

# READY TO RUN FOR THE BOARD?

by Lisa Hogan, Weavers Way Board Leadership Committee

**H**ave you been thinking about running for the Weavers Way Board in 2016? Do you want to have a loud voice in our future and our expansion? Can you help us with our growth?

It's time to make your move. This year we will fill three vacancies on the Board.

Although applications aren't due until Feb. 26, before you apply we require that you attend at least one Board meeting — Jan. 5 in Mt. Airy or Feb. 2 in Chestnut Hill.

Please go to the Weavers Way website

and read Board minutes to familiarize yourself with how the Board works — but keep in mind that it is a prerequisite to actually attend a meeting.

And to help you make an informed decision, the Leadership Committee has scheduled two hourlong information sessions:

- **Thursday, Jan. 14**
- **Wednesday, Jan. 27**

Both are in the Community Room at 555 Carpenter Lane (adjacent to the Mt. Airy store) and start at 6:30 p.m.

Our slate of candidates will be final at the end of February.

Candidate applications are available at:

[www.WeaversWay.coop/board-elections](http://www.WeaversWay.coop/board-elections)

The application includes an agreement to fulfill the duties of the Board, a conflict-of-interest disclosure and five candidate questions, with the responses, strictly limited to 250 words, to be published in the Shuttle in April and May. A photo is also required and will be published in the Shuttle.

If elected, you will be working on Co-op expansion and how to thrive in the face of competition. These two issues have been primary and will continue to be during your three-year term. Weavers Way wants to grow its place in the community as a valued resource and a "third place." You will also play a

## BOARD ELECTIONS 2016



part in the future of the national and international cooperative movements.

Let us know if you are interested! We can answer questions and otherwise assist you. Contact me directly at:

[LisaH43@comcast.net](mailto:LisaH43@comcast.net)



# The Shuttle

January 2016 Vol. 44 No. 1

Community-Owned, Open to Everyone

MEMBERSHIP CORNER

## Another Great Deal for Our Members — and for the Community!

by Kirsten Bernal, Weavers Way Membership Manager

**T**HE MEMBERSHIP DEPARTMENT IS EXCITED TO introduce the Weavers Way Local First Program.

As I mentioned back in October, we have been working toward an overhaul of our community discount program as a means of increasing the benefits of Co-op membership while helping to strengthen our local economy by supporting area businesses. The new and improved program launches this month!

Weavers Way Local First provides a comprehensive guide to area retailers and service providers who share our commitment to growing a strong and vibrant local economy.

The guide will feature a wide variety of exclusive, special offers for members of Weavers Way, generously presented by the many small, independently owned businesses that together define the character and culture of our shared neighborhoods. You'll discover discounts and deals at restaurants, cafés and bakeries, like Amy Edelman's venerable Chestnut Hill favorite The Night Kitchen. Get a free one-ounce tincture or two ounces of tea when you consult clinical nutritionist/herbalist Wendy Romig at her recently established Sage Integrative Health Center in Mt. Airy. Call Brian Ames at Wisahickon Tree & Landscape Services and get 5 percent off all landscaping and installation. Enjoy 5 percent off purchases at Primex in Glenside, and a standing discount of 10 percent off every purchase at Ten Thousand Villages in Chestnut Hill.

You'll also find deals on legal and financial services,

movement and yoga classes, art and writing workshops, bicycles, barbers, pet care, massage, home furnishings, counseling, audio, computers and so much more!

We hope you will find them highly valuable, and maybe discover a great service or local product you didn't know existed.

You'll find the guide posted on our website around Jan. 15 and available in print later this month in our stores. We'll also be distributing copies directly to new members who attend one of our monthly Welcome Meetings.

The guide will be updated annually. As I write this, applications to participate are still coming in ahead of the Dec. 30 deadline.

Weavers Way Local First participants can display the Local First logo in their windows. Just present your Weavers Way member card! Can't locate your member card? Contact me at 215-843-2350, ext. 119, or [member@weaversway.coop](mailto:member@weaversway.coop) or and I can provide a replacement.

Switching spending on goods, services and entertainment from big-box retail stores and chains to local, independently owned small businesses benefits our collective quality of life by helping to create new jobs, attracting new business and even increasing real estate values.

Weavers Way Local First reinforces our neighborhood networks, keeps our hard-earned money local, and shows how community partners can come together in a spirit of collaboration over competition.

Here's to keeping it local first!

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



The Land Bank is intended to make it easier to put together and preserve open spaces like Glenwood Green Acres in North Philadelphia.

## Finally, a Land Bank With Deposits

by William Hengst, for the Shuttle

**T**WO YEARS AGO, CITY COUNCIL PASSED A BILL creating the Philadelphia Land Bank, with the mission to clear a path for transferring vacant and abandoned properties to new ownerships and new uses, thereby helping revitalize neighborhoods.

Finally, last month, the Land Bank received its first inventory, as Mayor Michael A. Nutter electronically transferred the deeds for 150 properties from the Philadelphia Housing Development Corp.

"The Land Bank now owns properties, bringing each closer to a new use, whether it is an affordable home, new business or a community garden," Nutter said Dec. 9 in a press conference to mark the transfer. "I am proud to say that Philadelphia is the largest city in America with a land bank and I thank all of our part-

(Continued on Page 24)

Weavers Way Cooperative Association  
559 Carpenter Lane, Philadelphia, PA 19119  
[www.weaversway.coop](http://www.weaversway.coop)  
CHANGE SERVICE REQUESTED

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## Editor's Note

by Mary Sweeten, Editor,  
Weavers Way Shuttle



THE ONLY THING THAT BURNS ME more than missing deadlines (= wasted \$\$) is putting something in the Shuttle that turns out to be wrong. Which is why you won't be reading a story in this issue about a certain something that might be happening at the very end of January. It's not definite enough to make the January Shuttle deadline. It's also too late for the February Shuttle deadline. Wait — did you think I meant the opening of Fresh Market in Chestnut Hill? No, no, I'm talking about Member Appreciation Week, which is TENTATIVELY scheduled for Jan. 31-Feb. 6.

During Member Appreciation Week, we'll have member specials, special demos and tastings, cake, balloons — did I mention cake? — and, oh yeah, an extra 5 percent off everything\* for members. That means 10 percent off for Working Members, 15 percent off for participating seniors on Senior Discount Tuesday, 20 percent off for Senior Discount Working Members . . . you get the idea.

In TV, they call this counterprogramming, because, OK, we did hear that the other grocery store down the Avenue is slated to open around that time. If you call it cynical, I disagree. I think it's a great reason to give members an extra excuse to come into the stores, especially members who haven't shopped lately. Check out our Co-op Basics deals. Join on the spot if you never got around to it. Go crazy — buy something you don't usually buy!

And let us know what you think about that other grocery store, when it does open, and what we can do to keep you engaged with the Co-op. Because, you know, you're not just a member — you're an owner. We appreciate that.

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

\* OK, not newspapers and stamps.

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.



## What's in Store at Weavers Way

### Reflections on the Reuben

by Chris Kaiser, Weavers Way Chestnut Hill Prep Foods

IF ARNOLD REUBEN WERE ALIVE TODAY, HE'D NO DOUBT get his famous sandwich from Weavers Way in Chestnut Hill.

The Weavers Way Reuben Panini follows the classic recipe: Two slices of marble rye slathered with house-made Russian dressing, four to five slices of imported Swiss cheese, a generous helping of thinly sliced corned beef, and an ample portion of house-made sauerkraut, all grilled to perfection.

Arnold Reuben, founder of Reuben's Restaurant and Delicatessen in New York City, dates the origin of the "Reuben Special" — ham, turkey, Swiss, Russian dressing and cole slaw on rye — to 1914. In a 1938 interview for the Library of Congress, Reuben recounted that he had made the first Reuben Special for silent film actress Anna Selos, who raved about the concoction and suggested naming it after her. Obviously, Reuben had other plans.

But how the Reuben Special morphed into the classic Reuben with sauerkraut remains debatable. Reuben's son, Arnold Jr., claimed the chef at Reuben's made the classic sandwich for him one night in 1926 as an alternative to his diet of hamburgers. Another story has it originating at the Blackstone Hotel in Omaha around 1925. A group of men, including the owner of the hotel, met weekly to play poker and eat. One night, Reuben Kulakofsky, a wholesale grocer, asked for a corned beef and sauerkraut sandwich. The hotel owner's son, Bernard Schimmel, who had studied in Switzerland to become a chef, did the rest, according to Elizabeth Weil, Schimmel's great granddaughter, in an article in the New York Times.

Schimmel drained the sauerkraut and mixed it with Thousand Island dressing, combined it with the corned beef and Swiss cheese on rye, and grilled it. It wasn't long before the "Reuben" was put on the hotel's menu and became a hit.

Several other stories about the sandwich's birth persist, but no matter its origin, Reuben connoisseurs are passionate — and protective — about the grilled concoction. Especially the kraut.



Chris Kaiser photo

The Reuben has an uncertain history, but fans are certain it has sauerkraut, not cole slaw.

"The sauerkraut is the funnest part," a Weavers Way customer told me. But a few customers do ask for the substitution. A few more — by guesstimate, a quarter — ask for turkey instead of corned beef. Less than 5 percent are made with pastrami.

In the sandwich world, there is a seemingly infinite variety of combinations (just stand by the sandwich station one day and listen to all the requests for "make your own" sandwiches). But one thing remains true: A great sandwich begins with great architecture — and the Reuben is no exception.

At Weavers Way, we lay the cheese down first, followed by the Russian dressing — a sequence that helps prevent the bread from becoming soggy. We also like to place the sauerkraut in the middle of the pile of meat, rather than on top.

So, on your next to the Chestnut Hill store, stop by the sandwich station and order a Reuben — any way you like — perhaps with cheddar cheese, or red onions, or pickles, or . . . surprise me!

Chris Kaiser ([chris.newassignment@gmail.com](mailto:chris.newassignment@gmail.com)) would like to be known as the Earl of Sandwich. We prefer "Kaiser on a Roll."

### New on the Shelves

by Karen Plourde,  
Weavers Way Chestnut Hill  
Grocery Staff

#### Bulk & Beyond

There's a new grinder upstairs, honey. And Inspired Brews takes up a tap at the kegerator.

Honey peanut butter fans, take note: The Incredible Bulk in Mt. Airy now has a grinder for your favorite concoction. It's conventional and sells for \$3.99 a pound. Please bring or buy a container — not your favorite two slices of bread.

There are now two kombucha makers vying for your taste buds at the tap. Inspired Brews of Old City has sidled up alongside Fermented Foods, with wonderful flavors like pear-date, spiced cider, and blueberry lavender. Flavors change weekly, so don't dawdle if you find something you love. **And read all about the makers on Page 20!**



#### Finds for the Furry & Feathered

A flashy collar for Bowwow. He'll drag you over for some turkey and duck necks from K9 Kraving.

You and your pup probably do one of your daily walks in the dark, especially this time of year. Make him (and you) more visible with the Fido Flash Collar. It's a one-size-fits-all device that has three flash modes and is USB rechargeable.

On the food front, K9 Kraving raw dog food is now stocked in the freezer Across the Way. It's made in Baltimore, and all of their recipes use raw beef, chicken, turkey, duck or mackerel as the first ingredient. Along with the one-pound rolls and two-pound boxes of patties, you'll also find packs of turkey and duck necks for premium snacking. Bet you'll get a big wet kiss out of that purchase.

#### Picks in Produce

'Tis time for Meyer lemons. And microgreens offer a hint of spring.

Winter can be cruel. But citrus fruits — including Meyer lemons — are at their peak now, giving us a slice of edible sunshine. The Meyer is rounder than a true lemon, with thinner skin and a sweeter flavor. Use them just as you would the standard variety.

What did we do before microgreens? They dress up sandwiches, add some oomph to salads (especially in the winter), and look pretty atop pizza and roasted veggies, too. And they're a superfood; the tiny leaves have more nutrition than mature ones. So pick up your fave, and try a new one this month.



#### Goings on in Grocery

New beans and grains in Mt. Airy. And Yakisoba noodle kits in the Hill.

If you're looking to expand your repertoire of beans in 2016, the second floor in Mt. Airy is the place to go. The bulk bins, for one, but now also look at the shelf below the help desk. There you'll find six types of Züsun Idaho heirloom beans that will put the pop back in your meal planning. Ever heard of Calypso beans? Me neither. While you're down there, check out some out-of-the-box grains from Lotus and Alter Eco, including Mekong Flower and Black Royal Quinoa.

