

Who's Running? Could Be You!

by Lisa Hogan, Chair, Weavers Way Leadership Committee

WEAVERS WAY IS SEEKING A FEW member-owners to join the Co-op Board of Directors in 2018. Next year will be a busy and exciting time to join the Board. The Philadelphia area grocery scene is changing quickly with Amazon taking over Whole Foods and opening a store in Spring House,

close to our Ambler store. Aldi is reportedly planning a huge growth phase, and home grocery and prepared-meal delivery services are proliferating. Big-box stores such as Walmart and Target are now our competitors in the fresh and local food business.

The Board, according to our bylaws, must have a minimum of nine and a maxi-

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Community-Owned,
Open to Everyone

The Shuttle

DECEMBER 2017

Since 1973 | The Newsletter of Weavers Way Co-op

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Mayor Kenney Talks Schools, Sustainability At Fall GMM

by Jacqueline Boulden,
for the Shuttle

ADDRESSING AN OVERFLOW CROWD at last month's Fall General Membership Meeting, Philadelphia Mayor Jim Kenney said he came to praise what the Co-op is doing and express his commitment to its work. "Philadelphia is proud of your success," the first mayor to address a GMM told the 250-plus members gathered at the Waldorf School of Philadelphia in Germantown on Nov. 3.

Kenney, noting that the Co-op now has three stores, said this expansion shows how Weavers Way is leading by example, growing its business, creating jobs, buying local and serving the community.

"We know these locations can bring

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Ellie Seif photo

Co-ops are good for communities and for business, Kenney told the assembled members.

Looking Ahead To Giving Twosdays 2018

by Crystal Pang,
Weavers Way Marketing Director

COMMITTEES ARE A BIG PART OF HOW Weavers Way members can get engaged with the Co-op in a meaningful way. In 2018, we are planning to support our committees by raising awareness of their amazing work and by giving them an opportunity to raise money for causes that are important to them.

Each month, on the second Tuesday, cashiers in the stores ask shoppers if they would like to give \$2 — or more — to a designated cause. Next year, starting with Tuesday, Jan. 9, six of our most active Weavers Way committees will each propose a nonprofit or community project to be the beneficiary of their scheduled Giving Twosday.

To give you a sense of what committees are all about, here are examples of what two of them have done in the community.

Over the past few years, the Food Jus-

(Continued on Page 5)

After the Storms, Working Toward *Buen Provecho* for Puerto Rico

by April Lea Pedrick, for the Shuttle

IT WAS ICY ACROSS THE WAY WHEN I GOT THE news in February 2016: My little family was relocating to Puerto Rico, to live among a group of family friends. Within a year, we were healing in the sun, setting up a modest home with rain barrels and easy gray-water redirection, planning our off-grid wish list.

The country that welcomed us was even more than the eco-village I hoped would illuminate Mom's retirement. Here was community, nature, a human pace,

cooking each day and green everywhere. Besides being immediately in love, I knew that sustainable agriculture and cooperative economics would be the center of my future on the island. Natural living is intrinsic to Puerto Rican culture. Farm stands, natural-health shops and complementary-medicine centers abound. But the grocery stores were full of produce wrapped in plastic. Eggs for sale in Yauco had been shipped from Lancaster. Entire refrigerator cases were devoted to margarine. Meanwhile, most coconuts consumed by Americans are coming from Asia. Organic growing is the default at the

farm markets I visited and in the yards of neighbors, but the most accessible supplier of other organic goods is the local Walmart. More than 80 percent of food on the island was imported. We made a point to travel to any real food outlets on the island. They were vibrant and valiant and full of the spirit of good eating — *buen provecho*, the "bon appetit" of Puerto Rico — but they were also struggling.

Puerto Rico is a microcosm of relative exploita-

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Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
www.weaverswaycoop.com
CHANGE SERVICE REQUESTED



Editor's Note



Jeremy Freymoyer is ready for the season at his tree farm in Berks County.

These Trees Grow in Pennsylvania

by Mary Sweeten, Editor, Weavers Way Shuttle

CHRISTMAS TREES ARE A CROP, IN CASE YOU HAVEN'T NOTICED. PENNSYLVANIA is the fourth-biggest grower in the United States. In 2014, the latest year for USDA statistics, some 839,000 Douglas firs, Fraser firs, concolor firs, canaan firs, blue spruces but not Scotch pines — see below — worth more than \$22 million, were harvested by more than 280 Pennsylvania Christmas tree growers.

Jeremy Freymoyer is the one who supplies them to Weavers Way.

Last month, I visited Freymoyer Christmas Tree Farm. It's on 125 acres at the base of the Blue Mountain, outside Hamburg. In Freymoyer's family since the 1920s, it was planted in apples then. The U.S. commercial Christmas tree industry only dates from around 1900, and Freymoyer's family first planted some in the '30s. Growing Christmas trees isn't Freymoyer's living — the Wyomissing, Berks County, resident has "a few irons in the fire," including rental properties in nearby Reading and an escape room he's about to open with a partner. (Check it out: Encrypted Escape West Reading at www.encryptedwr.com.)

But he'll still get around to harvesting 1,500-1,800 trees — 80 percent of them in one grueling late-November week — for his choose-and-cut operation and a few wholesale customers, including us.

Commercial Christmas trees, which is to say evergreens of species that can be coaxed to grow in the shape of a Christmas tree, aren't native to our Appalachian ridges. Freymoyer adheres to integrated pest management practices — he spreads no lime before its time! — but the western Douglas firs need a fungicide and the Carolina Fraser firs will succumb to mites and scale if he doesn't apply a pesticide. Everything has to be fertilized, and "you can't really get a manure spreader in there."

