer, a founder and executive editor of *Saveur* magazine, and Hamilton, *Saveur*'s test kitchen director and food editor, will share stories from their travels, building relationships with the people who grow, craft, raise and sell the foods we eat. They now publish a seasonally inspired cookbook series, "Canal House Cooking," and a blog, "Canal House Cooks Lunch."

The event is Wednesday, Nov. 11, 2 p.m., at the Arboretum's Widener Visitor Center, and a reception and refreshments will follow. Pre-registration — \$15 for members, \$20 for non-members — is required. Contact [education@morrisarboretum.org](mailto:education@morrisarboretum.org) or 215-247-5777, ext. 125.



Hersheimer, left, and Hamilton in the garden in Frenchtown

# NOVEMBER

## CALENDAR of EVENTS

**Thursday, Nov. 5** 5:30-8 p.m.  
**Philly Co-op Summit & PACA Annual Meeting**  
 Join the Philadelphia Area Cooperative Alliance and cooperative folks from across the region for the Philly Co-op Summit and PACA annual meeting at Rad Dish Co-op Cafe, Ritter Annex, Temple University, 1301 Cecil B. Moore Ave. The evening includes free dinner and drinks, lightning talks on co-op innovation and the announcement of the Philly co-op and cooperator of the year. Weavers Way is being honored as "Co-op Champion"! Visit [Philadelphia.coop](http://Philadelphia.coop) to learn more.

**Thursday, Nov. 5** 6:30-9 p.m.  
**"Fresh": Community Movie Night at Philadelphia University**  
 See "Fresh," the underground documentary that became a grassroots good-food movement, free, one night only at Philadelphia University's Tuttleman Center. Co-hosted by Weavers Way and Philadelphia University students and faculty. Doors open at 6:30 p.m., movie starts at 7. For more info or to RSVP, contact Weavers Way Outreach Coordinator Bettina de Caumette at [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or 215-843-2350, ext. 118. For more info about "Fresh": [www.freshthemovie.com](http://www.freshthemovie.com).

**Sunday, Nov. 8** 1:30-3:30 p.m.  
**Prepared & Empowered: A Community Forum on Aging**  
 Weavers Way Co-op, Ralston My Way and Northwest Village Network invite everyone concerned about end-of-life issues to attend this free forum at the Unitarian Society of Germantown, 6511 Lincoln Drive. For more info or to RSVP, contact Weavers Way Outreach Coordinator Bettina de Caumette at [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or 215-843-2350, ext. 118.

**Tuesday, Nov. 10** 7-9 p.m.  
**Weavers Way Monthly Board of Directors Meeting**  
 Because of Election Day, the meeting will be held on the second Tuesday. Chestnut Hill Community Center, 2nd floor conference room, 8419 Germantown Ave., across from the Chestnut Hill store. RSVP: [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop).

**Wednesday, Nov. 11** 6:30-8:30 p.m.  
**Welcome Meeting for New Members**  
 Learn about how to make the most of your Co-op Member-Ownership and earn two hours credit toward working member status. Chestnut Hill Community Center, 2nd floor conference room, 8419 Germantown Ave., across from the Chestnut Hill store. RSVP: [member@weaversway.coop](mailto:member@weaversway.coop) or 215-843-2350, ext. 119.

**Wednesday, Nov. 18** 7:30-9 p.m.  
**Weavers Way Environment Committee Meeting**  
 Community Room at 555 Carpenter Lane (adjacent to the Mt. Airy store). All are welcome! RSVP or questions: [environment@weaversway.coop](mailto:environment@weaversway.coop).

**Thursday, Nov. 26** All day  
**Thanksgiving**  
 Weavers Way will be closed. Enjoy the holiday, and we'll see you on Friday!

Check the **ONLINE EVENTS CALENDAR**  
 for the **LATEST UPDATES**  
[WWW.WEAVERSWAY.COOP](http://WWW.WEAVERSWAY.COOP)

## Free Public Forum on End-of Life Issues

END-OF-LIFE ISSUES WILL TAKE CENTER stage at "Being Mortal: Prepared and Empowered," a free public forum from 1:30 to 3 p.m. Sunday, Nov. 8, at the Unitarian Society of Germantown, 6511 Lincoln Drive.

Sponsored by Weavers Way Co-op, Ralston My Way, Northwest Village Network and the Unitarian Universalist Society of Germantown, the forum

is an outgrowth of a series of Co-op-sponsored community discussions of the Atul Gawande best-seller, "Being Mortal."

It will explore issues such as:

- End-of-life choices.
- Dealing with the complexity of medical care.
- Preparing an advance directive.
- Those tough conversations with loved ones.

Featured speakers include Gene Bishop, a retired internist who practiced primary care and geriatrics; Karl Ahlswede, a former cardiac surgeon who now specializes in advance care planning and palliative care; Ritajean Reed, Chaplain, Wissahickon Hospice; and Wendy Liebling, a social worker who specializes in managing aging care.

For more info and to RSVP, contact Weavers Way Outreach Coordinator Bettina de Caumette at [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or 215-843-2350, ext. 118.



**AWBURY ARBORETUM**  
LANDSCAPES

*Celebrating our 17th Anniversary of Inspiring Landscape Solutions in Support of Awbury Arboretum*

For over 17 years, Awbury Arboretum Landscapes has provided arborist and landscape design, installation and maintenance services to the 55 acre arboretum and to many other Philadelphia institutions and residences.

Utilizing us for landscape services helps to support the Arboretum which is free and open to the public 365 days a year.

Fall is the perfect time to call us for:

- Aged Firewood -
- Fall Cleanup -
- Arborist Services -
- Snow Removal -

Call us today for a free site visit, consultation, and estimate.

Chris Carrington, Director, Awbury Arboretum Landscapes  
 215-849-2855 x 17 [ccarrington@awburylandscapes.com](mailto:ccarrington@awburylandscapes.com)  
[www.awburylandscapes.com](http://www.awburylandscapes.com)

Nicole Hehn VMD  
Scott Gellman VMD

215-247-9560  
8220 Germantown Avenue  
[www.chestnuthillcatclinic.com](http://www.chestnuthillcatclinic.com)

Taking care of cats and their people for over for over 25 years.

Awarded for 25 years of Excellence  
by the American Animal Hospital Association

114 East Mt. Airy Ave. | Phila., PA 19119 | 215-248-1886 | [www.mtairyvet.com](http://www.mtairyvet.com)

CHEEP!

Brown's Wild Bird Seed

Member Special 15% Off (Valid Nov. 1 - Nov. 15)

610 Carpenter Lane • Across from the Co-op in Mt. Airy!

# Making Sure Sustainability Starts at Home

by Sandra Folzer, Weavers Way Environmental Committee

**M**OST OF US HAVE GOOD INTENTIONS when it comes to caring for the Earth. But sometimes we may not know exactly how best to do that.

Some advice from an expert is definitely a help, and the Environment Committee was lucky to have just such an expert at a recent monthly meeting.

As Director of the Sustainable Design Program and Associate Professor at Philadelphia University, Rob Fleming knows about saving energy.

