

FOOD MOXIE

Weavers Way Community Programs Has a New Name. Can You Dig It?

by Mira Rabin, Board Chair, and Jill Fink, Executive Director

WEAVERS WAY COMMUNITY PROGRAMS HAS A NEW NAME: Food Moxie!

We are so proud of the work we do, and of the successes, big and small, for which we can claim some credit: the children who feel proud ownership of the Hope Garden at Stenton Family

(Continued on Page 4)

moxie
[mok-see]

(noun; slang) skill; know-how; courage; nerve.

A Soda Tax Worth Waiting For

by Jill Fink, Executive Director, Food Moxie

AS I WRITE THIS, IT'S ONLY BEEN one day since Philadelphia made history by becoming the first big city in America to levy a tax on sugar-sweetened beverages. I've spent time over the last couple of months lobbying for the passage of this so-called "soda tax," twice presenting testimony during budget hearings encouraging City Council to support it. While I'm still reveling in the victory being celebrated by advocates for Pre-K, parks, community schools, rec centers



Calla Bush St. George, left, and Chris Radford-Wilson were ready to testify.

and public health, it was some of the moments leading up to the final vote June 16 that were the most impactful.

On June 8, the final day City Council held budget hearings, I was joined at

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Psst ... Have We Got a Deal for You

Put in \$400, get \$100 to spend at the Co-op — and together we grow!

by Crystal Pang, Weavers Way Marketing Director

AS YOU OFTEN READ IN THESE PAGES, on the website and in other member communications, you don't just belong to Weavers Way — it belongs to you.

Your \$30 a year (or more) equity payment represents your ownership of our \$21 million-a-year business. Not to get too wonky, but the third International Cooperative Principle is Economic Participation: Member-owners contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a co-op are returned to the members, reinvested in the co-op, or used to provide member services. You control the capital.

You own it!

Now, as you've probably read in these pages, your Co-op is planning an expansion. Weavers Way is in a great position financially to do this, in no small part due to our shoppers. But we know that increasing the amount of Member Equity we have in the bank puts us in even better shape. This is where only our members can help! But we want to make it as attractive (and affordable) as possible.

Introducing the Together We Grow Equity program.

Members who add \$400 to their equity accounts will receive a \$100 EasyPay credit. Every member is eligible. Whether you have \$30 in equity or \$400 (or more), investing another \$400 gets you an extra \$100 to spend in the store.

How does paying you a 25 percent premium help the Co-op?

Having more Member Equity in the bank makes it easier for us to borrow at a good rate. And lenders like it even more when a high percentage of members are fully invested. It shows that we have an active, engaged membership, committed to the success of the Co-op. And, of

TOGETHER WE GROW

Contribute \$400 to your Weavers Way equity account, get \$100 to spend at the Co-op — and help Weavers Way grow! It's easy:

- Log in to the Member Center and make a payment under My Equity.
- Or just contact the Membership Department at member@weaversway.coop or 215-843-2350, ext. 119.

course, having more cash on hand lets us pay off older loans, some still carrying higher interest rates than what we can get now.

Weavers Way is unusual in that our equity structure allows members to pay in \$30 increments over 13 years. Most co-ops require members to contribute their full share of equity within two years or even less. We set it up this way to keep Weavers Way affordable. About a third of our membership has invested the full \$400. If we were able to raise full equity from the other two thirds of our member households, we would have an additional \$1 million in the bank!

Member Equity is fully refundable should you leave the Co-op. For Together We Grow, we ask that you leave your additional \$400 in for five years; if you want to get your equity back before then, we will deduct the \$100 premium. Money we raise with this program will be go toward paying down debt, enhancing our operations, improving programs — and strengthening Weavers Way's financial position so we can continue to do all these things.

You already own it. Why not grow it? Please contact the Membership Department for information on how to strengthen your Co-op by investing in Together We Grow.

cpang@weaversway.coop

WE'RE OPEN FROM 9 TO 3



Editor's Note

by Mary Sweeten, Editor,
Weavers Way Shuttle



WHEN WEAVERS WAY GOT STARTED, THE point was to get cheap food by cutting out the middleman, a/k/a The Man. Today, 40 years later, cheap food is everywhere, and it's not just bruised apples and dented cans. Which isn't all bad.

Take Mrs. T's pierogies, which Janis Risch mentioned in her consideration of Co-op food prices in last month's Shuttle.

Some of you may remember when you could only buy pierogies at the church, and only in places where the church ladies knew how to make pierogies. But Ted Twardzik figured out how to mass-market a pretty good, and fairly cheap, facsimile of his mom's pierogies. The rest is history.

Janis wrote: "The Co-op's commitment to local sourcing means that locally-sourced pierogies from across the river in New Jersey costing \$5.02 a pound have displaced Mrs. T's, which cost \$2.99 a pound, and are produced in Shenandoah, PA, in a plant that employs nearly 230 people."

God bless the Twardzik family for keeping the company in Shenandoah. But that's not why we don't carry Mrs. T's, which, as a matter of fact, does qualify as local under our 150-mile definition. We don't carry Mrs. T's because we don't have a distributor that would let us buy the small number of units we could actually sell in our little corner stores. Or, as Purchasing Manager Norman Weiss would say, we can't get conventional grocery at good prices because we don't have the volume.

Yes, the Man does cheap better than we do! In fact, you could argue that the original goal of Weavers Way has been accomplished by the likes of ShopRite.

Now, because we're a cooperative, with decision-making residing in the membership, it would certainly be possible for us to get back to a single-minded emphasis on price. Unfortunately, we wouldn't be very good at it. Meanwhile we and our nonprofit partner — here comes the plug! — Food Moxie, formerly Weavers Way Community Programs, have become pretty good at other things members have asked for over the years, like foods that are high quality and ethically produced, and helping consumers be mindful and informed.

So we could put price ahead of all that. But Mrs. T's would still be cheaper at ShopRite.

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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 (approximately 500 words) and letters to the editor (200 words) on subjects of interest to the Weavers Way community. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January.

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.

Articles and letters express the views of the writers and not those of the Co-op or its Board, unless identified as such.

Advertising

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What's in Store at Weavers Way

Local Vendor Spotlight

Research + Rita (but Never Butter) Makes Roling's Special

by Susan Ciccantelli,
for the Shuttle

IF YOU ASK SAM ROLING WHAT year he moved the bakery from Center City to its current Elkins Park location, he'll pause, look up thoughtfully at something in the room, and ask himself (aloud) the age of his youngest son. It was more than 30 years ago, but Sam measures time in terms of his family of three children and 15 grandchildren. Family is everything to him.

I wanted to know Sam's thoughts about the secret of Roling's enduring success. There was a time, not so very long ago, when Philadelphia's mom-'n'-pop bakeries numbered in the hundreds. Only a few remain in business today, and Roling's is one of them. The answers I took away from our meandering conversation numbered three.

First, there's the science of it. Sam and his wife, Rita, began reading and collecting books about baking early on. It's possible they have — sitting right upstairs from the bakery — the largest private library of cookbooks and food science and chemistry volumes in the area. This is no surprise once you learn that Rita Roling is a graduate of Temple University's library science program.

Next, a most cost-efficient but seldom trusted fundamental: word-of-mouth advertising. In the case of delicious things to eat, this becomes especially powerful. Why waste good dollars on any other type of messaging if word of mouth is bringing in plenty of business? Just focus on the product.

But the most important ingredient — "vessel" would be a more accurate metaphor — is Rita Roling. Sam looks you straight in the eye when he speaks to you, leaving no doubt about this.

If you get to visit the shop, stepping into this very cozy, heavenly-



An array of Roling's bagels

Any Way You Slice It

Roling's challah, bagels and hamantaschen (in season); tea biscuits and bialys (Mt. Airy); and gingerbread and black-&-white cookies (Chestnut Hill) are delivered to Weavers Way every day but Saturday. Check with bakery buyers **Krista Walker** (kwalker@weaversway.coop) and **Matt Hart** (matt@weaversway.coop) for all the details.

Visit Roling's at 7848 Montgomery Ave. in Elkins Park, right around the corner from Creekside Co-op, for a wider selection of their cakes and cookies. Hours are 6 a.m.-6:30 p.m. Monday-Thursday, 6 a.m. till sunset Friday and 6 a.m.-4 p.m. Sunday.

215-635-5524
www.rolingsthebakery.com

smelling store, you may feel transported to an eastern European village, mid-20th century or earlier. Aptly described on its website as "a modest enterprise started in a bubby's kitchen," Roling's tiny space is both authentic and whimsical, not to mention visually intriguing.

Glass-encased shelves present a constantly changing variety of baked

goods: elegant strudels and rugelach; thick, moist brownies; cookies of all shapes, sizes and ingredients. Challah. Knishes and bagels about which the most knowledgeable aficionados will tell you solemnly: They are the best you can get in all of Philadelphia and its surrounding counties. The cakes are like none I have ever seen anywhere — custom-made layer cakes that reflect the formal art education of their creator, Sam and Rita's daughter.

I sampled a knish. Oh my. Wikipedia calls it snack food, but for me, it's more like the centerpiece of a meal — one of those savory comfort foods that endure as a memory of survival during times when people were all too familiar with starvation as a way of death. The Italian counterpart would be the arancino — a rice ball, in good times having a small protein center, breaded and fried, delicious and filling.

I ended up bringing a large bag of sugar cookies home. They quickly disappeared. As they melt in your mouth they scream "butter" to your taste buds. But Roling's is kosher parve — no dairy. What's the secret? I could only get a sly smile from Sam as an answer. Rita, I concluded. I hope I get to meet her in person some day!

Susan Ciccantelli is a Weavers Way member.

CINQ THINGS

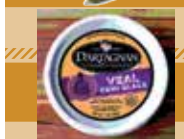
Five Things is a service of Weavers Way.

... That aren't cheese, but are French.

Ah, summer in France. There's that bike race, for one thing. Bastille Day. And Springsteen will be in Paris. What? You don't have tickets? Stay home and help storm the Democratic National Convention Eastern State Penitentiary.



1 Cornichons — From Roland Foods (Mt. Airy), and Three Little Pigs (Chestnut Hill). Sharp, fetching little gherkins that cuddle up to your paté.



