



Co-op Board President Chris Hill, left, and GM Jon Roesser, right, with Ambler Food Co-op's former president Kathleen Casey, praised the effort that led to the creation of Weavers Way Ambler.

Linette Kielinski



Linette Kielinski



Linette Kielinski

How many dignitaries does it take to open a co-op? As many as can get a hand on the ceremonial ribbon. Board President Chris Hill and Ambler Store Manager Kathryn Worley did the honors with the prop scissors.

FIRST, THE RIBBON-CUTTING ...

by Karen Plourde, Weavers Way Communications Staff

Weavers Way Ambler officially opened last month with a ribbon-cutting ceremony, the culmination of years of activism by the Ambler Food Co-op, avid support of local officials and Weavers Way members and hard work by Weavers Way staff,

(CONTINUED ON PAGE A-2)



Chris Raines

Weavers Way Ambler celebration goes on Saturday demonstrating that the Co-op is open to all — including lions and Sith lords. Below, Norman Bowling and son Carter spin the wheel as prize cooperators Randi Alba awaits the outcome.



Linette Kielinski

Objective Perspective provided a jazzy background.



Linette Kielinski

Cake from Alice Bakery and coffee from Parry Roasters were open to all to sample or photograph.

The Shuttle

November 2017

WELCOME! WEAVERS WAY AMBLER



Chris Raines

Raffle cooperators Skip Baigis, Kathryn Christiana and Eileen Jaffe greet visitors and shoppers.

Even Ambler Police Chief Bill Foley (holding Matthew Appel) can't resist a visit from the fire truck.



Chris Raines

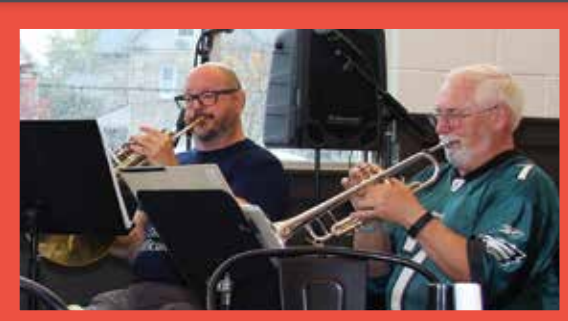
... THEN THE PARTY

by Diana Finegold, for the Shuttle

"All the world's a stage," Shakespeare wrote over 400 years ago. But chances are he never saw anything quite as colorful and exuberant as the Grand Opening Celebration for Weavers Way Ambler.

(CONTINUED ON PAGE A-6)

The party moved indoors Sunday, and so did the music, including the Ambler Symphony Brass (and their rendition of "Fly Eagles Fly").



Chris Raines

Princesses, fairies, ballerinas — everyone enjoys a sidewalk-chalk break.



Chris Raines

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With Ribbon Cut, Ambler Co-op Is Open

(Continued from Page A-1)

managers and the Board of Directors.

“I think perhaps to the casual passerby, this might look like the official dedication of a grocery store,” said Weavers Way General Manager Jon Roesser at the ceremony Oct. 27. “But the truth is that this is the official dedication of the manifestation of so much hard work in cooperative economics.”

“The members of the Ambler Food Co-op, which is now part of Weavers Way, really do represent the cooperative model at its finest,” he continued. “These are neighbors who identified a common need and pooled their resources to meet that need. Rather than wait for some out-of-town chain to come along and give them a grocery store, they said, ‘Our town needs a grocery store. Let’s make it happen ourselves.’ And that’s what they did, and that’s what we have.”

Roesser thanked the lenders who helped provide funding for the \$4.3 million project — PNC Bank, The Reinvestment Fund, Ambler Savings Bank, the Montgomery County Development Corp., and especially the more than 300 Weavers Way members who provided the single largest source of financing with \$1.5 million in member loans.

Chris Hill, president of the Weavers Way Board of Directors, also lauded the people of Ambler for their ability to coalesce around a community need. Referring to the grassroots efforts that led to the restoration of the Ambler Theater in 2007, he said, “I feel like Mt. Airy and Chestnut Hill, the other community partners in this enterprise, have a lot to learn from you guys.”

Hill and Ambler Store Manager Kathryn Worley then teamed up on the giant prop scissors to snip the giant red ribbon. Looking on as honored guests and official witnesses were state Sen. Stewart Greenleaf, all three Montgomery County commissioners — Joe Gale, Valerie Arkoosh and Ken Lawrence — Ambler Mayor Jeanne Sorg, members of the Ambler Borough Council, former AFC President Kath-



Linette Kielinski photo

Cake duty for Bernadette Dougherty, left, and Co-op Board member Joan Patton.

leen Casey and Co-op Board members.

Worley said she was pleased with the turnout and the support the store has received from the community.

“We’ve had people come in, and they’re crying, because they’re so excited that the store finally opened,” she said. “We’ve already made lots of new friends, and I’m just so happy to be here.”

Lawrence, vice chair of the board of commissioners, lives in Plymouth Township, but plans to visit the store regularly. “I think this is fantastic for Ambler and the residents of Ambler, but also for Montgomery County,” he said. “I know this is desperately needed here, so I’m glad the county could be a part of making this happen.”

Bernadette Dougherty, an Ambler resident and former AFC outreach coordinator, took note of the effort that made the new location a reality. “You know that expression, ‘It takes a village to raise a child’? Well, this took a village and a half,” she said. “The folks from Ambler Food Co-op, and the people from Weav-

(Continued Next Page)

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Linette Kielinski photo

Weavers Way GM Jon Roesser warms up the crowd; in the background are Store Manager Kathryn Worley, center, County Commissioner Val Arkoosh, state Sen. Stewart Greenleaf and County Commissioner Joe Gale.

(Continued from Preceding Page)
 ers Way formed such a wonderful village, and got this beautiful store opened. And when people come in today and they start to clap, you know that we did a good job.”

The store, Weavers Way’s third, opened for business Oct. 11; the building at 217 E. Butler Ave. formerly housed a Bottom Dollar discount grocer. Construction, managed by Delaware County builder W.S. Cumby, began in May.

The 11,000-square-foot store — big-

ger than both Mt. Airy and Chestnut Hill combined —features a café area, an expanded prepared foods kitchen and full-service meat and seafood department. The extensive bulk-food, pet-supply and health-and-wellness sections are housed within the main store. But perhaps its most unique aspect, aside from its size, is a footprint that includes 85 parking spaces — something Weavers Way shoppers will just have to get used to.

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A Hearty Party for the New Store

(Continued from Page A-1)

Shakespeare penned those words for “As You Like It” — and last Saturday a cavalcade of kids and their families certainly did! In fact, you could say “kids of all ages” were festooned for the long-awaited occasion (which happily coincided with Ambler’s Halloween Parade).

The air was filled with laughter, and the creative, colorful images of those in costume, from infants to grandparents, swirled like chips in a kaleidoscope, filling the exciting new store, the open area outside and the parking lot next door generously dedicated to the fun by Tony Serrao State Farm. They defied imagination, including an awesome array of superheroes of all descriptions, both male and female, ready to fight off evil in glowing capes, helmets, gloves and footgear; a menagerie of creatures, real and imagined, from unicorns and elephants to dinosaurs; ballerinas and princesses so passionate about their outfits, many were reluctant to remove their crowns even to go on the wildly popular moon bounce.

When I first arrived and went into the store, I was enthusiastically greeted by a smiling witch — a delightful contradiction in terms that reflected the warm, welcoming Weavers Way spirit of community! Huck, 1, and Max, 3, the very first children I met, were eating bagels while being dressed up by their parents Tom and Lee Russo.



Chris Raines photo

Coloring projects include making treat bags.

As soon as I ventured outside, there were surprises everywhere I looked! An adorable 12-month old cow, Lucius, herded in his carriage by his big brother, Seamus, and mom Kate Altman; 4-month old Dalmatian Enzo and his fearless firefighter princess sister, Aria, whose parents, Jenna and Sean McElhone, were visiting from Pittsburgh, and thrilled at Weavers Way opening where they’d grown up.

And I was relieved to shake the hands of super strong protectors of the universe — Captain America a/k/a Luthando, 4, and his brother, Spiderman, a/k/a Thabani, 7, whose mom, Noxolo Heleni, was bursting with pride as she introduced them to me.

With so many costumed crusaders on hand, it was a good thing there were plenty of activities to keep them busy while

(Continued Next Page)



Chris Raines photo

The hayride sets off through the wilds of Ambler.

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Florida's Natural 100% Premium Florida Orange Juice

Fair Trade Organic Bananas

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Florida's Natural Orange Juice (64 OZ)	\$3.99
Field Day Organic Raisin Bran (12 OZ)	\$3.39
Fair Trade Organic Bananas (1LB)	\$.99



(Continued from Preceding Page)

they waited their turn to fight evil: The moon bounce, of course; the Make Your Own Treat Bag table; Spin the Wheel for fun prizes, including Weavers Way yo-yos; face-painting, even a balloon guy, Greg Laut, whose nimble fingers worked magic, creating a vibrant rainbow of rubbery creatures that brought instant smiles and giggles!

The music tent vibrated with performances that engaged old, young and younger, from Miss Michelle, Art Miron and Jump Jive and Jam, which tickled with interactive rhythms and lyrics including a Halloween-inspired version of "The Wheels on the Bus."

Other star attractions included hayrides around the neighborhood and visits from the Wissahickon and Fort Washington fire companies. (Many a princess was seen to have traded her tiara for a firefighter's helmet.)

I met Cat Girl Norah, 4, and her brother, Superhero Noah MacKenzie, whose dad was a standout himself, "riding" a huge ostrich. I also spied Greek goddess Athena, in flowing robes, and her brother, the Sleeping Phantom, a/k/a Rosa and Thomas Warshaw, 7 and 10 respectively.

The night before, for the official ribbon-cutting event, Athena had plied her side gig, sampling Butterbeer. And, indeed, the festivities were not confined to a sunny Saturday, nor could rain damp-



Chris Raines photos

Kids shake things up with Jump Jive & Jam (Jeanne Scandura, Alison Hilley on guitar).

en the fun on Sunday, the last day of the Grand Opening, with activities — and a crowd — transported inside: The store was filled with live music from the café, where ensembles set up to perform through the afternoon; sampling, raffles and giveaways continued apace; and hot dogs and brats (grilled outdoors, under the tent, by the intrepid Rick from Dietz & Watson) were handed out.

The wonders of Weavers Way Ambler and the weekend party to mark its official opening were, as the kids might declare, "awesome." Ample — or should I say "Ambler" — cause for celebration for all ages.