"The blue spruce, you can get away without spraying," Freymoyer said, noting that Weavers Way Ambler has ordered some of these "no-chemical" (air quotes his) trees. The Scotch pine, introduced from Europe, the tree-lot standard of my youth? "Too pesty. Nobody grows them anymore."

In other words, a crop of Christmas trees requires intense management. "I guess you could grow an organic Christmas tree, if there wasn't another Christmas tree within 30 miles," Freymoyer said.

Nevertheless, something wonderful has been going on at Freymoyer Christmas Tree Farm. Only about 20 acres is actually in Christmas trees. There's some hay and small grains (ag-speak for

"not corn"), but Freymoyer manages most of the land for conservation, working with Pennsylvania's Bureau of Forestry ("Shout-out to Tim Dugan!"), the Pa. Game Commission and the USDA's Natural Resources Conservation Service. The property is, as he puts it, "a matrix of intact natural habitats from the mountain to the valley." Just a dozen miles from Hawk Mountain, the Freymoyer tract supports native plants and wildlife, like the red-tailed hawks and what I'm pretty sure was a golden eagle I saw riding a thermal.

If "Natural Resources Conservation Service" rings a bell, that's the federal agency whose staffers were memooed over the summer with suggestions to avoid the term "climate change." For the record, Jeremy Freymoyer and I did not talk about climate change or agricultural policy. Just Christmas trees.

Have a merry one.

msweeten@weaversway.coop

What's in Store at Weavers Way

5 THINGS

Five Things is a service of Weavers Way.

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

Five Things...To Ward Off the Cold

For the next few months, we'll be doing battle with the big chill. Here are some Co-op allies to keep you warm inside and out. Selection may vary by store.



1

Cozy Wearables

For your top half, scarves from **Rising Tide**, **Terra** and **Andes Gifts**. Hats, headbands, arm warmers, mittens and fingerless gloves or two-way gloves from **Andes Gifts** and **Shupaca**. For legs and tootsies, **Maggie's** snuggle socks, ankle leggings (Ambler only) and wool sweater socks; **Down to Earth** slipper socks; slippers for guys and gals from **Feelgoodz**.



2

Pancake Mixes

MuMu Magic in bulk in Ambler and Mt. Airy, **Madhava Organic** in bulk on Carpenter Lane. Boxes or bagged mixes from **Arrowhead Mills**, **Birch Benders** and **Kodiak Cakes**. Also, gluten-free concoctions from **Maple Grove Farms**, **King Arthur Flour**, **Arrowhead Mills**, **Pamela's** and **Bob's Red Mill**.



3

Tea for Many

Twenty nine bulk choices in Mt. Airy, 20 in Ambler, eight in the Hill. Scads of boxed varieties from **Numi**, **Tazo**, **Rishi**, **Equal Exchange** and **Yogi**, among others. And don't be shy about chai; we've got brands in each store.



4

Soup for All

Our Prepared Foods creations are amazing. But after hours, try packaged versions from **Amy's**, **Bar Harbor**, **Pacific**, **Imagine**, **Wolfgang Puck** and **Health Valley Organic**. Or make your own with bean-soup mixes from **North Bay Trading** (in bulk in Mt. Airy and Ambler and packaged in Chestnut Hill).



5

Hot Meal in Hand

Muchos tipos burritos for breakfast and beyond from **Amy's**, **Evol**, **Sweet Earth**, **PJ's Organics** and **Glutenfreeda**. Calzones from **Bold Organics**. Samosas and wraps from **Amy's**. Vegan pepperoni pizza pockets from **Tofurky**.

— Karen Plourde

ROAD TRIP

Buying a tree at the Co-op is easy and a good deal at \$36 for a 5-foot Douglas fir, but if you want something else, or something bigger, or you're just into that choose-and-cut thing, Freymoyer Christmas Tree Farm is offering Weavers Way members \$5 off any tree over \$45. Get directions and hours at www.facebook.com/freymoyertreefarm. It's a beautiful spot (and just down the road from Cabela's, in fact, and I recommend the aquarium if you've never been there).

—Mary Sweeten



What's in Store at Weavers Way

Local Vendor Spotlight

Happy New Year's Birthday to Noreen, a Very Sharp Cookie

by Laurie T. Conrad, for the Shuttle

BAKED GOODS SEEM TO BE ON A first-name basis with customers at Weavers Way, judging from a quick survey of labels on the shelves. Among them is Noreen's, a line of bars, cookies and loaf cakes that have been part of the Co-op almost since it began.

There really is a Noreen, too — Noreen Attman, a Glenside resident who does the baking herself, with two assistants. She used to have more helpers, “but I cut back the business when I hit 75,” she said, adding, “I’m going to be 77 New Year’s Eve.”

About that name — “Noreen’s Kitchen” was what Noreen and her late husband, Seymour, came up with, but Weavers Way simply labels the products Noreen’s. Said the woman behind the name, “I feel like, they sell them, they can do what they want.”

And sell them the Co-op does.

On a recent Saturday morning, Noreen and employee Lynda Huggett of Abington planned to bake three batches — around 50 pounds — to fill a Co-op order of Noreen’s most popular item “by far,” her Chocolate Chunk Cookies. The commercial kitchen is at the back of Noreen’s split-level home, but the fragrance of baking cookies wafts out to the sidewalk, guiding a visitor by the nose to the door.