2 D'Artagnan Veal Demi Glacé — From Union, NJ. A key flavor booster for sauces and soups. Uses bones from humanely raised veal calves.



3 French green lentils — a/k/a lentilles du Puy. They take less time to cook and have a slightly earthy taste. In bulk in both stores.



4 South of France bar soaps — Actually made in Erlanger, KY, about 4,500 miles west of Marseille. Kettle-cooked in small batches with all-natural vegetable ingredients.






5 Madrange Jambon de Paris — Now made in Quebec. In both delis.

What's in Store at Weavers Way

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Check It Out!

by Karen Plourde, Weavers Way Communications Staff

This is the month we hit the blueberry jackpot.



Blueberries reign supreme in this part of the world in July, when they're at their sweet, juicy best. In New Jersey, blueberry season runs about July 5 to Aug. 10, so the time is now to stock up. They're practically begging to be added to batter, salads, smoothies or whatever suits your fancy.

Through July 19, organic blueberries are on sale at the Co-op for \$4.49 a pint. And you can bet we'll have plenty of Jersey's finest in store, too. Don't hold back — berry boldly!

Goings On in Grocery

The Cadia line comes to the Hill. And Green Mustache smoothies are now in Mt. Airy.

Sticking with organics is easier to do when your wallet takes less of a hit. So say hello to Cadia, a Chino, CA-based



line of products that are organic yet affordable. Thus far, Cadia goods are only in Chestnut Hill, and include honeycrisp apple juice, Italian-style sodas, wild-caught, dolphin-safe tuna, almond milk and maple sandwich cookies.

In Mt. Airy, we've made space in the drink case for Green Mustache, a collection of organic smoothies from Brooklyn, NY. They're non-GMO, and blended to better retain fiber and nutrients. Find them in four flavors.

Meat & Fish Market

Stake a claim on Black Pearl



Scottish salmon.

How's your FLQ — Fish Lovers' Quotient? The higher it is, the less likely you are to get into a dinner rut. With that in mind, we've taken a dollar off per pound on Black Pearl farmed Scottish salmon steaks for the first half of the month. These salmon are raised sustainably,

without antibiotics, and fed a diet similar to what they'd find in the wild.

I was a salmon hater until I grilled some for this column; it turned out tender and flaky with a hint of sweetness. Whether you're a fan or on the fence, now's the time to pick some up and give your palate a mini-vacation.

Bulk & Beyond

Za'atar by popular demand, and olive fans will delight in a mix from Bobbysue's.

Devotees of za'atar, start spreading the news: Your favorite Middle Eastern mix of dried herbs, sesame seeds and salt is now available in bulk, courtesy of My Spice Sage in Yonkers, NY. Za'atar is often mixed into olive oil as a dip for pita, but it makes a fine accompaniment to sautéed potatoes or vegetables. Or try it with Greek yogurt as a marinade for pork or chicken.

Love nuts? Love olives? Well, Bobbysue's Nuts Over Olives is the snack for you,



and it's found a home on the second floor. Bobbysue's, of Chappaqua, NY, makes a variety of sweet and savory nut mixes, and donates part of its proceeds to helping homeless animals. Nuts Over Olives combines almonds, cashews, pecans and roasted green and black Divina olives, along with spices. Sounds like a mix made for Happy Hour!

kplourde@weaversway.coop

Warm Up To Raw Milk Cheeses

by Matt Budenstein, Weavers Way Chestnut Hill Deli Manager

AS YOU BROWSE THE CHEESE CASES at Weavers Way, you will find many that are made with raw milk. Conscientious consumers might ask what this means or if these cheeses are even safe to eat.

Raw-milk cheese is made from milk that has not been pasteurized. Pasteurization — heating milk to at least 145 degrees for 30 minutes, or 162 degrees for 15 seconds — destroys all active bacteria and essentially sterilizes the milk. The process was a huge boon to public health when Louis Pasteur invented it in the 19th century. Today, however, the dairy industry has much better sanitation practices, to the point where the risk of contamination from the milking processes is tiny. Raw-milk cheese is only a problem when it is processed or handled improperly — and that can happen with pasteurized-milk cheese as well.

Raw milk, and especially the cheeses made with it, are considered by many to be extremely safe and even beneficial to your health. Raw milk and cheese made with it are higher in probiotics. What is more, research has shown that microbes found in raw milk may have an anti-pathogenic effect on the final product — meaning that the good bacteria actually fight off the bad. This suggests that pasteurizing the milk before making cheese actually may be counterproductive.

But the main downside is that when beneficial bacteria and microbes, which vary in every region and even between different farms, are destroyed along with the pathogens, it robs the end product of its individuality and flavor — its "terroir."

While terroir is a term typically used for wines, denoting the varying flavor profiles based on the place they are made, it is applicable to cheese as well. Without these microbes, standardized laboratory cultures must be added during the cheese making, leading to a lack of diversity in cheeses and flavors. To combat this, some small producers have begun to isolate microbes specific to their location and add them back to pasteurized milk.

(Continued on Page 12)

It's Just the Merch for Movers and Shakers

Hustle yourself through summer's frenzy with a Weavers Way blender bottle. BPA-free, safe for all food products, it's the perfect vessel for fruit smoothies, kale creations and whatever beverage needs a little agitation.



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across the way
next door

FOOD MOXIE

We dig what we eat.



Rachel Reynolds photo

Executive Director Jill Fink announced the new name at the Hoedown last month, with a little help from some friends of Food Moxie.

Becoming Food Moxie

(Continued from Page 1)

Manor, and who can identify everything growing there and whether it is ripe for harvesting; the adults at Stenton who are learning to cook healthful food on a small budget; the high school students at Saul and at MLK who are gaining valuable life skills while learning about farming, nutrition and food justice. Now we have a name that communicates the know-how and confidence (moxie!) we are cultivating.

Why change our name? “Weavers Way Community Programs” is serviceable — it conveys our connection to Weavers Way along with our commitment to the community. Those are things we want to communicate, and will continue to communicate in the future. But it has also been the source of a lot of confusion for both Weavers Way and WWCP; the Co-op sometimes gets the credit for work done by the WWCP staff, and WWCP has repeatedly had to explain to donors that Weavers Way does not control us, nor does its direct support amount to more than 1-2 percent of our budget. So we embarked on a process that stretched over a year — engaging consultants, debating vigorously at the board level, talking to other organizations and to senior Weavers Way staff. Coming out of that process, we decided to change our name, with the goal of establishing and celebrating our unique identity while maintaining our vital ties to Weavers Way.

For nine years, our small and scrappy nonprofit has been building knowledge and confidence in people — knowledge about where food comes

from, how it is grown and how it nourishes us, and confidence to choose food that is not heavily processed and relentlessly promoted in ads. So when we made the decision to seek a new name, we looked for something that would communicate that sense of standing up against strong forces, of daring to try something different. Indeed, the founding members of Weavers Way embodied moxie when they came together to challenge the status quo by creating a cooperative that empowered its members to subvert the dominant food system. Those of us who are members today continue that tradition, demonstrating our moxie each time we shop the Co-op, choose local products and keep our money in our local community. We aim to instill this same moxie in those who participate in our programs.

The Food Moxie tag line, “an offshoot of Weavers Way Co-op,” communicates our relationship, which remains the foundation of who we are.

A few years back, we used a quote from someone at the Food Trust in an appeal letter, to the effect that people who care about healthful and sustainably produced food want it for everyone, not just themselves. When then-Weavers Way General Manager Glenn Bergman and the Weavers Way board created a nonprofit nine years ago, it was with precisely that aim: to take the information and access that many of us take for granted and offer it to people for whom it is hard to come by.

We have honored that trust and commitment with our work, and will continue to do so, with moxie . . . and with your support.

jill@foodmoxie.org

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An offshoot of Weavers Way Co-op

Why I Give *Rebecca Torpie*

Look for "Why I Give" each month in the Shuttle to get an inside look at what inspires people to donate their time, money and skills to Food Moxie. Feeling inspired? Contact Jackie Schrauger at jackie@foodmoxie.org.

I really enjoy creating systems and being creative, so when I had the opportunity to design the strategy and communication plan for Weavers Way Community Programs' rebrand, I jumped at the chance to re-up my Co-op working member hours this way.



As the former marketing director of Weavers Way, I'm very familiar with the great work that Jill and her team do teaching kids about food systems and healthy eating choices and of the importance of the nonprofit Weavers Way Community Programs to our membership. I am also aware of some of the challenges "Weavers Way Community Programs" had differentiating themselves from the Co-op.

It's critical that Co-op members understand that WWCP, now Food Moxie, is supported by the Co-op at only a very small, though important, administrative level. Most of that support comes in the form of helping hands, food donations

and sponsorships. The remainder of Food Moxie's operating budget comes from outside funders and directly from you, generous Weavers Way Co-op members, during Giving Tuesdays, spring and winter appeals, events and just because.

The rebrand will give Food Moxie an identity that is separate, but still affiliated with Weavers Way, with less confusion. After all, the Co-op started the nonprofit and has lent it assistance in myriad ways throughout its nine years of existence. The relationship has always been excellent; now is the time to take that relationship to a new level — to one where the "new" Food Moxie has the space to grow as an organization, to help more families produce, procure and eat good food, and to become a household name the same way "Weavers Way" has over the last 40 years. Playing a role in that process is and continues to be exciting and rewarding for me.



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Giving Twosdays!

Give \$2!
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 the programs and services of the newly renamed Food Moxie! Your support enables us to provide a wide range of farm education and nutrition programs to local families.