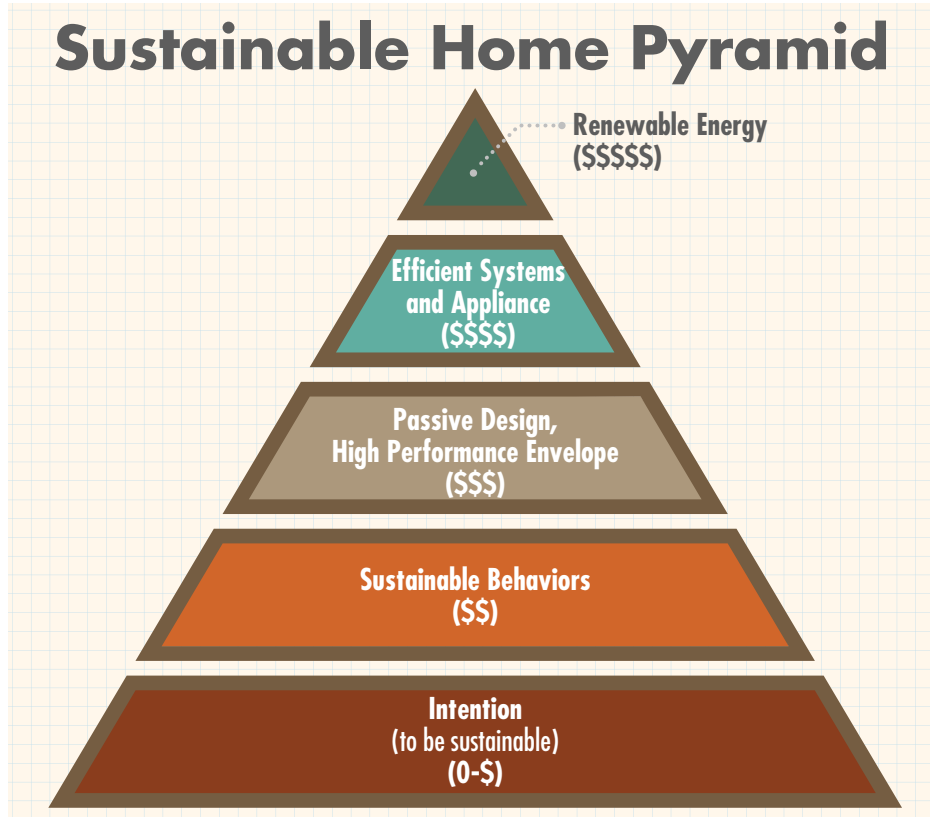
In his talk, Rob threaded the labyrinth of trying to do the right thing in making our homes more sustainable. His model is based on the relationship between cost and efficiency, so you don't spend lavishly before you have managed the more economical basics. For example, it's hardly worth it to spend a lot of money on a solar roof if you always leave the thermostat too high!

He used a pyramid to demonstrate how to achieve sustainability benefits while keeping the costs in mind.

He suggests beginning at **Intention**. If we desire to live our lives in a more sustainable manner, then we are already at the first level. There is no cost.

Rob's next level is **Sustainable Behaviors**. Where we choose to live and how we live is important. At this level, we can recycle, plant vegetable gardens and buy local food. We can take public transportation whenever possible and drive cars that get good mileage. Sometimes we are limited — apartment living can be very efficient, but you may not have control over the heat, and the electricity you use to charge your car may come from a coal or nuclear power plant.

Rob also warned that sometimes we reach a "green plateau," becoming satisfied that we're doing enough. Yet there is more we might be able to do, so do an energy audit to find what is lacking in your sustainability plan.



At the third level, **Passive Design/High Performance Envelope**, costs begin to rise.

The envelope refers to the walls, roof, basement or any part of your home that borders the outside. You might consider upgrading insulation, although Rob warned that there is a point at which additional insulation doesn't justify the cost. Similarly, new energy-efficient windows are only as good as the way they are installed.

Rob noted that in buying a new house, he wouldn't look at anything that did not face south, or more specifically, had the longest side oriented to get the most passive benefit from the sun. Rob mentioned trombe walls, south-facing walls of glass that direct heat to rocks or tiles that release it slowly.

(In the '50s, my parents built a passive solar home north of Chicago, in which the living room south wall was made of a sliding glass panel, which allowed sunlight into the house in the winter and opened in the summer to a small screened area. The entire living room became a porch in the summer. The cost of heating was very low. I learned a few years ago that someone leveled this beautiful energy-efficient home to build a McMansion. What a waste!)

We want to seal our houses as much as possible. However, when you have a fireplace, it is better to have some outdoor air. Research in Germany has shown that a heat recovery ventilation (HRV)

unit is better than simply opening a window. This unit brings in some new cold air and mixes it with the inside warm air. It seems counter-intuitive to spend energy on moving air about but supposedly it is more energy-efficient.

At the second highest level, **Efficient Systems and Appliances**, consider the source of energy. Radiators are best as water holds heat longer than air though it may take longer to heat up. Rob prefers heated floors so the heat is where you need it. And having a high efficiency heater is important. The question is whether it's better to upgrade or replace your heat source.

If you have done what you can to make your home sustainable, and can afford it, then consider **Renewable Energy**. Tax breaks may make it more affordable.

Solar panels are beneficial for the environment. Even if you can't afford solar panels for all your electric needs, you may be able to afford a solar water heater.

The Cadillac of sustainability is geothermal, whereby wells are drilled and a circulating mixture of water and glycol absorbs heat from below ground (average temperature: 55 degrees F) and heats or cools the air above. Geothermal can be done anywhere, sometimes even without a yard, as pipes can be placed under the sidewalk. Geothermal has little maintenance aside from fans and circulator equipment. You do need to consider the source of the electricity.

In summary, Rob encouraged us to do what we can, and to be aware that some important changes we make do not have to be costly. And buying expensive solar panels or installing an expensive geothermal system without plugging the leaks in your home is like taking your vitamins with a bottle of Pepsi.

envcomm@weaversway.coop

## ECO TIP

### Turn Over a New One

by Marsha Low, for the Environment Committee

It's that time of year again, when the gloriously colored fall leaves we've enjoyed so much over the past few weeks now cover our lawns and walkways. Thankfully, we no longer burn leaves or discard them in the trash, as most municipalities collect and turn them into mulch. But if you have even a little bit of backyard space and garden, consider using your leaves yourself.

**Compost:** Before gathering them up, run over your fall leaves with your lawn mower on a dry and sunny day to shred them before raking them up. If you have a mostly empty compost bin, you can put the leaves in directly, and you'll have compost by spring. If you have a lot of leaves, put your shredded leaves into large contractor bags and store them in your garage or in your back yard. If you want to make compost next summer, those shredded leaves will prove invaluable. In summer, brown garden waste is hard to find, and you can't make compost without it. If you've saved your shredded leaves, you'll be able to make compost all summer long by adding them to your green garden waste and kitchen scraps.

**Mulch:** Shredded leaves make a great organic mulch. Just scatter them around your plants. They will add nutrients to the soil as they break down, and your soil will soon teem with earthworms and other beneficial organisms. (One caveat: Don't use shredded black walnut leaves as mulch. They contain a substance that inhibits plant growth.)

**Editor's note:** Philadelphia's Streets Department has deployed its annual system making it inconvenient for residents in the Northwest to do something with their leaves other than put them out with the trash. Visit [www.philadelphiastreet.com/leaves](http://www.philadelphiastreet.com/leaves) to try to figure out what to do.

**The Organic Mattress Store**

Give Yourself Peace of Mind

OMS Private Label • Green Sleep  
WJ Southard • Cozy Pure  
Royal-Pedic • Shepherd's Dream

1075 Main Street, Hellertown, PA 18055  
Showroom Equidistant from Philadelphia & New York City  
[www.theorganicmattressstore.com](http://www.theorganicmattressstore.com)

Free Catalog

Toll Free: 1.866.246.9866

**We've gone GREEN...**  
Now using environmentally-friendly Waterborne paint!

**MACLENS**

Collision Repair Professionals Since 1945  
Family Owned & Operated

20 W. Allens Lane Philadelphia, PA 19119  
Tel (215) 247-3906 Fax (215) 247-9506

**Cheryl Shipman**

Garden planning and care  
Home organizing, decluttering  
Upholstery and chair caning  
Custom slip-covers, curtains, cushions and pillows

[shipman.cheryl@gmail.com](mailto:shipman.cheryl@gmail.com) 215-681-9440



# Gratitude Along the Wissahickon

by Erin Mooney, for the Shuttle

THE LIST IS LONG AS WE TAKE STOCK of the things we are grateful for this month. First, there is the Wissahickon Valley and all its resources. The park remains a constant for all of us when life proves otherwise. It is the timeless place we go to escape from the rest of the world, and it rarely disappoints.