Noreen first went to Weavers Way as a customer in 1973. Her husband had read an article about the little startup in the Philadelphia Bulletin and thought it might be a cheaper source for ingredients than the supermarket. Noreen and a friend had started a baking business earlier that year, though after a few months, the friend dropped out and Noreen, a self-taught baker, continued on.

She can’t remember what she first made for Co-op customers — loaf cakes, maybe cookies. She was a member, too, for a while, but “I just got too busy.”

Back then she also sold to local specialty shops and farm markets. Her biggest customer was a New Jersey orchard farm market that once sent in an order for 300 each of her pumpkin, apple and zucchini loaf cakes. The owner at one point wanted to buy her cake recipes. Fine, Noreen said, but she made the baker come to her house and see how she made them. She’s a friendly, chatty lady but exacting when it comes to her baking.

“I wouldn’t give the recipes without the training. I wanted to make sure they did it right,” she recalled. “If your mixing’s a bit off, if you don’t level your spoons,” the product suffers.

Noreen’s currently sells eight types of cookies, several bars and a variety of loaf cakes at Weavers Way Mt. Airy, said Grocery Manager Matt Hart. Chocolate Chunk is indeed the best seller there — 30 to 45 pounds a week on average.

Typically the Chestnut Hill store sells even more, Noreen said. And days before its grand opening, Noreen already had delivered 58 pounds of cookies and seven loaf cakes to the new Ambler location. “That Co-op! I was dumbfounded,” she said of her first sight of the



Laurie T. Conrad photo

Noreen Attman preps trays while assistant Lynda Huggett loads the ovens; Noreen first came to Weavers Way in search of discounted ingredients.



Noreen always does the measuring and mixing herself; she washes dishes, too.

new space. “I heard it was large. It’s supermarket-sized!”

Bagging Noreen’s bulk deliveries and weighing the bags for sale is already a sought-after cooperater job at the Ambler store, as it is at Mt. Airy and Chestnut Hill.

Hart was the Mt. Airy bakery buyer for several years. “Every call to place an order with Noreen was a little more than a call to a vendor,” he said. “Every call would begin with her shooing her cat from her chair so she could sit to write out the order, followed by a brief check-in on how the week was going. Not in a professional sense but personally. Her product will be irreplaceable when she decides to hang up her oven mitts.”

Asked about her niche in the crowded world of sweet treats, Noreen responded, “Just that it’s homemade. And I thought people shopping at Weavers Way were looking for fresh food,” without preservatives.

When the business began, the Attmans lived in an Ambler Cape Cod. The larger Glenside home, needed for the

Find Noreen’s cookies, homemade and bagged in-store, at all three Weavers Way locations. Flavors may vary depending on the whims of the bakery buyer; possibilities are:

Chocolate chunk
Oatmeal chocolate chunk
Russian tea cakes
Peanut butter
Oatmeal cranberry
Sugar
Cranberry orange
cream cheese
Raspberry almond chip
Orange cranberry
Butterscotch



couple’s growing family, is literally the house that baking built. “It was a hole in the ground when we bought it,” Noreen said. Her commercial kitchen has two massive ovens, lots of counter space and three sinks. Where’s the commercial dishwasher? Lynda raised her hands and the two women smiled.

Noreen does dishes, too, and she always measures and mixes the ingredients herself. She has a baking schedule but it’s flexible to respond to orders. Besides Weavers Way, Noreen’s still sells to a few specialty shops. She doesn’t do holiday-themed items the way she used to, but she’s still coming up with new products like Cranberry Cream Cheese Cookies, created six months ago. (“I don’t like cream cheese, but I thought, ‘I bet it would taste good in a cookie.’”) Cakes are baked in well-seasoned, paper-lined loaf pans. Cookies are made in multi-pound batches on large, heavy-duty cookie sheets. One December she sold 1,980 pounds of cookies; it’s her personal record.

Will she consider retirement at some

point? “Yeah. You drop dead when you retire. You’re so bored.”

We’ll take that as a no.

Noreen Attman has been keeping the Co-op in cookies for more than four decades now, but Weavers Way gave her something pretty sweet, too.

When her now 45-year-old daughter was a baby, Noreen stopped by the Mt. Airy store with a delivery. An extra cashier was needed, so — as wasn’t uncommon in those days — Noreen volunteered, parking the 9-month-old close by. She looked up at one point to discover an orange tabby cat in the portacrib, purring away even as the baby grabbed at its fur. Unable to separate them, she put up signs, took the pair home and waited for somebody to claim Kitty Cat, as they called it.

Nobody did, and Kitty Cat would remain a beloved family member for 19 years.

Laurie Conrad is a Weavers Way Working Member.

What's in Store at Weavers Way

Check It Out!

by Karen Plourde, Weavers Way Communications Staff

The Daily Deli

Celebrate healthfully with Sosi's yogurt dips. And seasonal cheese spreads from Nettle Meadow.

Overindulgence is everywhere this time of year. But you can celebrate wisely, thanks in part to **Sosi's** Armenian yogurt dips, in Mt. Airy and Chestnut Hill. They are lower in saturated fat and higher in protein than the usual crudité fare, and contain six live strains of probiotics. The delis have them in two flavors.



Meanwhile in the Hill, Cheesemonger Rose has been talking up **Nettle Meadow** fromage frais, a cow and goats' milk spread from the Adirondacks. It's available in seasonal flavors like pumpkin chèvre (also stocked in MA) and apple-cider syrup.

Goings-On in Grocery

A hot cocoa mix worth tarrying over, a local super coffee and a run of organic juices from Blueprint.