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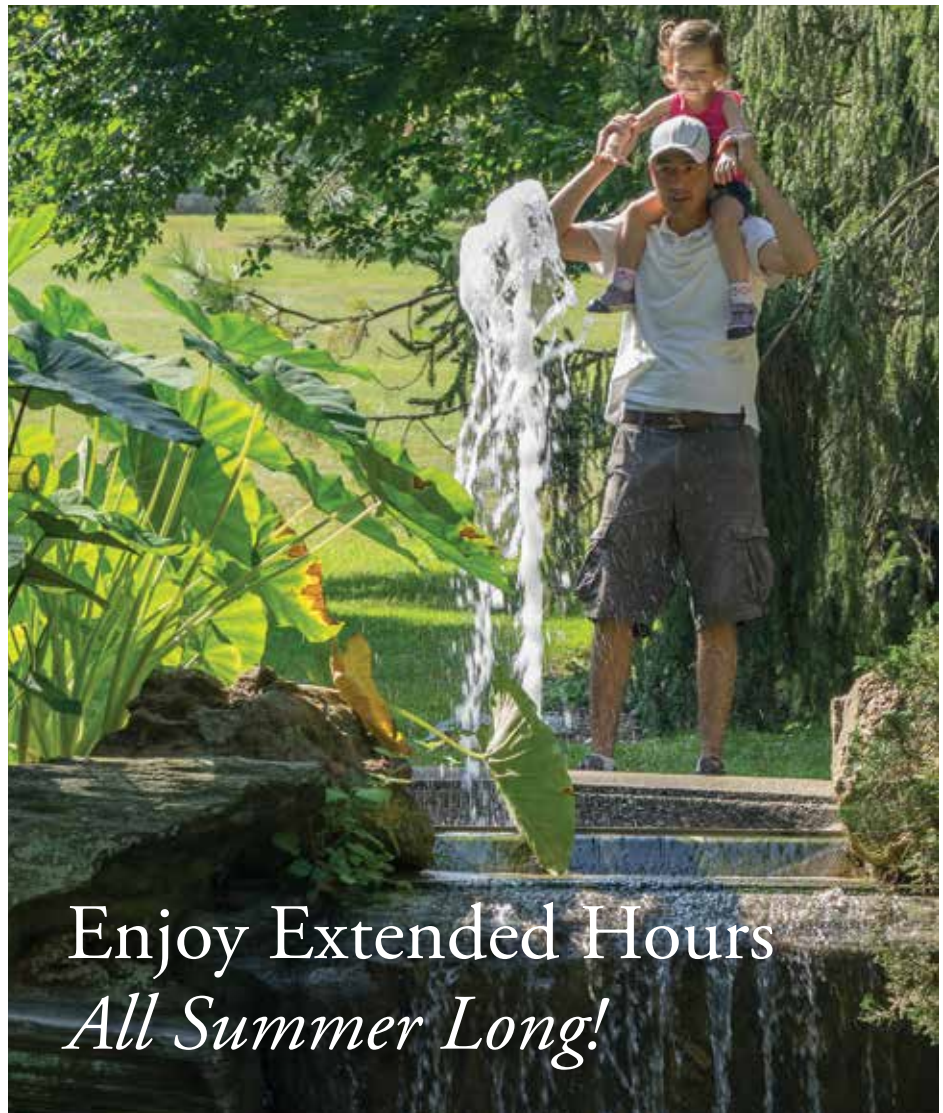
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What's Good About Weavers Way Isn't the Prices

by Royer Smith, for the Shuttle

INCORPORATING SOCIAL VALUES INTO A SOUND BUSINESS model is both endlessly challenging and one of the most important tasks that business owners, even cooperative business owners, face, and it is in that context that I read Janis Risch's essay of concern in last month's Shuttle. She briefly traces the history of Weavers Way and other co-ops from the 1970s into the 21st century, and worries that we're moving toward the indefensible position of making our co-op a place where only the affluent can afford to shop.

She did a market-basket comparison with five national chain grocers, and our prices were the worst until she factored in the various discounts available to some of our members, and even then we trend high. She expresses a concern shared by many.

The early days of both Weavers Way and Mariposa Co-op in West Philadelphia were, per my recollection, geared toward bypassing every middleman they could find and selling with almost no markup in a tiny, low-rent storefront. Minimal refrigeration kept the product line small, and free labor was required in exchange for the low prices. Everyone was happy, but everyone could fit into a pretty small room. While Weavers Way slowly grew, many other co-ops closed their doors. It seemed that many customers eventually concluded that those co-op prices, measured not in dollars but in labor hours, were too high.

At Weavers Way, we considered, and reconsidered, what it meant to provide value to a customer base caring enough to support social values, and large enough to succeed.

We were swayed not only by the unmet needs of our

poorest neighbors, but also by the ills of so many parts of the food chain: the almost universal use of antibiotics in livestock production, the heedless application of toxic pesticides and fertilizers, the steady decline of food quality as produce was systematically chosen for looks and durability.

We became aware of hard-working farmers right outside the city, and saw how their old-fashioned way with the soil and their stubbornly moral business plan kept them from competing successfully against larger and subsidized agribusinesses. It seemed natural to make the transition from circumventing all middlemen to supporting ethical ones, and soon we were figuring out how to attract customers who were drawn to those values and could afford the prices that they might entail.

The big guys, meanwhile, were more aggressive about expanding their market share, and dived head-first into the scramble to be the best at what most people seemed to want in a food store: low prices. Buying cheap food was their mantra, and they didn't care about too much else. Were exploited workers harvesting cacao in Africa — or tomatoes in Florida? Was our antibiotic use becoming a medical crisis? How did sugar get into almost everything?

That wasn't their problem, and they patted themselves on the back for coming in on budget.

When Cesar Chavez organized the farm workers in the '60s, he effectively wrote the obituary for cheap produce. Did people complain that he was running the risk of making vegetables something that only the affluent could afford? Well, actually, yes: Some people did. But a lot of us understood that that's how these things work.

And don't forget this: Weavers Way provides health insurance to the entire full-time staff. The big guys aren't

Norman Weiss also responds:

Suggestions, Page 16

Read Janet Risch's essay from June:

www.weaversway.coop/feedback-6-2016

going near that one; they'd have to pass the cost on to their customers, and that's not what their customers want.

There's nothing precious about selling organic black beans or antibiotic-free meat, and nothing self-serving about giving our employees a decent benefits package. It's a shame that we need to price our products the way we do, but it's a reality. If you want to change that, get our politicians to change the farm-subsidy formulas. Get them to expand the food-stamp program. Get them to enact better health insurance reforms.

Don't blame Weavers Way.

Janis suggests that there might be a few suppliers, like Mrs. T's pierogis, who embrace our social values and make a tasty and lower-priced product. She might be right. Suggestions like that are made all the time, and they are always taken seriously. Maybe we can find a handful of tweaks that will give our members a breather. But overall? While the big guys trash the food chain — its people and its infrastructure — co-ops work to strengthen the food chain and to convince our customers, and our neighbors who aren't yet customers, how important that is. We don't charge more because we're greedy or because we don't care about the concerns of our members.

We charge more because our values require it.

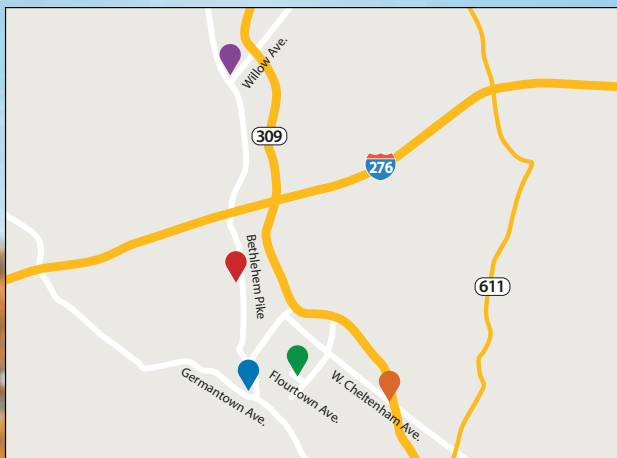
We're on a mission that we should be proud of.

Chef, blogger and Weavers Way member Royer Smith (hroyer1948@verizon.net) last wrote for the Shuttle about African-American chefs in Philadelphia.

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GM'S CORNER

Food Moxie: A New Moniker That Makes Sense

by Jon Roesser, Weavers Way General Manager

IN 1911, FINANCIER CHARLES FLINT formed a company specializing in the manufacture of business equipment, things like punch clocks and weighing scales. Flint named his new venture the Computing Tabulating Recording Company. Bet you never heard of it.

Thirteen years later he wisely renamed the growing company International Business Machines. Now, IBM you've probably heard of.

We're all familiar with corporate name changes. Often the original name is something clunky, like Tokyo Telecommunications Engineering Corp. — that's Sony to you — or downright weird, like the original Yahoo, Jerry and David's Guide to the World Wide Web.

Sometimes a name change is driven by history. In 1945, Rome's Anagrafe (city register) was overrun by Mussolinis, all anxious to change their name to something else, anything else, the surname Mussolini having lost its luster.

In 1917, in the midst of World War I, the British monarchs anglicized their name to the House of Windsor, lest the old name, the House of Saxe-Coburg & Gotha, remind their embattled subjects of their Germanic heritage.

More often though, when a company or an institution changes its name, it does so as part of a strategic vision, a way of better

positioning itself for the future. And while a name change may cause some eyebrow-raising or head-scratching, the controversy tends to be short-lived.

In 2001 Beaver College became Arcadia University. This caused quite a hullabaloo at the time. But today's undergraduates, just toddlers then, have no memory of Beaver College. It's ancient history.

This month we're being introduced to a name change of our own: Weavers Way Community Programs is now Food Moxie. That might take a little time to get used to. My guess is the folks at Computing Tabulating Recording Company needed some time to get used to "IBM."

I always found "Weavers Way Community Programs" to be a bit of a mouthful, which is why most people called it "WWCP," which sounds kind of like a Roosevelt-era New Deal agency.

It also confuses some people about the difference between the work of WWCP and all the stuff the Co-op does in the community. Many just assume it's all one organization. But WWCP — er, Food Moxie — is indeed an independent organization, and always has been. Its executive director reports to a separate board of directors, and its mission of empowering children and families through farm and nutrition education, while closely aligned with the Co-op's, is quite distinct.

There is a strong affiliation between the organizations, and that affiliation has only strengthened over the years. We work

as partners on a variety of initiatives. That partnership has never been stronger.

The nonprofit is less dependent on the Co-op than it used to be, but that was the intention all along. A small, resource-challenged nonprofit, one reliant on the limited resources that Weavers Way can provide, is not in anyone's interest.

The change in name to Food Moxie wasn't made in isolation. It is just a part of the long-term strategic plan that will position it to accomplish greater things in the future. It's an exciting time.