As its caretakers, we at Friends of the Wissahickon

have the responsibility of protecting the park so that future generations can enjoy it as we do today. To tend to the park and all its needs is a serious job — one that we take very seriously. We can't do it alone, and thankfully we don't have to. Our dedicated volunteers help us shoulder that responsibility: Trail Ambassadors roam the park, guiding visitors and answering questions; volunteers help clear trails of fallen trees, providing park users a better experience, and lead tours, providing a special experience for those who attend.

Thank you to everyone who has volunteered with us and has made the park a better place for all of us. Happy Thanksgiving from Friends of the Wissahickon!

We're continuing our restoration work into November, and hope to get a



FOW photo

Volunteers like Eileen Burke Archie, left, and Gwen Taylor, bring the muscle; FOW brings the tools.

few more plants in the ground before it freezes. Our work on the Sustainable Trails Initiative, a multi-year project to improve trail conditions, also continues.

This fall, we will be planting at four sites: Valley Green Road (30 trees), Horter Street (15), Gorgas Run (50) and the Andorra Natural Area (30). If you are interested in helping with our planting efforts, please join us on one of our community workdays:

**Saturday, Nov. 7,** 9 a.m.-1 p.m., at the Andorra Natural Area. Meet at the upper parking lot on Northwestern Avenue, above the Wissahickon Environmental Center. This parking lot can only be accessed from Ridge Avenue.

**Saturday, Nov. 14 (Love Your Park Day),** 9 a.m.-1 p.m. at Gorgas Run. Meet at Pachella Field, 6839 Henry Ave.

For more information, email FOW volunteer coordinator John Holback at holback@fow.org.

## Chris Hill Media

www.chrishillmedia.com  
chris@chrishillmedia.com  
215-843-5704

- ▣ vibrant wordpress sites
- ▣ Web solutions for all needs and budgets
- ▣ websites optimized for desktop, tablet AND phone
- ▣ sites you manage yourself
- ▣ inexpensive, easy-to-manage online stores
- ▣ Great low-cost online tools  
dynamic calendars, galleries, slideshows, searchable databases, blogs, social media integration, easy-to-use e-newsletter management tools, member-driven content, great SEO tools ... and more

web and print services for businesses and organizations driven by sustainable values

## Interior/Exterior Painting Power Washing • Deck Staining

25 Years of Professional Experience

Locally owned and operated  
Schedule your free estimate

Visit us online!

### planet paint

SOLUTIONS, INC.

planetpaint.org

215.948.3747

## Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry  
Energy Conservation - Architectural Design Services

HansellContractors.com

Office: 215-277-1540 Fax: 215-277-1390

Lic.# PA022176 EPA Lead Certified

## Grant Fox Contracting

Custom Renovations • Fine Cabinetry  
Old House Renovations and Repairs  
Kitchens • Baths • Additions  
*Over 25 Years of Experience*  
Co-op Member

Grant@GrantFox.biz 215-771-2713

## Good Deals Every Day.

Need to reclaim precious hours of your life?  
Have just a few too many projects on your plate?  
Want to avoid the dangers and drudgery of maintenance?

- Professional moving service
- Lawn and yard maintenance
- Gutter Cleaning
- Yard waste cleanup: animal waste/remains and storm debris
- Removal of appliances, furniture, spring cleaning, trash disposal and much more

(302) 613-8644 Darryl Brown

LibertyServices.biz@gmail.com

Our skilled professionals move with the utmost care and can handle any size move, cleanup job or junk removal.

LIMITED TIME OFFER:

25% discount for Lawn and Garden services during spring or appointments made for regular summer L&G service.



**Janet Ames**

Member of **EXECUTIVE REALTY'S Green Group**

610 Old Lancaster Rd.  
Bryn Mawr, PA 19010  
Office: (610) 520-0400  
Cell: (610) 308-0802  
janetamesrealestate@gmail.com  
www.realtorjanetames.com



As seen in **Philadelphia Magazine**

• Five Star Professional surveyed Philadelphia area residents who purchased a home priced at more than \$150,000 within an 8-month period. The final list of 2014 Five Star Real Estate Agents is a select group, representing less than 5% of real estate agents in the area.

**Happy Thanksgiving! Pumpkin Bread Recipe**

- 3 cups Sugar
- 1 cup Cooking Oil
- 4 large Eggs
- 2/3 cup Water
- 3 1/3 cups Flour
- 2 tsp Baking Soda
- 1 1/2 tsp Salt
- 1 tsp Cinnamon
- 1 tsp Nutmeg

**Directions:** Makes 2 loaves. Preheat oven to 350°F. Grease 2 loaf pans and set aside. Mix Sugar & Oil in a large mixer, add 4 Eggs, beat well. Mix Flour, Baking Soda, Salt, Cinnamon, and Nutmeg in a large bowl. Alternate adding Flour mixture and Water to the Sugar mixture in the large blender. Pour into both loaf pans evenly. Bake for 55-60 minutes or until toothpick comes out clean. Cool and serve.

Also visit me at:  
[www.facebook.com/realtorjanetames](http://www.facebook.com/realtorjanetames)  
[www.linkedin.com/in/realtorjanetames](http://www.linkedin.com/in/realtorjanetames)

**A Name to Remember—Service Not to Forget**



**INGRID BROWN, GRI, Senior Real Estate Specialist**  
Associate Broker since 1975  
8400 Germantown Avenue, Philadelphia, PA 19118-3315  
215 248 6520 direct • 215 353 3917 cell  
215 247 3750 office  
Ingrid.Brown@foxroach.com  
Over 1,000 houses sold

A member of the franchise system of BHH Affiliates, LLC

**Advertise in the Shuttle**

✉ [advertising@weaversway.coop](mailto:advertising@weaversway.coop)

**COMPLETE MASONRY SERVICE**

**Flagstone, Brick & Stone Pointing**

**JAMES G. CARDAMONE**

- Concrete Work
- Basement Wall
- Plastering & Waterproofing
- Chimney Repairs
- Walkways & Patios
- Retaining Walls
- Stucco
- Glass Block Windows
- Ceramic Tile

[www.jgcardamonemasonry.com](http://www.jgcardamonemasonry.com)

Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401 All Calls Returned **215-887-9323** **GLENSIDE**

Proudly serving our local community since 1987

**Complete Roofing Services**  
Residential & Commercial  
Prompt, Reliable, Quality Work



Please call us for your **FREE** Roof Inspection

**It's Fall! Time to get your gutters cleaned!**

If you have clean gutters at the beginning of fall, the leaves will still be dry and easier to remove. When precipitation occurs, the water will flow freely through the gutter and into the downspout ensuring little or no damage to the gutter. And, because there is no debris to be washed into the down spout, this will not become clogged, making it easier to clean it out.

**Call 215-843-1970**

**Email: [AppleRoofing@verizon.net](mailto:AppleRoofing@verizon.net)**

We serve Germantown, Chestnut Hill,  
Mt. Airy, and surrounding areas

**[www.AppleRoofingCo.com](http://www.AppleRoofingCo.com)**

**Suggestions**

by Norman Weiss, Weavers Way Purchasing Manager

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

Of interest to me in this past month is that our largest natural foods supplier, United Natural Foods, or UNFI, switched from delivering smaller items in reusable plastic totes to single-use cardboard boxes (albeit made from 100 percent post-consumer recycled cardboard). I questioned this practice, since UNFI makes many claims about valuing sustainability and the environment, and asked UNFI if they had done an environmental cost-benefit analysis. In response I received a summary that said switching from reusable plastic totes to cardboard would reduce UNFI's electricity use by over 4 million kilowatt hours and reduce greenhouse gases by the equivalent of over



1,000 metric tons of carbon dioxide. They also said the switch would increase water use by 6,000 cubic meters, which they plan to offset by making a donation to a local watershed restoration program.