After a day of holiday scurrying, a steaming cup of cocoa could be just the thing. In that spirit, Mt. Airy is bringing in **Lake Champlain** hot-cocoa mixes from Burlington, VT. They're made from cocoa and sugar — both fair trade, both organic — and nothing else. Carpenter Lane carries the winter (original) and peppermint varieties.



In chilled drink news, Chestnut Hill has added **Sunniva** super coffee, a lower-sugar cold brew that is the brainchild of three brothers, one of whom is a student athlete at Thomas Jefferson University. It's lactose free, employs organic coconut oil and organic maple syrup, and contains 10 grams of protein.

Meanwhile in Ambler, **Blueprint** organic juices occupy five facings in their jaw-dropping cold drink case. The company, based in Lake Success, NY, specializes in products for juice cleanses, but they also produce juices, kombuchas and teas in

Out of ideas? We're not!

A quartet of condiments makes a perfect hostess gift, and for the holidays — all of them — we're offering this gift basket, a \$61 value, at 15 percent off. Visit the deli in Chestnut Hill to become the guest with the best.

(Specific selections may vary due to availability.)



such flavors as Grass Monkey (greens, apple and banana), Beet Goes On and Lemon Yay, all of which you can find on Butler Avenue.

Bulk & Beyond

Tierra Farm dollops for holiday baking. A sale on nut butters in Ambler. And a little buzz for the co-op movement.

Our pals at **Tierra Farm** in Valatie, NY, are the sweet spot for dried fruits, snack mixes and other treats any time of year. But those chocolatey baked gems you're planning to make this year will get an upgrade from their 70% cacao, organic fair trade chocolate dollops, available in bulk in Mt. Airy and Chestnut Hill.

Let's stay on Chocolate Boulevard and turn to nut butters, which are available pre-ground in bulk in Ambler. Tierra's organic chocolate salted hazelnut butter (a/k/a their version of Nutella) is on sale for \$17.95 a pound through December. If cashew butter is your passion, it's discounted to \$6.95 a

pound through the end of the year. Any of the varieties would make a great little gift, scooped into one of our jars and festively adorned.

And just in time for foodie gifts with-a-message, **Philly Co-op Coffee**, from our friends at Philly Fair Trade Roasters, has arrived. It's \$11.99 a pound, and a dollar of that goes to the Philadelphia Area Co-op Alliance, our local cooperative network. Members get the 5 percent discount for Co-op-branded items!



'Tis also the season for mulled wine and cider, and we've got you covered there as well. Mt. Airy and Ambler have organic mulling spices from **Frontier** in bulk and right-size packaged. Have some on hand for your shindig, or bring some with — in case your host or hostess drops the ball.

kplourde@weaversway.coop

Savor the Season

Let Weavers Way's Prepared Foods Kitchens make your holiday celebrations delicious — and easy.

Our Phenomenal Party Platters

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- Deli Meat & Cheese ❁ Ducktrap Nova ❁ Smoked Fish
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- Grilled Vegetables ❁ Mediterranean Feast
- Dolmas & Hummus ❁ Veggies & Dip

Consult Weavers Way meat & seafood specialists in each store for that special main dish — beef roasts to pork loins to leg of lamb. Side of salmon? How about lobster? And don't forget our all-natural turkeys!

Platters available for pickup in all 3 stores.

To place an order, please call

- Ambler** 215-302-5550
Prepared Foods: ext. 375
Meat & Seafood: ext. 361
- Chestnut Hill** 215-866-9150
Prepared Foods: ext. 209
Meat & Seafood: ext. 205
- Mt. Airy** 215-843-2350
Prepared Foods: ext. 375
Meat & Seafood: ext. 102

See the menus at www.weaversway.coop/catering



Weavers Way Ambler
217 E. Butler Ave.

Weavers Way Chestnut Hill
8424 Germantown Ave.

Weavers Way Mt. Airy
559 Carpenter Lane

Check our catering menu for any course from soup to nuts.



Catering menu available exclusively at Weavers Way Chestnut Hill



What's in Store at Weavers Way

GIVING TWOSDAY



TUESDAY, DECEMBER 12

Thanks for making an impact for Food Moxie in last month's nationwide #GivingTuesday campaign! Now, in December, you have a second chance with Weavers Way's monthly Giving Twosday: Give \$2 at the register and help us educate and inspire underserved youth and families in Northwest Philadelphia to grow, cook and appreciate nutritious food. At Food Moxie, we dig what we eat!

Giving Twosday

(Continued from Page 1)

tice Committee has been hard at work organizing food drives, raising over \$6,000 and collecting some 4,000 pounds of food for local food pantries. They have also been spreading the word about Food For All, Weavers Way's program to help make the Co-op more affordable to lower-income households. Participants in SNAP, WIC, TANF or Medicaid can sign up for membership for a \$5 per year equity payment and receive 10 percent off all purchases at the Co-op. In part because of the committee's efforts, participation in Food For All has grown by 37 percent since last year!

In the spring of 2016, our Environment Committee undertook a project to help raise awareness about the importance of minimizing waste. They envisioned that a Zero Waste General Membership Meeting would serve as a good example of what can be achieved when we work together toward this end, and would educate staff and members. We've had four Zero Waste GMMs since then, each with more than 150 members attending, featuring a buffet dinner and dessert. Attendees brought their own plates or rented them for \$1, helping to fund the Environment Committee's neighborhood grant program. Over the years, the committee has donated to many community greening projects, including planting trees and native shrubs and acquiring material for building a solar food dehydrator and composter and supplies for a food garden and a rain garden.