And with this change comes the promise of continuity. For the year ahead, Weavers Way is committed to the same level of support to Food Moxie that we've been providing WWCP. The two organizations will work together on the same programs that we've worked hard over the years to develop together.

It matters less what an organization is called than what it does. Weavers Way Community Programs did some pretty awesome stuff, and Food Moxie will continue that good work of enriching lives. As member-owners of Weavers Way, we can all be proud of the nonprofit we helped build and excited about its future.

Ben Franklin said, "When you're finished changing, you're finished." Were he alive today I think Franklin would like "Food Moxie."

See you around the Co-op.

jroesser@weaversway.coop

Our Next Member Forums

Got a question? Got a problem? Want to hear the latest about expansion, prices or the Co-op's bottom line? Join General Manager Jon Roesser for all that and more (including refreshments, of course).

The next sessions are scheduled for

Tuesday, July 12
Thursday, Aug. 18
6:30-8 p.m.

The Garage,
542 Carpenter Lane

(Across the street from the Mt. Airy store.)

RSVP so we'll know how many chairs to put out:
outreach@weaversway.coop or 215-843-2350, ext. 118.



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Face the Democratic National Convention: March for a Clean Energy

by Rabbi Arthur Waskow, for the Shuttle

AT NOON ON MONDAY, JULY 25, Philadelphia will welcome the Democratic National Convention. On Sunday, July 24, the day before the convention begins, we look for thousands to gather at City Hall to call on the DNC to move forward quickly to protect our region and the planet from the poisons of burning fossil fuels — including the UN-natural gases that come from fracking.

The March for a Clean Energy Revolution demands:

- Make a quick and just transition to 100% renewable energy.
- Keep fossil fuels in the ground.
- Stop dirty energy.
- Stop fracking now.

The march was initiated by Food and Water Watch (www.foodandwater-watch.org), with strong commitments to the Pennsylvanians who have already been assaulted by the impact of fracking on their drinking water and air. Food and Water Watch then invited a number of

“contingents” to form. One of them, the Faith Contingent, owes a great deal to the work of the Philadelphia chapter of Interfaith Power and Light and of the Shalom Center. The Faith Contingent has created an activist ritual that will begin the march with a clear commitment to the universal moral necessity of moving into an economy and culture of just, shared, sustainable abundance.

Beneath and beyond all our diversity as members of different communities of faith and ethics, we stand as one in our concern for individual health and dignity; for justice in society; for the sacred vibrancy and vitality of the endangered web of life on Earth, our common home.

All these concerns are violated by current policies that prioritize money and power over the well-being of the planet and all its inhabitants — especially, and urgently, through the burning of fossil fuels.

The shepherds, farmers and fisherfolk among our ancestors learned the practical wisdom of worthy relationships among human communities and other life-forms of the Earth — a proto-science

infused with loving care. Today, science increasingly affirms the same sense of interwoven Unity that suffuses what the ancients taught and teach us. Our science today warns us that continuing to extract and burn fossil fuels endangers both those who live where extreme extraction takes place, and life on the planet as a whole.

Our ancient texts also warn us against the growth of decision-making pyramids of power that are top-down, unaccountable, tyrannical and addicted to preserving their own power — pharaohs and Caesars, as our forebears knew them.

We see these dangers today in the Corporate Carbon Pharaohs that for the sake of their enormous profits have corrupted our politics and deliberately lied about the science their own experts reported to them.

Not only our ancient sacred teachings but our own deepest personal yearnings call on us to feed the hungry and empower the powerless. We are not surprised to discover that the effects of burning fossil fuels damage the poor first and worst. It will take national decisions by public officials, business executives and religious and cul-

tural leaders to renew health, neighborliness and vitality at the grass roots and pavement tops of our society.

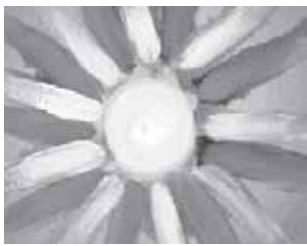
We call on our leaders to end all subsidies to fossil fuel and to focus our funds and our attention on helping neighborhoods turn to community-based renewable energy, creating the jobs that can make this happen and joyfully celebrating our myriad cultures.

Join with us to elevate these issues in our national discussion and build a national movement for a world based on love, justice and sustainability.

Join with us in supporting a strong presence in the March for a Clean Energy Revolution, this July 24 in Philadelphia.

For more information, to sign up for the march or to provide support such as housing for those who come from far away, visit www.cleanenergymarch.org.

Rabbi Waskow is director of The Shalom Center (theshalomcenter.org) and a member of the Philadelphia chapter of Interfaith Power and Light (paipl.us).



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Thinking About Your Gut & the Benefits of Probiotics

by Melissa Borrero, for the Shuttle

THE ERA OF CONSIDERING ALL BACTERIA BAD IS behind us. Research is helping to clarify how beneficial bacteria actually help us with many body functions, including proper immune-system function, improved gut function, vitamin production, neuronal/brain health and metabolism. The bacteria that make up our microbiome contribute approximately 2 kilos (4.4 pounds) to our total body weight, average about 30-50 trillion CFU (Colony Forming Units) and outnumber the cells in our bodies about 3 to 1.

Many of us grew up with antibiotics being used without regard to the disruption of our microbiome and are now experiencing the late effects, including autoimmune disease, irritable bowel syndrome/colitis, fatigue, asthma, diabetes, metabolic syndrome, obesity and yeast infections. Researchers are finding correlations with certain microbe populations being wiped out or added that affect how our internal ecosystem functions and interacts with our bodies.

“Dysbiosis” refers to the unhealthy, unbalanced proportion of bacteria in our gut. This could be due to lack of beneficial bacteria or increased growth of opportunistic bacteria and yeast. Our bodies do best with a large variety of beneficial bacterial colonies.

What we put on and into our bodies communicates with our microbiome. Everything we eat directly affects which bacteria will proliferate and which will starve. Foods contaminated with pesticides and herbicides, such as glyphosate, also kill off our healthy bacteria. Even the overuse of hand sanitizers is allowing for more virulent bacteria strains to persist unimpeded due to lack of normal flora on our skin.

We are learning that probiotics and probiotic-rich foods are a part of a healthy plan to reverse disease or maintain a healthy state. Increased consumption of fermented foods like kefir, non-sugary yogurts, kombucha, kimchi, pickled vegetables, natto and miso can help support a healthy microbiome. Make sure your fermented products are not pasteurized to preserve the benefits. Reducing sugar intake can also positively affect your microbiome by slowing the proliferation of opportunistic bacteria/yeast.

Individuals who are take antibiotics to deal with a pathogenic bacterial infection inadvertently kill off all susceptible bacteria along the entire gastrointestinal tract. This is why people may suffer from loose stools,



diarrhea, upset stomach or yeast infections with antibiotic use. The average person can take a probiotic preparation in addition to the antibiotic to mitigate these side effects and ensure preservation of their microbiome. An adult can take roughly 20-50 billion CFU daily and children 5-10 billion CFU daily of mixed Lactobacillus and Bifidobacterium species. Depending on an individual’s health history and symptoms more or less may be needed.

As the research continues to evolve, we will be better able to target probiotic therapy based on ailments and history. In the meantime, discuss with your health-care provider how to mitigate negative outcomes by using probiotics any time antibiotics are being recommended for you.

Dr. Melissa Borrero practices family medicine and integrative medicine. Contact her at 267-506-0642 or drmborrero@gmail.com.

Views expressed in this article are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for talking with your doctor.

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MEMBER BENEFIT ANOTHER GREAT REASON TO JOIN.

Old Hand at the Farm Takes on a New Job

by Stephanie Kane, Local Purchasing Coordinator and Farm Market Manager

IN THE SIX YEARS OF OPERATIONS AT THE HENRY GOT CROPS Farm at Saul High School, our farmers and our nonprofit, formerly Weavers Way Community Programs, now Food Moxie, have worked with Saul students year-round, teaching about plant life cycles through seeding, transplanting, weeding in the summer heat and, of course, harvesting. They incorporate cooking classes to give students ideas about how to use the produce they've grown. Food Moxie also hosts a summer internship program through the Philadelphia Youth Network that places students, from Saul and other schools, in jobs on the farm.

The Henry Got Crops Farm Market at Saul has grown quickly, and using it as a place to provide career development for students has been a goal of ours since the beginning. Since we are a grocery store, teaching students about customer service and the retail food industry is a no-brainer. This season, for the first time, we added a student staff position, and we're excited to have Onjané Johnson, Saul 2016, helping us at the farm market!

Onjané is well known around the farm as a respon-

sible and hardworking student. She interned with WWCP last summer, and as part of her internship, spent a few days working at the farm market. In that short amount of time, she quickly impressed us with her ability to work with shoppers and learn the register. Working after school in June, she'll expand her hours during the summer and through the end of the market in October. She will also be our student farmer at the Saul location this summer, working alongside Farm Manager Nina Berryman and Henry Got Crops Field Manager Emma Dosch another two hours a week.

Onjané studied Environmental Science at Saul and will be attending Widener University in the fall. She is interested in studying biochemistry, biomedical engineering and biomechanics. In her free time, she likes to read and play Pokemon. Her favorite vegetables are broccoli, zucchini, cabbage and kale, and she was too shy to have her picture taken for this story.

Stop by the Farm Market Tuesday or Friday afternoon and say "Hi" to Onjané!

skane@weaversway.coop

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TUESDAY, JULY 5 6:30PM
Homestead Herbs Series**
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SATURDAY, JULY 9 9AM-1PM
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WEDNESDAY, JULY 13 7PM
Preserving the Harvest**
 Marisa McClellan teaches "Jam Making with Natural Sweeteners." \$30.
 Register: www.weaversway.coop/homesteading.
 Marisa McClellan teaches "Easy Tomato Salsa." \$30. Register: www.weaversway.coop/homesteading.

AUGUST

TUESDAY, AUG. 2 SUNSET (8:15PM)
Movie Night on the Farm**
 Move to be announced. Free — bring a picnic!