I'm continuing to follow up, since I don't see how UNFI could do a complete analysis without knowing what their customers (i.e., us) do with the empty cardboard boxes. In our case, we flatten them and stuff them into our already overflowing recycling dumpsters. I wonder how UNFI accounted for all the energy and greenhouse gases used in the recycling process, or even how they know to what

(Continued on Next Page)



[www.MacIntoshConstruction.com](http://www.MacIntoshConstruction.com)

**215-843-2090**

[MacintoshConstruction@verizon.net](mailto:MacintoshConstruction@verizon.net)

Fully Insured  
PA License # PA018646

*Now is the time to begin thinking about that great new kitchen or bathroom! When the weather gets colder, you will begin spending more time indoors – why not have that new room of your dreams? Call us NOW for your FREE estimate*

*PS -- don't forget to think about new windows before that cold winter weather! Brrrrrr*

**Kitchens -- Bathrooms -- Decks -- Windows -- Porches  
Doors -- Additions -- and more**

Proudly serving Chestnut Hill, Mt. Airy, Germantown and surrounding areas for over 20 years

**BASEMENT PLUS CO.**

**...Plus We Waterproof**

- Get your basement dry and odor-free
- Repair old crumbling walls
- Sump pumps & French drains
- New windows, doors, locks and steps
- Clean, paint & seal pipes and flooring
- Eliminate molds and mildews



**...Plus We Renovate**

- Redesign your basement
- Drywall, drop ceilings, closets
- Pergo flooring, carpeting, ceramic tile
- New bathroom, shower, toilet & sink in one week
- We handle all plumbing & electrical in basement

**Show This Ad and SAVE \$100**

[www.basementplus.com](http://www.basementplus.com)

**215.233.4598**

Insured & Licensed

Free Estimates

(Continued from Preceding Page)

extent the boxes are getting recycled. I'm still awaiting answers and will share the response if I ever get one.

If UNFI can show that single-use cardboard boxes are more sustainable than multi-use plastic totes, it will be a case where recycling trumps reuse, which is not typical (and is another reason I'm skeptical of their analysis).

Speaking of recycling, I recently heard an NPR piece questioning the value of recycling things like plastic and glass, as the source materials are plentiful and relatively cheap, the pickup and recycling process is expensive and the market value of the recycled material is low — especially compared to aluminum and cardboard, for which recycling is much more cost-effective. While I haven't read much about glass, according to one trash expert I spoke to, it actually presents a bigger problem than plastic because it's heavy and demand has decreased.

Plastic is a funny material, ironic in that it is cheap to produce (as measured in dollars), is light and strong, can be cleaned pretty easily and lasts a very long time. You would think this would make it a good item to reuse thousands

**Plastic is cheap to produce, light and strong, can be cleaned easily and lasts a very long time. You would think this would make it a good item to reuse thousands of times instead of once.**

of times instead of using once and discarding or recycling, but that's not how our extractive and consumptive economy works. Also, I wonder about a system that depends upon market forces to ensure sustainable actions by the population. This doesn't seem to be working with the global warming thing (assuming it's really happening — denial is a great way to cope with reality). Which brings me to something I'd like to reprint from the Wikipedia article on ethical consumerism:

*In "The Global Markets as an Ethical System," John McMurtry argues that no purchasing decision exists that does not itself imply some moral choice, and that there is no purchasing that is not ultimately moral in nature. This mirrors older arguments, especially by the Anabaptists, e.g. Mennonites, Amish, that one must accept all personal moral and spiritual liability of all harms done at any distance in space or time to anyone by*

*one's own choices. It is often suggested that Judeo-Christian scriptures further direct followers towards practising good stewardship of the Earth, under an obligation to a God who is believed to have created the planet for us to share with other creatures. A similar argument presented from a secular humanist point of view is that it is simply better for human beings to acknowledge that the planet supports life only because of a delicate balance of many different factors.*

Well, that's some food for thought, although an "obligation to God" is a lot of responsibility for a people that can barely figure out recycling.

**suggestions and responses:**

**s:** "Please put clearer labels on shelf with Seven Stars yogurt to make it easier to ID the types. Thank you."

**r:** (Kathryn, MA Grocery) Thanks for the suggestion!

**s:** "Please stock half gallons of 30 calorie Almond Breeze Almond Milk by Blue Diamond. I have to go to Whole Foods to get it. Thank you."

**r:** (Kathryn) Thanks for the suggestion! If I can find other members that are also interested, I'll consider bringing it in.

**s:** "Can we offer PA Lottery tickets? It benefits senior citizens, plus I've been a good citizen and would like to give God an opportunity to reward my good behavior with a cash prize. Thx."


**r:** (Norman) Hmm, where does gambling fit into co-op principles and values? In a way, it's people working together, since money can represent work, and the lottery pools people's money in the pot. But then the money goes to just a few people, so that doesn't seem very cooperative.

But co-ops exist to serve their membership, so if enough members ask for us to sell lottery tickets, we can look into it. Of course we'd have to find a way to offer the service in a sustainable and ethical manner, so maybe our lottery machine would be wind-powered and use recycled paper, non-GMO-soy-based ink, and give the senior discount, so we'd know for sure our seniors would benefit.


*normanb@weaversway.coop*

**Become a Co-op Sailor:**  
22' Herreshoff Eagle Sloop in Bohemia Creek, MD, seeks one third partner. Fiberglass, new sails 2014. Partners share work days plus \$1500/yr.  
**Contact Dennis Brunn at (609) 529-8838 or dbrunn@verizon.net**

Alternative Healthcare  
for Women



Holistic Gynecology  
Natural Menopause Counseling  
Fertility/Pregnancy Consultations



Energy/Sound Healing Arts  
Therapeutic Touch  
Tibetan Bowls  
Shamanic Drums and Journeying

Iris S. Wolfson, CNM, CRNP  
133 W. Phil-Ellena Street  
Philadelphia, PA 19119  
(215) 842-1657  
iriswolfson.com

**Dental Arts of Chestnut Hill, LLC**

8625 Germantown Ave. Tel. 215-242-6630  
Philadelphia, PA 19118 Fax 215-242-6633

**Axel Ramke, D.M.D., D.D.S., Ph.D.**  
General Dentistry

[www.DentalArtsOfChestnutHill.com](http://www.DentalArtsOfChestnutHill.com)

**H**  
HANSON SERVICES  
Small Projects for the Home

Interior/Exterior Carpentry  
Custom Cabinetry  
Door & Window Installation/Repair  
Structural Work, Roofing  
Porch Repair, Deck Construction  
Hardwood Flooring  
Energy Efficiency Consultation  
Drywall/Plaster Work  
Painting, Masonry & Stucco  
Fire Protection  
Electrical & Plumbing

214 KALOS STREET, PHILADELPHIA  
Tel 215 483 8338 ~ HGCINC.BIZ

for health, balance, manifestation

**LEO MCELROY**  
215-843-9718

*Shiatsu Bodywork*  
*Shamanic Healing Practices*


Cresheim Healing Arts 138-A West Gorgas Lane [www.ShiatsuLight.com](http://www.ShiatsuLight.com)

**Computer Service and Repair**  
Call Ed "The Tech Guy"

FOR ALL WINDOWS  
PC COMPUTER SERVICES  
IN-HOME OR REMOTE ASSISTANCE

**LOW RATES**  
cell 719-964-9538  
[www.edttg.com](http://www.edttg.com)

\*\*\*\*\*  
\* **COMPUTER HELP!!** \*  
\* Having trouble getting your computer, \*  
\* printer, scanner, CD/DVD/Blu-Ray, \*  
\* digital camera, or system software \*  
\* working properly? \*  
\* Would you like to set up a home wired \*  
\* or wireless network to share your files, \*  
\* multiplayer games, and Internet access \*  
\* between all of your computers? \*  
\* Need help removing **VIRUSES**, \*  
\* **SPYWARE**, or other malware \*  
\* which may have invaded \*  
\* your system? \*  
\* Need help finding, designing, \*  
\* repairing, or upgrading a PC \*  
\* and setting up software which \*  
\* best meets **YOUR** needs? \*  
\* For expert, reasonably-priced **service**, \*  
\* **instruction**, and **assistance** in your \*  
\* own home or office... \*  
\* call \*  
\* **Lauren Royce Emery** \*  
\* Phone: (215) 844-5570 \*  
\* E-mail: [LREmary@fast.net](mailto:LREmary@fast.net) \*  
\* 24 hours, 7 days \*  
\*\*\*\*\*