In noodle news, Chestnut Hill now carries the Otajoy Umami Culture Yakisoba kit, so you can make this Japanese specialty at home. The kit includes noodles and sauce; add meat or veggies to complete it. Umai!

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## What's in Store at Weavers Way

# Did You Overdo? Recover Deliciously By the Produce Bin

by Jean MacKenzie, Weavers Way Mt. Airy Produce Manager

**N**OT TO GET INTO PARTICULARS, BUT WE KNOW you've spent the last six weeks indulging in foods that, face it, are not exactly health foods. Now it's January, and your body is suggesting — perhaps begging for — a healthier diet. Lucky for you, even in the dead of winter it's possible to get fresh produce in your diet, and improve your health to boot.

### Cruciferous Vegetables and Your Health

Let's start with the ever-popular cruciferous vegetables. Also known as the Brassica family, cruciferous vegetables are twice as potent as other un-



refined plant foods in terms of disease prevention. Vegetables in this family are high in vitamins A, C and E, and contain substantial calcium, iron and protein. Most notably, crucifers carry sulfur compounds that prevent cancer-causing compounds from binding to or damaging DNA and effectively inactivate carcinogens present in the body. Regular consumption of cruciferous vegetables is linked to lower incidences of breast, colorectal, lung and prostate cancers, and is also correlated with reduced rates of cardiovascular disease.

The most powerful crucifers are broccoli, broccoli sprouts, cabbage and Brussels sprouts. The family also includes cauliflower, kale, kohlrabi, turnips and radishes, and greens like arugula, collards and bok choy.

### Sweet Potatoes: The Healthiest Vegetable

Not only are sweet potatoes delicious, they also provide essential nutrients. The Nutrition Action Health Letter rated 58 vegetables by adding up the percentages of the Recommended Dietary Allowance for six nutrients (Vitamins A and C, folate, iron, copper and calcium), plus fiber. Sweet potatoes topped the list with 582 points; the nearest competitor, raw carrots, came in at 434. When the Center for Science in the Public Interest rated the relative nutritional value of common vegetables, once again the sweet potato came out on top.

One cup of cooked sweet potato provides 30 mg (50,000 IU) of beta-carotene (Vitamin A). They are a great source of Vitamin E, and are virtually fat-free, unlike most Vitamin E rich foods — vegetable oils, nuts, avocados. Sweet potatoes also provide many essential nutrients, including Vitamin B6, potassium and iron, have more fiber than oatmeal and are cholesterol-free and low in sodium. A medium sweet potato has just 118 calories BB — Before Butter.



## 5 STEPS

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!

### Toward a Healthier New Year

Living healthier is Ground Zero to handling whatever 2016 throws at you. Here are a few suggestions.

- 1 Be proactive with your immune system.** Get ahead of your scratchy throat. Next Door and Across the Way have **Emergen-C** and herbal products to send that virus packing.
- 2 Explore fermented food & drink.** Pile on the probiotics. There's kombucha, of course, but how about local kefir from **Wholesome Dairy**? And try the pickled veggies from **Real Pickles**.
- 3 Introduce yourself to a whole new grain.** For starters: bulgur, buckwheat, whole rye, wheatberries. They're good for your heart, your gut and your blood sugar. In bulk or packaged in both stores. (Note: Rye berries only in Mt. Airy.)
- 4 Work on your fear of fish.** Research shows one or two fish-based meals a week will get you the omega-3s needed for overall health. Go for the fatty types — salmon, albacore tuna, halibut.
- 5 Get (or stay) active.** Having the right cold-weather gear will help. Next Door and Across the Way carry **Andes** fair-trade headwear, gloves and scarves; Next Door also has Infinity Scarves (one big warm loop) from Marquet. Bundle up and keep moving!



### Return to Your Roots

It's cold out, so you'll want some hearty soup. Potato Leek is a cold-weather favorite that's easy to make. Sauté onions and leeks in butter until onions are transparent. Add broth, enough for the volume of soup you are making. Bring to a boil and add cut up Yukon gold potatoes. Boil until potatoes are soft. Use your immersion blender (my FAVORITE kitchen gadget) to blend it all to a smooth, creamy consistency. And that's it. I like to serve it with Merymead half and half on the side, but it's delicious with or without. (See the Roasted Roots Soup recipe for another delicious and filling vegetable stew.)

### Apples

Our wonderful local apples continue to take center stage even though they were harvested months ago, thanks to Controlled Atmosphere (CA) storage facilities. Looking for something new? Try this apple slaw: Whisk 2 tbs. each mayonnaise, rice vinegar and vegetable oil with 1 tsp. celery seed. Stir in one thinly sliced fennel bulb, one julienned apple and 3 tbs. chopped parsley. Salt to taste.

### Herbs

And speaking of chopping parsley, here are the four steps to perfectly chopped herbs:

**Start dry.** Herbs quickly turn to mush when chopped with water on them. Make sure all work surfaces are dry too.

**Think sharp.** Make sure all blades are sharp. You want to cut, not crush.

**Stack or bunch.** Strip leaves from stems and place in a tight pile before you chop, mince or chiffonade. The leaves hold one another in place for faster, even cutting.

**Work in batches.** Trying to cut too many herbs at once leads to uneven bits. Chop no more than a handful at a time.

### Roasted Roots Soup

Prep time: 35 minutes.

Cook time: 1 hour. Serves 4.

- 3 parsnips
- 3 carrots
- 1 celery root (optional)
- 1 rutabaga
- 2 turnips
- 1 sweet potato
- 1 stalk celery, diced
- ½ sweet onion, diced
- ¼ cup olive oil
- 1 tsp. salt
- ½ tsp. ground black pepper
- 3 tbs. butter or substitute such as Earth Balance
- 1 quart vegetable broth
- ½ cup half and half, cream or non-dairy milk (optional)



Clean and scrape (peeling optional) root vegetables and cut into same-size pieces. Combine in a large roasting pan, coat with olive oil and season with salt and pepper. Roast at 450 F until fork-tender, stirring often.

Melt butter over in a large pot or Dutch oven over medium heat. Add celery and onion and cook until onion is translucent, about 5 minutes. Add broth and bring to simmer, uncovered.

Add roasted vegetables and simmer for 10 minutes, or until tender. Puree using an immersion blender. Add more broth as needed. Season to taste with salt and pepper and serve with milk (optional).

# Weavers Way Community Programs

## Welcome Rachel!

by Jill Fink, Executive Director,  
Weavers Way Community Programs

PLEASE JOIN ME IN WELCOMING WWCP'S FIRST EVER DEVELOPMENT and Communications Manager, Rachel Reynolds. If you received our annual appeal, you might recognize her name — Rachel volunteered at Hope Kitchen with WWCP to fulfill her Weavers Way Working Member hours and wrote a note about the experience, which we included in our end-of-year fundraising efforts. In getting to know Rachel as a volunteer, it became clear that WWCP could benefit from her skill set, and we were thrilled when she accepted our offer.



Rachel Reynolds

Rachel's a relatively recent transplant to Philadelphia; she moved here with her family about two years ago from California. She brings with her a deep regard for the importance of food, particularly in social-justice work, having spent several summers working on a therapeutic farm in Massachusetts. She also has experience as a writer and editor, and after graduating with a degree in rhetoric from the University of California at Berkeley in 2011, she dived into the nonprofit world, working as the programming director of a statewide community-based writing workshop program in California.

"I'm so excited to be here," Rachel said. "I've wanted to find a way to use my skills for food-justice work, and WWCP provides the perfect opportunity. Everyone here is so thoughtful and enthusiastic about the work we're doing; it's great to be part of such a hard-working and committed group of people."

This is an exciting moment for WWCP, too, as we increase our fundraising capacity and formalize our communications strategies. We're excited to see where 2016 takes us!

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



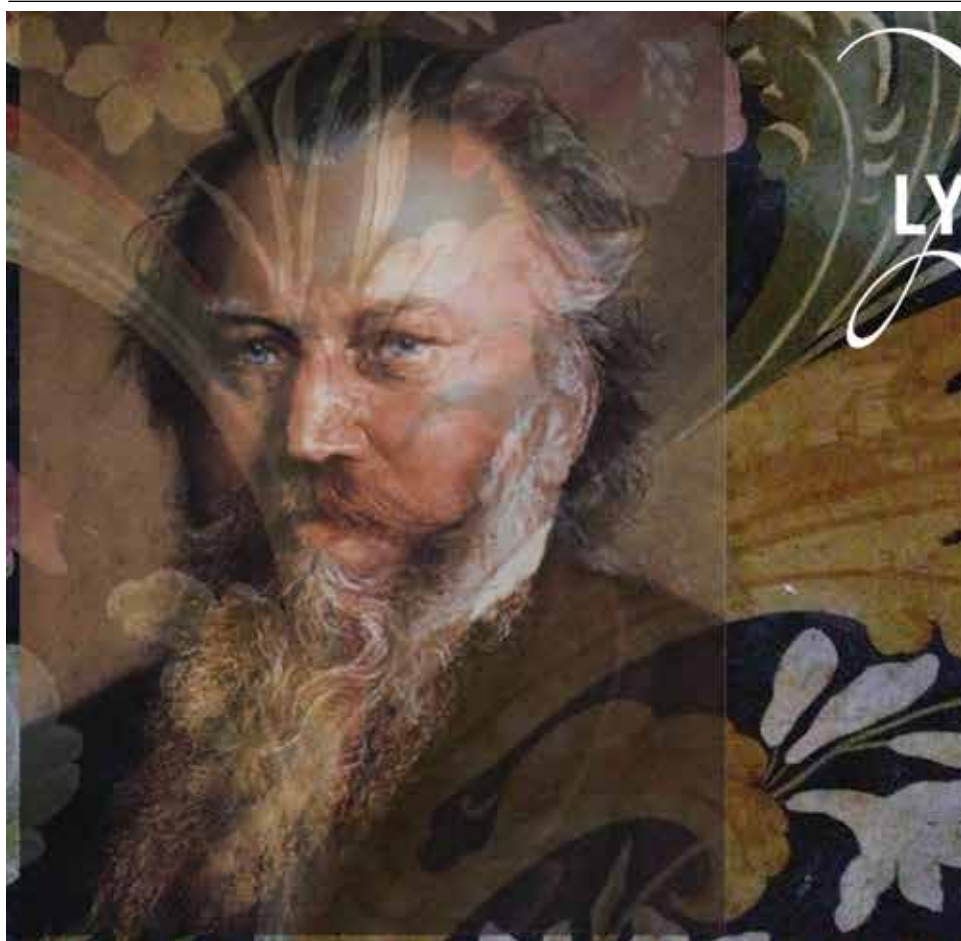
We're excited to launch a new column this year. Look for 'Why I Give' each month in the Shuttle to get an inside look at volunteer experiences and what inspires people to donate their time, money and skills to WWCP.

Photo of Gammy at MLK's Hope Farm by Larry Goldfarb

## Why I Give

by Larry Goldfarb, Weavers Way Working Member

AFTER AGREEING TO PHOTOGRAPH A WEAVERS WAY COMMUNITY PROGRAMS EVENT AT Martin Luther King Jr. High School, I read about their farm program for students with autism and intellectual disabilities. This struck me as both imaginative and hopeful, something I often feel when reading about socially-motivated programs. But after several hours of looking into the eyes of the students and seeing their joy and their pride in what they had accomplished, I was moved and reminded of the difference between words and experience, of the space between ideas and feelings. I recommend a visit to Hope Farm at MLK High School for anyone who would like a heartfelt jolt of what's possible.



### LYRIC FEST

CONNECTING PEOPLE THROUGH SONG







#### JOHANNES BRAHMS – BIOGRAPHY IN MUSIC

Friday, January 22, 2016 at 7:30 PM  
at The Presbyterian Church of Chestnut Hill

Sunday, January 24, 2016 at 3 PM  
at The Academy of Vocal Arts

Brahms's life and times in semi-theatre – a fascinating weave of music and letters. With Laura Dixon Strickling, soprano, Chrystal E. Williams, mezzo soprano, Jeffrey Williams, baritone and Jonas Hacker, tenor with pianist, Laura Ward and actor, Jim Bergwall.