SATURDAY, AUG. 6 9AM-1PM
Volunteer Day at Awbury*

WEDNESDAY, AUG. 24 7PM
Preserving the Harvest***

SEPTEMBER

SATURDAY, SEPT. 3 9AM-1PM
Volunteer Day at Henry Got Crops**

TUESDAY, SEPT 13 6:30PM
Homestead Herbs Series**
 "Preparing for Fall." \$15.
 Register: www.weaversway.coop/homesteading.

* Weavers Way Farm at Awbury Arboretum, 1011 E. Washington Lane
 ** Henry Got Crops Farm at Saul High School, 7095 Henry Ave.
 *** Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane

Visit www.weaversway.coop/homesteading for more information.

A Public Service Announcement from the Co-op:

Take the Scenic Route To Henry Got Crops

With the Walnut Lane Bridge closed until September, you'll want to know some other ways to get from the east side of the Wissahickon to Henry Got Crops. Recommended alternates are School House Lane, Bell's Mill Road or Lincoln Drive.

Henry Got Crops Farm Market
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The Passionate Gardener

Diatomaceous Earth: It Can't Hurt

by Ron Kushner, for the Shuttle

DIATOMACEOUS EARTH IS AN INERT dust and type of rock composed of skeletons of fossilized diatoms. Diatoms are tiny, one-celled marine and freshwater plants that are composed mainly of silica, a naturally occurring mineral. When crushed, these skeletons break up into tiny pieces of a glass-like material, so tiny that it feels like talcum powder — to us. Easily picked up by the hairy bodies of most insects, DE scratches through their protective waxy layers, resulting in the insect losing water rapidly, drying up and dying.

DE is mined for industrial filtration applications but its oldest and best-known use is as a very mild abrasive in metal polishes and toothpaste. It has also been used as an exfoliant in skin products, a source of detoxification and mineral additive in pet food and an extremely effective reduced-risk pesticide.

Large deposits occur in California, Nevada, Washington and Oregon, but it is harvested around the globe.

There is no evidence that DE or the silica that it is composed of is toxic to humans or other large animals, including experiments with cancer research. That being said, there is a particular form of silica that could pose a health hazard but the amount occurring in natural DE is so small that any health hazard has been ruled out.

When DE is heated to high temperatures, the silica is changed chemically and becomes a potentially harmful form, but only if inhaled at high levels for a long time (years) under occupational conditions. It should be noted that “pool-filter” grade DE is processed differently and not recommended for garden pest control.

The natural DE sold in garden centers and other retail outlets labeled “food grade” poses no more of a health hazard than inhaling dust in general. Food-grade DE is safe for human consumption. It is allowable on foods labeled “organic” under USDA rules. Still, it is recommended that DE be applied with a bulb duster and protective equipment such as a dust mask be used.

DE is in no way harmful to fish or other aquatic life. In water, it is basically the same as plain sand. Remember, it was ac-

tually created by living marine organisms.

Natural DE used as an insecticide works in a purely physical manner, not through any chemical toxicity. The abrasive diatom skeletons act like tiny razor blades and rub holes in an insect's waxy layers, causing a loss of bodily fluids resulting in the death of the insect. It is effective on anything with an exoskeleton; any insect (with six legs) and non-insect arthropods (eight or more legs).

DE is not in any way harmful to plants (although it is probably not good to smother them with the dust).

Insect dusts such as DE have been around for thousands of years. Ancient cultures used them to protect stored grains against pantry pests like moths and beetles. The same mode of action is used by birds and other animals that take dust baths — they are ridding themselves of their insect parasites.

DE is commonly used in animal production facilities to control external parasites and flies. This control is achieved by dusting the animals and the litter or bedding area. It has also been included in the diet (2 percent in the grain ratio) to control certain internal parasites; this practice is said to result in lower fly populations in the resulting manure.

According to Professor Stuart B. Hill of McGill University in Montreal, “It is perhaps the safest effective pesticide for use in the home and has a valuable place in the protection of stored food and control of insects in animal production units.”

For questions or comments:
ron@primexgardencenter.com



Devil's Pool photo by Bradley Maule

Join FOW for an upcoming work day:

Saturday, July 16
9 a.m.-1 p.m.
at Devil's Pool.

Contact John Holback at holback@fow.org for more information.

Summer Crew Has Eyes on Park

by Erin Mooney, for the Shuttle

AS YOU WALK THROUGH THE WISSAHICKON this summer, say hello to our seasonal trail crew. We have three energetic crew members who will be doing general park and trail maintenance and working to educate park users about the Wissahickon.

It's the second year we've had paid staff working throughout the park during the summer. Last year, we found that having this dedicated presence in the park helps spread the word about park rules and regulations. At the same time, we can educate park users about all of the recreational opportunities in the park.

Our field crew is especially helpful as we work to keep the Devil's Pool area clean, an ever-present challenge during the summer. Friends of the Wissahickon takes responsibility for maintaining the area, a place where people flock to as temperatures rise. In their person-

al, face-to-face interactions, the crew is able to impress the “Leave No Trace” message on many more park users. In addition, with an almost daily presence in the park, the crew can respond quickly to trail maintenance and other park issues.

As temperatures rise and you spend more time in the Wissahickon Valley Park, please remember a few rules that will make it more enjoyable and safe for everyone:

- Keep your dog on a leash at all times. It's not a choice. It's a park rule.
- Swimming is not allowed in the Wissahickon Creek.
- Grilling is allowed only in designated areas of the park.
- Please do not take any plants or animals out of the park.

Have a wonderful summer—we hope to see you in the Wissahickon!

Reach Erin Mooney at erinrosemooney@gmail.com



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Maybe you've already tried raw-milk cheese.

Raw Milk Cheese

(Continued from Page 3)

In Europe, certain cheeses are required by law to be made with raw milk. Perhaps you've heard of some of them — Parmigiano Reggiano, Gruyere, Roquefort?

Like dairy farms in the United States, European producers use the strictest of standards to ensure that their raw milk cheeses are processed in safe environments.

And at the Co-op, we know our vendors and understand that they take all necessary precautions before distributing their products. If you have a concern, always ask your cheesemonger for help with determining whether a cheese is raw or pasteurized.

Many health professionals will urge you to stay away from raw-milk products, especially if you have an at-risk immune system. While I would never recommend that anyone ignore doctor's orders, I do urge all consumers to do their own research. There are many useful resources out there, but I suggest the Oldways Food Coalition website (www.oldwayscheese.org) as a starting point.

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Home Lead Hazards Are Built In

by Bruce Murray, for the Shuttle

IN THE WAKE OF HIGHLY PUBLICIZED water-system problems in Flint, MI, Philadelphia City Council held a hearing in April discussing urban lead hazards. Experts reminded city officials that we know there are significant lead dangers to children in Philadelphia. In 2014, more than 3,000 children tested with elevated blood lead levels in Philadelphia, and 338 reported dangerous toxic levels (above 10 micrograms per deciliter). These statistics have remained at similar levels over 15 years.

We have to remind ourselves repeatedly that this hazard is built into our homes and neighborhoods.

Yes, there are some substandard water pipes in Philadelphia's water distribution system, and a few older public buildings still have water fountains from which we should not drink. But the vast majority of homes in the city — by one estimate, 91 percent — were built before 1978, when lead was banned in paint, and therefore are likely to have lead paint somewhere.

Lead was once added to paint and varnish for durability, but it now poses a risk to our children through the dust found around windows and doors, in yards and on sidewalks — dust particles that won't degrade over time.

Lead paint risks have been well-known since 1960. More recently, in 2008, the Environmental Protection Agency established a mandatory training and certification program that every working contractor in America should have passed by April 2010. The Renovation, Repair and Painting Rule requires every contractor who installs doors and windows, remodels or sands paint, to provide customer education, get a customer signature of understanding and employ special tools and techniques to reduce risks of creating and dispersing lead dust during and after a project.

The EPA thinks the problem is serious, and if your child or grandchild tests with an elevated blood lead level, you likely agree it deserves proper management.

If a child is found to have elevated blood lead levels, the parents are sent through a terrifying process of City Health Department "intervention." This can include a costly and difficult process of investigating where the source of the lead.

Often, lead dust is a byproduct of renovations and remodeling that did not include thorough post-demolition cleaning. As a certified EPA trainer, I can tell you that every day I see contractors all over the city whose work is in violation. Without using the correct methods or

WORKSHOP

How to Manage Lead Risks at Home

Thursday, July 28
7-8:30 p.m.

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tools, know that wherever the dust flies it will contaminate your home, yard and neighborhood.

Was your home built before 1978? Every professional handyman, remodeler or painter you work with should discuss this with you. Your house doesn't have to be toxic if you and your home-improvement contractors know how to work, have the right tools and care about leaving the job site safe for children.

Bruce Murray, a retired clinical social worker, has applied his professional ethics, responsibility for care and his 40 years of home contracting to Success Support Services, inspection and contracting services helping homeowners make their homes healthy, efficient and comfortable.

Contact him at: brucemurray@verizon.net or 215-292-6778.

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Update on TerraCycle

by Marsha Low, Weavers Way Environment Committee

We hope you're now in the habit of bringing empty containers from dental and personal-care products to Weavers Way Next Door in Chestnut Hill or Across the Way in Mt. Airy. Some of these containers are hard to recycle; others (such as shampoo bottles) could be recycled curbside, but here's one reason to bring them to the Co-op instead: Proceeds go to Food Moxie (formerly Weavers Way Community Programs)!

TerraCycle, the company to which all items are shipped, converts them into new products, such as park benches and backpacks. Here's a detailed list of what's acceptable. Note: All containers must be plastic and empty. (You can also bring the plastic lids that come with the containers.)

- Personal-care products: Bottles or containers for products used on hair or skin, including face wash, shampoo, conditioner, face cream, suntan lotion, diaper-rash cream, medical creams, lip balm, lipstick, mascara and foundation. (Not accepted: Razors.)
- Dental-care products: Toothbrushes, toothpaste tubes, dental floss containers. (Not accepted: Electric toothbrushes or stands; squeeze tubes from other products like ointments.)
- Baby food pouches.
- Brita filters (white plastic only); make sure they are dry.

New products may be added in the future, so we'll be updating this list from time to time as needed. Stay tuned, and keep those plastic containers coming!