**Mt. Airy Psychotherapy & Wellness**  
BRINGING HOLISTIC HEALTH TO THE NORTHWEST COMMUNITY

<b>Psychotherapy</b> Genie Ravital, LCSW Lauren Kahn, LSW, LMFT Lenore Jefford, LPC Eda Kauffman, LSW Althea Stinson, MSW Willie Knight, MA Jennifer Ellis, MEd, LPC	<b>Homeopathy</b> Ameet Ravital, PhD, DiHom <b>Massage &amp; Yoga</b> Lisa Kaye, LMT <b>Acupuncture</b> Anna Beale, LAC
---	--

7127 Germantown Ave • Philadelphia, PA 19119  
215-242-5004  
[www.MtAiryPsychotherapy.org](http://www.MtAiryPsychotherapy.org)

Integrative Physician and  
Functional Medicine Practitioner  
**Heather Moday, MD, ABHIM**

Now accepting new patients in Rittenhouse Square

Discover a proactive, functional wellness approach to your health. We use cutting-edge diagnostic testing to get to the root of your symptoms.

Specializing in holistic treatment of

- Autoimmune conditions
- Thyroid disorders
- Gastrointestinal dysfunction
- Adrenal fatigue



110 S. 20th Street, 4th Floor  
Philadelphia, PA 19103  
(215) 558-2731  
modaycenter.com

# Staying Well: Some Winter's Tales

AS WINTER BEGINS, WE'RE ALL thinking about how to stay warm, healthy and nourished during the cold, short days. Members of the Weavers Way Health and Wellness Committee, with a variety of professions, practices and passions when it comes to becoming and staying well, contributed these tips to help make the season a little more bearable!

Lie on your back, bring your hands onto your kneecaps, draw your knees toward you on an exhale, then drop them gently away from you on the inhale. Continue for 2-3 minutes. This yogic movement, called *apanasana*, is a great way to stimulate digestion in the morning!

— Esther Wyss-Flamm

Breathe in and out only through your nose and take only six breaths a minute. Make your lowest ribs move first when inhaling and last when exhaling.

— Marvin Berman

Stand under cold water for 15 to 30 seconds after your shower. This stimulates the immune system and moves energy inward.

— Dana Barron

## Eat

Be aware of seasonal foods and attune your diet to your body's needs. Consider shifting your diet toward richer, denser foods that will provide you with extra energy and warmth, such as carrots, pumpkin, squash, kale and mustard greens. Herbs such as ginseng and nettles can also help boost your immunity.

— Elise Rivers

Winter is a great time to try new teas and infusions. Try something warming and soothing like lavender or chamomile, or something anti-inflammatory like fresh turmeric root. Ginger and garlic are great to help keep up your immune system.

— Liz Traison

## Think

The process of talking with someone who listens to you and tunes into you starts changing things for the better already.

— Claudia Apfelbaum

Practice receiving acknowledgement. If you tend to brush off the praises that others give you, take them in now. Say "You're welcome" or "I'm glad you like it" or simply breathe it in and let it nourish you. If you find yourself wanting more acknowledgment, start giving praises whenever you can and it will come back to you.

— Rachel Kriger

## Move

A brisk 20-30 minute walk four times per week significantly increases your body's immunity and improves circulation. Not to mention the obvious benefits of exercise and fresh air for the mind, body and spirit.

— Wendy Romig

Clinical research has shown that jumping significantly improves the bone density in hips and spine and is good for circulation. Heel bouncing can be done anywhere and at any time: Rise up part way on your toes (hold on for balance if needed) and bounce down firmly on your heels. A double bounce, like a heartbeat, is best. Continue to do this several times or up to 1 or 2 minutes.

— Joanne Fagerstrom

When getting up from lying on your back, turn on your side first, then hang your legs from the knees down over the side (if on a raised surface) or out in front of you in an "L" shape. Place the arm that is up slightly overhead, a couple of inches in front of your forehead, push that hand down in to the surface you are lying on, then use your other elbow push you to a seated position to arise from. If seated on the floor, move onto all fours and have your hands help you.

— Ronda Throne

## Energize

Close your eyes. Breathe in and out and sense the divine energy that flows through you. Do this two or more times a day, for a few minutes each time, to replenish your life force.

— April Lynn James



**coop basics** Good Deals Every Day.

**You can feel better about your life!**

- Do you have conflicts and tensions in your family?
- Are you experiencing communication road blocks?
- Do you need a place to talk about stuff?


call or email **Claudia today!**

215.317.8855 \* [claudialistens@gmail.com](mailto:claudialistens@gmail.com) \* [ClaudiaListens.me](http://ClaudiaListens.me)

**Claudia Apfelbaum, LCSW, Psychotherapist**



**A FRESH BREEZE IN YOUR LIFE**  
Therapy for Individuals, Couples and Groups



Trauma, Anxiety, Divorce Recovery,  
Adult Children of Alcoholics/Addicts  
LGBTQ Positive and EMDR

**Sylvia G. Brown, MSS, LCSW, PhD, JD**

Office: Center City      By Appointment: 484.574.6819  
Sliding Scale

"it takes courage to grow up and turn out to be who you really are."

Coop Member Discount 215-843-8258  
[www.mollykellogg.com](http://www.mollykellogg.com)

**Molly Kellogg, RD, LCSW**  
Psychotherapist and Nutritionist

100 East Sedgwick St. Mt. Airy      135 South 19<sup>th</sup> Street Center City

**Rev. Dr. Nadine Rosechild Sullivan**  
Spiritual Counseling & Hypnotherapy



215-704-4264  
[drsullivan@rosechild.org](mailto:drsullivan@rosechild.org)  
[www.rosechild.org](http://www.rosechild.org)

LGBTQ-Affirming

**GOOD VIBRATIONS**  
HOLISTIC OPEN HOUSE SERIES  
Saturdays: 9/19, 10/17, 11/14  
1 PM to 4 PM

Fellowship Hall, UUC Restoration  
Stenton Ave. & Gorgas Ln, Phila. 19150  
Free with advance registration 267-251-6052 or [www.ReikiSoundbliss.com](http://www.ReikiSoundbliss.com).  
\$5 at the door. (Under 18 must be accompanied by parent)

Stress Management Consulting by Natalie Bliss, sponsor

**★ Staff Favorite**



**April Pedrick**  
Across the Way, Asst. Wellness Buyer

**Digestive Bitters**  
"Because improving digestion improves skin and sinuses, and it's an anti-inflammatory!"

**★ Staff Favorite**



**Amira Shell, Manager**  
Weavers Way Next Door

**Alaffia "Africa's Secret" Multipurpose Skin Cream**  
"Good for everything. [It's] a healing cream, fades dark spots, good for cuticles. Good for lips and hair."



## What's in Store at Weavers Way

### Cheese of the Month

# Cheesemakers Are All Around Us

By Matt Budenstein, Weavers Way Chestnut Hill Deli Manager

THOUGH I HAVE ONLY WORKED FOR WEAVERS WAY FOR A couple months now, I have quickly learned a couple of key points about our ideals. At Weavers Way we strive for sustainability and we strive to support our community, and we accomplish both of these things by sourcing as many products as possible locally.

We are truly lucky to be within two hours of some of the most fertile farmland in the country. This allows us great access to artisan producers, especially local cheesemakers. As a cheesemonger, it is my pleasure to offer Weavers Way shoppers the finest local cheeses our region has to offer. I hope to help create a place where you can learn about not only what the products taste like or how to use them, but also where they came from and what makes them special.

I personally am lucky to have met, worked with and learned from many of our incredible local vendors.

A few years ago, I was at the Philly Food and Farm Fest, an annual event congregating hundreds of local artisan food producers including numerous cheesemakers, in search of a job on a local farm. At that event, I approached Sam Kennedy, now cheesemaker at Doe Run Dairy, then at Cherry Grove Farm in Lawrenceville NJ. It turned into a yearlong love affair with the process of cheesemaking and affinage (the art of aging cheese) culminating in our Buttercup Brie winning first place for brie in America at the American Cheese Society.