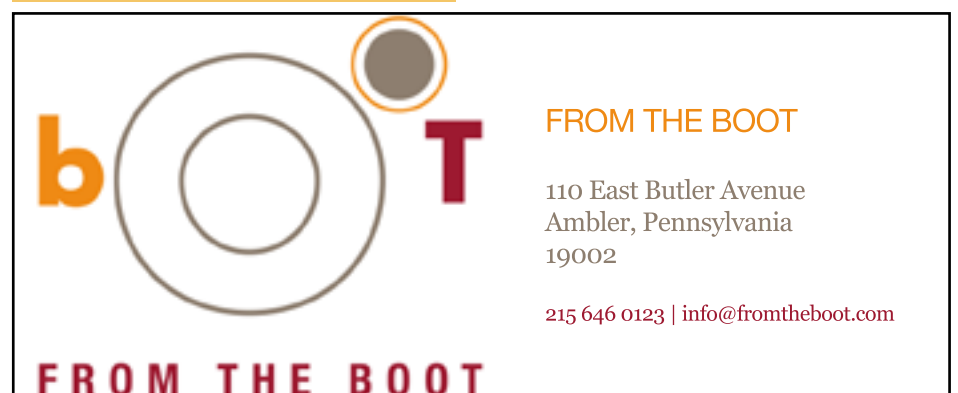
Diana Finegold is a Weavers Way Working Member.



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NOVEMBER 2017

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 45 | No. 11

Suggestions

I Try, You Try, We All Try To Stock the Right Stuff

by Norman Weiss, Weavers Way
 Purchasing Manager

GREETINGS AND THANKS FOR WRIT-
 ing. As usual, suggestions and re-
 sponses may have been edited for brevity,
 clarity and/or comedy. In addition, no
 idea, concept,
 issue, remark,
 phrase, descrip-
 tion of event,
 word or word
 string should be
 taken seriously.
 This also applies
 to the previous
 sentence.



Nothing is simple or clear-cut in
 this business. Nestlé, the company peo-
 ple like to hate (due to decades of put-
 ting profit over people's health), is buy-
 ing Sweet Earth, a fairly healthy burrito
 line we already sell. Lest you think Nestlé
 has awakened to caring about people's
 health, their press release makes it sound
 like it's more of the same. Nestlé consid-
 ers Sweet Earth products "on trend" (read
 "where future profit lies"). They are basi-
 cally jumping on the bandwagon of plant-
 based food products, a category that has
 experienced double-digit growth that is
 expected to continue a few more years.

Many Co-op members have raised
 objections to our stocking Nestlé products.

(Continued on Page 21)

Turkey Talk for the Uninitiated



The birds hanging out at Esbenshade's, top,
 and waiting in the truck for pickup (in the
 old days, when only members could buy
 them), middle ; and look what we made
 Crystal do when she first started working at
 the Co-op!

Editor's Note

by Mary Sweeten, Editor, Weavers Way Shuttle

IKNOW PEOPLE THINK WE HAVE
 a lot of rules at Weavers Way.
 That's not really true any more, but
 Turkey Ordering Time is one of
 those things that still might make
 you go "Hmmm."

So for those of you who are
 new to this — and those who just
 never got the hang of it — here's a
 little Weavers Way Turkey Order-
 ing 2017 primer.

At the Co-op, we sell fresh,
 never-frozen Thanksgiving tur-
 keys by pre-order. They are natu-
 rally raised and antibiotic-free. (Did
 I mention never frozen?) We get
 them from just three suppliers, all
 of them local:

Esbenshade: This Lancaster Coun-
 ty family-run turkey farm supplies
 most of our turkeys and claims to
 be the oldest in the United States.
 Founded in 1858, they're in Ronks,
 which is near Strasburg, and no, they
 don't have a website.

Koch's: Another family-run opera-
 tion, Koch's is located in the love-
 ly Lewistown Valley near Tamaqua
 in Schuylkill County. They supply
 us with Heirloom Bronze turkeys.
 (www.kochsturkey.com)

Empire Kosher: We also offer ko-
 sher turkeys from Empire, in Mif-
 flintown, Juniata County, which is
 still within our 150-mile local radi-
 us. (www.empirekosher.com)

We think this is a great oppor-
 tunity to put an exceptional turkey

on your table. And
 we sell a lot of them — nearly 600
 last year — so obviously, plenty
 of you agree. But if you're used to
 picking through a bin full of frozen
 Butterballs and hauling one home,
 be aware that this is a little different.

- You'll have to place your order
 in advance, and select the store
 where you'll pick up.
- You'll also choose a size, and then
 only from a range, such as 12-14
 lbs. or 18-20 lbs. Why? Because
 when we place the orders, these
 turkeys are still, um, *alive*.
- You can't order at the last minute.
 Because our suppliers, um, have
 to *process* the birds we order,
 then load them on a truck and
 drive them down here.
- About that truck: You pay inside
 — based on the actual weight,
 finally — take your receipt and
 go out to the truck and someone
 will give you the box with your
 name on it!

We've been doing this for
 years, which is not to say there
 aren't a few glitches and misunder-
 standings every season. We do or-
 der a few extra turkeys (they can be
 sold frozen if no one claims them),
 but don't count on that. So order
 early and often!

And be nice to Norman, who
 manages this whole process. He's
 a vegan.

msweeten@weaversway.coop

**WEAVERS WAY
 WILL BE CLOSED
 THURSDAY, NOV. 23,
 FOR THANKSGIVING**



You Don't Have to Wing It

Order Your Turkey Dinner from Weavers Way

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WEAVERS WAY

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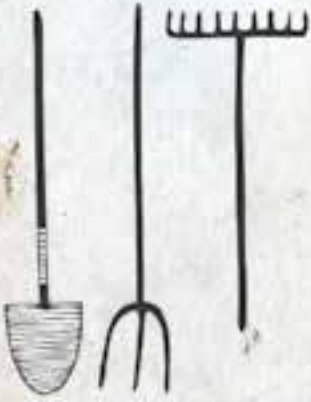
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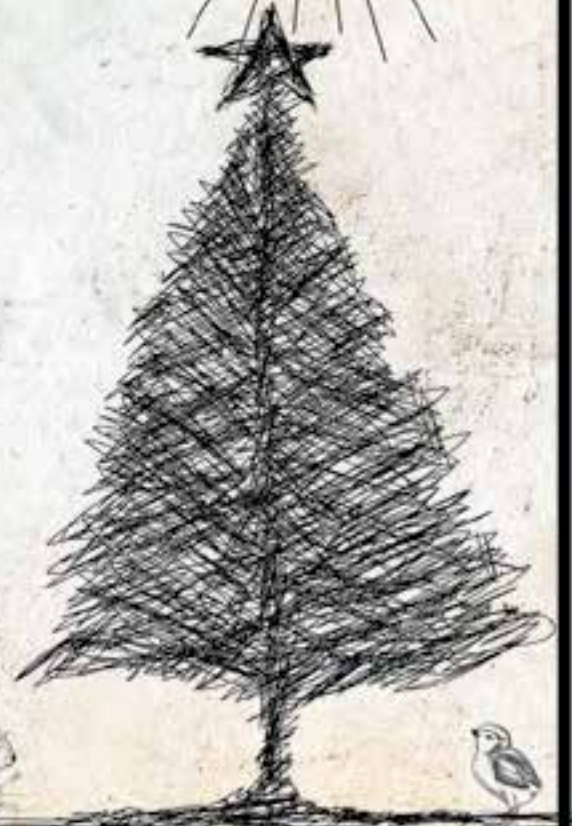
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Our guild is made up of people who are fiber enthusiasts: weavers, spinners, knitters, basket weavers, crocheters, dyers and felters. We love to share what we know so that others can experience the stress-busting fun of playing with fiber. We teach workshops and courses and put on weaving and spinning demos at festivals and other gatherings. You may have seen us at our very busy booth at the Mt. Airy Village Fair in September where we were teaching people of all ages how to spin yarn and weave a scarf.

With more than 160 members, we create lots of beautiful cloth, clothing and accessories. So, at least twice a year we turn our Guild House in Manayunk into a shop.

Please come to our annual HOLIDAY SALE in November to shop for gifts for your friends, family or just treat yourself to a beautiful wearable creation. The sale is held at our permanent headquarters at 3705 Main St. There is plenty of free parking in the lot across the street. So come see us! Hours are Thursday, Nov. 9, 6-8 p.m.; Friday, Nov. 10, 11 a.m.-8 p.m.; and Saturday and Sunday, Nov. 11-12, 11 a.m.-5 p.m.



Maryanne McDevitt woven towel, with shuttle.

Philadelphia Guild of Handweavers Holiday Sale

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Visit our website at www.pghw.org to see our class offerings and events. We meet on the first Thursday of every month from 7 to 9 p.m., and non-members are welcome. Look for our brochures and business cards at Weavers Way Mercantile. For more information, email Sara Robbins (robbinssk@gmail.com) or Judy Donovan (AlmasDaughter@gmail.com), or call us at 215-487-9690.

Dining for Women Goes to Bali for Holiday Fundraiser

by Betsy Teutsch, for the Shuttle

WEAVERS WAY'S THREE DINING For Women chapters, now six years old, keep evolving and changing, spinning off new projects and building friendships and bridges. Our giving circles, based on gathering for a monthly potluck dinner and supporting an international women's empowerment program vetted by representatives of our 400 fellow chapters, give us a chance to help other women, but also meet great local people.

One of our new members, Laura Cohn, recently relocated to West Mt. Airy from Bala. But Laura's heart is really in Bali, where she worked and studied batik for more than six years.

Nearly a decade ago, she combined her love of Indonesian culture and art with her entrepreneurial savvy, launching From Bali to Bala, an annual pop-up store, first in her home, then in Manayunk and, since 2010, in Chestnut Hill. Laura travels to Indonesia each year to acquire artwork direct from artisans with whom she has long-term connections, stocking her annual holiday sale of unique Indonesian handcrafts and gifts. (Visit www.frombalitobala.com or www.facebook.com/frombalitobala/ to learn more.)

This year, Dining for Women is pleased to announce that Laura will host



Balinese offering baskets as shown on the From Bala to Bali website.

our annual holiday fundraiser at her storefront at 8514 Germantown Ave. on Thursday, Nov. 30. We will enjoy a scrumptious Indonesian dinner catered by a local Indonesian chef, Pecel Ndeso.

Laura will donate 10 percent of the proceeds of gifts bought that evening to Dining For Women. We will also have a Silent Auction, including a 10-pack of yoga classes at Maguyoga, a weekend at a central Pennsylvania farm and dinners for two at local restaurants Bacio and Fiorino.