'Bottled Life' Indicts Nestlé, Drop by Drop

by Sandra Folzer, Weavers Way Environment Committee

THE FILM "BOTTLED LIFE," SCREENED BY the Environment Committee on June 9, focuses on Nestlé. I wonder how Nestlé Chairman Peter Brabeck-Letmathe, who has been quoted as saying he believes "access to water is not a public right," can sleep at night knowing the hardships his company causes people around the world.

The town of Bhati Dilwan in Pakistan, where Nestlé has a bottling plant, is a good example. Since the aquifer there is being depleted, Nestlé has dug their wells deeper to get more water. Local residents don't have the money to dig deeper wells; with the water table dropping, their water supply no longer potable, they asked Nestlé to provide a water line so the local town could access their own clean water. Nestlé refused.

Nestlé advertises that they provide clean water to refugees at the United Nations' Kebribeyah refugee camp in Ethiopia. They once did provide water, but stopped years ago, according to residents.

Nestlé, a Swiss company, has 70 different brands of bottled water and controls one-third of the U.S. market, drawing water from 75 different springs across the country. Nestlé is especially interested in Maine. The film focuses on Frye-

burg, Maine's fight to stop Nestlé from drawing water there. Not only did the Maine Public Utilities Commission approve a 25-year contract, but extended it for up to 45 years. Three of the PUC commissioners had business involvement with Nestlé prior to their appointments. Since Nestlé gets the water free, the company has refurbished a playground and helped in other small ways, while reaping millions of dollars from their bottling plant.

Two Maine towns, Shapleigh and Newfield, were able to stop Nestlé thanks to a grassroots campaign led by a few women who noticed Nestlé testing wells in a wildlife area. The women relayed their concerns to the town officials, who dismissed them.

So the women began a campaign of educating the public. When refused a town meeting, they held their own. Residents in both Shapleigh and the neighboring town of Newfield eventually passed ordinances that asserted the right of townspeople to control their own water and to prohibit commercial water extraction.

A lively discussion followed the movie in which Co-op members in attendance were in agreement that they did not want Weavers Way to sell products like Pellegrino soda, a Nestlé brand. We wish to join in solidarity with those communities who are opposing Nestlé.

environment@weaversway.coop



Food Connect Bridges Gap Between Waste & Wanted

by Nathea Lee, Weavers Way Food Justice Committee

IF YOU'RE LIKE ME, YOU MAY HAVE had a fleeting thought or two about food waste: you're careful about how much food you prepare at home, only take as much as you can eat from buffets and bring home doggie bags from all except the worst restaurant meals. Your conscience is pricked at the end of special events when you see how much food is left and wonder where it will end up. Then you head home and don't give it a second thought.

Megha Kulshreshtha did give food waste a second thought. Heading to work, she would see the same hungry people day in and day out and also see platters of food being thrown away at conferences, as well as at restaurants and by other food purveyors. Being more inclined to take action, Megha came up with Food Connect, which is "bridging the gap between surplus food and hunger" by picking up surplus food and delivering it to

homeless shelters.

Megha, an equity portfolio analyst by day, started by approaching restaurants. In 2014, she attended a StartUp Weekend in Philadelphia that brought her together with other entrepreneurial types. Her team's project tested out the idea of putting a system in place to pick up surplus food and take it to shelters. They devised a way to manage the logistics of delivering the food to the proper shelter, since not all accept food or have the capacity for different sizes of delivery, being mindful of what the shelters needed and what time the deliveries would work best for them.

Food Connect went from select deliveries in a small part of the Philadelphia to being fairly well known in the area's food ecosystem. I met Megha at a Food Policy Advisory Council Anti-Hunger Committee meeting hosted by the SHARE food program, where she was describing her work to a very attentive group of food-justice advocates. The concept is deceptively

simple: the Food Connect driver arrives, picks up food and takes it to a shelter. However, as the volume of donations increases, Megha and her team of volunteers are looking at ways to operate more efficiently and trying to make it easier to donate. With the Democratic National Convention in town this month, they are also looking at how to streamline the process of collecting fragmented donations. They are also planning to collaborate with SHARE and Philabundance in some way.

In case you were wondering at this point: At Weavers Way Chestnut Hill, food that is out of code (or about to be) is collected two or three times a week by the food bank at St. Vincent's in Germantown. Outdated food from Mt. Airy goes to Whosoever Gospel Mission, also in Germantown. Inedible vegetables and vegetable scraps from both stores go to Saul High School to be made into Henry Got Compost. (And in Mt. Airy, bruised and wilted vegetables are offered for sale at a discount before they're too far gone.)



"If we have a really big donation, we get Philabundance involved," said Chestnut Hill store manager Dean Stefano.

Megha wants potential donors (grocery stores, restaurants, dining halls, universities, etc.) to know that they can contact Food Connect directly if they have extra food; visit www.foodconnectgroup.com.

Surplus food should still be fresh and edible, as drivers make same-day deliveries to places that can use it immediately. Food Connect can always use extra volunteer drivers — one hour a week is all the commitment they ask.

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Soda Tax

(Continued from Page 1)

City Hall by four high school seniors we worked with this year at Weavers Way Community Programs — now Food Moxie. All of them, three students from Saul and one from Masterman, had prepared powerful personal testimony. Stories of the devastating effects diabetes has had on their families, of community recreation centers falling apart or becoming too unsafe to visit, of neighborhood libraries going dark. All of them had had the benefit of Pre-K, all of them attended public magnet high schools and all of them are bound for college in the fall.

Unfortunately, they did not get to testify publicly. Council members were largely in the proverbial "back room" negotiating the terms of a tax that would be palatable to all. The result — a 1.5 cent per ounce levy on sugar-sweetened beverages and diet sodas — was passed out of committee later that evening. When it be-

came clear that the students would not be able to testify, we left council chambers and began knocking on the office doors of their elected council members. The students introduced themselves to staffers as constituents who were supportive of the soda tax. They asked for business cards so they could email their testimony. They made their voices heard and took part in the democratic process, here in the birthplace of America.

As luck would have it, one of the teens, Calla Bush St. George, would have a second chance to testify on the day the bill was called for a vote. Calla, who graduated from Masterman and is headed to Swarthmore College in the fall, interned in our office for her senior project this year. Her enthusiasm for being part of this process was unparalleled. On the eve of testifying, she emailed me, "I am so excited to have an impact on my local government. It's all my AP Gov dreams come true!" Calla spoke passionately about how Pre-K gave her a head start, about how poverty and poor nutrition — including cheap sugary drinks — resulted in diabetes and heart disease among her family members,

and about how her educational success should be the norm rather than the exception for Philadelphia children. While experts in their respective fields testified to all the reasons, ranging from education to health, that Council should vote for this tax, Calla made it personal in a profound way. Minutes later, Council voted 13-4 in support of a tax on sugar-sweetened beverages.

I'm proud of my fellow advocates and coalition partners who persevered in the face of a well-organized, multimillion-dollar campaign that manipulated the facts and misled the public. I'm proud of Philadelphia City Council, including our own district Councilwoman Cindy Bass and at-large Councilman Derek Green, a resident of Northwest Philadelphia, for their leadership. Most of all, I'm proud of the young people who took part in this process, who demonstrated courage in making their personal stories public, who made their voices heard and, in so doing, contributed to making history. Around here, we call that moxie.

jill@foodmoxie.org

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Codfish Cakes for 4-6

Ingredient	Quantity	Price/unit	Price/extended Non-member	Price/Working Member	Price/Senior or Food For All	Price/Working Senior or Working FFA
Cod fillets	1 lb.	\$8.25/lb.	\$8.25	\$7.84	\$7.43	\$7.01
Lemon	1 large	\$0.69/ea.	\$0.69	\$0.66	\$0.62	\$0.57
Butter	2 tbsls./0.5 oz	\$5.99/lb.	\$0.38	\$0.36	\$0.34	\$0.32
Celery, wth leaves	.25 lb./4 ribs	\$2.99/lb.	\$0.75	\$0.71	\$0.68	\$0.64
Scallions	2	\$0.99 bunch (6)	\$0.33	\$0.31	\$0.28	\$0.28
Yogurt	1 tbsls.	\$1.55/6 oz.	\$0.13	\$0.12	\$0.12	\$0.11
Eggs	2 large	\$2.79/doz.	\$0.47	\$0.45	\$0.42	\$0.40
Crackers	1/2 cup/2 oz.	\$2.69/8-oz. box	\$0.67	\$0.64	\$0.60	\$0.57
Canola oil	3 tbsls./1.5 oz.	\$3.55/lb.	\$0.35	\$0.33	\$0.32	\$0.30
Mustard, Garlic, Bay leaf, Peppercorns, Salt, Pepper, Paprika						
TOTAL FOOD COST			\$12.02	\$11.42	\$10.81	\$10.20

Each month, the Food Justice Committee shares a recipe that features ingredients available in our bulk bins and/or Co-op Basics, Co-op Deals or Weavers Way Deals.

Directions

- Cut the lemon into eighths. Dice the celery and leaves separately. Chop the scallions finely. Mince two cloves of garlic.
- Place one lemon section, 4 peppercorns and 2 bay leaves in an inch of water in a shallow, wide pan. Bring to a simmer over high heat. Place the fish in this poaching liquid, and simmer until the flesh has just begun to whiten all the way through, about 6 to 8 minutes. Remove the fish and set aside to cool.
- Pour the water out of the pan, and melt the butter over medium-high heat. When the butter foams, add the chopped celery ribs, scallions and garlic, and sauté, stirring often, until the vegetables soften. Transfer them to a large bowl.
- In a small bowl, mix the yogurt, eggs, 2 tsp. mustard, 1 1/2 tsp. salt, 1/2 tsp. black pepper and 1 tsp. paprika. Add to the sautéed vegetables. Crush the crackers into crumbs and add to the bowl with the chopped celery leaves. Stir to combine.
- Flake the cooked fish into the vegetable mixture. Make sure some of the fish retains its shape. Gather the mixture into 4-6 balls and form into patties. Place on a pan, cover loosely with plastic wrap and refrigerate for about an hour. (This step is crucial or the patties will fall apart.)
- Heat the oil in a large sauté pan over high heat. When the oil is hot, reduce to medium and carefully sauté the fishcakes until golden brown, approximately 4 to 5 minutes on each side. Serve with the remaining wedges of lemon. Serve with a salad or side dish.