We are excited to support our committees by helping them raise funds for the programs they are passionate about. But there is a tradeoff — Food Moxie, our affiliated nonprofit, will be the beneficiary of Giving Twosdays for only six months out of the year, rather than all 12 as in the past. This is not reflective of any change in Weavers Way's commitment to Food Moxie, but rather about strengthening our partnerships with other organizations

2018 GIVING ROSTER

Food Moxie is Weavers Way's designated recipient every other month — February, April, June, August, October and December. We'll also be soliciting for Food Moxie on nation #GivingTuesday in November 2018. The other six months, we'll be asking for donations on behalf of projects chosen by Weavers Way member committees. Want to be involved? Join a committee!

- JANUARY:** Ambler Advisory Committee
- MARCH:** Environment Committee
- MAY:** Farm Committee
- JULY:** New Economy Committee
- SEPTEMBER:** Health & Wellness Committee
- NOVEMBER:** Food Justice Committee

in the communities we serve. Our hope is that with the third store, we'll be able to raise more money overall, and Food Moxie will not receive any less than they did in previous years.

As for our committees, we really hope that more members will get involved! Joining a committee is a fun way to make an impact, and you'll even get Co-op working member credit. If you're interested, feel free to come to a scheduled committee meeting and see how you can help. You could even get together with a few like-minded folks and look into starting a new committee!

Meeting times and contacts are listed on the Weavers Way website at www.weaversway.coop/committees. You can also contact the Membership Department for info at member@weaversway.coop.

cpang@weaversway.coop

WEAVERS WAY

MERCANTILE

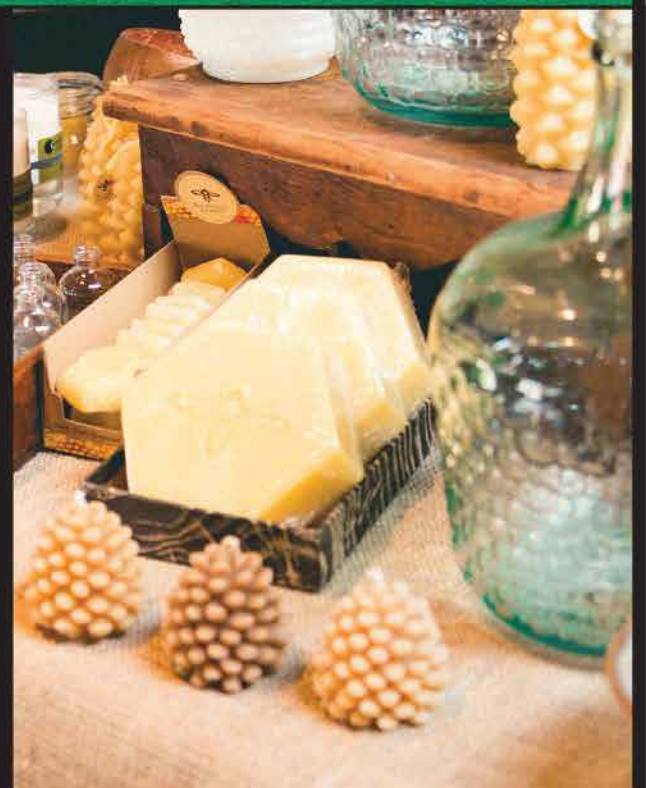
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For Their Support!

We dig what we eat.

Why I Give *Wayne Nembhard*



by Allison Budshalow, Food Moxie Development Director

IN HONOR OF FOOD MOXIE'S 10th anniversary, this month's "Why I Give" highlights someone who truly honors the essence of generosity. Wayne Nembhard, owner of local tech business Digital Innovation, found his way to Food Moxie when Weavers Way IT director David Chaplin-Loebell introduced Wayne to the Urban Farm Bike Ride in 2013. He has been an avid participant and sponsor ever since.

The bike ride was the first thing that appealed to Wayne, "because they were going around to different urban farms and bringing awareness to the farms, and I found the activists who were doing this to be pretty cool. I decided that I wanted to do more than just riding." From that point forward, Digital Innovation and Wayne have been consistent sponsors and donors to the Urban Farm Bike Ride and Food Moxie.

Soon he was also moved to invest in the Farm to Table dinner, Food Moxie's fundraising event held at Awbury Arboretum every fall. He was inspired to sponsor after a volunteer talked with passion about the impact of the work of the organization.

Wayne admires how Food Moxie welcomes kids and teaches them to understand farming and gardening — life lessons that give them tools and a lifelong connection to the planet, things that he believes we're slowly losing.

Beyond wanting to "do good" for his local community, Wayne also has a back story that connects him to what Food Moxie does. He's an alum of Martin Luther King High School, where we sponsor the Hope Farm program to teach life skills

to intellectually disabled students through urban farming. He has an herb garden at home and a newly installed hydroponic garden where he grows basil and chard right next to his office in Mt. Airy. And it's in his blood — his parents were farmers in Jamaica, and he grew up hearing wonderful stories of living and working on the farm.

For him, farming is more than just food. "When I think about farming, not only do I think about growing food, but I think about my heritage; and it's very calming and relaxing.

"To be honest, up until Food Moxie, there was no reason for me to ever talk about my connection to agriculture. I am 100 percent myself at Food Moxie. When I'm around all of

that, I'm 100 percent Wayne."

And why does Wayne give to Food Moxie? He understands that it takes money to keep anything going, including a nonprofit community organization like Food Moxie that needs to move its work forward. "If I can contribute to making that happen, it feels like I can do my job as a citizen. Whatever I can do, I'll do, for Food Moxie."