Tickets (\$25 until Nov. 15, \$30 after that) are required; there may be room for a few walk-ins, but we cannot guarantee it. To purchase, send a check made out to Dining For Women to Ann Mintz, 508 Wellesley Road, Philadelphia, PA, 19119, or drop it off at From Bali to Bala.

See you there!

Learn more about Dining For Women at diningforwomen.org. Contact Weavers Way member Betsy Teutsch at bteutsch@verizon.net.

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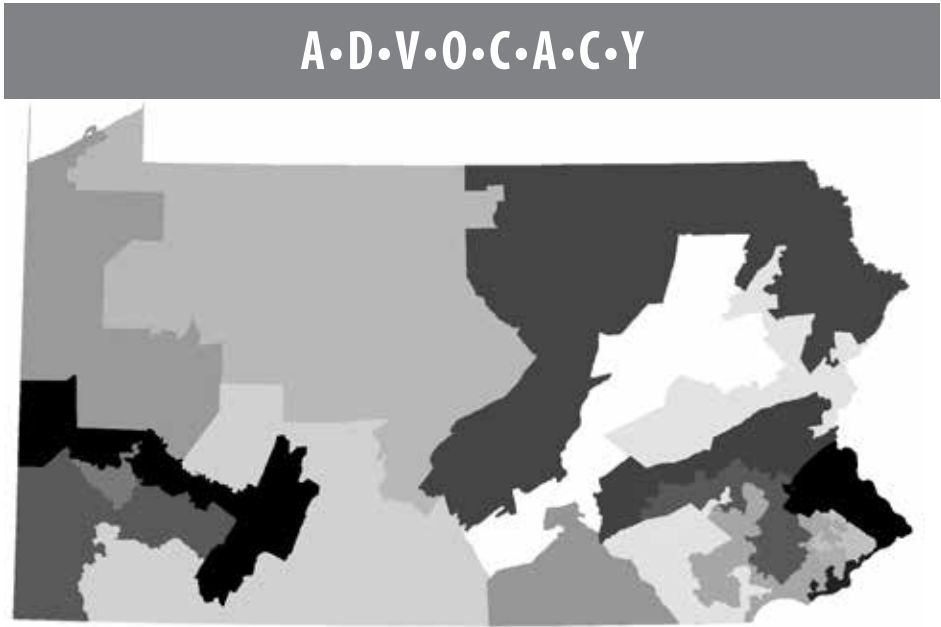
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Can't find yourself in this map of PA congressional districts? Thank Elbridge Gerry.

Redistricting Efforts Try to Take A Little of the Ugly Out of Elections

by Sue Wasserkrug, for the Shuttle

IT'S NOVEMBER, AND CHANCES ARE you're about to go to the polls, or you've already been. You might have voted, but you didn't really choose your elected officials. Thanks to gerrymandering, they chose you.

Gerrymandering is the process of creating voting districts in a way that gives an advantage to one political party over another. It results in some pretty weird-looking districts. For example, Pennsylvania's 7th Congressional District has been said to resemble Goofy kicking Donald Duck. It includes parts of six counties: Philadelphia, Montgomery, Delaware, Chester, Berks, and Lancaster. Not that all the other districts make sense. (The 7th is the arch-shaped medium-gray area at the lower-right in the map above. Or maybe you should look it up online.)

Based on the U.S. Constitution's requirement that each congressional district have about the same number of people, districts can be redrawn every 10 years, after the census is taken, to account for shifts in population. That sounds pretty innocuous, but the way the district lines are drawn is not. Current laws allow the party in power to control the process; this is one of the reasons it's so difficult to unseat an incumbent.

Gerrymandering and redistricting reform have been in the news a lot lately. On Oct. 3, the U.S. Supreme Court heard a case called *Gill v. Whitford*, in which citizens of Wisconsin challenged the constitutionality of the 2011 redistricting in their state. A lower court found that the plan was, in fact, an unconstitutional partisan gerrymander. The districting plan is so partisan that the Republicans secured 60 Wisconsin State Assembly seats, compared with 39 for the Democrats, even though Republicans won only 48.6 percent of the vote. Up until now, the Supreme Court has been reluctant to hear cases dealing with the partisan nature of redistricting, so the fact that it took this case is a pretty big deal.

Wisconsin isn't the only state where gerrymandering is an issue, and Republicans aren't the only ones who benefit: Maryland is gerrymandered in favor of Democrats. According to the Brennan Center for Justice at NYU Law School, Pennsylvania is one of the three most-gerrymandered states in the nation. (The others are Michigan and North Carolina.) Although registered Democrats outnumber registered Republicans 48 percent to

38 percent, Republicans hold 13 of Pennsylvania's 18 congressional seats.

There's a movement to change the law that governs redistricting in Pennsylvania. It would require a change in our state constitution — an arduous process, to say the least. Obviously, the party in power thinks the current system is just fine. The first step toward redistricting reform in Pennsylvania is passage of a bill in the General Assembly, and several bills to reform redistricting have already been introduced.

Fair Districts PA, a non-partisan coalition working to end gerrymandering in our state, has been working in Harrisburg to support Senate Bill 22 and its house counterpart, House Bill 722. These bills would create a commission that would be responsible for redrawing district maps based on the census. This commission would be independent, impartial, transparent and ethically bound.

Want to know more? Want to get involved? FDPA has working groups throughout the state, including several in Philadelphia. The Northwest Philadelphia Working Group is one of the most active, and we welcome you to join us. You can go to the website (www.fairdistrictspa.com) and sign up, or come to one of our monthly meetings. (Feel free to contact me for more information.) We would also be happy to give a presentation to any group you're involved with. You can often find us tabling at neighborhood events, with our beautiful (or not-so-beautiful, if you consider the ugliness of gerrymandering) puzzle-map of Pennsylvania's congressional districts. Stop by; we often have postcards you can send to your state senator and representative expressing your support for SB 22 and HB 722.

"Gerrymandering," by the way, is named after Gov. Elbridge Gerry of Massachusetts, who, in 1812, supported a bill that created a district near Boston that looked like a salamander. More than 200 years later, it's time to end the practice, at least in Pennsylvania.

Contact Weavers Way member Sue Wasserkrug at wasserkrug@gmail.com.

Editor's Note

Weavers Way General Manager Jon Roesser has the month off. . . . Just kidding! He's been insanely busy opening our new store in Ambler. His GM's Corner column will resume in December.

L·E·T·T·E·R·S

Fallen Leaves Should Be Composted, Not Trashed

IT'S LEAF TIME AGAIN IN NORTHWEST Philadelphia, and I'm wishing to not again suffer the heartache of seeing multiple bags of leaves on the curb bound for landfills. That's where most of our leaves go, whether in brown paper bags or plastic. Yes, leaves in brown paper bags go into the regular trash truck, and the landfill, throughout most of the year, except for one designated day.

The City of Philadelphia has a very limited program of picking up leaves to be composted — merely one day per year! The past two years, trucks failed to come by for pickup as scheduled on my 7400 block of Boyer Street. I bet other blocks experienced the same. Can we as neighbors create a local and low-cost solution?

For years I've kept and composted all my yard leaves. I've even picked up neighbors' leaf bags to add to my treasure. Yes, fallen leaves are a treasure that, when composted, have enriched my soil and reduced my yard-care costs.

However, now with so many new trees on my property, I'm overwhelmed with the volume, so I'm seeking a place nearby to take leaves for composting.

I believe those places are just waiting to be found. Potential benefits to site-owners include enrichment of their soil and, potentially, financial enrichment.

What's needed are properties — whether home or business or institution-

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to editor@weaversway.coop. The deadline is the 10th of the month prior to publication. Include a name and email address or phone number for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. Letters express the views of the writers and not those of the Shuttle, the Co-op or its Board. The Shuttle reserves the right to decline any letter.

al — where's there's a little free space. It could be a back or side yard. The resultant compost could be available for that property's use or sale, or free to neighbors. A modest compensation via individual donations or a grant to the site owner could provide incentive. I'm prepared to start a fund for 7400-7500 Boyer neighbors!

Would you work with me on this? I welcome a conversation.

Another option for composting is to "just let leaves stay where they fall." (blog.nwf.org/2014/11/what-to-do-with-fallen-leaves).

Bagging leaves for landfill is not a good option. Why? The methane produced, the transport costs, the taxpayer burden, the depletion of our soils.

We love our trees. Wouldn't we love their fallen leaves more if we could dispose of them easily, responsibly and to our soil's enrichment?

Lynn Mather
LynnMather@gmail.com

Looks Like Diversity Is a Problem at the Co-op

IT WAS WITH DEEP SADNESS THAT I read the column "11 People to Look for at Weavers Way Ambler" and to see that all 11 managers at the new Ambler store present to my eyes as white.

I am sure that each person is a talented, committed and really wonderful person. But the one necessary skill that they do not have is the ability to communicate non-verbally that all people regardless of ethnicity, race, economic status, or marginalized identity are wanted, welcome and celebrated in the new store.

In the year 2017, in an America where white supremacy is the coin of the realm, how can a community co-op management not understand that in building a team there are basic necessary job skills that simply cannot be met by an all-white staff, no matter how competent, no matter how committed, no matter how conscious each individual is, that the more diverse the lived experience of the collective staff, the more socially competent, the more likely that a full range of perspectives will be raised at staff meetings, and the more clear a message of invitation and welcome will be communicated to everyone who walks in the door.

We have so far still to go in the work of building the just and sustainable world that I yearn for, and that I imagine the Weavers Way Board is committed to.

Walter Hjelt Sullivan

GM Jon Roeser responds: *Over the last few weeks, I've been spending much*

of my time in our new Ambler store and have gotten to work closely with my 50 or so new colleagues. What a crew — hard-working, problem-solving, customer-focused. I consider myself truly fortunate to work with such a great group.

It is also, in every way, a diverse group. Teenagers to 70-somethings; men, women and transgendered; ex-offenders; folks living with intellectual and physical disabilities; citizens and non-citizens.

It's a racially diverse group too, as anyone spending any time in the store can easily tell. But as our fellow member-owner Walter Hjelt Sullivan points out, that racial diversity has not yet found its way to the store's management team.

That's not something with which we should be satisfied. Theoretically speaking, with a racially diverse staff, over time the management team's racial diversity will improve, as entry-level employees work their way up the ranks.

But we must find ways to facilitate this advancement, by offering mentoring and apprenticeships and by deliberately engaging with entry-level staff to ensure that when managerial opportunities come up, we hire from within.

In recent years, we've worked hard to improve the racial diversity of the Co-op's workforce. Overall, our staff is more racially diverse today than it was five years ago. We'll continue to build on this effort to ensure an even more diverse staff and management team in the future.