Tickets – Adults \$25 at the Door, or visit [www.lyricfest.org](http://www.lyricfest.org) 215.438.1702

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weavers way

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Dec. 30 - Feb. 2

**Pick up a Weavers Way sandwich loyalty card from the deli.**

Buy 10 and the 11th is on the Co-op!  
See card for details.



Buy 10 Weavers Way deli sandwiches and get the 11th

# Weavers Way Community Programs

## African Diaspora Project Is Also on Her Plate

by Mercelyne Latortue, Nutrition Education Associate, Weavers Way Community Programs

AS WEAVERS WAY COMMUNITY PROGRAM'S NUTRITION Education Associate, I have a passion for healthy cooking, and I love to share my enthusiasm and knowledge with people through our Hope Kitchen program. I attribute this largely to my background: I was raised in Haiti.

Living in the Caribbean, we incorporated vegetables into nearly every meal. Everything from coffee to marinades was made from scratch with organic, local foods on a daily basis. Living in Haiti, my family and I were truly connected to our food — the pig we'd see crossing the road could easily become that night's dinner!

Although we moved to Brooklyn when I was 5, my mother always made sure we stayed true to our culture by eating Haitian meals for breakfast, lunch and dinner. Breakfast was typically plantains and porridge, while dinner often included rice, beans and stewed chicken. This connection to my cultural heritage through food was very important for me and informs my work with WWCP.

Through a chance meeting, I connected with Pascale Boucicaut, a culinary artist and community organizer, and her Dishes of the Diaspora project, "a culinary art and social change project" supported by the Leeway Foundation. As described on their website, "Dishes of the Diaspora is a project that seeks to resuscitate, practice and pass down . . . knowledge throughout the vast African diaspora," sharing recipes and culinary knowledge from different African diaspora traditions that may be lost to time. I was excited to participate in



Mercelyne (top left) enjoys Hope Kitchen time with a Stenton family.

the project by letting them document my shopping for, preparing, and cooking a traditional Haitian legume dish. Featuring a veritable cornucopia of vegetables — including eggplant, chayote, spring beans, celery, watercress, carrots, beef and a marinade of garlic, parsley, thyme and scallion paste — this is one of the healthiest dishes of our tradition. It can be prepared with or without meat, and it's usually served with white rice.

To learn more about the project and to check out beautiful photos, visit [www.dishesofthediaspora.com/mercelyne](http://www.dishesofthediaspora.com/mercelyne).

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

## 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 families.

**WEAVERS WAY  
COMMUNITY PROGRAMS**  
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## Thank You!

As of Dec. 30, you gave us \$30,276 toward our annual goal.  
See the February Shuttle for the full fundraising report.



*Gear up for summer!*  
AT SCH ACADEMY'S  
**Camp Fair**  
& SUMMER PROGRAMS

**JANUARY 30, 2016 • 11 AM-2 PM**  
(Snow Date February 6)

- Over 80 local, regional & national camps of all kinds, including adventure, travel, arts & sports
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## 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**

## That Isn't What WHO Said About Meat

I HAVE LONG ADMIRER YOUR PUBLICATION for its solid, reliable content and its progressive positions on critical food policy issues. But I was shocked to read a front-page headline, "Meat Is Cancer? (Says WHO)," in the last 2015 issue. I was even more dismayed to read a very misleading article about red meat, processed meats and human cancer authored by Paul Cantagallo.

One of Mr. Cantagallo's conclusions is that "the WHO's International Agency for Research on Cancer snagged headlines with its announcement that processed meats – hot dogs, sausage, lunch meat – do cause cancer in humans and that red meat – beef, veal, pork, lamb, goat and horse – probably does." This is a distortion of what the WHO-IARC reported in its own public documents. An "Editor's Note" alongside Cantagallo's piece did not undo the damage done by a headline that projects a double fallacy.

I offer here quotes from IARC's recent "Q & A on the carcinogenicity of the consumption of red meat and processed meat," (IARC, Lyon, 2015) :

"An international advisory committee . . . recommended red meat and processed meat as high priorities for evaluation by the IARC. . . This was based on epidemiological studies suggesting that small increases in the risk of several cancers may be associated with high consumption of red meat or processed meat."

"In the case of red meat, the classification is based on limited evidence from studies showing positive associations between eating red meat and developing colorectal cancer. . . Limited evidence means that a positive association has been observed between exposure to the agent and cancer but that other explanations for the observations (technically termed chance, bias, or confounding) could not be ruled out."

"Eating red meat has not yet been established as a cause of cancer. However, if the reported associations were proven to be causal, the GBDP has estimated that diets high in red meat could be responsible for 50,000 cancer deaths per year worldwide. These numbers contrast with about 1 million cancer deaths per year

globally due to tobacco smoking, 600,000 per year due to alcohol consumption and more than 200,000 per year due to air pollution. . . However, consumption of red meat has not been established as a cause of cancer."

I highlighted the sentences above to emphasize what IARC has stated for the global audience to know. It stands in complete contradiction with the article title on The Shuttle's front page.

Misreading the scientific evidence is a disservice on this critically important public health concern.

David Kinley III

## WHO Report Misses Point

REDUCING OR ELIMINATING NONHUMAN animal products from one's diet is a personal consumer practice, not a political strategy to create the policy change that we so desperately need. WHO misses the crucial point — the premier nutrition science book, "The China Study," already available for a decade, indicates all protein from animals is potentially carcinogenic in humans. Not surprising, since human beings are natural plant-foragers, not omnivores as widely believed.

See "Animal Abuse: It's Why We Suffer" at [www.RPAforAll.org](http://www.RPAforAll.org) on diseases caused by humans' unnatural contact with other animals.

Ben Lotka

### 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).

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# Board Responds to Rebate-Equity Query

by Emmalee MacDonald,  
for the Weavers Way Board of Directors

ON BEHALF OF THE BOARD, I WOULD LIKE TO thank Stuart Bogom for his letter to the editor in the December Shuttle, which alerted us to a need to better communicate to the member-owners of Weavers Way how the rebate is determined and why the Board chose its specific allocation.

My simple response to the headline would be this: It's our rebate, and by "our," I mean collectively all members.

As you know, every member of the Board is also a Co-op member. Every one of us would certainly prefer a greater cash allocation to put toward our turkey purchase or to contribute to WWCP. However, every one of us also wants to see the Co-op continue to thrive. In order to do this, we must continue to reinvest our collective rebate into the business.

The rebate is one of the many things that make the Co-op different from a typical corporation. One of the main drivers of the rebate is the fact that the IRS permits corporations structured as cooperatives to pay patronage rebates based upon sales to members. The Board reviews the audited financial results each year and determines the maximum rebate that can be paid. This rebate serves to reduce the Co-op's federal taxable income, and as such allows the Co-op to eliminate its federal income-tax liability attributable to member sales. Per IRS regulation, a minimum of 20% of the declared rebate must be paid in cash; the remainder can be retained within reserve or unreserved equity.

The IRS requires that the amount retained within equity must still be allocated to members based upon their level of shopping at the Co-op, which is why some of the rebate is allocated to you specifically, even though it is retained in the pool of our collective equity. These amounts are required to be communicated to members as

written notices of allocation, even if the Board makes the decision to retain these funds in the cooperative indefinitely. Each member has an equity balance that consists of the member's contribution (generally \$30 a year to a maximum of \$400), plus any allocated patronage rebate. When you log into the Online Member Center, you can view your equity balance and how much of it is retained in regular versus reserve equity.

Your next question, of course, is: Why can't the Board just pay out the entire rebate in cash? The simple answer is: We could. However, in addition to a goal of returning funds to members, the Co-op has Ends it seeks to satisfy. Equity provides capital to support our Ends — to purchase product, make repairs to the buildings, buy the ovens and other equipment, offer higher wages and generous benefits, operate our farms and guard against potential temporary slowdowns, to name just a few. (You can read the Ends at [www.weaversway.coop/weavers-way-ends](http://www.weaversway.coop/weavers-way-ends).)

Fulfilling the Ends requires investment, which must be in the form of additional debt or a reinvestment of the Co-op's profits. Taking on additional debt costs the Co-op money in bank fees and interest charges and would not be prudent for funding normal operations. We believe the will of our members is to be fiscally responsible, and that includes making sure we have adequate cash reserves. We believe this to be especially important with competition imminent in the Chestnut Hill market.

I hope this clarifies the reasoning for only paying out 20% in cash. The other question I'd like to address is about reserve equity versus regular equity. First, we understand based on discussions with various co-op consultants that it is actually quite atypical to have an allocation to regular equity at all; most cooperatives allocate any unpaid balance to reserve equity. This reserve equity, as Stuart pointed out in his letter, is not refunded unless the Co-op ceases to do business, while regular equity can be claimed should a member decide to leave the Co-op.

**Taking on additional debt costs the Co-op money and would not be prudent for funding normal operations. We believe the will of our members is to be fiscally responsible, and that includes making sure we have adequate cash reserves.**

Essentially, if all members asked for their regular equity back tomorrow, the Co-op could be in danger of closing its doors. This cash has been invested in our stores; it is not just sitting in a bank waiting to be collected.

Utilizing reserve equity provides an added layer of security. It allows Co-op management to plan and forecast the amount of cash that will be available to run the business without having to worry about how many members may potentially leave and take their cash with them.

I am fully in agreement with Stuart's assertion, "You say you are giving the money back to the members, but Reserve Equity does not fit any definition of 'my money' with which I am familiar." I agree reserve equity does not fit any definition of my money; I believe it fits the definition of our money. To say we are returning it is an inadequate way to communicate the concept. I would like to re-word this and say we are allocating it to member-owners, so that each household can clearly see the portion of their money that is being collectively used to run our cooperative enterprise.

*Emmalee MacDonald is a member of the Weavers Way Board. Contact her at [emmalee.macdonald@gmail.com](mailto:emmalee.macdonald@gmail.com).*

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CHEF'S CORNER

# Co-op Values & Competition

by Bonnie Shuman, Weavers Way Executive Chef

IN NOVEMBER, I ATTENDED A DAYLONG CONFERENCE hosted in Philadelphia by CDS Consulting Co-op. CDS is “committed to co-op development and the widespread practice of cooperative values in business.” Also attending were Weavers Way GM Jon Roesser, Marketing Director Crystal Pang and Chestnut Hill store manager Dean Stefano.

We started early, and as I reviewed the agenda packet, replete with a greeting game to get to know your fellow attendees, I felt certain it was going to be a day filled with co-op geekiness (it was) and a hugely boring round of videos and discussions (it wasn't).

The theme of the conference was how we as co-ops can remain vital and relevant in the face of other grocers cashing in on the public demand for sustainability and product integrity. The timing was especially relevant to Weavers Way with the imminent opening of Fresh Market in Chestnut Hill.

While I'm familiar with places like Whole Foods and Trader Joe's as nearby competitors, it is also clear we are faced with a much larger threat than I was aware of. The new and not-so-new retailers jumping on the bandwagon range from Walmart to Krogers (and Krogers outsold Whole Foods in organic produce last year by over \$1 billion).

These big grocery chains have been dubbed the “Supernaturals” and because they now understand the demand for what co-ops and other progressive stores have been doing for years, they have taken a chunk of our business nationwide. Their executives looked at co-ops' growth and saw that while their stores typically only saw a 3 percent increase in sales year-to-

year, co-ops were seeing roughly a 15 percent increase. You would be foolish not to want to capitalize on that trend, right?

So, our day was filled with discussions about how we can handle the challenge of the Supernaturals. And there were some really great exchanges of ideas that proves to me that co-ops are so much more than organic foods and sustainably sourced products.

Any grocer can go this route, or claim to. What's not so easy is to capture is all the other things it means to be a co-op. The photo with this article is a picture of my notes taken at the conference, and I wrote down everything that resonated with me about what it means to be a co-op and how those things are going to be the things that differentiate us from the Supernaturals. I was really moved and reminded of what it means for me to work at Weavers Way.

Here are some of the quotes or concepts that made me feel confident that a chain grocery, sustainable, organic or not will never be us.

“There is no place that competition is not affecting us; embrace it and use it as an opportunity to improve.”

“Challenge staff to think bigger about the impact we have.”

“Authentic kindness is part of our strategy.”

“Spending money at co-ops is a principled act.”

“Fight back with every level of excellence you can think of.”

Finally, from our very own Jon Roesser:

“Be the third place.”