Soon after, I was lucky enough to get another part-time position at Headhouse Farmers Market for Sue Miller of Birchrun Hills Farm. This market also features local goat-cheese maker Pete Demchur in addition to many other local vendors, some of whom you will recognize from the shelves at Weavers Way.

Here's a list of local farms represented in the cheese case at Chestnut Hill. Many are also available at Mt. Airy. Please keep

in mind that due to seasonality, not all cheeses or all producers are available all the time.

#### Berks County, PA

**Valley Milkhouse**, Oley ([valleymilkhouse.com](http://valleymilkhouse.com))

#### Centre County, PA

**Nittany Valley Organics**, Mill Hall

#### Chester County, PA

**Birchrun Hills Farm**, Chester Springs ([birchrunhillsfarm.com](http://birchrunhillsfarm.com))

**Conebella Farm**, Elverson ([conebellafarm.com](http://conebellafarm.com))

**The Farm at Doe Run**, Unionville ([chestercountycheese.org/the-farm-at-doe-run](http://chestercountycheese.org/the-farm-at-doe-run))

**Shellbark Hollow Farm**, West Chester ([shellbarkhollow.com](http://shellbarkhollow.com))

#### Delaware County, PA

**Sun-ni Cheese Company**, Broomall ([sunnicheese.com](http://sunnicheese.com))

#### Lancaster County, PA

**Kings Creamery**, East Lampeter

#### Mercer County, NJ

**Cherry Grove Farm**, Lawrenceville ([cherrygrovefarm.com](http://cherrygrovefarm.com))

#### Wayne County, PA

**Calkins Creamery**, Honesdale ([calkinscreamery.com](http://calkinscreamery.com))

Don't hesitate to ask me or one of my friendly deli teammates — or my colleague-in-cheese Shawn O'Connell in Mt. Airy — for a taste of anything you're curious about. In addition, always feel free to ask us for recommendations or pairing suggestions, including wine, beer, food or whatever else you fancy to go with our local cheeses.

In the coming months, please look out for samples at our Chestnut Hill store in addition to demos where you can directly interact with the artisans. After all, there is no better way to learn about a product than directly from the source. Email me at [mbudenstein@weaversway.coop](mailto:mbudenstein@weaversway.coop) or stop in the Chestnut Hill deli and ask for Matt!

## THINKING COFFEE

# Happy Birthday!

by Neal Fordham, Weavers Way Mt. Airy Coffee Buyer

TO QUOTE THE GREATEST RELIGIOUS lessons from my childhood, I recall Frosty the Snowman falling asleep and each time he awoke shouting "Happy birthday!" Now what better way to greet each day, or to treat each person we greet?

I've just opened today's birthday present, given to me by Alan, the roaster and owner of Valley Green Coffee. He's roasting some new beans from the Yirgacheffe region of Ethiopia, and I might pass up a slice of my mom's chocolate cake, because this coffee is even more yummy.

And now that it's joined the list of my favorites, I've got one from each roaster we carry:

- **Backyard Beans:** Wild Espresso
- **La Colombe:** Workshop Mexico – Sierra Sur
- **Speakeasy:** Ethiopia Mokamba
- **Green Street:** Lupara Espresso
- **Valley Green:** Yirgacheffe Ethiopian
- **Equal Exchange:** Bird of Paradise

I wrote this list and noticed, no dark roasts for me. We carry a few French roasts, but they seem too similar to me. That ashy, dark-chocolate taste used to light me up each morning, but no more. I now love exploring the medium roasts, because they present such a variety of flavors. Speakeasy's Ethiopian is the fruitiest we have from that country. Green Street's Lupara I've described before — it is my mother's chocolate cake.

Meanwhile, three new coffees have arrived from Lansdale's Backyard Beans:

- Colombian, in Bulk
  - Peru, bagged
  - Wild Espresso, bagged
- Happy birthday!

[nfordham@weaversway.coop](mailto:nfordham@weaversway.coop)




**Cheese of the Month**  
**November**

<b>Havilah</b> Cherry Grove Farm	<b>Birchrun Blue</b> Birchrun Hills Farm
<b>50¢ off /ea</b>	

## SAVE MONEY. LOOK BETTER. FEEL BETTER. LIVE BETTER. THERE'S A VIVANA FOR EVERYONE.



# VIVANA

**Affordable Concierge Medicine. Starting at \$9 a Month.**

Learn more at [vivanawellness.com](http://vivanawellness.com) or call (800) 948-6927 for more information.

This is NOT insurance nor is it intended to replace insurance coverage, and does not meet the minimum creditable coverage requirements under the Affordable Care Act.

## Cooperator of the Month



## Patty Brotman

**Joined Weavers Way:** 1982

**Lives In:** Bala Cynwyd

**Current job:** She was a nurse for many years, but injured her back and had to quit. For 18 years, she's played accordion and piano at retirement homes in the area.

**Co-op flashback:** "The store was half of this. There was a teeny, rickety stairway by where the milk is and a tiny square that had toothpaste and soap."

**Co-op job history:** "When my kids were little ... we'd come on a Sunday and scrub all the floors and take the mats out, sweep them off, and it was a very dirty job so we would knock the whole [work requirement] out." She now fulfills her work hours by serving on the Environmental Committee, which she's been a member of since its inception.

**Favorite Co-op product:** Roling's bagels. "They're very stretchy, wonderful. They're not that air bagel!" She also loves The Incredible Bulk.

**Why they're members:** "I just love the spirit of the Co-op. I think it means so much more than going to the Acme. I couldn't live without that spirit of give and take."

## We the Co-op, We the Members

by Kirsten Bernal, Weavers Way  
Membership Manager

**I**N OCTOBER, WE HELD OUR FALL GENERAL MEMBERSHIP Meeting. The GMM offers a unique opportunity for members, who normally bump into each other in the aisles, to connect and socialize, while catching up on the progress and overall health of Weavers Way.

Based on those criteria, I call this year's meeting a success. I don't declare this based on some metric or predetermined number of attendees, but on the good feelings that were generated. Close to 60 member households were represented, over 100 attendees, all in seemingly excellent spirits. I can't remember a meeting that felt so cohesive, as if everyone assembled was in the know about something very satisfying. I can attribute some of this positivity to General Manager Jon Roesser. As he presided over his first GMM as the GM, I think it is fair to say that he left us feeling that we are in very capable hands. I also believe his focus on competition brought everyone together with the shared objective that supporting the Co-op is more important than ever. I had an honest sense of the collective, of the "we." Perhaps this was the "something" that was so very satisfying. The Co-op is "We." We are the Co-op. It's our store and we intend to rally around it.

With that thought, the GMM left me with a renewed sense of purpose. I asked myself, "What can we do to entice more members to join us at our membership meetings and share in the positive feelings?" I have plenty of ideas about this ... but then came the inevitable dawning of awareness that I, in fact, am only one person. (This is despite the many moments that I have spent convinced of the contrary!)

I am led back to the reality that the Membership Department needs a Membership Committee, made up of members. I am in need of Membership Minions!

The General Membership Meeting is just one bullet point on a long list of tasks for which the Membership Department requires support. Those projects range from welcoming and supporting new members to assisting with our Community Partnership Program and simply spreading the cooperative word.

I will be assembling this committee over the next month with the goal of convening a meeting after the holidays. In the meantime, we are still working diligently every day. That means there are plenty of opportunities to participate. If you are interested in earning work credit by supporting the Membership Department, please let me know! You can email me at [member@weaversway.coop](mailto:member@weaversway.coop) or call the office at 215-843-2350, ext. 119.

*Kirsten@weaversway.coop*

MEMBERSHIP  
CORNER



Rebecca Torpie photos

### All-Ages Event

It was annual meeting time last month at Kensington Community Food Co-op. Organizers showed off the store-in-progress; attendees also enjoyed food, beer and music from Norman's band! For more info, visit [kfcf.coop](http://kfcf.coop).