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Friday, December 1, 8:00
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The craft of musical representation for orchestra, with a heady depiction of the stages of love by Couperin, an earthy sketch of commedia dell'arte figures by Telemann, a tribute to dance by Rebel, and a monument to imagination by Handel.

Friday, January 26, 8:00
American Philosophical Society

Saturday, January 27, 8:00
Presbyterian Church of Chestnut Hill

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HARVEST ON HENRY

The seventh annual Harvest on Henry Farm Festival on Oct. 14 drew many friends old and new to the farm at Saul High School. The day started off a little drizzly, but cleared up and became just brisk enough to enjoy coffee from the "Snack Shack," pulled pork from Babalouie's BBQ and even ice cream made by the Saul students! A new feature this year, the Haunted Corn Maze, was a big hit. Thanks to all who attended and volunteered!



Top, Minya Budschalow pumpkin-bowls with dad Jonathan and brother Roshan; Ezekiel brushes one of Saul's horses; right, Tristen Jones takes a turn with Tyneisha Hill as the Moore Family Band plays on.

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

Weavers Way members are welcome to submit articles (about 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community. Editorial copy is due the 10th of the month prior, e.g., Dec. 10 for January.

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

Advertising

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

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Top, student MC Nia Thompson; Zander and Maxwell Crawford visit a calf; the famous Saul ice cream parlor. Above, the Hills, Madeline, Darnell and Heather, are ready for the corn maze, and Evan Mohr is NOT lost. Below, Saire Clark marks his pumpkin; Peggy O'Neill takes Milo Soper for a spin; Henry Got Crops Field Assistant Anna Danusiar is seated on ALL the trash!

Thanks to photographers Chris Raines and Hannah Holby.



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JAMBALAYA

This recipe is from "Good and Cheap: Eat Well on \$4/Day" by Leanne Brown, our speaker and honoree at Seed to Supper. Birchtree Catering helped us bring this recipe to life!

Serves 6

Ingredients

- 2 tbsp vegetable oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 3 stalks celery, chopped
- 3 cloves garlic, finely chopped
- ½ small green chili, finely chopped
- 2 large tomatoes, chopped
- 2 bay leaves
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp cayenne pepper
- ½ tsp dried thyme
- ½ tsp dried oregano
- 1 tsp salt
- 1 tsp pepper
- 1 tsp Worcestershire sauce or soy sauce
- ¾ cup long grain rice
- 3 cups vegetable broth or chicken stock

Directions:

Start with oil in a large saucepan over medium-high heat. Add onion, pepper and celery, then cook for about 5 minutes, until they become translucent but not brown. Add the rest of the ingredients except for rice and broth. Let everything cook for about 1 minute to let some of the tomato juice release. Add the rice and slowly pour in the broth. Reduce the heat to medium and let the dish cook until the rice absorbs all the liquid. It should take about 20 to 25 minutes.

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**Change the
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by Gary King, for the Shuttle

ATENTION ALL PEOPLE WITH A penchant for community service and childhood literacy: Read by 4th's "Reading Block Captains" initiative is coming to Mt. Airy!

Mt. Airy USA is partnering with Read by 4th to host a free workshop to recruit a new generation of community activists around literacy. The idea? Identify, recruit, and inspire "Reading Captains" on each block of the city!

Read by 4th Philadelphia and partner organizations like Mt. Airy USA are united in supporting an innovative Grade-Level Reading campaign that aims to get all kids in Philly reading on grade level by the time they reach fourth grade. Why fourth grade? Research shows that if students aren't reading at grade level by the time they finish third grade, it becomes much harder for them to ever truly catch up. Many struggle for the rest of their academic careers and a good portion drop out.

We want to target students before they get to that point. Whether you're a young single parent or couple with children or retired grandparents — we want you. A community volunteer or tutor? We want you.

- You are passionate about reading, young people and making a positive difference in the world.
- You understand that good reading

**Reading Block
 Captains Workshop**

**Saturday, Nov. 11,
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REGISTER ONLINE:
[readby4th.org/reading-is-everywhere/
 reading-captains](http://readby4th.org/reading-is-everywhere/reading-captains)

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habits begin in the womb, the minute your child hears words from the outside world, and continue during the infant/toddler/pre-K years, with books playing a vital role, and you in the starring role as the primary ambassador, via storytime and reading.

- You are embedded in your community and engaged with family, friends and neighbors and interested in being a resource, helping to promote literacy-related activities and initiatives that are always going on in and around the city.

Reading happens everywhere — in our schools, work, homes and even our blocks. So step up and become a Reading Captain for families on your block, building, or organization. All you need is to be at least 18 years old, someone who enjoys talking with your neighbors, and able to attend a two-hour training workshop Saturday, Nov. 11, 11 a.m.-12:30 p.m. at Work Mt. Airy, 6700 Germantown Ave.

Register online at readby4th.org/reading-is-everywhere/reading-captains. Or contact me at gking@mtairyusa.org or 215-844-6021, ext. 231.

*Gary King is the Mt. Airy Reads!
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Henry School Seeks Matching Funds for Multimedia Library

by Alison Cohen, for the Shuttle

C.W. HENRY SCHOOL, ACROSS THE STREET FROM WEAVERS Way Mt. Airy, prides itself on economic and racial diversity, academic excellence and connection to the Mt. Airy community. A K-8 school, it serves approximately 500 Philadelphia public-school students who learn standard subjects such as math, history, reading and computers, as well as music, art, gardening and much more. It even has dragon boating!

HOW TO HELP

For more info or to contribute to the fund for the LaunchPad at Henry School, visit www.gofundme.com/CWHenryLaunchPad.

But one thing Henry lacks is a library. So the school is working to create The LaunchPad, a multimedia library center that will reintroduce a real-book library of fiction and non-fiction books, and include different media for technology learning as well as a brand-new MakerSpace for budding engineers.

The total cost for the project is \$25,000. Henry has a matching grant from the Neubauer Family Foundation, and must raise the first \$12,500 for the project by Nov. 30.

“Growing up, my school did not have a playground, but the library was a place of exploration and excitement for me,” said Henry Principal Fatima Rogers. “I believe it is really important to open up the world beyond our neighborhood to our students and provide them with the opportunity to compete in a tech-centered society.”

“A library not only holds books, it holds stories and new ways of thinking,” said eighth-grader Sabria Debose. “Children should be able to start an adventure by opening up a book or technology of their own. We live in such a tech-savvy world and it will be a huge inconvenience to students by not teaching them



Principal Rogers dons the Cat's hat to read with Henry first-graders.

ways to excel in it!”

Students will be able to do research and tech-enabled creative projects such as movie editing, use software on different types of computers and tablets and have a quiet, beautiful and comfortable space in which to enjoy the learning process.

“I worked in the library when I was a student. It helped me understand how to properly research and digest the information around me. My library helped me learn how to discern good info from biased info,” said first grade teacher Meredith Schecter.

Henry already has a computer technology specialist and a computer lab, so The LaunchPad will already have the necessary staffing, which is often harder to acquire than the setup.

For more information about The LaunchPad or to make a donation, visit the GoFundMe page at www.gofundme.com/CWHenryLaunchPad.

Alison Cohen is a Weavers Way member.

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Feed the Barrel and Turn Cooking Oil Into Compost and Biofuel

by Stephanie Bruneau,
Weavers Way Programs Coordinator

CONGRATULATIONS! YOU DEEP-FRIED YOUR Thanksgiving turkey without burning down your house! Now you are digesting your meal, contemplating tomorrow's turkey soup and wondering what to do with five gallons of used peanut oil.

First, whatever you do, DON'T pour it down the drain! Oil in the drain, even small amounts, can build up inside your pipes and cause big problems. Bring it to the Co-op instead! Weavers Way is partnering with Feed the Barrel, the city's first residential cooking-oil recycling program.

Feed the Barrel was started by mothers in South Philadelphia's Indonesian community. Indonesian cooking involves a lot of oil, and Indonesian families were accustomed to pouring used oil down the drain. They were also having to repeatedly call the plumber for drain problems. So members of the Indonesian Diaspora Network of Greater Philadelphia contacted the U.S. Environmental Protection Agency for advice and help. The EPA connected

the group with Eden Green Energy, a commercial oil-recycling company that works with Philadelphia restaurants, and the city's first residential cooking-oil recycling program was born.

Now, thanks to Feed the Barrel, home cooks can take their used oil to more than 13 dropoff locations in the Philadelphia area, including Weavers Way Chestnut Hill and Weavers Way Ambler. The used oil goes into a 55-gallon drum at each site, donated and collected by Eden Green Energy. The collected oil is turned into compost and biofuel.

By feeding the barrels, you not only help keep the sewers clear, you also help reduce waste in landfills and waterways, and you give a waste product another life.

So when you're ready to get rid of that turkey-frying oil (and some chefs say cooking oil is better the second time around), bring it to Weavers Way and help Feed the Barrel!

For more information on Feed the Barrel, visit www.feedthebarrel.org. For questions about recycling your oil at Weavers Way, contact sbruneau@weaversway.coop.



Hani White, right, is the co-Founder of Feed the Barrel



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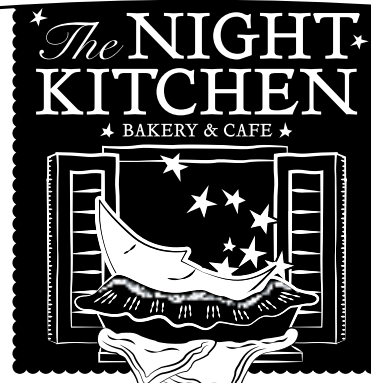
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The Passionate Gardener

Which Seeds Will Go into Your Garden?

by Ron Kushner, for the Shuttle

FIRST, LET ME ADDRESS THE SUBJECT OF ORGANIC seed. For years, the word “organic” loosely referred to plants produced without synthetic pesticides or fertilizers, but there was no real regulation. In 2002, the USDA established the National Organic Program, which set national standards for the term “Certified Organic.” Seeds that are certified under this system are approved through a regular inspection process by a USDA-accredited certifier. The seed packages carry the USDA organic symbol.

Note that any seed labeled “treated” has had synthetic, non-organic pesticides or fungicides applied, but it is rare to find this type of seed in retail garden centers.

Home gardeners do not need to seek out certified-organic seed. If you maintain healthy soil, follow organic techniques and, when necessary, use organic fertilizers and organic, non-toxic pest and disease controls, you are gardening organically. Only if you are selling your crops as “organic” will you need to use only certified organic seed.