A little explanation on the last:

We spend most of our time and wrap a lot of our



identity around two places — work, and home. In them, we know ourselves and our roles. The “third place” can be anywhere else that we have a comfort zone, a place to convene, a place to tell our stories, to build friendships and sense of community.

For me, Weavers Way is the third place. It is where we find each other and celebrate our common desire for community. It is place that is far more than where we buy our food — it is where we make friends, where we find noble purpose in our endeavors, where we make our communities better and stronger, where we strive to lift ourselves to a better place, where WE make a difference.

You can't bottle it up and sell it, you create it with vision and love.

*bonnie@weaversway.coop*

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GM'S  
CORNER

## Meet the New Local (Not the Same as the Old Local)

by Jon Roesser, Weavers Way  
General Manager

**M**Y NEW YEAR'S RESOLUTION seemed simple enough:

Eat More Local.

Goodbye Unilever. So long Nestle. From now on I will only eat food made by my neighbors. After all, this is Philadelphia, and this is a food town.

In 2016, I'm going to be able to hop on a train or take a quick car ride to shake hands with the men and women responsible for growing or making the food I eat — like Bassetts Ice Cream.

As their website says, Bassetts is "a Philadelphia tradition since 1861."

Thick-wristed counter clerks have been scooping this stuff at their home base in the Reading Terminal Market since Benjamin Harrison was president. It is, like Taskykake and the Whitman's Sampler, an iconic Philadelphia food brand.

Trouble is, Bassetts Ice Cream isn't made in Philadelphia. Bassetts Ice Cream isn't even made by Bassetts Ice Cream.

Bassetts Ice Cream is made by Galiker's Dairy in Johnstown, PA, about 250 miles from the Terminal.

Say what? Why is everything so hard?

I cannot pick on Bassetts. The company is based in Philadelphia and the people who work there seem nice enough. When I inquired about why they stopped making their own ice cream (way back in 1989), Michael Strange, great-great grandson of the founder, was quick to respond and very forthright: A steady loss of local dairy farms to suburban subdivisions made operating an ice-cream factory in Philadelphia unsustainable.

And at least the Bassetts folks deserve credit for remaining independent and reinventing themselves to deal with the new realities of their industry. I wish I could say the same for many other esteemed Philadelphia names.

The list is long and sad and transcends industries. Wanamaker's, which foolishly gave me my first credit card, is now Macy's. Philadelphia-based Bell Atlantic is now New York-based Verizon. Acme Market's first store was in South Philadelphia; today the Acme brand is owned by Idaho-based Albertson's.

Germantown Savings Bank, where I opened my first bank account, was bought out by Core States, which was bought out by First Union, which was bought out by Wachovia, which was bought out by Wells Fargo (all in 20 years, no kidding).

PECO is essentially a brand of Chicago-based energy goliath Exelon. The once venerable and locally headquartered Philadelphia Electric Company has been dead since 2000. PECO is its undead successor.

The Whitman's Sampler hasn't been made in Philadelphia since the mid-1990s, when Whitman's was sold to long-time rival Russell Stover, which almost immediately closed down the Whitman's chocolate factory in Northeast Philadelphia and moved production elsewhere. (Russell Stover has subsequently been gobbled up by Swiss-based Lindt.)

As for Tastykake, it's just a brand of Thomasville, GA-based Flowers Foods, makers of, among other things, Wonder Bread. Krimpets and Kandy Kakes are, for now, still made in Philadelphia, but only for as long as the suits in Thomasville think it's a good idea.

This steady erosion of local ownership, of local production, of local decision-making is undeniably bad for our city. Philadelphia is losing its soul.

But as the New Year dawns, there's hope!

Many iconic Philadelphia companies have sold out, but in the abandoned factories and office buildings they left behind, a New Philadelphia has risen.

John & Kira's. Metropolitan Bakery. Yards. Philadelphia Brewing Company. La Colombe. Dozens, probably hundreds of others. All over the city, independent brewers, distillers, coffee roasters, chocolatiers, bakers and, yes, ice-cream makers are reclaiming our food manufacturing heritage.

Philadelphia's growing food too. The largest farm: Our very own. Weavers Way Farms harvested 40,000 pounds of produce last year, every ounce grown and sold in the city.

It turns out Philadelphia still is a food town. You just have to forage a little more than you used to.

The New Philadelphia companies might be puny compared to the companies of old. But the people who run these new companies can say something about themselves that no executive at PECO or Acme or Verizon can: They're the boss.

So after much reflection I have revised my New Year's Resolution:

Eat More Zsa's Ice Cream.

That's one promise I can surely keep.

See you around the Co-op.

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# Palliative Care & Advance Directives — a Workshop

by Larry Schofer, Weavers Way Education Committee

**P**ALLIATIVE CARE COVERS MORE than simply hospice care; it deals with relief of symptoms for all patients.

All patients should have advanced directives to give to hospital providers when entering the hospital.

These were the main messages Weavers Way member Martha From conveyed at a workshop Nov. 19 sponsored by the Co-op's Education Committee. This workshop followed on the health-care forum in November sponsored by Weavers Way in cooperation with My Way and Northwest Village Network. Another workshop on this topic is planned for Feb. 18, 2016.

Martha is a nurse practitioner specializing in palliative care at Abington Hospital-Lansdale. The palliative-care specialist is an advocate for the patient,

and in many cases helps the patient leave the hospital sooner than expected. Most patients receiving such care are cardiac or cancer patients, but there are many others who can benefit.

Until now, palliative-care specialists have not received any reimbursement from insurance companies, but starting Jan. 1, Medicare will introduce a service code that allows some insurance billing for the service. (Presumably other insurers will follow.)

The approach of the palliative-care specialist is to speak to the patient at length, and to family members as well, about what the patient desires. These are not easy conversations, and that is why people in the field recommend having advanced directives prepared before there is a medical emergency.

Advanced directives or "living wills" receive a great deal of resistance from the general population. Either peo-

ple do not want to think about the issue, or there is an unspoken belief that "It can't happen to me" or "I will want everything done for my family member." Martha explained the very physically trying experience of being put on a ventilator. Recovery from such treatment is slow and difficult, especially after age 70. It is complicated by other issues such as diabetes or pulmonary disease, and it is clear that the patient will not be the same after coming off the ventilator, if this occurs.

Advanced directives explain what a patient wants when that patient can no longer make his or her own decisions, usually giving authority to someone else with a health-care power of attorney. It should be noted that in Pennsylvania, if there is no such document, decisions fall first to the spouse, then to blood children and then to others in a series of relationships specified by the law.

One may indeed make out a living



will without an attorney, but in Pennsylvania a witness and a notarized document are required. In New Jersey, two witnesses are needed, so Martha recommends two witnesses in case any local people are involved in a problem in New Jersey.

For further information, download the report "Dying in America" from the National Academies of Sciences, Engineering and Medicine:

[iom.nationalacademies.org/Reports/2014/Dying-In-America-Improving-Quality-and-Honoring-Individual-Preferences-Near-the-End-of-Life](http://iom.nationalacademies.org/Reports/2014/Dying-In-America-Improving-Quality-and-Honoring-Individual-Preferences-Near-the-End-of-Life)

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# Good Posture. Good Function. Good Health.

by Joanne P. Fagerstrom, for the Shuttle

**S**TAND UP STRAIGHT!” HOW MANY TIMES HAVE YOU heard those words in your life? Chances are the answer is a lot. Most of us accept that good posture is important, but often we’re more likely to notice someone else’s postural shortcomings than sense our own.

## Why It Matters

Clinical research shows that well-aligned posture:

- Strengthens your bones
- Helps build a stronger core
- Helps decrease abnormal wear of joint surfaces
- Improves balance
- Improves digestion
- Helps you breathe more fully
- Contributes to confidence, positive mood and feeling of well-being
- Reduces stress levels

But even when we make an adjustment, such as pulling our shoulders further back, typically they drift right back to where they were as soon as we stop paying attention. What’s a well-intentioned person to do?

The answer is paradoxically simple and complex, and requires a whole-body approach. Here is a step-by-step guide to improving your posture:

## Step 1 – The Test

Stand against a wall with your heels, buttocks and shoulder blades all touching the wall. If the back of your head touches the wall without straining or tipping your head back, read no further — your posture is great! For many people, this is not the case. To gauge how far your head is from the wall, place your fingers between the back of your head and the wall. The number of fingers you can fit in the space is your measurement. Make a mental note.

## Step 2 – The “Posture Sequence” Exercise

Lie on the floor with your legs straight and your arms along your sides, palms up.

**Head Press:** Press the back of your head directly down into the floor. Hold for a count of five. Release. Repeat five times.

**Shoulder Press:** Press both shoulders and shoulder blades into the floor. Hold for a count of five. Release. Repeat five times.

**Buttocks Squeeze:** Tighten both buttock muscles. Hold for a count of five. Release. Repeat 5 times.

**Knee Press:** Press the backs of both knees into the floor as you simultaneously point your toes in the direction of the ceiling. Hold for a count of five. Release.



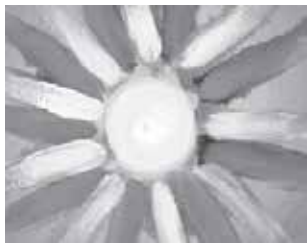
Repeat five times.

Each area in the sequence should be worked individually — this is not a cumulative exercise. Each is held for five counts and repeated five times. Remember to breathe. Build up the force you’re able to exert in each area gradually, never doing more than feels safe — and good!

## Step 3 – The Secret Sauce

The key to improving and maintaining your new and improved posture is found above your neck. Body awareness, patience and consistency of practice, practice, practice are all critical parts of this process. Try to self-correct frequently throughout the day, but leave the judgment and critiquing aside. Change and improvement will come. Cultivate your ability to listen to the wisdom of your body, and remember that it is never, ever too late to learn something new and benefit from the process of trying.

*Health & Wellness Committee member Joanne P. Fagerstrom, PT, CFP, is the owner of Mindful Physical Therapy LLC. Visit her website at www.mysuperbones.com. Views expressed here are those of the author; not necessarily the Health & Wellness Committee, and are not meant to be a substitute for consulting your doctor.*



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BE KIND TO YOURSELF

# Chekhovian Comedy from Old Academy

OLD ACADEMY PLAYERS PROUDLY presents “Vanya and Sonia and Masha and Spike”, the 2013 Tony Award-winning comedy by Christopher Durang. Directed by Jane Jennings, the show runs January 8, 9, 15, 16, 17, 22, 23, and 24.

A sophisticated takeoff on Chekhov characters and settings, “Vanya and Sonia and Masha and Spike” is just as funny if you don’t know a “Cherry Orchard” from a “Seagull.” Set in Bucks County, where Vanya and his adopted sister Sonia sit and bemoan their fate as unskilled, near penniless, middle-aged people when their much-divorced movie-star sister, Masha, arrives suddenly with her new boy toy, Spike. Since Masha’s career is in decline, her siblings suspect she intends to sell the house, leaving them homeless. Old rivalries arise; a costume ball occurs; Nina, a neighboring girl, triggers Masha’s jealousy; Spike prances about most of the time in next to the altogether; sparks fly. Topping it off is a housekeeper aptly named Cassandra who makes dire predictions that no one believes.



Old Academy photo

Clockwise from top left: Steve Connor as Vanya, Ryan Henzes as Spike, Susan Cantone as Masha, Sarah Labov as Sonia and Heather Plank as Cassandra.

The nonprofit Old Academy Players, a member of the Greater Philadelphia Cultural Alliance, is at 3544 Indian Queen Lane in East Falls. Constructed in 1819, the Old Academy building has been the OAP home since 1932. Old Academy Players has provided continuous community theater since 1923 and featured the acting debuts of Grace Kelly and Robert Prosky.

Show times are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$15, with discounts for groups. Parking for all performances is free. For information and reservations, call 215-843-1109 or visit the theatre’s website at [www.oldacademyplayers.org](http://www.oldacademyplayers.org).

# GJC’s Annual Women’s Clothing Exchange to Benefit Refugees

THE WOMEN’S CLOTHING EXCHANGE AT GERMANTOWN JEWISH CENTRE, an annual community and charitable event that serves many functions, will be held this year on Sunday, Jan. 31, from 11 a.m. to 1 p.m.