A Fine Kettle of Fishcakes

Submitted by Sue Wasserkrug, Weavers Way Food Justice Committee

KNOW IT'S GRILLING SEASON, BUT SOME DAYS YOU just don't feel like firing up the grill, and in the summer, fish makes for a light but satisfying meal. At Weavers Way, cod is a Co-op Basic ingredient; it's a mild, flaky white fish that is great in stews or patties, a/k/a cod cakes. When I was growing up in Baltimore, we ate dinner at least once a week at Miller's Delicatessen. Usually I'd get a corned beef special, but occasionally I'd opt for a couple of coddies, their inimitable fish patties served on saltines smeared with mustard. Miller's coddies were to cod cakes what McDonalds is to hamburgers: nothing like the ones described here. But when this recipe popped up



on my New York Times cooking app, I knew I had to try it. I've modified the recipe a little, and I'm sure you could modify it even more. It's a winner: easy, delicious, inexpensive. Serves 4-6.

wasserkrug@gmail.com

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deals



Great Deals in Every Department.

Weavers Way Deals are a great way to save money in every department. Just like our Co-op Deals, these specials run twice a month, but they can be found in produce, meat and deli as well as grocery and bulk. Pick up the flyer at the front of the store, or look for it online at www.weaversway.coop/deals.



Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS 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.



Last month's Shuttle included some thoughts written by member Janis Risch, about how co-ops have evolved in the last few decades, and part of that evolution has resulted in higher prices, too high for many people to afford, including people who helped start and maintain food co-ops over the years. Thanks to Janis for raising these issues in this way. Our editor Mary Sweeten asked me to reply.

I could almost write a book about what I think about the evolution of co-ops since my first involvement in one, Temple University's buying club co-op, near 15th and Norris, I think in 1973. I had been to a friend's house and she offered me an apple and told me they were 10 cents at the co-op. I joined the Co-op the next week. The markup — what's added to the cost to get the selling price — was 10 percent, and it was probably too high, as we soon had a bit of surplus cash in the cigar box.

About a year later I started working at Weavers Way. I think the markup was in the range of 25 percent. (Weavers Way had rent and paid staff and other expenses, while Temple had free rent, and labor was just the members.) Weavers Way's founding manager, Jules Timerman, was also the main buyer and was famous for finding deals (albeit sometimes at the cost of quality). Then the Co-op grew and grew. As Janis pointed out, part

of that growth included becoming more "professional." As we made things a little better for staff and shoppers by offering health benefits and upgrading our building and equipment, the markup grew a little, but was still lower than most other grocery stores, so we were still comparatively cheaper.

In those days, our Board was also much more involved in operations, and we had a couple of Board members who were both sensitive and vocal about beating the others' prices (Vince Pieri and Fred Novin, to name two). We mostly sold things we could compete on — produce, cheese, lunch meat, day-old bread, nuts and dried fruit. We simply didn't sell things like milk and conventional groceries, as we could not buy them cheap enough to offer a savings after applying our markup. (Jules would occasionally find conventional groceries at a salvage place, although cans might be dented and cereal boxes might be crushed, or brands might be unknown.) We had a couple of different markups; I think the highest was 33 percent on things we packed ourselves, like raisins and nuts. Today we have dozens of markups, which range from about 25 percent to over 100 percent.

As the Co-op grew, members wanted us to be more of a one-stop shop, so, after fixing up 559 Carpenter Lane (we

started in 555), we added things like milk and groceries like flour, sugar and Cheerios. Although we used lower markups on these items, we still couldn't beat supermarket prices, as commodity food pricing is based on volume, and our volume was low. Plus, supermarket markup on dry groceries is relatively low anyway. So we explained to shoppers that these items were offered as a convenience and we could not sell them at a great savings. This seemed to suffice for a decade or so.

Gradually, natural foods became more popular and sought-after by our members. And at first, we could undercut the competition because we were actually moving more volume and charging lower margins than the smallish "health food" stores that were the only other places that carried the stuff.

We continued to grow as a business and organization, and, as other co-ops also grew, we all became more "professional," which appears to me to include some of the following:

- Adopting the John Carver Policy Governance model, which dictates the relationship among Board, general manager and staff.
- Elimination or de-emphasis of member work programs (due to a variety of reasons, both legal and operational).
- Growth of administrative departments, especially Finance, IT and Marketing,
- Hiring managers from the supermarket industry and adopting some of the systems and practices from the supermarket industry, such as category management of product lines and development of hybrid pricing and other strategies to "manage price image."
- In general offering a more "polished" appearance of both facilities and product, requiring capital for modern facilities and new equipment and staff time to do things like wash and band lettuce, trim

In those days, we simply didn't sell things like milk, as we could not buy them cheap enough to offer a savings after markup.

- Increased borrowing for improvements, expansion, building purchases and new programs and the resulting interest payments.

Most, if not all, of these things added substantial overhead to what were once simpler and leaner organizations and operations. As co-ops grew more "professional," this added overhead was paid for by increasing markups. I suspect this is one of a number of factors that have resulted in higher prices at Weavers Way and many other co-ops. I believe our markups have increased by about 20 percent since the late 1990s. There are other factors too, including a shift toward healthier food, often locally grown and or produced, typically by smaller companies, which costs more.

Whether the drift to "professionalism" and the resulting price increases was good or bad is difficult to judge. Our co-op is blessed with healthy sales numbers and has more members than ever, yet many members, especially longer-term

(Continued on Next Page)



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(Continued from Preceding Page)

ones, have long voiced complaints about feeling priced out of the co-op they've supported for decades.

Lest you think this was the only course available to the co-ops of the '70s, Park Slope Co-op, in Brooklyn, still runs an administratively lean operation, with a member work requirement of about 40 hours per person per year. With an operating payroll much lower than most other co-ops, their markups and prices can be lower too.

Pricing is an interesting concept. In a market economy, it seems to be about supply and demand, and may or may not be related to cost of production and other "real" factors. I'd like to continue to write about the role of price in a co-op, and explore what the role of pricing would be in a healthy food system, so stay tuned.

suggestions and responses:

s: "Did the Co-op participate in the May 21, 2016, worldwide anti-GMO march? Do we know whether any of our conventional produce is from GMO crops?"

r: (Norman) We did not participate in the march. (Jean) Our local produce is not GMO. (Norman) Our info is the only GMO produce on the market right now is papaya, some squash, zucchini and sweet corn and, coming soon, some apples. The GMO corn and squash are fairly rare and we don't stock them. We don't stock fresh papayas, either.

s: "I would love to see more local, small-farm, 'organic' fruit and produce in general, but definitely I think joining the Driscoll boycott would be a good thing. See if it's feasible."

r: (Jean MA) Local: You're in the right place — the local season is just cranking up. Look for tons of local produce in the coming weeks and months. We've looked into the Driscoll boycott and it turns out

it's not Driscoll but one of Driscoll's growers that's the problem. Also, members can bring an issue to a membership meeting by getting a petition signed by at least 1 percent of active members and submitting it to the Board. Boycotting a distributor would be that kind of issue.

s: "Please supply small cellophane and paper bags in produce area for those shoppers who do not want to use plastic bags for produce and baked goods downstairs. Thank you!"

r: (Matt MA) Space is always a problem, but we now offer paper bags in bagel area. Feel free to use them for produce also.

s: "Please stop slicing the (pre-sliced) Cooper's Sharp American cheese so super-thin. The slices sort of meld together in the plastic wrap and can't be peeled apart. Ends up being a crumbly mess and a crummy sandwich filler."

r: (Shawn MA) FYI, we slice cheese first thing in morning so if you want you can call in around 7 a.m. and order some sliced however you want. Everyone has different preferences, but we should not be cutting too thin as a rule. Next time you come across a too-thin package, please give me a call and let me know the date on the label. (Norman) Weavers Way members are sooo fussy! FYI, the slicer was invented by Wilhelmus Adrianus van Berkel, a butcher in Europe who thought human life could be much improved if cured meat could be cut into thin slices. Few Philadelphia hoagie-makers and -eaters realize the debt of gratitude owed to Wilhelmus. Unlike baseball and basketball and rock 'n' roll, there is no Hall of Fame for people like Wilhelmus, who toiled so fellow humans could enjoy mechanically precise thin slices of cured meat (and cheese).

s: "Can we please carry quarts of goat yogurt in MA? They have them at the fancy co-op. Thanks!"

r: (Kathryn MA) Thanks for the suggestion. I wish we had room in MA for some more of the interesting and specialty items carried in CH. Unfortunately, fewer MA customers are into the goat-milk products, so we won't be bringing it in at this time.

s: "Wild Zora's jerky. Quite tasty. No added sugar."

r: (Kathryn MA) Thanks for the suggestion! We're thinking of bringing in more jerky, so we'll definitely check this out.

s: "Now that the soda tax passed, will we reduce our selection of sugar-sweetened beverages?"

r: (Norman) Yes and no. We will likely reduce our offerings as sales dictate, and it's expected that we'll see some sales decline. On the other hand, we've recently been made aware of a new product to consider, a soda originally produced in 1885, billed as "a delicious blend of bitter and sweet, a drink to satisfy everyone's taste." Look for this new-to-us soda, called Moxie, on our shelves soon.

s: "I was in Whole Foods the other day (eww) and tried a different kind of Terra chips: Pickled Beet! Oh, they are so good! Can we please get them? Thanks!"

r: (Kathryn) Sounds good — thanks for the suggestion!

s: "Please make small containers of parmesan cheese. I just want to sprinkle it. Do not want it to go bad."

r: (Shawn MA) You can always ask to have a container split at the Deli. Feel free to ask Deli staff about anything like this.

s: "Can we slap labels on sliced cheese so that one can read the name and price all at the same time? Thanks!"

r: (Shawn) We do that with sliced cheese. Blocks are tagged to show what the cheese looks like and so you do have to look on back for that info.

normanb@weaversway.coop

City Council to Hold Co-op Hearing

by Michaela Holmes, Philadelphia Area Cooperative Alliance

PHILADELPHIA CITY COUNCIL LAST month approved Resolution #160701, authorizing the Committee on Commerce and Economic Development to hold a hearing this fall — date to be determined — on the development of co-ops.