Hybrids vs. GMO

Plants are pretty sloppy when it comes to reproduction. They crossbreed with plants outside their own species, in some cases distant relatives, to create hybrids.

Hybrids have been recognized for well over 100 years. They actually occur in nature without any human intervention. In the mid-19th century, Gregor Mendel’s experiments in Austria resulted in “controlled hybridization.” Today, hybrids of all kinds are available to not only gardeners but commercial growers as well.

A hybrid plant can be identified by the “X” in its botanical name. For example, “Leyland cypress (X Cupressocyparis leylandii)” is a naturally occurring hybrid of Monterey cypress (*Cupressus macrocarpa*) and Nootka cypress (*Callitropsis nootkatensis*).

Plant breeders have always taken advantage of the ease of crossing different parent plants to create hybrid babies with desirable traits. Tomato breeders, for example, are constantly seeking improved disease resistance, earlier maturity, better taste, color and so on. But all of this experimenting takes an enormous amount of time (usually years), not to mention expense.

Any way you look at it, the process of creating a hybrid is a natural act, since it could have happened by wind, insects or other means. Hybrid plants produce viable seed that in most cases can be planted like any other seed.

It is important to understand that the results of planting seeds taken from hybrid plants will be unpredictable. In many cases, the seeds will produce plants unlike either plant they came from. The only way to maintain the traits of the first, “F1 generation” hybrid is to repeat the original crossing. This is what seed companies do every year to be able to offer the same hybrid seed again and again.

On the other hand, genetically modified organisms (GMOs) are created by implanting genetic material from another life form, maybe a bacterium, into a different one. Both hybrids and GMOs are products of genetic manipulation, but hybrids rely on a natural process whereas GMOs are completely the result of human technology. At this time, there are no GMO seeds available for retail sale in the United States.

Open Pollinated Seeds

In order for open-pollinated seeds to form, pollen must be transferred from the male organ of the flower to the female organ. This transfer of pollen must happen regardless of whether the male and female parts are on the same flower (“perfect”) or if the flowers have male and female parts on different flowers or even different plants of the same species (“imperfect”). This transfer of pollen can happen by wind, pollinating insects, birds, even a gardener with a paintbrush.



When seed is saved from an open-pollinated plant, the new plant, next season, will have the characteristics of the original plant (or plants of the same species) and its fruit will remain the same. The problem here is that open-pollinated plants must be isolated to keep from producing accidental hybrids. If you have many varieties growing in the same garden (tomatoes are a classic example), a bee or other insect could transfer pollen from one variety to another, cross-pollinating them and causing the next generation to be a hybrid.

Heirloom seed

An heirloom seed is simply an open-pollinated variety that has been in cultivation for over 50 years. Over so much time, the variety has become adapted to a particular location and produces the same desired fruit or other traits dependably year after year. The question always arises as to whether heirlooms are better tasting, easier to grow, more disease resistant. The answer is, not always! Many heirlooms will not do the same, or as well, when planted outside the area where they originated. And some have negative traits such as disease susceptibility that hybridization has solved.

Weather conditions further complicate matters. We experience this often in the Philadelphia area — too much heat early in the spring, severe winter conditions, excessive wet months and hot, dry summers are just a few examples of what can alter the growth and production of our plants and the taste of our fruit.

Questions or comments: ron@primexgardencenter.com.

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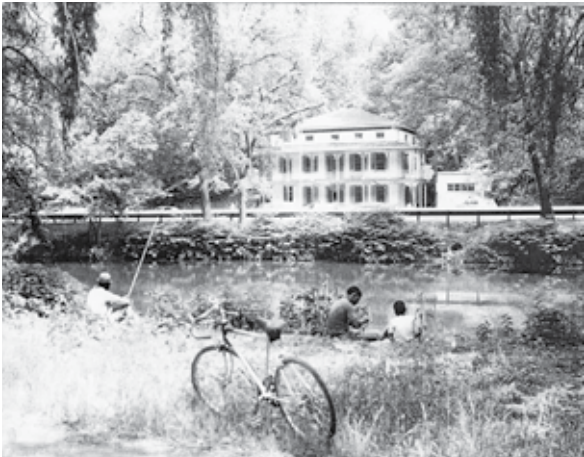


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Photos courtesy of FOW

There may not be oil wells in the Wissahickon any more, but the vistas at left remain familiar looking today — except for the ice-skaters.

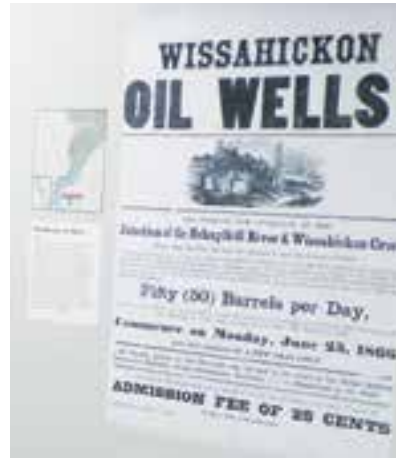
Where Every Picture Tells a Hidden History

by Maura McCarthy,
Executive Director,
Friends of the Wissahickon

PRESERVING VITAL NATURAL SPACE is a shared responsibility of Friends of the Wissahickon and the Chestnut Hill Conservancy. To that end, the two organizations have shared a productive partnership since 1990, when they jointly formed the “Conservation and Façade Easement Program” for Chestnut Hill, surrounding communities and the Wissahickon watershed. Easements, or donated development rights, are one of the strongest preservation tools we have.

By encouraging landowners to voluntarily limit future development of their property, easements help protect the vast network of adjacent privately held green space, which is essential to the health of the Wissahickon and Philadelphia’s water supply. The program controls surface water runoff, promotes natural drainage and protects native flora and fauna.

One project involved the acquisition of a conservation easement to preserve more than 8 acres of open watercourse in Chestnut Hill. Located near the headwaters of East Brook, which feeds Swan Pond at Morris Arboretum and is a tributary of Wissahickon Creek, the area is one of the few remaining stream valleys in Philadelphia with an intact watercourse, interrupted only by road crossings. The valley and stream running through it are important natural resources in Chestnut Hill, contributing to the ecological health of the neighborhood and the Wissahickon watershed. The easement protects the property from development and ensures that it will remain a forested vegetative



Hidden Histories of the Wissahickon

A joint photo exhibit by Friends of the Wissahickon and the Chestnut Hill Conservancy. Open business hours through early 2018 at FOW’s offices, 40 W. Evergreen Ave. Call **215-247-0417** to check for open times.

stream buffer in perpetuity.

To date, the Conservancy, formerly the Chestnut Hill Historical Society and the nation’s first urban accredited land trust, and FOW have facilitated the permanent conservation of more than 140 acres of open space in Chestnut Hill.

During our 90th anniversary year in 2014, when FOW embarked on a major renovation of the historic Valley Green Inn, which we steward, we called on CHC’s expertise to identify and catalog found objects. For a time, FOW and CHC even shared office space: In 1993, FOW moved into the upstairs office at the then-Chestnut Hill Historical Society, and donated the FOW archives to the organization. FOW has since moved, but its archival materials remain.

Now you can see some remarkable photos from those archives in a gallery show we’re pleased to be mounting jointly with CHC in celebration of its 50th anniversary. The specially enlarged images and background information that make up “Hidden Histories of the Wissahickon” allow you step into the rich past of Wissahickon Valley Park — and Philadelphia itself. You can see the exhibit, which opened in September, at FOW’s office at 40 W. Evergreen Ave. during normal business hours through early 2018.

Even if you think you know the Wissahickon, I guarantee you’ll discover something in this exhibit that will give you fresh insight into all the history and nature the park has to offer.

For more information about Friends of the Wissahickon, visit www.fow.org.

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Participants at the Northwest Village Network planning session used blue dots to “vote” for the priorities they favored.

Urban Villagers Mull Priorities

by Larry Schofer, Weavers Way Education Committee

LOCAL CONTROL IS A MANTRA FOR MANY OF OUR NEIGHBORHOOD ORGANIZATIONS. At a meeting in September, Northwest Village Network applied this approach to assess its own organization.

NVN is a volunteer-run “urban village” dedicated to helping seniors live independently at home as long as possible. A key element involves participation — in NVN and in the community.

The meeting, attended by about 35 NVN members, began with participants gathering in small groups to brainstorm what specific paths should be pursued in the near future. Each group was asked to list five priority areas. Then everyone met in plenary session, with priorities listed as each small group reported. Finally, members were given a set of blue dots, and facilitator Anne Javscas asked participants to place their allocated dots on the priority lists. Voting was “weighted,” with voters able to assign multiple dots to a given priority. Interactions were lively as voters weighed their options and consulted with each other.

“Companionship/social interaction” and “Dealing with financial issues, both long-term and on an emergency basis” proved to be the most frequently selected areas. Other popular priorities included informal get-togethers, volunteer transportation and assessment of housing for continued living at home.

NVN has a number of active committees and presents a range of programs at least once a month. In addition, there are coffee hours and interest groups such as movie discussions, a book group, handicrafts sessions and trips to art museums. These meet on a regular basis, sometimes weekly, some less frequently.

NVN has also sponsored a number of programs in conjunction with Weavers Way, My Way and the Rotary Club of Chestnut Hill. The current president is longtime Mt. Airy resident Faye Ross. For more information, visit www.northwestvillagenetwork.org.

edcomm@weaversway.coop



eco tip

Make It the Last Straw

by Marsha Low, Weavers Way Environment Committee



Here’s an eye-popping statistic: Every day, 500 million plastic straws are used in the United States. Being single-use, virtually all are discarded, and many end up in our oceans and harm marine animals. (A video of scientists removing a straw embedded in a sea turtle’s nose went viral in 2015.) And since plastic never completely biodegrades but just breaks down into ever-smaller pieces, straws are helping to turn our oceans into plastic soup.

There are some easy, common-sense ways for us to reduce the use of straws: First, stop using them at home. Second, when dining out, tell your server you’ll skip the straw

for your water or soft drink. (I’ve never understood this straw thing. Perhaps people think it’s more sanitary to drink out of a straw rather than directly from a glass, but about wine or beer or coffee or tea? No straw there!)

And bring up the issue at restaurants you frequent. Speak to the manager and request that they stop providing straws, or at least require customers to ask if they really want one. Finally, there are alternatives to plastic straws; if you really need them, they are available in glass, bamboo or stainless steel.

Seattle recently passed a ban on plastic straws (and plastic utensils, too). That’s Seattle, you might say. But that’s no reason not to get started on your own personal plastic straw ban!