Participants say this event is a win-win-win! Every year women in the community are asked to donate any clothing and accessories that are in good condition, but that they no longer use. These donations are collected at GJC during the week before the event (this year, Jan. 24-29). A large group of volunteers sorts all these donations into categories and sets up the community room like a giant bazaar. When the doors open, women from all over the city come and pay \$20 to “shop” and take home whatever they like.

It is a festive atmosphere, with music, friends and a private place for trying on clothes. The event raises thousands of dollars for important social-justice work. This year the proceeds will be divided between the GJC Women’s Club and HIAS Pennsylvania, an organization that provides resettlement, citizenship, and supportive services to immigrants, refugees, and asylum seekers from all backgrounds. (For more info, visit [hiaspa.org](http://hiaspa.org).)

When the event is over, anything that’s left is donated to Whosoever Gospel Mission in Germantown. This program supports people who have been homeless and struggled with addictions in getting the help they need to get clean and sober, and also provides vocational training.

It really is a win! win! win!

The Germantown Jewish Centre is at 400 W. Ellet St., right off Lincoln Drive. For more information, contact Genie Ravital at [geniebud@gmail.com](mailto:geniebud@gmail.com)



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# Weavers Way Dining For Women Turns 4

by Betsy Teutsch, for the Shuttle

**D**INING FOR WOMEN'S SLOGAN, "CHANGING THE World One Dinner at a Time", has now played out in our local community over 160 times. In response to a column I wrote for the Shuttle in 2011 pitching the idea of starting a Weavers Way chapter, so many women responded that we ultimately formed three chapters. Each meets monthly.

Dining for Women is made up of over 425 chapters. The central organization vets and chooses grassroots women's empowerment initiatives that all the chapters fund, one per month. Members attend a potluck dinner and are encouraged to donate what they would have spent on a dinner out. Our pooled funds net \$45,000 per grant.

There have been many highlights over our four years.

- We are very proud that member Harriet Dichter serves on the national Dining for Women Program Selection Committee. This hard-working group screens grants and chooses organizations utilizing a wide variety of approaches in many different countries, generally focused on vocational training, maternal health, and helping women improve their lives and better care for their children. DFW confronts hard issues, funding many initiatives working to prevent sex trafficking, for example.
- We love quinoa! One of our chapters reported a potluck



If only every opportunity to do good was as congenial as a Dining for Women dinner!

Betsy Teutsch photo

dinner that consisted of three different quinoa dishes.

- Our chapters meet on different nights, with varied styles. One group meets the second Monday of each month; each member brings her own utensils to lighten the hosting load. Our second group meets the third Tuesday of the month; they have taken the lead on our annual December Beloved White Elephant Auction. Our third group convenes the second Thursday of the group and is vegetarian.
- Our members are engaged in many local initiatives and often encourage the rest of us to get involved. Margaret Guthrie is on the board of the Weavers Way Community Programs and volunteers at Stenton Manor's community garden. Ann Mintz runs the arts program at Reading Terminal Market and invites members to attend performances. Bernadette Cronin-Geller and Margaret Guthrie each collect food to donate to community food banks. Anne Rouse Sudduth invited us all to a showing of Girl Rising, a film on empowering young women.

- While Dining for Women is a fundraising organization, it is also an exceptionally effective adult learning program. As we learn about the monthly program, we become better informed about legal discrimination against women, fragile health systems that fail women, and the enormous challenges facing girls as they seek to stay in school.
- Many of our members have traveled with Dining for Women to countries where we have funded programs. This opportunity for adventure with like-minded women, visiting programs providing so much impact, is life-changing.
- We have become friends. We so look forward to sitting around a dinner table each month, catching up with one another's lives. This may be the biggest dividend of all!

If you are interested in joining one of our chapters, please email me at [BPTeutsch@comcast.net](mailto:BPTeutsch@comcast.net) and let me know which night works best for you. Read more about us at [www.wdfwthursday.wordpress.com](http://www.wdfwthursday.wordpress.com).

## 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!

## Good Deals Every 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.

## Feed your community.

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

# When Wildlife Shows Up in Surprising Places

by Brenda Malinics, for the Shuttle

RECENTLY, A FRIEND WAS WALKING PAST A dumpster near a school in Chestnut Hill when she heard sounds coming from inside. She was startled to find a large raccoon screaming in fear, having realized that it had been discovered by a “human predator” and was trapped in the bottom of a metal cube. The smell of food strewn on the bottom had lured the raccoon into the dumpster, and the flimsy plastic covers were completely open, which gave it easy access. My friend phoned to alert me of the situation and I was able to explain to her the best way to help this animal. She agreed that what I conveyed was sage information, but she was not comfortable executing the escape herself.

On my street, I am the “go-to person” when neighbors find skunks in their window wells, opossums in their garbage cans, squirrels in their fireplaces, bats in their bedrooms and even snakes in their garden furniture. The solutions are quite simple, intuitive and inexpensive. The costly part is creating the confidence needed to approach a distressed, sometimes vocal or flailing wild animal.

What I have learned from working with wildlife for 25 years is that most animals are predictable if you understand their behaviors. I once came upon a group of birders in Cape May who were afraid to walk past a Canada goose who was hissing and throwing out its wings in a successful effort to keep them from proceeding along the path near her goslings. I walked past the goose with confidence and it retreated into the water without attempting to bite or “wing” me. Most animals will back down. However, you don’t want to get really up close with any wild animals, especially one that is cornered or injured. It is always wise to wear leather gloves and long sleeves so you do not get scratched or bitten.

If you do happen to find a skunk, raccoon or opossum in your garbage can, gently turn the can onto its side; avoid the “kick it and run” approach, which will likely scare the animal into staying in place. The animal will run once it realizes that it has an opportunity, but it may not leave until it senses that you have too.

If you find an animal in your window well, or in a dumpster as in my friend’s case, you will



Want to give a hand to a trapped raccoon? Try tossing him a skid.

need to provide the trapped critter a way to exit. This can be in the form of a rough board, a ladder or even a securely anchored knotted sheet. (Remember that a raccoon will put a lot of weight on an object, and will likely crush cardboard boxes or other flimsy objects.)

The dumpster with the raccoon inside was very high, unlike a window well, so I brought a long, rough-surfaced board. The plan was to put one end against the bottom of the dumpster and lean the other end against the opposite side. However, the raccoon was very agitated. As soon as the end of the board touched the dumpster floor, the raccoon began climbing up it, so I withdrew my hands — quickly. I expected the board to fall over, but the raccoon was so fast that it reached the top and was out of the dumpster within 15 seconds! I had also brought along some crates in case I needed to build an escape tower but the board provided a perfect exit. My array of knotted sheets also proved unnecessary. Had the board been too smooth or heavily varnished, the raccoon would not have been able to climb out.

I don’t have enough space to go into all the types of removals that could work for different situations, but I can’t stress enough the importance of capping your chimney and sealing any holes around your house (top and bottom) that will invite animals inside.

Domestic animals, especially cats, are also often trapped inside dumpsters. Please encourage any business with dumpsters to keep them securely covered for the safety of both humans and animals.

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

# Preserving the Wissahickon In 2016 — With Your Help

by Erin Mooney, for the Shuttle

HAPPY 2016! JANUARY IS THE MONTH WHEN WE TAKE A MOMENT to look at the past year and take stock of what we want to accomplish in the year ahead. Friends of the Wissahickon had a full year in 2015 and are proud of what we were able to accomplish, like installing parkwide signage and continuing to work on water-quality issues for the Wissahickon watershed. As an organization, we expanded a bit and were able to increase the ways in which we take care of the park.



For 2016, our list of goals is long. Much of that list involves routine park maintenance — trail repairs, maintenance of park structures and the general, but myriad ways FOW maintains the park. And that’s where we rely on the energy of volunteers. Last year, some 750 volunteers generously gave more than 10,000 hours of their time to FOW. Without them, the Wissahickon would look much different.

In December, we recognized Mike Kopena with our Volunteer of the Year award. As a FOW Trail Ambassador since 2013, Mike has acted as a mentor for others in the program and helped train them on best practices in customer service with park users. In two years, he contributed 570 hours to Friends of the Wissahickon! It’s people like Mike who make us proud to be doing the work we do. Thank you, Mike, for all that you have done for FOW and for the Wissahickon Valley Park!

If one of your new year’s resolutions is to give back to the Wissahickon — a place that brings you joy throughout the year — we would love to have your help, in January and throughout the seasons.

Happy New Year — may this be a year when you get to spend more time in the Wissahickon!

### Application Deadlines:

Crew Leader, 1/11/16; Trail Ambassador, 1/22/16.

For more info, visit Friends of the Wissahickon at [www.fow.org](http://www.fow.org).



FOW photo

FOW 2015 Volunteer of the Year Mike Kopena (in hat) shares some Wissahickon wisdom with park users.

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The Passionate Gardener

# Some Thoughts for Beginning Gardeners

by Ron Kushner, for the Shuttle

**S**UCCESSFUL GARDENING MEANS YOU ARE SIMPLY doing it (and hopefully enjoying it).

It has nothing to do with prize-winning plants or abundant harvests. It has nothing to do with the results of your planning, preparation, care and maintenance or the end result —there really is no end result. Gardening is a continuum. It begins when you start even thinking about gardening and ends only when you aren't able to do it anymore. It is a life-long pastime. There is no person who has, or ever will, truly master this thing called gardening.

I don't think any new gardener has any idea of how much time they will need to spend in their garden during any particular season. Once you have a plant (or plants) growing, you could do nothing more and still have a garden. It might not look like a photo in a gardening magazine, there will likely be lots of weeds and competing growth of things you didn't plant, but you will still have some blooms in your flower bed or some vegetables that are edible.

Gardening, as a subject, comprises specialties, not unlike medicine or law. Lawn care, garden design, growing specific plants, vegetables, containers, roof gardening, you name it — the list is practically endless. Do not despair! You can easily enjoy gardening without specializing, and without even knowing what the specialties are.

I don't mean to suggest that knowledge and experience are not required to achieve gardening competence. This will come through your own efforts, however minimal, along with some timely advice from knowledgeable, experienced gardeners. Trust in the fact that your garden, however small, is your beginning. You are a gardener by definition. You don't need anything more.

**Botany**

A plant's job is to reproduce itself. The whole deal is to create new seed or stems for the plant to continue its existence on Earth.



**Sunlight**

Sunlight is the “magic” that causes plants to grow. All plants need some degree of light. Most vegetables need full sun (this means about six hours a day). Flowers, shrubs and trees are all over the board. Some do beautifully in shade, some love the sun and most will survive with a mixture of both. Don't wrestle with perfection. Pick your plants and grow them with love. You'll be surprised how well most will do. As you tend your plants over a growing season, you will know more than anyone else about your own garden.

**Weeds and insects**

Weeds are plants, not much different than many of the flowers or vegetables that you will be planting. The problem is they come up unexpectedly where they are uninvited and unwelcome. Controlling weeds is as much a part of your gardening experience as watering your plants when they are dry. Most gardeners will spend more time dealing with weeds than any other garden activity.

Insects will be all over your garden, all through the growing season, from early spring until winter. Some of them will eat some of your plants at various stages of

their life. Some will eat other insects that are eating your plants. Most are beneficial and of value to your garden. Many can be controlled simply by the diversity of your plants and companion planting.

My first advice to anyone beginning their gardening experience is: **DO NOT USE CHEMICALS.** Herbicides and insecticides take up a great amount of space on garden-center shelves, promising to get rid of all your pests. Do not even think about it! These chemicals do nothing for your soil. They are harmful to many beneficial insects and invisible microorganisms that your plants need. Deal with your weeds mechanically, by yourself. Spend some time learning about the various types of weeds and insects that you find. Understanding their needs will make you a far better gardener than spreading poisons.

**Disease**

Plant pathology is a huge subject and many diseases common to our area could find their way to your plants — leaf spot, mildew, rust, wilt, rot, blight, viruses, the possibilities go on and on.

Remember this fact: 97 percent of plant problems are cultural. The cause is generally the gardener: improper planting, spacing, water, fertilizer, sunlight, airflow, pruning, etc. Keep your plants mulched, avoid overhead watering, allow for airflow and light by not placing plants too close together. Again, avoid synthetic “disease-prevention” chemicals.

Above all, enjoy your time close to nature in a serene setting that you created. Gardening provides pleasure away from the many tensions that life confronts us with.

I wish you all a very happy, healthy and productive New Year. Thanks for your many comments and support.