Want to be like Wayne and help our programs that support the most in-need in our community? Support Food Moxie by sending in a year-end gift. In return, you will not only receive a tax deduction, you will also benefit from knowing that children and parents living in the most uncertain situations will be provided the tools to live and build healthier communities.

Thank you, Wayne, and thanks to all of you, from Food Moxie.

allison@foodmoxie.org



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

An offshoot of Weavers Way Co-op

FOOD MOXIE



A Super Fun Time for Superheroes

Garden Club and Hope Kitchen hosted a Halloween-themed family night at Stenton Family Manor, complete with costume-making, spooky snacks and tasty treats for our favorite superheroes, pictured above!

Our heartfelt thanks to everyone who donated after seeing our call to action in the last Shuttle.



Get toasty, and even make a toast, to a terrific year of Moxie Tuesdays at The Mercantile, 542 Carpenter Lane. Learn how to create some seasonal, festive concoctions — and when you get home, you can add your own spirits.

Elderberry Syrup

- 4 cups water
- 1 cup dried elderberries
- 2 tbs. fresh chopped ginger
- 1 tsp. cloves
- 1 cinnamon stick
- 1 tbs. dried rose hips
- 1/4-1/2 cup honey



Combine all ingredients except honey in large saucepan and bring to a boil over medium-high heat. Lower the heat and simmer for 30 minutes. Pour through a sieve or cheesecloth into a glass container. Press leftover berries and ingredients to extract all the juice. Add honey and stir until dissolved.

This elixir should keep for several months. Suggested use: take 1 tsp, 2-3 a day for cold prevention.



FRIDAY, DECEMBER 8, 5-9 PM

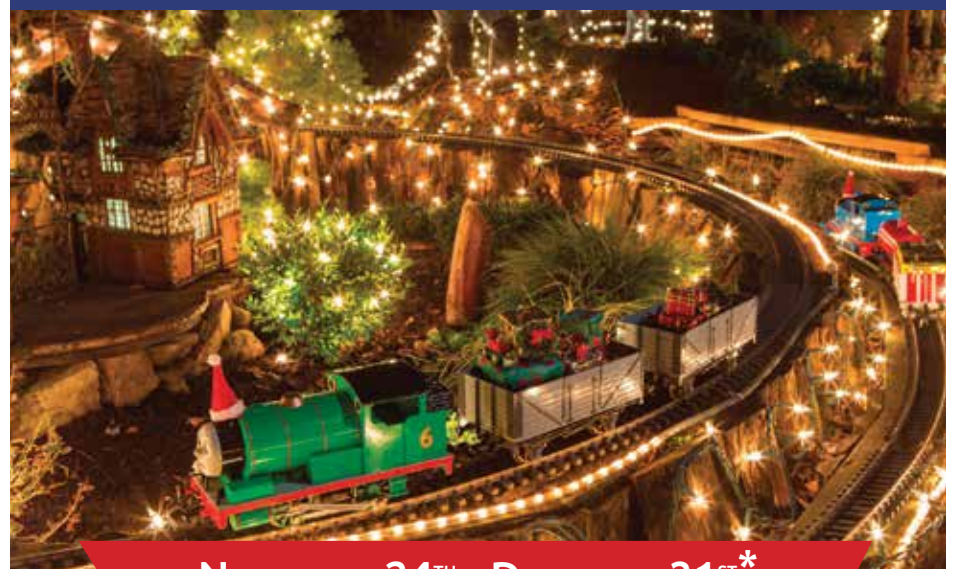
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The Shuttle is published by Weavers Way Cooperative Association.

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.

The Shuttle is printed on 100 percent recycled paper.



REPORT • COMMENTARY

Who Does Own the Co-op?

by Larry Schofer, Weavers Way Education Committee

WHO OWNS THE CO-OP?" IN SOME WAYS, THIS IS A SIMPLE question: The thousands of households who have joined Weavers Way and paid their equity are the owners of this institution.

Andy Lamas, member of Weavers Way and a faculty member in the Urban Studies Program at the University of Pennsylvania, brought a broader theoretical perspective to this question at a Nov. 15 workshop. He started out by objecting to a recent Weavers Way T-shirt that says "I own it"; in fact, it should say "We own it."

Andy tried to show that there are various modes of ownership of co-ops, in particular, consumer-owned, worker-owned, and hybrid consumer-worker owned. He contrasted Weavers Way (consumer-owned) with Weaver Street Market, based in Chapel Hill, NC (hybrid consumer and worker owned).

Even though all Weavers Way employees are members of the Co-op, they are members as consumers. Any "surplus" that the cooperative earns may be distributed to them based on their patronage, but not on their work. Weaver Street, on the other hand, has 18,000 member-owners plus 200 worker-owners. The two groups vote separately for representation on the Weaver Street board of directors.

Andy was trying to make the point that, in general, value is actually based on labor provided, and he implied that it should be rewarded in a different manner. In a "hybrid" co-op, this labor theory of value does give some reward separately from that of consumers. Ideally, all members of society will own items in common, presumably based on their labor.

This discussion started on a highly theoretical level, something reflected in the description of Andy's interests listed at the University of Pennsylvania: "He focuses on the theoretical and practical dimensions, as well as the philosophical and religious bases, of social justice and economic democracy — in the context of historical and contemporary capitalist urbanization."

He used a number of analogies in an attempt to get at the nature of the co-op movement, but I found these rather hard to understand. As an example, he used the term "Catholics," and suggested that the term is so all-inclusive that we don't know exactly what it stands for. So "co-op" is too inclusive to understand without further definition. He also used a number of words in a very loose manner, such as "commodified," "bourgeois" and "capitalism," with the assumption that everybody knew the meanings of these terms, and that they shared his negative perception of them. He also went on to assume the labor theory of value, an idea that goes back to Karl Marx and other 19th-century economists and social critics. This idea completely discounts any contribution of what has been called "entrepreneurship," signifying a different kind of contribution to value.