Danielle Richardet photo



2018 – 2019 Open House
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A·D·V·O·C·A·C·Y

Climate Lobby Puts Citizens on Capitol Hill

by Bill Hengst and Karen Melton, for the Shuttle

THIS PAST JUNE, FIVE WEAVERS WAY MEMBERS joined with 1,300 citizen lobbyists from 49 states and Canada for the eighth annual Citizens Climate Lobby conference in Washington, D.C. Nearly 500 meetings were held with members of Congress and their staffs.

By joining CCL's lobbying efforts, these ordinary, unpaid citizens were working to create the political will to adopt strong climate-protecting solutions. In particular, CCL is trying to get Congress to pass a Carbon Fee & Dividend, the single most powerful way of transitioning the global economy from fossil fuels to clean, climate-friendly energy sources. (See the sidebar for more information.)

Founded in 2007, CCL has grown into an international organization with 86,000 supporters in the United States and 365 active chapters, covering almost every congressional district. Building good relationships with members of Congress is essential to what this nonpartisan, nonprofit grassroots organization does. Its volunteer lobbyists are trained to listen intently and engage in respectful conversations, looking for common ground and values. The ultimate goal is to help elected officials understand the urgent need for action to protect against climate change.

Pennsylvania has 12 active chapters, including ones in Philadelphia, Chester, Delaware and Bucks/Montgomery counties. The Philadelphia chapter includes small-business owners, scientists, artists, writers, lawyers, doctors, academics and students. One student (a Weavers Way member) spent a gap year, after finishing high school, volunteering full time with CCL. His efforts resulted in a resolution, adopted unanimously by Philadelphia City Council, calling on Congress to address climate change and consider the CF&D policy.

In addition to lobbying, chapter members write op-ed pieces and letters to the editor and speak to groups about CF&D. The Philadelphia chapter is building relationships with City Council and local representatives in Congress. Its members also are involved with other green organizations and initiatives, such as support for Philadelphia's rooftop solar campaign.

Concern about climate change is actually spreading



Citizen climate lobbyists took a break from their summer 2017 Congressional blitz for a photo on the steps of the Capitol.

What Is Carbon Fee & Dividend?

Carbon Fee & Dividend (CD&F) would recover some of the costs imposed on society by burning fossil fuels. The fee is based on the amount of greenhouse gas pollution generated by burning oil, gas or coal, and would be collected at the earliest point of entry into the economy — well, mine or port. All fees, minus administrative costs, would be returned to U.S. households as an energy dividend in equal payments to each adult. Returning the fee, which would make

it revenue-neutral, is an important consideration for many conservative members of Congress.

A study conducted by Regional Economics Modeling Inc. estimated that in the first 20 years, Carbon Fee & Dividend would reduce carbon emissions to 50 percent of 1990 levels, create 2.8 million clean energy jobs, prevent 230,000 premature deaths from fossil-fuel-related air pollution and increase GDP by \$1.375 trillion compared to anticipated GDP without the policy.

For more information, go to citizensclimatelobby.org and click on "Our Climate Solution."

rapidly in Congress. Last year, the House of Representatives established a bipartisan Climate Solutions Caucus, which informs members about policy options to reduce climate risks. This year, it grew from 16 members in January to 60 as of Oct. 4. The caucus requires new members to join in pairs, one from each party, so that means 30 of the caucus members are Republicans!

CCL stays in close touch with their offices. During a lobby visit last year, one staffer in a Republican congressional office told a CCL delegation, "You're on the right side of history. Going forward, the only question is how fast our country and the planet get to where we need to be, and whether we get there in time to ward off complete climate catastrophe."

In the July issue of The Shuttle, Jon Roesser wrote that in the coming years, the Co-op will focus on five key areas: energy efficiency, food waste, packaging, renewable energy

and policy. Under "policy" he pledged: "Take a more active role in influencing policy-makers on environmental issues."

One way of achieving this goal would be for more Co-op members to join CCL. Start by registering at citizensclimatelobby.org for an introductory conference call, scheduled each Wednesday at 7 p.m.

The Philadelphia chapter holds regular meetings on the second Saturday of each month to discuss its ongoing work and to participate in a national video conference. Meetings are currently held over a potluck lunch at CityCoho, a co-working space at 24th and Walnut streets in Center City. For more information, go to citizensclimatelobby.org and click on "Find a Local Chapter," or contact Peter Handler (also a Co-op member) at handlerstudio@gmail.com.

Bill Hengst and Karen Melton are Weavers Way members.

Learn About Rooftop Solar in Ambler

ALTHOUGH CLIMATE DISRUPTION will hurt almost all sectors of the natural and human worlds, the Environmental Justice Center at Chestnut Hill United Church recognizes that those at the margins of society — the elderly, the very young, the medically fragile, the poor — will be disproportionately harmed. Thus, addressing climate change is a moral imperative for the Center and its host organization.

One of the initiatives of the Environmental Justice Center involves partnering with Northwest Philly Solar Co-op to help homeowners learn what's involved in rooftop solar. NPSC educates neighbors about solar energy and works with solar installers to organize buying groups. This results in lower prices and a more streamlined process for everyone involved.

Meenal Raval, the Solar Co-op's coordinator, says a group of 12 Mt. Airy households formed the first neighborhood buying group. The solar panels being installed on all these properties are expected to have a cumulative carbon reduction of 55.8 metric tons per year for the life of the installations — 25 years, probably longer.

NPSC has begun recruiting for their second buying group. "We're eager to organize groups in nearby suburbs like

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Chestnut Hill United Church Environmental Justice Center

Ambler Environmental Advisory Committee
Ambler Borough Parks and Recreation

Cheltenham, Erdenheim, Ambler and Lafayette Hill," Raval said.

Come learn about what's involved in getting solar on your roof! It's free, and all are invited. We'll discuss what makes a site right for solar panels, as well as issues like payback periods and tax breaks. Bring a recent electric bill.

The Ambler Environmental Advisory Committee and Ambler Borough Parks and Recreation are cosponsoring the workshop.

The group will meet on Sunday, Nov. 12, at 2 p.m. in the Ambler Borough Council Meeting Room, 131 Rosemary Ave. Contact joybergey@gmail.com or 215-313-1311 for more information.

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No Need to Throw in the Guest Towel to Stay Healthy for the Holidays

From the Weavers Way Neighborhood Nutrition Team

HOLIDAY EATING CAN OFTEN LEAVE nutrition and digestion compromised. But it doesn't have to be that way! Here are a few tips from the Weavers Way Neighborhood Nutrition Team to keep you healthy and energized throughout the holiday season.

Ditch fast food and soda. During the holiday season, what you really don't have time for is food that undermines your immune system. Having healthy snacks on hand is key. Try raw-food bars, nut-butter packets, whole fruit or seed chips with hummus or another healthy dip to keep you full on the run. Beware "granola" bars full of processed grains and sugar. A cup of protein-rich yogurt is faster and far less costly than drive-through. If you usually drink soda or sugary coffee, try green tea or chai instead. Brew with organic orange peels for added flavor and better digestion. In addition to caffeine, green tea provides powerful plant compounds and antioxidants, plus the calming amino acid L-theanine. Miss the bubbles? Sparkling water doesn't strip minerals from your body like other carbonated beverages.

Add fresh greens and garlic to everything. Canned foods, takeout — anything you heat on the stove can be made more nutritious on the fly. Garlic and hearty greens such as kale keep a long time and are ready when you are.

- Fold leaves in half to pull from the stem with ease, tear into pieces and stir into



Red garlic, fresh kale: It's already beginning to look a little like Christmas.

your dish. Keep stirring to wilt, or add a splash of water and cover to steam.

- Garlic is one of the most antimicrobial foods on the planet. Raw or lightly cooked, garlic is antiviral, antifungal and antiseptic, and a host of scientific evidence shows its benefits for heart health. Important: To activate the enzyme so helpful to the heart, smash or press the garlic and let it sit exposed to the air for 10 minutes before cooking.

Upgrade your fats and proteins. When the weather chills, we naturally crave heartier foods for insulation. For many, this means bingeing on carbs to satisfy hunger. What many people are actually hungry for are nutrient-dense veggies, fats and proteins. Unlike commodity grain-fed, grass-fed animal products are rich in anti-inflammatory omega-3 fats. Organic animal products exclude the antibiotics, hormones and GMO feed of conventionally raised meat, but only grass-fed animals have the healthy, alkaline fats that keep



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skin glowing and the mind calm. Truly pastured eggs and dairy are a healthful upgrade to foods you likely already eat. Vegan? Try coconut butter and milk for hearty fats that keep you feeling full.

Consume raw, fermented foods daily. Raw organic apple cider vinegar has been a one-stop health shop for centuries. "ACV" eases indigestion, provides immune-enhancing probiotics, reduces inflammation by improving food breakdown, and makes a tasty salad dressing

mixed with olive oil, garlic, a squeeze of lemon and finely chopped peppers. Miso paste, another ancient fermented food with the same health benefits, imparts deep flavor to soups, broths and dressings. Add a tablespoon of miso at the start of cooking, and another tablespoon after removing from heat to preserve the delicate living compounds. Pickled vegetables make an excellent pre-dinner snack.

Enjoy smoothies! A powerful blender will make easy work of consuming fruits and veggies. The basic ratio should be at least 60 percent greens / 40 percent fruit. There are loads of smoothie recipes online. Some people digest best when fruits, grains and fats are consumed separately, so experiment with veggies and fruits alone, with yogurt and with oats, until you find the combo that leaves you feeling great. In cooler weather, try using warming ginger tea in place of water to maintain appropriate body temperature.

Finally, with all that hugging and handshaking, don't forget the simplest magic of all:

Wash your hands!

The Weavers Way Neighborhood Nutrition Team is a group of nutritionists, dietitians and other wellness practitioners who are working together to bring nutrition inspiration and information to members that will empower them to make desired changes in their nutritional program. For a full list of programs, visit www.weaversway.coop/events.



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Kinesiotape: It's Not Just for Olympians Anymore

by Ronda Throne, Weavers Way Health and Wellness Committee

WHILE WATCHING YOUR FAVORITE sports team, perhaps you have noticed black, beige, pink or blue patches on the skin of some athletes. These are pieces of Kinesiotape, a lightweight cotton and elastic tape that adheres with a wave-patterned acrylic adhesive. This specialized tape has been used successfully to treat orthopedic, neuromuscular, neurological and other medical conditions including strain/sprain, soft-tissue tears, pain, bruising, swelling, scars and more. Its use at the 1988 Olympics in Seoul gave it international recognition. It was introduced to the United States in 1995; however, I first saw it used by the U.S. women's volleyball team and men's swim team in the Beijing Olympics in 2008.