Email Ron at [ron@primexgardencenter.com](mailto:ron@primexgardencenter.com) or visit his website, [www.ronsorganicarden.com](http://www.ronsorganicarden.com).

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## Joanna Macy Book Discussion Set for February

by Lynne Iser, for the Shuttle

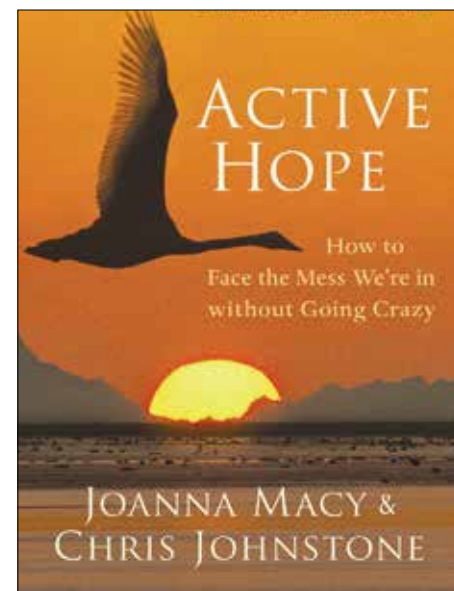
I'VE BEEN A "STUDENT" OF JOANNA Macy's for the past four or five years. She is a brilliant eco-philosopher who offers a smart analysis of what is happening in our world and how we got here. Imbued with great passion, her writing inspires visions of positive change.

So I'm excited to share her work with other Co-op members who might be eager for an effective response to climate change and the crisis of sustainability currently unfolding all around us. I will be leading a study group on "ACTIVE HOPE: How to Face the Mess We're in Without Going Crazy," by Macy & Chris Johnstone (2012, available in paperback and on Kindle). We'll be in the Weavers Way Community Room, 555 Carpenter Lane in Mt. Airy, on three Mondays in February: Feb. 15, 22 and 29. All sessions start at 7 p.m.

The book takes the reader through an empowerment process that restores our sense of connection to one another and with the whole web of life. "Active Hope" offers tools that can help each of find a role in the collective transition — "The Great Turning" — to a life-sustaining society.

At the heart of this book is the idea that "active hope" is not so much a quality to possess as something we do. It involves being clear about what we hope for and then participating in a process of creation and manifestation.

Seeking, and offering, our unique contribution to the Great Turning helps us to discover new strengths, open to a wider network of allies and experience a deepening sense of aliveness. When our



The book, top; author, eco-philosopher Joanna Macy, above.

responses are guided by the intention to act for the healing of our world, the mess we're in not only becomes easier to face, but our lives also become more meaningful and satisfying.

For details or to RSVP, email [LPIser@aol.com](mailto:LPIser@aol.com) or call 215-843-2350, ext. 118.

*Lynne Iser, MPH, founder of Elder-Activists.org, is a teacher, advocate and facilitator who is committed to bringing forth a more just and thriving world. She uses the work of conscious aging, along with the teachings of Joanna Macy and the Pachamama Alliance.*

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## ECO TIP Another Clothes Call

by Marsha Low, for the  
Environment Committee

Just when I thought there couldn't possibly be one more thing to find out that we humans do that harms the environment (and ourselves), I read an article in the New York Times titled "What Comes Out in the Wash." I learned that tiny fibers invisible to the human eye come out of our clothes when we wash them and make their way into the world's rivers and seas. They sneak into our food chain and can damage the lungs of humans and animals. If you think that switching to all-natural fibers might solve the problem, you should know that fibers from both natural (animal and plant) and artificial polymers are at fault — although at least natural fibers biodegrade eventually. Research has found that plastic particles can damage DNA, kill cells and cause inflammation.

We have to wear clothes, so what to do? Here's



## weavers way coop Environment Committee

a suggestion that won't solve the problem, but will help reduce its severity: Don't wash your clothes so often. Cutting down on washing not only reduces the number of fibers going down the drain, but saves water and energy. It also prolongs the life of your garments, since constant washing wears them out. And whenever possible, air-dry your clothes, outside on a clothesline in summer and on drying racks in the winter. Doing so also helps extend the life of your clothes and saves more energy.

If you'd like to learn more about this problem, and what needs to be done to solve it, here's a link to the article mentioned above: [www.nytimes.com/2015/11/29/opinion/sunday/what-comes-out-in-the-wash.html](http://www.nytimes.com/2015/11/29/opinion/sunday/what-comes-out-in-the-wash.html).



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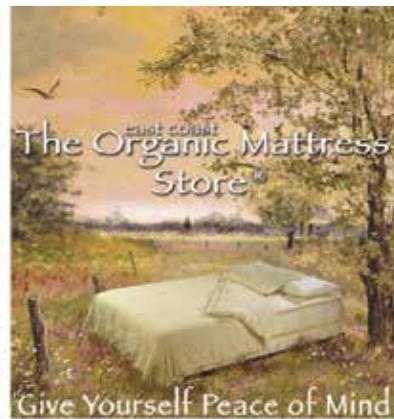


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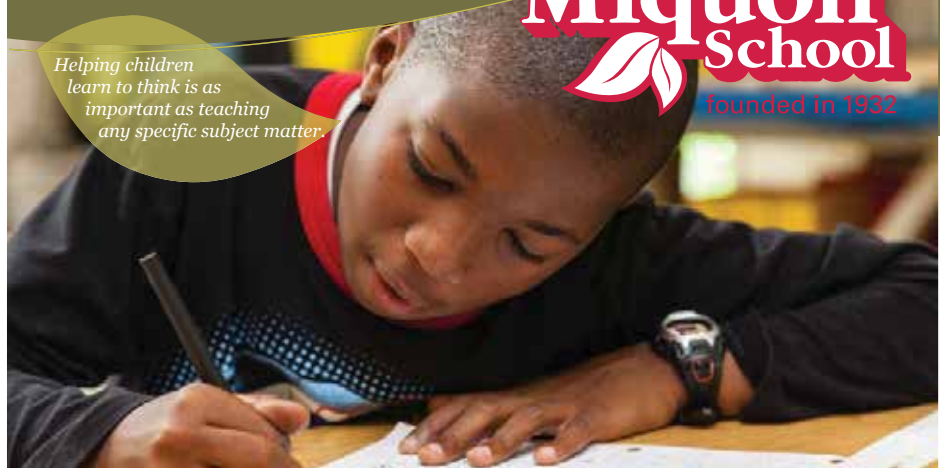
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## Suggestions

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.

Remember last month I mentioned the U.S. Food and Drug Administration and its quest to figure out what to do with the word “natural” on food labels. I’ve been thinking a lot about this. Here are some thoughts; see what you think about the three questions the FDA is asking the public to comment on:

**“Whether it is appropriate to define the term ‘natural.’”** I think it’s great that our government, via the FDA, is asking us, the consuming public, if our government should define the word “natural.” This says a lot about a democratic society and is an example of dialogue and thoughtful consideration before decision-making, something I think is in itself a very healthy way to proceed. The fact that our government is doing this makes me want to cast my vote in favor of government (as opposed to non-government). The fact that our government is going to specifically define a word is also interesting — typically, words are defined by lexicographers, who have no formal accountability to the public. The FDA definition would only apply to the word’s use on food labels, similar to the



way the U.S. Department of Agriculture defined “organic”. It will also be interesting to see what the FDA does after hearing the comments, probably some of which will come from large food manufacturers with lobbyists.

**“If so, how the agency should define ‘natural.’”** When it comes to word definitions it seems natural to first look at a dictionary. Let’s go with the Oxford English Dictionary (since it’s supposedly written by scholars): *“Existing in or caused by nature; not made or caused by humankind.”* Hmm, this would be a problem for food labels since agriculture is “caused by humankind” so that eliminates most of what you’d find in a grocery store, except for maybe wild gathered herbs, wild rice and foraged mushrooms. (Sounds like a recipe for a 100 percent “natural” dish.) Maybe we should also look at the definition of “nature,” which is *“The phenomena of the physical world collectively, including plants, animals, the landscape and other features and products of the earth, as opposed to humans or human creations.”* So it includes “products of the earth” — aren’t humans prod-

ucts of the earth? By that line of thought, wouldn’t anything humans do also be natural? Note that our government has also created national parks to preserve natural areas — again, defining natural as places not much disturbed by people, in this case so people can see what part of the world they haven’t influenced looks like.

**“How the agency should determine appropriate use of the term on food labels.”** This one is easy. The FDA should just follow my lead.

In wondering how to advise the FDA on how to define the word natural, since the dictionary definition won’t work for agricultural products, let’s try looking to nature itself, and other uses in language. When I think of nature and the natural phenomena of the physical world, what comes to mind are things like gravity, the electromagnetic force, the 118 identified elements (nature is countable!), weather, soil, water and the like, and devices such as simple machines — wheel, lever, also fire. Before humans evolved, there was lots of plant and animal life, so things were pretty natural. When our ancestors were hunter-gatherers, their food came from these wild plants and animals (interesting that both “wild” and “natural” definitions have lack of human intervention in their dictionary definitions). So maybe they were eating an all-natural diet. Of course, none of what they ate came packaged with a label, so ironically, any foods that match the dictionary definition for natural existed for them, but can’t for us.

Hunter-gatherers also used technology to hunt and gather their natural food, in effect, natural technologies, in the form of tools like baskets and digging sticks

(Continued on Next Page)

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(Continued from Preceding Page)

to help gather food, and stones to grind it and blades to cut it — not to mention weapons to kill it. When I think of natural technology today, I think of basic technologies that use the natural forces of nature to store and / or process food — root cellars, wind and creek-driven mills, drying, roasting, smoking.

Since we are likely in agreement about some of the above aspects of natural, the question becomes if or how to boil it down to be meaningful on a food label. If we go with a more pure definition, probably no modern food is natural, as virtually all packaged food available to us has been manipulated by people somewhere in the supply chain.

So here's my shot at an FDA definition: "Natural" foods already exist in nature, i.e., some version of the food can be found wild form (growing without direct human intervention). Then, if processed, processing uses natural technologies and methods, i.e., technologies and methods that could have been used by hunter-gatherer societies. We could also make it more complicated but more inclusive by having degrees of natural. If you pick a date off a tree and dry it, it's natural; if you use it as an ingredient in a packaged nutrition bar where the dates are prepped by pitting, heated to kill pathogens and mixed with other natural ingredients, it becomes natural three times removed.

**suggestions and responses:**

**s:** "The first ingredient in Field Day Fruit Spread is sugar, not too healthy."

**r:** (Kathryn MA) Yes, I was really disappointed about the sugar content too when

we first received them. So many members have asked for less expensive options and Field Day was the compromise. We'll keep looking for healthier affordable options.

**s:** "Your new sign on the cold-cut counter does not offer nitrate-free info. Can you bring back the old sign? I have loved knowing what's in the meat!"

**r:** (Shawn MA) Hi, we have corrected the sign and added the important information back. It was an oversight when we made the new sign. Sorry about that and thanks for letting us know. (Norman) Nitrates, added to meat to prevent bacterial growth, also occur naturally (there's that word again) in many vegetables, and lately there is research indicating nitrates are not as bad an additive as once thought.

“

**I think it's great that our government is asking us, the consuming public, if our government should define the word 'natural. This says a lot about a democratic society and is an example of dialogue and thoughtful consideration before decision-making. The fact that our government is doing this makes me want to cast my vote in favor of government (as opposed to non-government).**

”

Some researchers make the case that they are actually beneficial — our bodies convert nitrates to nitrites, then nitric oxide, which helps to relax blood vessels and increase blood flow. It also seems as if current scientific thinking is that the cancer risk from consuming nitrates is too low to worry much about. But it is always good to know what's in your meat, or whatever food you're eating, so you can do your own research and make own judgments.

**s:** "What respectable co-op started in the '70s doesn't carry apple butter?"

**r:** (Kathryn MA) We do carry Solebury Orchards Apple Butter, near the applesauce. Sorry if you asked a staff member who didn't know we carry it. Thanks!

**s:** "Instead of putting all one kind of bagel or roll in the 50-percent-off bags, how

about putting in a variety of things / flavors? I may not want six poppy-seed bagels but I might want two whole-wheat and two poppy seed. Also, smaller quantities in one bag would be appreciated!"