This is an important first step to use public policy to boost the cooperative economy in Philadelphia. We hope you will join us to pack Council chambers and testify on the benefits of cooperatives in our city and region.

Early this year, Philadelphia Area Cooperative Alliance staff, board, and allies met with City Council members to explore how they can support the development of cooperatives. In a city where one in four residents live in poverty, the power of the cooperative model as a strategy to address inequality and build community wealth gained traction among councilmembers. Councilman Derek Green championed the resolution, with support from Councilwoman Cindy Bass, Councilwoman Helen Gym, and Councilman Mark Squilla.

PACA is inspired by cooperative business development initiatives in other cities. In New York, city funding has helped to triple the number of worker cooperatives. Madison, WI, has approved the creation of a cooperative loan fund.

Stay tuned for updates!

Michaela Holmes is PACA's Director of Cooperative Development. For more info, visit www.philadelphia.coop.

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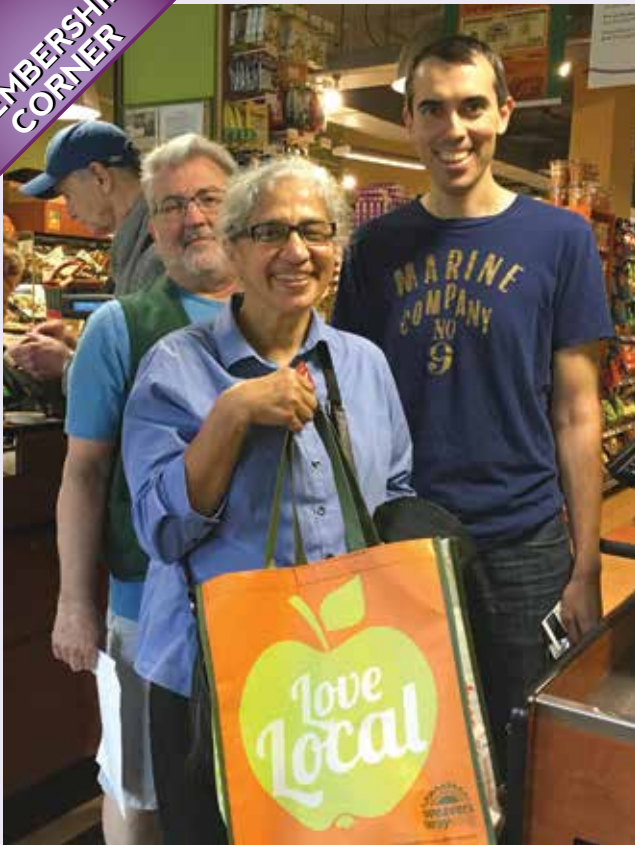
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- 7** Concern for Community

MEMBERSHIP CORNER



Our 6,000th Owner

Eva Wilson arrived at just the right moment to become Weavers Way's 6,000th member-owner on June 2. She was heralded by a blast from the confetti gun and gifted with a bag of goodies by cashier **Ron DeMarco**, at right, who signed her up in Chestnut Hill. Topping off Member Appreciation Weekend: Barbecuing in the Backyard in Chestnut Hill, and cake in both stores, prepped in Mt. Airy by cashier manager Susan McLaughlin and shift manager Megan Ellis, and enjoyed by Steve Hershey, member No. 8.



It Was Suggestion Central

Pictured: Juniper and ice cream concierge John Paul Gallager; GM Jon Roesser, staffer Molly Ruddell and Mt. Airy manager Rick Spalek ready to serve.



You came, you saw, you ate ice cream and made suggestions about what to do with The Garage. Among the ideas: Prepared foods, pet/wellness (converting 608-610 into a cafe), garden center, bike shop, bar/restaurant, enterprise kitchen, yoga studio and wellness center, vertical indoor farm.



WORKSHOP THURSDAYS

Topics are as varied and far-reaching as the interests of our members.

Member-led workshops are free (some charge a materials fee) and open to the public. Check the online events calendar for details and updates: www.weaversway.coop/events.

Or why not give a workshop yourself?

Weavers Way members who lead workshops receive three hours of household credit. Contact Membership at 215-843-2350, ext. 119, or outreach@weaversway.coop for more info or to propose a topic.

And don't miss Chillin' & Truckin'

when you're in the neighborhood for a workshop. Every Thursday, 5-7 p.m., at Greene & Carpenter.

COMING UP IN JULY:

RSVP to outreach@weaversway.coop or 215-843-2350, ext. 118.

Upcycled Art Studio with Mindy Flexer

Thursday, July 7, 5:30-7:30 p.m.

The Garage, 542 Carpenter Lane

Artist Mindy Flexer led the kids' upcycling art activity at the Spring General Membership Meeting, and now she's back, turning the Garage into a pop-up artist studio for the whole family. Draw, paint, print, build and collage. Your imagination is the limit!

Life After Loss with Claudia Apfelbaum

Thursday, July 7, 7-8:30 p.m.

Healing Arts Studio, 15 W. Highland Ave.

Have you experienced a significant loss or other radical life change? What are your dreams, hopes and aspirations? Compassionate listener and psychotherapist Claudia Apfelbaum will help you bring into focus the life you are creating or want to create for yourself.

FIX IT: Healthcare at the Tipping Point

Film Screening & Discussion

Thursday, July 14, 6:30-9 p.m.

The Garage, 542 Carpenter Lane

Why are health-care costs rising so fast, and who is our health-care system really serving? Join us for a screening of the 58-minute documentary "FIX IT" (fix-ithealthcare.com) with guest speaker Dr. Walter Tsou, a nationally known consultant on public health and health care reform.

Divine Sleep Yoga Nidra

Thursday, July 21, 7-8:30 p.m.

Healing Arts Studio, 15 W. Highland Ave.

This guided meditation, based on ancient yogic wisdom and meditation techniques, is a powerful tool for managing stress and maintaining a balanced lifestyle. Yoga teacher Michelle Stortz has been studying Yoga Nidra and just completed a 40-hour teacher training.

Manage Lead Risks at Home

Thursday, July 28, 7-8:30 p.m.

The Garage, 542 Carpenter Lane

Concerned about lead-paint hazards, the law and how to keep children safe in an older home? EPA-certified lead educator Bruce Murray will discuss hazards lurking in pre-1978 homes and neighborhoods, the dangers of DIY and non-compliant contractors and how to purchase home services that are good for your family.

Whole Foods Drifter Moves Next Door And Finds a Home As a Wellness Buyer

by Karen Plourde, Weavers Way Communications Staff

FOR MOST OF HIS WORKING LIFE, CHRIS MALLAM has been an employee of Whole Foods — in three states and three different departments. But three-plus years into his second stint at Weavers Way, the wellness buyer at Next Door seems to have found a place where he can use his knowledge and people skills.

Chris, 35, grew up in Hamilton Square, NJ, outside Trenton. His first job, as a cashier at Marrazzo's Thriftway in Robbinsville, almost ended after a few months; he found it nearly impossible to stand in one spot for hours.

So Chris got moved to the store's sit-down café, where quick meals, mostly breakfast, were made to order. Before long, the cooks were asking him to man the griddle so they could get a smoke.

"It got to where, 'All right, you're opening Saturday, Sunday morning and cooking breakfast for all the people that come in after church,'" he recalled.

Chris was able to build on his cooking skills a year later, when he began to do prep work for Marrazzo's catering department. He graduated from Steinert High School in 2000, and enrolled in Mercer County Community College just over a year later.

His introduction to the wellness world happened at the Whole Foods in Princeton. He was working in Prepared Foods, but was approached by the wellness team leader there after a few months to join that department.

"I was like, 'I don't know all those tinctures and bottles, and what the hell a tincture is,'" he said. "The rest of the guys came and [they said] 'We'll teach you what you need to know.'"

Chris loved the nonstop learning process that began when he joined the Whole Body team. Even so, it took several years, including two detours at other departments in other Whole Foods, for him to get back to wellness.

While on one of those detours, in January 2012, Chris fell three stories from the porch of his apartment in West Philadelphia. Landing on the concrete steps below, he broke his femur and his wrist, suffered cracks to his pelvic bone and fractured his jaw in a couple of places. He couldn't walk, and had to move back in with his parents while he recuperated. After a year of rehab, he was able to get around by himself, and got back in touch with former Weavers Way employee Emil Duffy. Emil told Chris about an opening in prep foods, and Chris returned to the store in early 2013.

When he found out about the planned debut of Next Door in the fall of 2013, Chris was hesitant to apply at first. He asked his boss, Executive Chef Bonnie Shuman, "How would you feel if I went for Wellness?" "I just knew I wanted to be in that environment."

Chris earned an associate degree in architecture from Mercer, and he was able to use some of those skills to help set up the store. "There's a lot of really small details that go into these things," he said. "With this here, I was able to have more of a vision. I did a lot of drawings and sketching and stuff."

Staff Celebrity Spotlight: Chris Mallam



Karen Plourde photo

Most days, passersby can find the Chestnut Hill resident on the top step of the entrance to Next Door, ready to welcome them.

"I like how you're able to take the time with somebody for the most part and help them," he said. "It's a lot different helping them feel better, and they'll live their life better . . . there's something about having a deeper connection with your customers."

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 Board meets at 7 p.m. on the first Tuesday of the month. The July 5 meeting is in Mt. Airy, at Summit Church, 6757 Greene St., down the street from the Co-op. The Board is off in August!

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

2015-2016 Weavers Way Board
President: Chris Hill
Vice President: Joshua Bloom
Treasurer: Emmalee MacDonald
Secretary: Lisa Hogan
At-Large: Megan Seitz Clinton, Larry Daniels, Joyce Miller, Joan Patton, Linda Shein, Laura Morris Siena, David Woo.

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OPEN EVERY DAY

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Mt. Airy main number: 215-843-2350
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

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mherbst@weaversway.coop
Floral Buyer
 Ginger Arthur, ext. 317
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 or Chestnut Hill.
 RSVP to:

outreach@weaversway.coop or
 215-843-2350, ext. 118.

NEXT MEETING: Wednesday, July 13
Upstairs at the Chestnut Hill Community Center
8419 Germantown Ave.
 (across from the Co-op)

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