Andy's approach suggested a distrust of private property, with references back to the enclosure of common lands in England in the 17th and 18th centuries as "accumulation by dispossession." All such references require much more historical explanation than was possible in the time allotted in one evening at Weavers Way.

Although he extolled the hybrid cooperative form, he did not respond to questions about the scale of operations and the difficulty of local control of large-scale operations. Once a co-op gets big — even a small group like Weavers Way or Weaver Street — it is hard to see how "ownership" gets translated into control and policy-making. On the level of Weavers Way and other co-ops, it seems clear that policy is made by a board of directors. Even if theoretically thousands of people own the co-op, they really do not control the decisions and directions of the institution.

In general, Andy made no distinction between ownership and control. This is a problem both in capitalist societies, where supposedly shareholders "own" a company, and in societies that have substituted state ownership. In both cases, there is a real question of who makes policy and who controls these institutions.

The discussion stimulated the audience into evaluating our notions of a co-op, and provoked some very interesting discussions on ownership and owner participation in governance.

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Saturday, December 2, 8:00
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Friday, January 26, 8:00
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The Co-op Concept Worked for Mom & Pop

by Jon Roesser, Weavers Way General Manager

WHAT'S A CO-OP?"

It's a question we get asked all the time around here, especially in the last few weeks, as nearly a thousand new member-owners have joined since the opening our Ambler store, many of them experiencing Weavers Way, and the cooperative business model, for the very first time.

Variations on this question include "What's the deal with this place?" "Can I shop here?" and, my personal favorite, "Are you guys communists?"

Over the years, I've tried a variety of responses to "What's a co-op?" some effective, some less so. But I've found the best way to prevent my audience's eyes from glazing over is to give a familiar example.

These days my favorite example, one unique to our city, is the old Unity-Frankford grocery.

Philadelphians of a certain age may remember Unity-Frankford stores, which thrived through the middle of the 20th century, and even if you don't, you've probably seen their signs, many of which have stubbornly survived on street corners throughout the city and suburbs. There's one at Chew and Meehan in East Mt. Airy.

These were not consumer co-ops like Weavers Way. These were for-profit mom-and-pop stores (the profit providing the livelihood for Mom and Pop).

Each Unity-Frankford store was independently owned. All were small — most were no bigger than Weavers Way's Carpenter Lane store — and the individual owners identified a common need: centralized warehousing.

Pooling their resources, they purchased a warehouse, on Unity Street in Frankford. Their cooperatively owned warehouse operation dealt with suppliers, maintained inventory and negotiated volume pricing with farmers, food producers and wholesalers.

They even developed a private la-



Above, the old warehouse at Unity and Griscom; below, a newspaper ad from Unity-Frankford's heyday.



bel, the "Unity" brand, so people shopping in any of their stores would see a familiar brand associated exclusively with Unity-Frankford, one that assured quality and value.

The warehouse freed the grocers from having to deal with suppliers directly and allowed them to concentrate on running their stores. It saved them time, money and aggravation.

People identifying a common need, joining forces to achieve that need: That's a co-op.

Simple. And yet it's puzzling that this simple concept has become so foreign to so many.

Has our society's emphasis on the individual clouded our ability to understand the value of mutual benefit?

Entrepreneurs and their for-profit businesses are the foundation of Weavers Way's supply chain: They provide us

with much of the local produce, bread, meat, milk, cheese, coffee and specialty products we sell. We pay them a fair price for their products, which allows them to survive and hopefully thrive. (Which is why these products tend to cost more, a subject for another column!)

Some of our suppliers have grown to be quite large. Others have purposefully stayed small. Some of their owners have grown rich. For others, it's still a labor of love. We're proud to be business partners with all of them.

We teach our kids to do well in school so they can get into a good college so they can get a good-paying job so they can support themselves. If they do well, we deem them "successful."

I don't begrudge individual success, and certainly if we raise our kids right they'll see value in helping others and work towards bettering their communities.

But the quest for individual success need not be to the exclusion of shared success.

I think those Unity-Frankford folks got it right. They were entrepreneurs too, in business to make a profit, to build a better life for themselves and their children. They happily embraced the American way — many Unity-Frankford owners were first- or second-generation Americans — and took charge of their own financial destiny.

But they also saw the value of cooperation, of seeing their fellow grocers not as competitors, but as fellow entrepreneurs. Instead of creating a whole chain of stores, owned by a wealthy few, they created a cooperative that behaved like a chain, but benefited many, many owners.

It's a mind-set that I believe is due for resuscitation. A society that embraces nothing but a dog-eat-dog, winner-take-all, in-it-for-me approach is bound to become ruthless, uncaring, selfish and, ultimately, immoral.

No thanks. There's power in unity.

See you around the Co-op.

jroesser@weaversway.coop

MEMBER FORUMS REBOOT

Over the last couple of years, we've held a dozen or so "member forums," opportunities for members to get together with me, the Co-op's general manager, to talk shop, ask questions, or air grievances. These have been great fun, but the last few have been pretty sparsely attended, so I'd like to try a different approach.

Starting in December, we'll hold a series of three member forums focusing on specific issues. On Wednesday, Dec. 13, we'll talk about our working member program. On Wednesday, Jan. 17, we'll focus on our dependency on plastic packaging. On Thursday, Feb. 15, we'll tackle the Co-op's product philosophy.