## Chips in Bags, Yes; Chips in Cards, Not Quite

**W**E'VE BEEN GETTING QUESTIONS ABOUT "CHIP" CREDIT CARDS, also known as EMV. This is a more secure credit card format that contains an embedded microchip, which is finally being rolled out to U.S. consumers after being common in other countries for years.

Despite a deadline of Oct. 1, the Co-op, along with many other retailers, is not yet ready to take advantage of this technology. There are several technical issues that we are working on, but the primary one is that our point-of-sale vendor has not yet provided software support for this new system. New credit card terminals are in place to handle chip/EMV cards as soon as our software does.

While Weavers Way cannot yet handle the chip on your new credit card, all such cards should still have a magnetic strip, and Co-op shoppers should feel perfectly safe using their cards the old-fashioned way. (Here's some fine print: The Oct. 1 deadline represents a "liability shift." Nothing changes for legitimate transactions, but if someone commits fraud swiping a chip card, WE will be liable rather than the credit-card company.)

We don't have a specific timetable from our vendor, but we will let you know as soon as we are ready.

— David Chaplin-Loebell, Weavers Way IT Director  
*davidcl@weaversway.coop*

BOARD  
CORNER

## Thinking About Running for the Board?

by Lisa Hogan,  
Weavers Way  
Board of Directors

**W**E AVERS WAY IS LOOKING FOR A few member-owners to join the Board of Directors of the Co-op.

There are compelling reasons to join the Board in 2016. The active agenda includes expansion planning, assisting start-up co-ops, facing growing competition, pricing and increasing membership. We also address the record sales and profits of our \$20 million business and we decide on the rebate to members!

Last year, the Board hired a new General Manager, Jon Roesser, and going forward we will evaluate his performance. Meanwhile, the current Philadelphia-area grocery scene is changing quickly with Bottom Dollar folding, A&P (Pathmark and SuperFresh) in bankruptcy and closing stores, and Aldi planning

a huge growth phase. Acme and Fresh Market are coming to Chestnut Hill. Even Walmart is now our competitor in the fresh food business. Rewriting the by-laws was another Board project last year.

Members will elect three Board Directors this year. Yes, it was only six months ago that you voted for new Directors to the current Board. Board members are elected for three-year terms. Three members finish a term each year and three new members are elected. This cycling system keeps the Board at capacity; turnover is staggered so that newly elected members serve with more experienced members.

The Board must have a minimum of nine and a maximum of 12 members. Most Board members are elected for three-year terms. However, a Board member may resign before his term is up for professional or personal reasons. When this happens the Board or membership may fill the vacancy for the remainder of the term.

We require a generous time commitment from Board Directors, as most of our work is done in small groups that supplement the meetings. Though our scheduled meetings are the first Tuesday of the month, additional meetings and phone conferences are called to address timely opportunities for Weavers Way.

We are looking for candidates who will use their talents and interests to represent the members. We work best with those who understand and respect group process. Education and training are provided to all Board members.

There is no monetary compensation for Board services.

If you are interested in serving, we ask you to attend at least one Tuesday Board meeting prior to running. The next board meetings are Nov. 19, Dec. 1, Jan. 5 and Feb. 2.

Informational sessions for candi-



dates will be held at 6:30 p.m. Jan. 14 in Mt. Airy and Jan. 27 in Chestnut Hill.

Candidates will be expected to take part in a group interview with the Leadership Committee on Feb. 10, Mt. Airy, at 6:30 p.m., or Feb. 18, Chestnut Hill, also at 6:30. Candidates must submit a ballot application by Feb. 26, with a written statement and a photo, and agree to make a video statement.

Being on the Weavers Way Board is rewarding and greatly appreciated by the membership. More information is available at [www.weaversway.coop](http://www.weaversway.coop); if you have further questions, please contact me at [lisah43@comcast.net](mailto:lisah43@comcast.net).

# He Bounced Around, Then Bounced Back to Cooking at Mt. Airy

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

DAN COHEN HAS SPENT THE LAST FEW YEARS trying to find himself. And really, he's still a work in progress. But after a parade of schools and jobs, and on his second pass through Weavers Way, the Mt. Airy Prepared Foods cook seems to have settled in — at least until he figures out his next move.

Dan, 25, grew up in Springfield Township, Montgomery County, and graduated from Springfield High in 2008. He enrolled at Bloomsburg University that fall as a psychology major. But he ran into a little trouble freshman year.

"I cheated my way through a lot of high school and even college to get through," he said. "So I got caught cheating in a sociology class, and lucky for me, I got to talk to the professor afterwards. . . . She told me that if I [made] an effort to figure out what I wanted to do that she would let it slide."

At the time, Dan was also taking an Intro to Criminal Justice class, so he went to talk to that professor, who encouraged him to switch his major. But Dan decided a change of scenery might help too. He transferred to Penn State Berks and entered the criminal justice program. After a year there, he transferred to State College, where he graduated in 2012. He wasn't sure what to do next, so he moved back home and started trying on different jobs.

One of his first stops was Weavers Way. His best friends from high school, Jake Mariani and Alek Ka-

minski, were already working in Chestnut Hill, Jake in the grocery department and Alek in produce. Dan started working in grocery in 2012.

After a couple months, Dan left the Co-op to sell ads for the Springfield Sun, but that only lasted a few days. Soon after, he got hired by Whole Foods and worked in the bakery department of their North Wales store. Six months later, when Jake moved to New York to try to break into acting, Dan tagged along to offer support.

He decided to use his time in New York to further develop his cooking skills by staging at a restaurant. One place put him through a grueling trial day before offering him a job as a prep cook. He worked there for a couple of weeks; by the time he returned home 11 months later, he'd been through about seven jobs. He went back to cooking, this time at Mica in Chestnut Hill. Once again, he didn't last long. Then Alek told him of an opening in prep foods in Mt. Airy.

"It took a little time, and Dave [Ballantine, prepared foods manager in Mt. Airy] didn't really want to hire me because he knew I bounced from job to job to job," Dan said. "But eventually he decided to have me in. . . . He knew I was skillful enough to work in that room." Dan was back on the Weavers Way payroll in December 2014.

After 11 months at Weavers Way — the longest

## Staff Celebrity Spotlight: Dan Cohen



Karen Plourde photo

job he's held since high school — Dan is thinking about his next adventure. And yet, he still enjoys coming to work.

"I've never worked at a place with so many colorful characters," he said. "There's always antics which I enjoy and I'm always a part of. The conversations are stimulating with people. There's just an eclectic, diverse group of people that work here."

kplourde@weaversway.coop



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

### Weavers Way Board

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

Because Nov. 3 is Election Day, the next Weavers Way Board meeting will be on the second Tuesday, Nov. 10, at 7 p.m. in the Chestnut Hill Community Center, 8419 Germantown Ave. (across from the Co-op).

For more information about board governance and policies, visit [www.weaversway.coop/board](http://www.weaversway.coop/board). Board members' email addresses are at [www.weaversway.coop/board-directors](http://www.weaversway.coop/board-directors), or contact the Board administrator at [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop) or 215-843-2350, ext. 118.

### 2014-2015 Weavers Way Board

**President:** Chris Hill

**Vice President:** Joshua Bloom

**Treasurer:** Emmalee MacDonald

**Secretary:** Laura Morris Siena

**At large:** Megan Seitz Clinton, Larry Daniels, Lisa Hogan, Stu Katz, Joyce Miller, Linda Shein, David Woo

### The Shuttle

#### Editor

Mary Sweeten, 215-843-2350, ext. 135  
[editor@weaversway.coop](mailto:editor@weaversway.coop)

#### Art Director

Annette Aloe, 215-843-2350, ext. 130  
[annette@weaversway.coop](mailto:annette@weaversway.coop)

#### Advertising

[advertising@weaversway.coop](mailto:advertising@weaversway.coop)

Karen Plourde, Advertising Coordinator  
215-843-2350, ext. 314

Virginia Herbaugh, Advertising Billing  
215-843-2350, ext. 315

**Proofreaders for this issue:** Alice Cervantes, Laura Flandreau, Jenny French, Michelle Quirk.

**Contributors for this issue:** Kirsten Bernal, Jacqueline Boulden, Matt Budenstein, David Chaplin-Loebell, Jill Fink, Sandra Folzer, Neal Fordham, Lisa Hogan, Ron Kushner, Marsha Low, Karen Plourde, Nancy Pontone, Jon Roesser, Jackie Schrauger, Norman Weiss.