**r:** "(Matt MA) If you'd like smaller amounts or a mix of bagels from the reduced baskets, please let a staff person know. We'd be more than happy to re-bag what you'd like.

**s:** "I'm planning to die from natural causes. If the FDA defines 'natural,' will my death certificate have an asterisk, like organic ingredients often have when listed on food labels? I don't want an asterisk as I am one of the 1 percent of the population allergic to asterisks and would view an asterisk on my death certificate as a form of eternal damnation."

**r:** (Norman) Good question. My understanding is the FDA definition will only apply to food. However, since your body will decay, it will actually be food for bacteria and fungi. Bacteria and fungi have not yet organized well enough to form governments with branches and departments and a citizenry that votes (that we can detect), so FDA rules should not apply. However, depending on the results of our future elections, our government could decide to grant a form of citizenship to basic life forms. This raises the issue that if the fungi and bacteria in question occur naturally (i.e., without human intervention), and are members of a colony, you could say they are naturalized citizens of the colony, entitled to some rights as citizens, so although your death certificate can read "natural causes" without the asterisk, your body will become natural food.

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## What's in Store at Weavers Way

### Local Vendor Spotlight

# Weavers Way's Kombucha Kraze — and the People Responsible

by Nikolai Fomich, Weavers Way Chestnut Hill Grocery Staff

Among the unique staples of our Mount Airy store is the Kombucha Kegerator, a tap upstairs in the Bulk Department where shoppers can fill their bottles with an ever-rotating selection of the finest fermented flavors Philadelphia has to offer. Our draft kombucha comes courtesy of **Inspired Brews** and **Food and Ferments**, two small businesses dedicated to perfecting the art of fermentation.

## Inspired Brews

JOINING THE GROWING NUMBER OF fermenters is Inspired Brews, a small-batch kombucha company founded by Jessa Stevens and Jennifer Snow. Inspired Brews traces its roots back to the kombucha concoctions Jennifer created in her kitchen in Dallas, where the two future business partners first met in 2012. “I remember distinctly walking into her kitchen and seeing a vessel filled with an orange fizzy brew,” Jessa recalled. “I whispered to my husband, ‘I think it's kombucha!’ Jennifer sent me home with a SCOBY” — the bacteria-yeast colony that makes kombucha what it is — and has been a mentor to me as our friendship grew. We began experimenting with flavor combinations and sharing them with each other.”

Before Inspired Brews, both Jennifer and Jessa had already established themselves as successful professionals, Jennifer as a lawyer and Jessa as graphic designer and founder of the Philadelphia letterpress company Squeeze My Hand. Combining their respective talents and passion for fermentation and healthy food, the two women founded Inspired Brews. “I took on my first product design and absolutely loved it — choosing bottles, colors, logo, and packaging. It all felt really purposeful,” Jessa said. “Inspired Brews became a dream of sharing these flavorful beverages with our friends and community.”

The past two years has seen that

community expand from Dallas to Philadelphia, Jessa overseeing the Philly-based branch while Jennifer runs the Texas branch. Inspired Brews recently moved from a shared Center City kitchen to their very own storefront at 263 N. 3rd St. in Old City.

“There are two stages of fermentation for kombucha,” explained Jessa. “The first stage starts with tea, sugar, and a unique culture, or SCOBY. These ingredients all ferment for five to seven days. The second stage is when the flavoring is introduced to the brewed kombucha. The brew can take a total of seven to nine days from start to finish.” Among Jessa's favorite flavors are Yerba Minte, Salted Watermelon with Honey, and Harvest Matcha, which combines the tastes of Pennsylvania grapes and matcha tea.

Jessa and Jennifer have big plans for their new storefront. “We will have kombucha on draft with current flavors, as well as a kombucha membership program where subscribers can fill up growlers. Eventually we will offer some grab-and-go food items from other small businesses that we love. We also plan to use the space as a venue for events and workshops that we hope will nourish the community.”

“We are grateful to be in such a beautiful space, and we hope our fellow kombucha-lovers will enjoy stopping by frequently for tastes and neighborly conversation.”



Carly says Dave is a natural-born mixologist.

## Food and Ferments

CARLY AND DAVE DOUGHERTY ARE the founders of Food and Ferments, one of the first Philadelphia-based businesses to offer naturally fermented food and drinks. Foodies from birth, both Carly and Dave have spent their lives working in the food world in one way or another: They couple met while working at A Full Plate, a now-closed BYO in Northern Liberties, and soon after discovered their love of fermentation together. After experimenting in their apartment, Carly and Dave decided to enhance their fermentation skills by undergoing formal training in 2012.

“We decided to go to California, where we spent a few months at a culinary program,” Carly said. “Learning fermentation was one of the components of that program, and we came back knowing how we wanted to proceed.”

What followed was the creation of Food and Ferments, now a rapidly expanding business that provides eclectic brews of teas, spices and herbs to grateful kombucha enthusiasts. Flavors such as blueberry lavender, ginger lime and spiced apple are carefully crafted by Dave, who Carly calls a born mixologist.

“Dave is the one who does the brew-

ing,” she said. “With our kombucha, it usually takes anywhere from one to four weeks, and keeping a steady temperature is important. We do a blend of black and green organic teas, which are infused with spices and herbs once the fermentation process is complete. Then we keg it and bring it to you guys.”

After a successful start in Philadelphia, Food and Ferments relocated to Carly's organic family farm in Truxton, NY, last year. The Doughertys now sell their products from upstate New York down to Philadelphia, spreading their love of fermentation to fellow foodies everywhere.

“We're planning to continue to grow our connections with local farmers, hone our fermentation and business skills, and introduce the soul warming/cold fighting Fireside Tonic,” said Carly. The new drink from Food and Ferments will be made with organic apple cider vinegar, local horseradish, jalapeños, and raw honey, amongst other ingredients, and Weavers Way hopes to bring this tonic into stores this winter.

“This is something that we love to do,” she said. “We love making something we feel really good about.”

Though the health benefits of drinking kombucha have been subject to debate, both Carly and Jessa maintain it offers several health benefits. “Kombucha contains profuse amounts of beneficial bacteria and powerful antioxidants which help in shielding the body from oxidative damage,” Carly explained. “It's also high in enzymes and organic acids.” It's also significantly lower in sugar than soda alternative and chock-full of probiotics and B vitamins.”

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Jennifer, left in photo, and Jessa work their kombucha magic in two time zones.



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(Next Door in Chestnut Hill, staffer Chris Mallam can't get enough of it and he'll tell you why.)

Look for **FIRESIDE TONIC** from Food and Ferments at Weavers Way stores this winter.



Chris Mallam  
Wellness Staff, WWND

# What's in Store at Weavers Way

## Cheese of the Month

### Try the Cheeses, Test Your Knowledge

by Matt Budenstein, Deli Manager, Weavers Way Chestnut Hill

HELLO, FELLOW CHEESE LOVERS! RATHER THAN writing an article this month, I thought I would create a short quiz about the great products we carry in our delis. And while you're at it, look for our Cheeses of the Month, which are all 50 cents off a pound through January.

**Shellbark Hollow Sharp 2 Chèvre.** Pasteurized goat's milk cheese from Chester County.

**Birchrun Hills Fat Cat.** Semi-soft raw cow's milk. Another Chester County cheese.

**Cherry Grove Farm Buttercup Brie.** Pasteurized cow's milk cheese with a bloomy rind from Mercer County, NJ.

**Ossau Iraty.** An aged raw sheep's milk cheese from the French Basque region

As always, Shawn and I are happy to answer questions either via email — soconnor@weaversway.coop or mbudenstein@weaversway.coop — or at the store.

**And now, here are the questions:**

1. The vast majority of cheeses are made from cow, goat or sheep's milk. A fourth type of milk is infrequently used, but well-known. What is it?
2. Your friend is lactose intolerant. Can he or she eat cheese?
3. We sell several types of prosciutto. What is the name of the Spanish version of this cured ham?
4. What is the difference between pancetta and bacon?
5. Why are our local cheeses so expensive?

**Answers**

1. Water buffalo
2. Yes! Lactose is a sugar found in fresh milk that is transformed into lactic acid through the cheese-making process. Any cheese aged for three months or longer is lactose-free. That would include firm cheeses such as aged gouda, cheddar, Parmesan and Manchego. Feel free to ask at the deli for more options!
3. Serrano ham or jamón serrano.
4. Both are made from pork belly, but pancetta is rolled and salt-cured, while bacon is cured and smoked.
5. One word: Sustainability! Our local cheese-makers pay close attention to what goes into their cheeses, including high-quality milk, often from their own animals. As small-scale producers, they make most of their products by hand, which entails higher labor costs.



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|  <p><b>Shellbark Hollow Sharp 2 Chèvre</b><br/>Pasteurized goat's milk cheese from Chester County.</p> |  <p><b>Birchrun Hills Fat Cat</b><br/>Semi-soft raw cow's milk. Another Chester County cheese.</p> |  <p><b>Cherry Grove Farm Buttercup Brie</b><br/>Pasteurized cow's milk cheese with a bloomy rind from Mercer County, NJ.</p> |  <p><b>Ossau Iraty</b><br/>An aged raw sheep's milk cheese from the French Basque region.</p> |
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**Cooperator of the Month****Cynthia Potter**

**(Re)Joined Weavers Way:** 2007, after returning to the area.

**Lives:** Steps away from the Co-op.

**Cooperator Celebrity Spotlight:** Her mom, Dorothy Guy, was a founding member of Weavers Way.

**Current job:** Semi retired; runs an online used-book business with her partner, Greg Williams, former owner of Walk a Crooked Mile Books.

**Why she's a working member:** "It feels like what you need to do. I know when I go to shop, and I have to ask a question, I don't say, 'Do you have...' I say, 'Do we have.' And each time that 'we' comes out, I really sense my ownership in it."

**Co-op job history:** Worked on the second floor and Across the Way. "The last couple years, I feel like I'm on a bulk jag." Also served on the Board of Directors.

**Favorite Co-op products:** Bulk spices and nuts. "I've always been very happy with the fruits and vegetables." They do 95 percent of their shopping here.

**A little Co-op love:** "My parents came here to be part of integration in the '50s...I think this neighborhood has gone on to continue to embrace that whole notion of being together...and a cooperative is really another way that you do that."

**Announcing a New Committee for the Co-op**

by Chris Hill, President, Weavers Way Board

**A** YEAR AND A HALF AGO, AROUND 35 PEOPLE MET at Cliveden's carriage house to watch a film about economist, historian and activist Gar Alperovitz. His vision of democratically organized, community-based economic enterprises provides a big part of the answer to revitalizing neglected urban communities; by the end of the evening, a number of people had committed to a discussion group to explore these ideas and examine possible economic initiatives that would be based in cooperative principles.

Now this group is ready to organize itself formally as an official Weavers Way committee, to be known as the New Economy Incubator. We're seeking up to five new committee members who want to imagine, research and help to incubate locally based, co-designed, cooperative, collaborative economic enterprises and businesses by identifying and working with community partners who can develop and launch them.

Our first initiative is already under way — the Free Loan Association for Germantown. Based on the idea of Hebrew Free Loan Associations, FLAG will offer interest-free loans to small businesses or new business initiatives in Germantown. These loans will be made available to businesses without the assets or prior business history to apply for regular bank loans. No collateral will be required, but all those seeking FLAG loans must bring a guarantor from the community: an individual representing a business, house of worship or other institution acceptable to FLAG.

The attraction of this model for Weavers Way members and residents of Germantown is that it will provide an outlet for us to financially support growth and development in Germantown in a democratic, lo-

**What:** Weavers Way New Economy Incubator

**First Steps:** Organizing FLAG, the Free Loan Association for Germantown.

**How to Get Involved:** Contact Chris Hill at [chris@chrishillmedia.com](mailto:chris@chrishillmedia.com)

cally controlled way. Members of FLAG will invest their donations in a loan pool, and have ownership in the management of this capital.

The idea is an exciting one, and is being supported by the Germantown United CDC. More information will be available in a future Shuttle.

We have explored many other ideas over the past year, some of which we'd like to pursue further, such as a real-estate development cooperative like one established in Minneapolis a few years ago. Co-op members there invested equity in the co-op, and used the capital to purchase and renovate empty buildings on a declining commercial strip in the community. They then sought tenants for these spaces, including a cooperatively run microbrewery and pub, a bakery and a bike store.