Dr. Kenso Kase, a U.S.-trained Japanese chiropractor, developed this tape in 1979. It facilitates the body's natural healing process while providing support and stability to muscles and joints without restricting their range of motion. It has been proven effective for both the rehabilitative and chronic stages of injury or pain care and can also be used to prevent injuries, and in conjunction with various kinds of treatment.

There is no latex or medication in Kinesiotape. Designed to mimic the perceived weight of living human skin, it



Ronda Throne photo

The author's work (and the author's ankle) demonstrate an application of Kinesiotape.

is comfortable to wear and can remain in place for three to five days, through bathing, exercise and sleep. Because of this, it is used by sports physicians, physical therapists, chiropractors, massage therapists and other professionals to extend the benefits of their treatment beyond the office visit.

Kinesiotape has the ability to stretch and recoil longitudinally. This recoil action enhances muscular, joint and circulatory activity by adjusting the movement patterns beneath it. It can be cut and applied in many ways. Once ap-



plied, it communicates with receptors in our skin that give our brain feedback about the length, strength and position of our muscles, signaling some to reduce tension while stimulating others to take up the slack. By tweaking our movement patterns, the tape helps muscle performance and joint alignment and increases scar mobility. Kinesiotape also microscopically lifts the skin to which it adheres, promoting increased circulation of blood and lymph in compressed, swollen tissue. This decompressive action increases circulation to reduce adhesions, swelling and pain while helping heal bruises incredibly fast. If applied at the time of injury, it can actually prevent bruising from occurring.

Formerly limited to specialists, this remarkable tape is now available to everyone. Many have benefited from its use — pregnant women, weekend warriors, dancers, kids, grandparents, even pets.

You can find Kinesiotape online

and in stores as precut pieces and in rolls. The trick is learning when, where and how to use it, as well as when not to. Since it is not a one-size-fits-all product, most people would benefit initially from the guidance of a professional. Look for the CKTP (Certified Kinesio-Taping Practitioner) designation from the Kinesio Taping International Association (KTAI), certifying that professionals have passed a comprehensive exam after completing 24 or more hours of supervised class time learning tape protocols for specific conditions.

You can learn more at kinesiotaping.com, local classes in your area (coming soon) or by checking out videos on YouTube.

Ronda Throne, BCTMB, LMT, CKTP+, added kinesiotaping to her practice to further assist people with musculoskeletal and orthopedic conditions reduce their pain and enhance performance. She plans to offer an "Intro to Kinesiotape" workshop — learn tape applications for spots of pain, swelling and bruising, as well as wrist and low back pain. Contact her at amtamembers.com/ronda.

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

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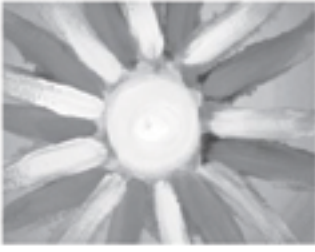


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Old Academy Players photo

Naturally, there's someone behind the door: From left, Jennifer Sivvers/Roberts, Maggie Cummings, Tom England, Susan Lonker, Eric Rupp.

'Fast Girls' at Old Academy

OLD ACADEMY PLAYERS PROUDLY presents "Fast Girls," a comedy by Diana Amsterdam, opening Nov. 3 and running weekends through Nov. 19.

"Fast Girls" (which won Montreal's equivalent of a Tony Award) is a buddy story about two single women during the late '80s, when the sexual revolution was hitting a snag. Lucy Lewis is playing the field; she is a successful career woman and a "fast girl." Her neighbor, Abigail McBride, seeks a suitable husband and is getting desperate. Then Lucy's mother, Mitzi, comes to town to convince Lucy that she has to settle down before it's too late. Features adult themes — not recommended for children.

The playwright will join us on opening night, Nov. 3, for a Q&A. Amsterdam's plays have been produced in New York, London, Berlin, Montreal, Los Angeles and many other American cities. She is currently writing a commission for Mildred's Umbrella Theater Company in Houston and is a New York State Council on the Arts grant recipient and was selected for HBO's "Stage to Screen" series.

Friday and Saturday performances are at 8 pm; Sunday matinees are at 2 pm. Tickets are \$20, with discounts for groups. For information and reservations, call 215-843-1109 or visit the theater's website at www.oldacademyplayers.org to order tickets online.

Old Academy Players, a member of the Greater Philadelphia Cultural Alliance, is a nonprofit community theater at 3544 Indian Queen Lane in East Falls.

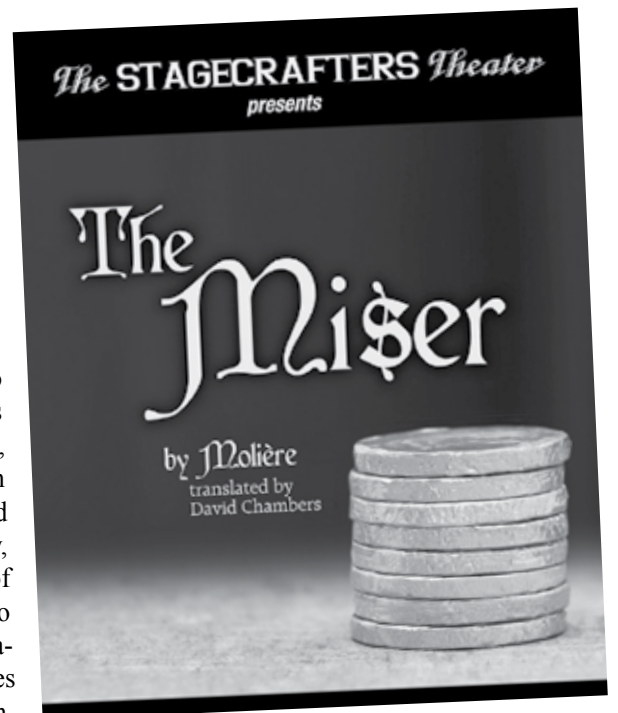
Molière's 'Miser' at Stagecrafters

WITH ITS PLOT TWISTS and outrageous revelations, Molière's "The Miser" stands out as one of the comic masterpieces in the theatrical firmament.

It will open at The Stagecrafters on Friday, Nov. 24, and run through Dec. 10.

The title character, Harpagon, will go to any lengths to protect his precious fortune. His son, Cléante, and daughter, Élise, both preparing to strike out on their own, conspire to get around their skinflint father. Naturally, complications ensue . . . lots of them! This classic is brought to life in a briskly paced new translation by David Chambers that sees its raucous comedy through a contemporary lens, depicting all the intergenerational intrigues of an in-your-face dysfunctional family with striking modern relevance.

French actor and playwright Jean-Baptiste Poquelin, called "Molière" (born 1622), was influenced by the farcical Italian commedia dell'arte in his usage of social satire and broad physicality, but he developed a more accomplished structure and characters of greater depth and variety than his Italian predecessors. He gained great popularity during his lifetime, enthraling Parisian audiences with such classics as "The School for Wives" and "Tartuffe." "The Miser" ("L'Avare"), first performed in 1668, was an immedi-



ate hit, and has continued to be presented worldwide in a practically infinite range of venues and variants.

Performances are at 8 p.m. Thursdays, Fridays and Saturdays, with 2 p.m. matinees on Sundays. A Meet the Cast and Director Q&A session will be held following the performance on Friday, Dec. 1. Tickets are \$21 online and \$25 at the door. Discounts are available for groups and students. For information call 215-247-8881. Visit website for details: www.thestagecrafters.org. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.

Suggestions

(Continued from Page 1)

In the late '70s or or early '80s, they voted to launch a boycott. More recently, when members voiced concerns about San Pellegrino sodas and other Nestlé brands we stock, our staff and Board and members discussed it at meetings and we publicized it some, but no other action was taken.

The idea of Weavers Way having a product philosophy and/or product-selection criteria — and what they should be — surfaces at times like this. If you look at our website, we do have a product philosophy statement, and product philosophy is alluded to in our Ends. Some co-ops and businesses have very defined criteria, including a list of banned products and producers. Weavers Way has never gone this route, preferring a more flexible, if somewhat split-personality approach.

My current thinking is that it's unlikely there will ever be an unassailable, fireproof product philosophy that covers all situations. However, there are discernable degrees of good and bad when it comes to products. Good products encourage health, bad products damage health. (Defining "health" broadly, that's another story, but it includes global health, community health, environmental health, personal health, spiritual health.)

Weavers Way, modern food co-ops, the natural-foods industry, the government — we all display internal contradictions when it comes to health. We promote health, yet regularly act in ways that are damaging to health. There is a major disconnect, like the Founding Fathers who owned slaves — they say one thing and act in a way that's opposite. This is confusing to Co-op (and co-op) members, damaging to the organization and industry, and, if you believe in karmic-type forces, actually most damaging to the people who perform the action.

Many food products, while being associated with positive cultural experiences, contain ingredients that are the result of other people's suffering. Consumption of these products causes suffering somewhere sometime. It's part of the problem with consumption in America — there is no awareness of the consequences of consumption. Buying chocolate produced with child slavery increases the likelihood that child slavery will continue. Same for



conventional bananas and conventional coffee, feedlot meat, solvent-extracted oils, some seafood and so on and so on. The consumer is, in effect, paying someone else to exploit and abuse a person or animal. It doesn't bother us because most people don't think about what went into creating the product or how it got to them. We've created a culture of enjoyable eating experiences that, because of ignorance, includes products created as a result of suffering.

It is in one's own best interest (health) to choose not to participate in such damaging, unhealthy behavior. It may be that the fact that lots of people don't understand this adds to the reasons why a co-op should take a stand. As Sandra Folzer, longtime Weavers Way Environment Committee member, recently wrote to me about Nestlé: "Because shoppers expect the products sold at Weavers Way to have met high standards of labor and environmental justice."

Our namesake Rochdale weavers founded their co-op because they were being treated unfairly. They wanted unadulterated food at a fair price. It was unavailable because it was more profitable for the owners of the businesses that supplied the food to sell them junk. The owners didn't care if their increased profitability caused someone else to suffer. It is this same principle of fairness that co-ops should base their actions on. Not just messaging, which is cheap, but action, which, when it comes to product selection, should include a reasonable effort to determine what went into creating the product and getting it to the consumer, and choosing products that encourage other people's health and happiness rather than reducing it.