### OPEN EVERY DAY

[www.weaversway.coop](http://www.weaversway.coop)

**Mt. Airy main number:** 215-843-2350

[contact@weaversway.coop](mailto:contact@weaversway.coop)

**Chestnut Hill main number:** 215-866-9150

#### Mt. Airy

8 a.m.-8 p.m.  
559 Carpenter Lane

#### Chestnut Hill

Monday-Saturday  
7 a.m.-9 p.m.  
Sunday, 8 a.m.-9 p.m.  
8424 Germantown Ave.

#### Across the Way

8 a.m.-8 p.m.  
610 Carpenter Lane  
215-843-2350, ext. 276

#### Next Door

9 a.m.-8 p.m.  
8426 Germantown Ave.  
215-866-9150, ext. 221/222

### HOW TO REACH US

#### General Manager

Jon Roesser, ext. 131  
[jroesser@weaversway.coop](mailto:jroesser@weaversway.coop)

#### Controller

Nancy Pontone, ext. 116  
[npontone@weaversway.coop](mailto:npontone@weaversway.coop)

#### Purchasing Manager

Norman Weiss, ext. 133  
[normanb@weaversway.coop](mailto:normanb@weaversway.coop)

#### Marketing Director

Crystal Pang, ext. 121  
[cpang@weaversway.coop](mailto:cpang@weaversway.coop)

#### HR Coordinator

Danielle Swain, ext. 132  
[hr@weaversway.coop](mailto:hr@weaversway.coop)

#### Membership Manager

Kirsten Bernal, ext. 119  
[member@weaversway.coop](mailto:member@weaversway.coop)

#### Outreach Coordinator

Bettina de Caumette, ext. 118  
[outreach@weaversway.coop](mailto:outreach@weaversway.coop)

#### Mt. Airy Store Manager

Rick Spalek, ext. 101  
[rick@weaversway.coop](mailto:rick@weaversway.coop)

#### Chestnut Hill Store Manager

Dean Stefano, ext. 212  
[dstefano@weaversway.coop](mailto:dstefano@weaversway.coop)

#### Executive Chef

Bonnie Shuman, ext. 218  
[bonnie@weaversway.coop](mailto:bonnie@weaversway.coop)

#### Farm Manager

Nina Berryman, ext. 325  
[nberryman@weaversway.coop](mailto:nberryman@weaversway.coop)

#### Next Door Manager

Amira Shell, ext. 220  
[ashell@weaversway.coop](mailto:ashell@weaversway.coop)

#### Mt. Airy Wellness Manager

April Pedrick, ext. 114  
[apedrick@weaversway.coop](mailto:apedrick@weaversway.coop)

#### Pet Department Manager

Anton Goldschneider, ext. 276  
[petstore@weaversway.coop](mailto:petstore@weaversway.coop)

#### Grocery

(MA) Kathryn Worley, ext. 140  
[worley@weaversway.coop](mailto:worley@weaversway.coop)  
(CH) Riley Luce, ext. 217  
[rlyuce@weaversway.coop](mailto:rlyuce@weaversway.coop)

#### Prepared Food

(MA) Dave Ballentine, ext. 102  
[dballentine@weaversway.coop](mailto:dballentine@weaversway.coop)

#### Deli

(MA) Shawn O'Connell, ext. 109  
[soconnell@weaversway.coop](mailto:soconnell@weaversway.coop)

(CH) Matt Budenstein, ext. 209  
[mbudenstein@weaversway.coop](mailto:mbudenstein@weaversway.coop)

#### Meat, Poultry & Seafood

(MA) Dale Kinley, ext. 104

[dale@weaversway.coop](mailto:dale@weaversway.coop)

(CH) Ron Moore, ext. 205

[rmoore@weaversway.coop](mailto:rmoore@weaversway.coop)

#### Produce

(MA) Jean MacKenzie, ext. 107

[mackenzie@weaversway.coop](mailto:mackenzie@weaversway.coop)

(CH) Mike Herbst, ext. 211

[mherbst@weaversway.coop](mailto:mherbst@weaversway.coop)

#### Floral Buyer

Ginger Arthur, ext. 317

[floral@weaversway.coop](mailto:floral@weaversway.coop)

### Weavers Way Welcome Meetings

We encourage new members to attend one orientation meeting. Learn all about our cooperative market, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities around the world. Meet staff and other member-owners and share in some refreshments and conversation. Bring your questions, your curiosity or your experience with other co-ops. Working members will receive two hours of credit for attending. We look forward to meeting you!

Attend a Weavers Way Welcome Meeting,  
Get Two Hours Work Credit!

Meetings start at 6:30 p.m., in Mt. Airy in the Community Room, 555 Carpenter Lane, or in Chestnut Hill upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

RSVP: [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or  
215-843-2350, ext. 118.

**NEXT MEETING: Wednesday, Nov. 11**  
Chestnut Hill

weavers way COOP



Connect to the network **WW\_PUBLIC**  
Use the password **weaversway**

Follow  
us!



Advertise  
in the Shuttle  
[advertising@weaversway.coop](mailto:advertising@weaversway.coop)



Photos by Larry Goldfarb



**Scene at the GMM:** Dr. Emily Moscato, top left, gets a laugh out of the crowd in her talk about food-marketing language; Board President Chris Hill says the news is good about the Co-op (despite the expression on his face); the usual delicious repast is enjoyed by all; Jon Roesser is an all-purpose GM — he waits tables!

## GMM

(Continued from Page 1)

also the size and even color of their plates.

She cited “clever experiments” by Brian Wansink and others, looking at how environmental cues and factors affect our consumption. For example, the researchers learned that people would put more green beans on a green plate than they would put on a yellow plate.

And of course, size of the plate matters as well.

“Research has demonstrated that the average plate size has increased almost 23 percent since 1900,” she said. “This is significant since we use the plate size to estimate our serving size — we like to fill our plates. Moreover, we eat 92 percent of what is on our plates when we’re serving ourselves, making the serving size even more important.”

Serving size is important also when you’re buying a bag of chips or nachos. “We eat what we see,” Moscato said, “and we tend to value larger packages because it means more savings, but we are not diligent with checking serving sizes when we dip our hand into a chip bag.”

And naturally, as many of us know, it’s not hard to keep eating until your hand finds the bottom of the bag, no matter how big or small the bag.

Check out the Open Label app at [theopenlabel.com](http://theopenlabel.com). To learn more about how environmental factors influence consumption, Moscato recommends Brian Wansink’s “Mindless Eating: Why We Eat More Than We Think” (2006) and his more recent book, “Slim by Design: Mindless Eating Solutions for Everyday Life” (2014).

[jb@bouldenmultimedia.com](mailto:jb@bouldenmultimedia.com)

# Faster.

## Less waiting where it matters most – our emergency room.

For faster care in the E.R., count on Chestnut Hill Hospital. We work diligently to have you initially seen by a medical professional\* in 30 minutes – or less. And, with a team of dedicated specialists, you’ll get a lot more care, if you need it.

**The 30-Minutes-Or-Less E.R. Service Pledge – only at Chestnut Hill Hospital.**



**30**  
30-Minutes-Or-Less  
E.R. Service Pledge



Primary Stroke Center

## CHESTNUT HILL HOSPITAL

UNIVERSITY of PENNSYLVANIA COMMUNITY HEALTH NETWORK

[ChestnutHillHealth.com](http://ChestnutHillHealth.com)

\*Medical professionals may include physicians, physician assistants and nurse practitioners.