We are looking for high-energy, creative people who can help us explore ideas like these and help bring them to fruition. If you're interested in joining the committee, please send us an email describing your interest in and reasons for wanting to join. Direct your responses to my email, [chris@chrishillmedia.com](mailto:chris@chrishillmedia.com).

We look forward to hearing from you.

[chris@chrishillmedia.com](mailto:chris@chrishillmedia.com)

**NOTICE of Election****Weavers Way Co-op Board of Directors**

Members may vote online beginning on or about April 1, 2016, through 6:30 p.m. on the day of the Weavers Way Spring General Membership Meeting

Board Positions to be filled: 3 At-Large Directors for 3-Year Terms

Candidate application and instructions are available at [www.weaversway.coop/board-elections](http://www.weaversway.coop/board-elections). For assistance, contact the Membership Department at [member@weaversway.coop](mailto:member@weaversway.coop) or 215-843-2350, ext. 118.

**BOARD ELECTIONS 2016****MLK Day of Service Is Jan. 18**

**I**F THE MARTIN LUTHER KING DAY OF Service is, as the saying goes, "a day on, not a day off," then no place is as "on" as Philadelphia. Year in and year out, this amazing city plays host to the greatest number of volunteers in the country. This year, Monday, Jan. 18, should be no exception.

• Volunteers at the **Unitarian Society of Germantown** can take part in more than two dozen service projects in Germantown and Mt. Airy. Registration, coffee, tea and bagels at 8 a.m. will be followed by a service at 9. Projects begin at 9:30, and most are done by 12:30 p.m.

Some activities take place in the USG building at 6511 Lincoln Drive: Children can make posters and decorate lunch bags, and families can make bag lunches for homeless shelters or snack bags for local schools. Off-site projects include visiting and playing music for senior citizens; making meals for those

who need them; painting and improving local schools; and removing trash from local streets.

"Service is an exercise in compassion," said Rev. Kent Matthies, minister of the Unitarian Society of Germantown. "Acts of compassion make our neighborhood a warmer place where all of us want to live." Visit [www.mlkphillyuus.org](http://www.mlkphillyuus.org) for more info about MLK Day at USG.

• One of USG's partners is the CW Henry School, where the **Henry PTA** is turning an unused classroom into a teacher's resource center and painting and sprucing up the hallway of the portable classroom building. Ken Weinstein of the Trolley Car Diner is providing supplies and expertise, not to mention breakfast and lunch.

"We always have a great turnout from the community and Henry families and teachers," said Paula Hanson, Henry PTA projects and events chair. Volunteers who are welcome to just turn up at Henry,



at the corner of Greene Street and Carpenter Lane, at 9 a.m.

A sign-in sheet will be available for volunteers who want their time counted as Weavers Way member work hours.

• **Friends of the Wissahickon's** MLK Day project focuses on Thomas Mansion, 6245 Wissahickon Ave. From 9 a.m. to noon, volunteers will work on removing invasive



Pictures from last year: Volunteers making sandwiches at USG, left; members of Chestnut Hill Boy Scout Troop 221 ready to work with Friends of the Wissahickon, above.

plant species. Weavers Way members are eligible for work credits. Email John Holback at [holback@fow.org](mailto:holback@fow.org) to register.

• **Awbury Arboretum's** service day runs 9 a.m. to 1 p.m., with outdoor projects dependent on the weather. Volunteers are welcome to stay for lunch! Contact Volunteer Coordinator Leslie Cerf at [lcerf@awbury.org](mailto:lcerf@awbury.org) for info or to RSVP.

**DON'T FORGET YOUR****PATRONAGE REBATE****Last day to pick up your dough: Jan. 31.**

# Abandoned Academia & Loves It

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

THE ROAD TO BECOMING A grocery manager doesn't usually include an extended stay in academia. But almost three years after getting hired, Weavers Way Mt. Airy grocery manager Kathryn Worley finds her job makes her happier than doing research and writing papers ever did.

Kathryn, 34, grew up in western North Carolina. "In Appalachia," she said. After graduating from high school in 1999, she headed for Raleigh to major in philosophy at North Carolina State. She got her bachelor's degree in 2003, then moved to Austin, TX, for a change of scene. She worked at various jobs until 2005, when she headed for Amherst and a Ph.D. program in sociology at the University of Massachusetts.

"I believed, since I was like, 8, that I would be a professional intellectual," she said. "...So undergrad was philosophy, graduate was sociology, because it has a much more practical application."

Kathryn got through five years of classes and worked on other requirements for her program. During that time, she was also introduced to and went through training in Alexander Technique, which seeks to teach people to use their bodies in a healthier, more holistic way. But the further she got into

grad school, the less happy she was. She suffers from depression, and now believes her time in graduate school dovetailed with her worst period.

"I've never lost my passion for the material, but the lifestyle was really dehumanizing, and it was for most of my friends," she said. "Every once in a while, you find a person that's made for academia, and I was not."

Kathryn quit the Ph.D. program and moved to Philadelphia in December 2011. Her friend Andrew, whom she'd met at NC State, had relocated here to study industrial design at the University of the Arts, and she'd visited him a number of times and liked the city. But she spent the next 14 months without a job.

"Unemployment is so hard on anybody, even people with perfect mental health. It was really, really hard," she recalled.

In desperation, Kathryn applied to Weavers Way. She joined the Co-op shortly after moving here, and had some experience at Valley Green Feast, a startup co-op in Amherst. Hired as a floor person in March 2013, she was approached about the assistant grocery manager position five months later, applied and was got it. Last June, she became grocery manager.

Kathryn, who lives in Chestnut Hill

## Staff Celebrity Spotlight: Kathryn Worley



Kathryn Worley also has a good time not being grocery manager.



Sierra Dunn photos

with Andrew and her cats Osh, Adidas and Q-tip, thinks her skill set meshes with what the Co-op needs to build on its success. "I'm a systems thinker — I love creating systems," she said. "... We do a lot of reinventing of the wheel. And so a lot of what I've been doing is turning our practices into systems, so that we do everything more efficiently and effectively."

Desk space at both stores is at a premium, but Kathryn thinks the tight quarters are more of a strength than a weakness.

"I love that we're all shoved together," she said. "I'm more excited to

come to work than to go home, because I feel surrounded by family here. And we're all doing stuff that's productive together."

Overall, she's surprised and pleased at how her career detour has worked out.

"This is the happiest I've ever been in my life," she said. "I never would have thought about working in a grocery store. I mean, grocery manager — I wouldn't have known what the content of that was. Every minute of it is so much fun, and so challenging."

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.

The January Weavers Way Board meeting is 7 p.m. Tuesday, Jan. 5, in the Parlor Room at Summit Church, 6757 Greene St. The February meeting is 7 p.m. Tuesday, Feb. 2; check the website for exact location.

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

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### 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

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#### Chestnut Hill Store Manager

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#### Executive Chef

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#### Farm Manager

Nina Berryman, ext. 325  
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#### Next Door Manager

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#### Mt. Airy Wellness Manager

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#### Pet Department Manager

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#### Deli

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#### 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, Jan. 13  
Chestnut Hill

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## Land Bank

(Continued from Page 1)

ners in this process,”

Indeed, the Philadelphia Land Bank has plenty of company. There are now approximately 120 land bank programs in cities across the country, including Atlanta and Cleveland, according to the Center for Community Progress ([www.communityprogress.net](http://www.communityprogress.net)).

Weavers Way was a strong advocate for creating the Land Bank, along with many community groups that organized around the issue. Then-Weavers Way GM Glenn Bergman and others were particularly interested in how such a program might provide more opportunities for urban agriculture.

The final step in making the Land Bank active was the completion earlier in the fall of a detailed strategic plan ([www.philadelphialandbank.org/about/strategic-plan](http://www.philadelphialandbank.org/about/strategic-plan)) that sets forth how to manage abandoned properties to further development opportunities; assist in the assemblage and disposition of parcels for community, nonprofit and for-profit uses; convey vacant land to adjacent homeowners; and preserve existing community gardens and identify opportunities for larger-scale food production.

Working with city agencies and departments, including Law, Planning, Streets, Revenue, Finance and the Sheriff's Office, the Land Bank's staff of 20 worked to address inaccuracies, remove liens and prepare deeds for transfer

“Creating a well-regarded strategic plan and fixing thousands of deeds set the stage for the transfer,” said Nicholas J. Scafidi, the Land Bank's interim executive director. “Acquiring properties with insurable titles in locations with identified potential uses will give new owners the confidence to move forward.”

The plan identifies a potential inventory of 32,000 vacant properties — 24,000 that are privately owned and tax delinquent, and another 8,000 that are publicly owned by five different city agencies, Philadelphia Redevelopment Authority, Housing Authority, Office of Housing Community Development, the Housing Development Corporation, and the Public Property Department.



## Safeguarding Urban Agriculture

ACCORDING TO THE LAND BANK'S Strategic Plan, there are approximately 500 food-producing farms and community gardens in Philadelphia, representing 518 acres — just over half a percent of the city's area.

From its founding as William Penn's “greene Countrie Town,” Philadelphia has supported gardens and green space, at least in theory.

Over the past 60 years, the city has experienced a grassroots movement that created hundreds of community gardens, many of them started on abandoned, often tax-delinquent, vacant land, which meant long-term tenure was not guaranteed. After years of improvement by “squatters,” land could revert to long-lost private owners or even one of five city land-holding agencies.

But two organizations, the nonprofit Neighborhood Gardens Trust and the city's Department of Parks & Recreation, are making strides to turn past

land practices into more garden-friendly arrangements.

PHS runs the management and operations of NGT, and provides additional operating support. However, NGT is its own independent 501(c)3.

NGT ([ngtrust.org](http://ngtrust.org)) was established in 1986 through the joint efforts of the Pennsylvania Horticultural Society, the Penn State Urban Gardening Program, community gardeners and local businesses. NGT operates within PHS. According to NGT Executive Director Jennifer Greenberg, the trust works with community gardeners by acquiring city-owned and tax-delinquent privately owned gardens and leasing them back to the gardeners.

“To date we have protected 35 community gardens this way,” Greenberg said. “We also have been successful in getting some city properties transferred to us and are poised to work closely with the Philadelphia Land Bank, which is an especially critical partner for securing private tax-delinquent properties and

The plan estimates that several thousand publicly owned properties and several hundred privately owned ones could go to the Land Bank in the course of a year, said Land Bank Communications Director Paul Chrystie in an email. Disposition to a new owner will in most cases take three to six months after they come into Land Bank ownership. The goal is “iden-

tifying those parcels that can be quickly turned over to a new private owner who will return the property to productive use. These properties will be transferred only after a realistic use and a qualified buyer have been identified.” Land Bank staffers also work with City Council to identify parcels that can be transferred. Those that already are slated for specific redevelop-

Southwark/Queen Village (at 3rd and Christian streets) was founded in 1976 and finally permanently preserved in 1991 under NGT management.

garden plots with multiple land owners.”

NGT has submitted a list of priority gardens to the Land Bank, some of which are being used as test cases.

“In 2015 we received applications from 18 gardens seeking our acquisition. We also are contacted regularly by anxious gardeners who've learned their gardens are listed for sale on the Redevelopment Authority's website, or are slated for a sheriff's sale, or will soon be developed,” said Greenberg.

The Department of Parks & Recreation started Farm Philly several years ago. The program creates opportunities for community gardens and urban farms to operate on land owned by the department, either in Fairmount Park or at recreation centers.

PPR leases land to several community gardens and urban farms, including Weavers Way's own Henry Got Crops CSA at Saul High School, and Teens for Good, a market farm at 8th and Poplar streets. Farm Philly Coordinator Elisa Ruse-Esposito says the federal Environmental Protection Agency has provided grant money to study the suitability of other city-owned land for growing food, based on testing for clean, non-toxic soil. Farm Philly welcome requests from other gardeners and farmers, long-term leases are available, and they throw in free compost and mulch. ([www.phila.gov/ParksandRecreation/environment/Pages/UrbanAgriculture.aspx](http://www.phila.gov/ParksandRecreation/environment/Pages/UrbanAgriculture.aspx)).

— William Hengst

opment opportunities will not be transferred, Chrystie added.

*Parts of this report are based on a Mayor's Office press release. Visit the Land Bank website for a list of transferred properties and other information: [www.philadelphialandbank.org](http://www.philadelphialandbank.org). [billhengst@verizon.net](mailto:billhengst@verizon.net)*

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