Ideally, there should not be room on our shelves for products that hurt others. But without knowing the full story of

It's unlikely there will ever be an unassailable, fireproof product philosophy that covers all situations. However, there are discernable degrees of good and bad — good products encourage health, bad products damage health. (Defining 'health' broadly, it includes global health, community health, environmental health, personal health, spiritual health.)

each and every ingredient of each and every product, it is impossible to judge the healthfulness of an item. Given that we sell over 16,000 items, many with multiple ingredients, many of which are proprietary and / or untraceable, this is an impossible task. All we can do is discuss and strive for an acceptable approximation of our stated values. We are part of a toxic food system. This is why dealing directly with high-ethics producers is our best option.

However, to this we must add the conundrum that high-ethics producers often end up with products priced out of the range of many people. So we're left trying to find the right balance of ethics, business and culture, and this is itself an unhealthy position to be in.

But unfortunately, we (as in the big "we" — co-ops, Americans consumers, etc.) let this happen. Maybe someday we'll make intelligent food choices.

suggestions and responses:

s: "My roommates and I (there are five of us) all use Wyman's Mixed Berries (triple berry blend — blackberry, raz, blue). We would love the 3-pound bag. As a house we use at least six to eight of the 3-pound bags a month. We are trying to do all our shopping here and become free of Whole Foods. Also, is it possible to order the almond / coconut milk unsweetened from

Almond Breeze. (It's sooo yummy! And helps reduce the amount of almonds we are using.)"

r: (Matt MA) Unfortunately, we are very limited on space in our freezer, but if you're consuming that level of berries you could pre-order a case, which would also save you 10 percent. I'd looove to help you become free of Whole Foods! I would also be happy to order you some Almond Breeze. Reach out to us at MA-preorder@weaversway.coop.

s: "Just tried a product called Goodpops in New York. Three places in Pennsylvania carry it, none nearby. Yummy!"

r: (Matt MA) I will look into them! Meanwhile they are available for preorder; a case contains eight boxes of four each.

s: "Bela sardines (available at Chestnut Hill) are excellent. Could you stock them in Mt. Airy?"

r: (Matt MA) I'll look into them. Thanks for the suggestion.

s: Whenever I cook food from the Co-op, my house smells like old hippies in a VW bus. My kids thought it was novel for a while, but now they complain. Can something be done about this?

r: (Norman) It's a form of aromatherapy. Add some patchouli incense to the mix. Peace and love!

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WEAVERS WAY WORKSHOPS



Weavers Way workshops provide opportunities to learn and share knowledge on a wide range of topics. Popular themes include civic life, health, the environment and, of course, food! Workshops are usually free and always open to the public.

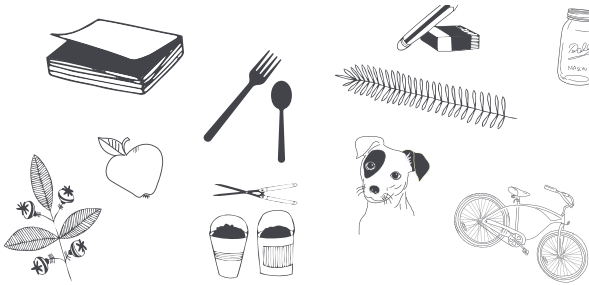
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Go online at [Eventbrite](https://www.eventbrite.com) or RSVP via the Events Calendar, www.weaversway.coop/events/workshops. Or do it the old fashioned way: Contact **Programs Coordinator Stephanie Bruneau** at sbruneau@weaversway.coop or 215-843-2350, ext. 152.

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- In Mt. Airy in the **Community Room**, 555 Carpenter Lane, and **The Mercantile**, 542 Carpenter Lane.
- In Chestnut Hill in **The Backyard**, 8482 Germantown Ave., and the **Healing Arts Studio**, 15 W. Highland Ave., 2nd floor.
- On our farms: **Henry Got Crops** at Saul High School, 7095 Henry Ave., and at **Awbury Arboretum**, 901 E. Washington Lane.
- In **Ambler**, 131 E. Butler Ave.
- Other locations as noted.

COMING UP



Backyard Birds & How to Feed Them

Sunday, Nov. 5, 3-5 p.m.,
The Mercantile

By providing various types of food and other amenities, you can observe many kinds of birds right outside your own home. Local birders and Weavers Way members Cliff and Nancy Hence will also discuss how to identify birds and talk about bird behavior and songs. FREE.

Making Yoga 'Every Day Accessible'

Tuesday, Nov. 7, 7-8:30 p.m.,
The Mercantile

Learn yogic exercises to do in a chair, at a desk, in an airplane — anywhere you might find yourself on a given day — from Sophie Simpson, Weavers Way member and owner of Blue Banyan Yoga in Mt. Airy. No prior yoga experience necessary. FREE.

Healthy Eating on a Budget

Tuesday, Nov. 7, 7-8:30 p.m.
Senior Adult Activities Center,
45 Forest Ave., Ambler

Join the Weavers Way Neighborhood Nutrition Team to talk about eating healthy without breaking the bank. We will discuss cheaper choices from each food group, tips and tricks for buying and cooking with bulk ingredients and how eating less-processed foods can save money and be healthier too! FREE.

Native American Storytelling

Saturday, Nov. 11, 4-5 p.m.,
The Mercantile

Join us for storytelling for all

ages, warmed by tea on the woodburning stove. Dagmar Hoell, also known as 3 Crows Jumping, will share stories and traditions from American Indian culture. \$5 donation requested.

Ambler Solar Workshop
Sunday, Nov. 12, 2-3:30 p.m.,
Ambler Borough Council Meeting
Room, 131 Rosemary Ave.

Come learn about what's involved in getting solar on your roof. We'll discuss what makes a site right for solar panels, as well as issues like payback periods and tax breaks. Bring your questions and a recent electric bill. FREE.

Roots of Injustice, Seeds of Change: Toward Right Relationship with Native Peoples

Sunday, Nov. 12, 3-5 p.m.,
The Mercantile

Explore our original relationships and actions with Native people and learn about the historic and ongoing impacts of the Doctrine of Discovery, the 15th-century justification for European subjugation of non-Christian peoples. This program, developed by Boulder Friends Meeting, will be facilitated by Weavers Way members Lynne Iser and Mordechai Liebling. FREE.



Fermentation & Probiotics

Tuesday, Nov. 14, 7-8:30 p.m.
Senior Adult Activities Center,
45 Forest Ave., Ambler

Find out why we're crazy about pickles and kimchi, gather nutrition tips, expand your culinary vocabulary, explore new

approaches to cooking and get inspired to experiment. Takeaways and tastings included. FREE.

Who Owns the Co-op? Prevailing Myth & Promising Reality

Wednesday, Nov. 15, 6:30-8:30 p.m.,
The Mercantile

Join us for a myth-busting evening with University of Pennsylvania professor and Weavers Way member Andrew Lamas that not only sets the record straight but opens up new possibilities for the co-operative enterprise as well as for economic democracy across the world. This is the wrapup session for Weavers Way's 2017 Co-op Month programming. FREE.

Learn to Be Pain-Free

Thursday, Nov. 16, 7-8:30 p.m.,
Community Room

There's a hidden secret to lasting pain relief. How do you get your brain to tell your muscles to relax unconscious tension? Find out in this workshop led by Weavers Way member Joseph Arnold. FREE.

Navigating Healthy Holidays

Thursday, Nov. 16, 7-8:30 p.m.,
Senior Adult Activities Center,
45 Forest Ave., Ambler

In this workshop, members of the Weavers Way Neighborhood Nutrition Team will provide strategies, recipes and resources to help you stay well and feel great throughout the holiday season. FREE.

Fracking: Up Close and Personal with Special Guest Rep. Greg Vitali

Tuesday, Nov. 28, 7-8:30 p.m.,
The Mercantile

Join us for discussion about fracking for natural gas and its associated impacts on environmental and human health with longtime environmental activist State Rep. Greg Vitali. Vitali, a Democrat whose district spans Delaware and Montgomery

weavers way NEIGHBORHOOD NUTRITION TEAM



MINI WORKSHOPS

These short (20-minute) sessions are presented by the Weavers Way Neighborhood Nutrition Team, group of nutritionists, dietitians and other wellness practitioners who are working together to bring nutrition inspiration and information to Weavers Way members.

Ambler Store Tour: Buying in Bulk

Saturday, Nov. 11, noon, 1, 2
and 3 p.m.

This tour of the bulk section will introduce you to what's there, and will include tips and tricks for bulk buying and zero-waste shopping.

Healthy Holidays: All About Sugar

Friday, Nov. 17, Noon, 1 and
2 p.m.

Most of us eat more sweets during the holiday season than at any other time of the year. In this workshop by Functional Medicine Health Coach Dana Barron, you'll learn more about sugar and your body, and how to make good choices and still enjoy the season.

counties, will present his "Marcellus Money and the Pennsylvania Legislature Report." This program is co-hosted by the Women's International League for Peace and Freedom and Weavers Way Co-op's Environment Committee. FREE.

Proud to be a neighbor to the new Weavers Way in Ambler.



259 E. Butler Ave, Ambler, PA 19002
267.470.4854

We sell single bottles, six-packs, and cases, along with growler fills.

Special offer for Weavers Way members:
Free growler bottle (not including beer). Present this ad and Weavers Way membership card.

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

Weavers Way Board

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

The Board usually meets at 7 p.m. on the first Tuesday of the month. Because of Election Day, November's meeting is Tuesday, Nov. 14, at The Mercantile, 542 Carpenter Lane.

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.

2016-2017 Weavers Way Board

President: Chris Hill
Vice President: Joshua Bloom
Treasurer: Emmalee MacDonald
Secretary: Lisa Hogan

At-Large: Eric Borgstrom, Megan Seitz Clinton, Larry Daniels, Joyce Miller, Joan Patton, Laura Morris Siena, David Woo.

The Shuttle

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

Weavers Way Chestnut Hill
8424 Germantown Ave.
Monday-Saturday, 7 a.m.-9 p.m.
Sunday, 8 a.m.-9 p.m.
215-866-9150

Weavers Way Ambler
217 E. Butler Ave.
8 a.m.-9 p.m. daily
215-302-5550

Weavers Way Across the Way
610 Carpenter Lane
8 a.m.-8 p.m. daily
215-843-2350, ext. 276

Weavers Way Next Door
610 Carpenter Lane
9 a.m.-8 p.m. daily
215-866-9150, ext. 221/222

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Advertise in the Shuttle
advertising@weaversway.coop

DID YOU KNOW?
You can read the Shuttle online.

www.weaversway.coop/shuttle-online

Become a Member

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

UPCOMING MEETINGS

Mt. Airy
Wednesday, Nov. 8, 6:30 p.m.
Community Room, 555 Carpenter Lane

Ambler
Thursday, Nov. 9 and Nov. 16, 6:30 p.m.
Senior Center, 45 Forest Ave.

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