For each of these forums, I'll begin with a brief presentation and then open it up for general discussion.

If these subjects are of interest to you, please join me for an hour or so to give your thoughts and to hear from your fellow member-owners.

— Jon Roesser

OPEN MEMBER FORUM

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SAVE THE PLANET THIS HOLIDAY SEASON



Go ahead, throw it all in — you'll be boiling the contents of your stock pot for hours!



Don't forget, the gravy can go in too.

Turn Your Leftovers and Peelings Into Useful Stock and Beautiful Soup

by Shawn O'Connell,
Weavers Way Mt. Airy Deli Manager

IN THIS SEASON OF FEASTING, WE HAVE THE opportunity to get creative with our abundant resources for days and weeks after. We buy a lot of food, never wanting to be without enough for everyone or surprise visitors. Being wasteful with good intentions and a modicum of perfectionism — it happens at this time of year, so relax. But you can still make use of what you buy if you don't fear the "S" words: Stock and Soup.

I love sandwiches with every bit of the holiday meal piled on some good bread . . . for a day. Maybe two. After that, it gets boring. Soup is a favorite way to repurpose leftovers, use meat carcasses and introduce new flavors. Making soup doesn't require a precise recipe. No measuring — please. Stock — poultry, beef, vegetable, pork or ham, fish — is easy and always useful. Most soups begin here. And making stock is extremely rewarding.

If you've made soup, you have accomplished something. That's what I tell myself on my days off, when that's all I can muster. It's humble, but more impressive than laundry.

Meat, fish or poultry stock is made with bones with a bit of meat left on them, aromatics such as onion (including the skins), celery (leaves and core), carrots, fennel (fronds and stalks), parsnips, bay leaves, peppercorns, garlic, herbs (stems and all) or whatever you have. Remember: no rules, no recipe. Save your kitchen scraps as you're making the meal. They're good! Do not compost them! Or toss in the garbage disposal . . . oh no! Also, don't discard leftover gravy or sauce. Throw it in there! Wine or a touch of vinegar can help release flavor from the bones, especially if you cut them

into small pieces with kitchen shears. Consider re-roasting the bones first: Toss in oil, roast for 45 minutes on a baking sheet in a 450-degree oven. Transfer to a stock pot and cover with water. Cook over medium-high heat and then simmer for at least 2-3 hours. Try adding Parmesan rinds (you do save them, don't you?), tomato paste, bacon or pancetta, or aromatic spices like star anise or ginger. Skim occasionally throughout the cooking process. Cool and pour through a fine-mesh strainer.

To make vegetable stock, add rutabaga, bell peppers, leeks, hard squash, cabbage or any green (save stems of kale or chard) to your onion-celery-carrots-herbs mixture. A small amount of lentils adds a rich flavor. Try miso, roasted tomato, nutritional yeast and liquid aminos for even more depth of flavor. If you have a lot of leftover fresh herbs, puree them with some olive oil and stir that in. Leftover mashed potatoes, sweet potatoes, pearl onions, any and all leftover veggies are perfect.

What soup will you make? I want to use rich brown turkey stock and infuse lots of garlic and a couple of rinds of Parmigiano Reggiano I've been saving. I'll have leftover brussels sprouts and butternut squash to throw in. Add white beans and some of the remaining turkey meat. Pancetta. Chopped sage and rosemary. Soup, in all its cozy, comfy, frugal glory!

If your stock is flavorful and properly seasoned you're ready to make soup right then and there. Or freeze it for another day. Give some away in a big jar!

Enjoy a one-dish meal that is delicious and soothing and know that you've done something to prevent food waste in your home.

soconnell@weaversway.coop



eco tip

Don't Trash that Tree: Recycle or Repurpose It!

by Marsha Low,
for the Weavers Way Environment Committee

Here's your yearly reminder about holiday trees: Once they are stripped of their finery, please don't place them on the curb on your trash day if you live in Philadelphia, as they will end up in the landfill. City residents can visit www.philadelphiastreet.com/holiday for alternatives, but you may want to consider recycling your tree at the yearly TreeCycle event sponsored by Weavers Way Environment Committee and GRinCH. This year, the event will be Sunday, Jan. 7, 2018, 9:30 a.m.-12:30 p.m. at the Sunset Avenue entrance to Norwood-Fontbonne Academy. Requested donation is \$10, and all proceeds go to support WWEC's grant program and GRinCH's Green Warrior student grant program. (You can also drop off your tree at various sites around the city. Go to www.philadelphiastreet.com/holiday for the latest details.

Also, instead of recycling your tree, you could repurpose it:

- Prop the tree up in your yard to provide shelter for backyard wildlife. Once the needles dry out, you can use them to mulch acid-loving plants such as azaleas and blueberry shrubs.
- Cut off the branches and use them to cover areas of your garden where bulbs and other sensitive plants are located. Plants can be heaved out of the soil due to the frost-thaw cycles that are common in our area during the winter, and placing evergreen boughs on these areas will prevent that.

TreeCycling 2018

Sunday, Jan. 7

SAVE YOUR CHRISTMAS TREE FROM THE NASTY METHANE-PRODUCING LANDFILL AND BRING IT TO BE CHIPPED FOR MULCH!

SUNSET AVE. entrance
Norwood-Fontbonne Academy

(off Germantown Avenue, at the top of Chestnut Hill)

Sunday, January 7

9:30 a.m.-12:30 p.m.

We are requesting a \$10 donation per tree to help fund GRinCH's Green Warrior student-grant program and the Weavers Way Environment Committee grant program.

Thanks to Bartlett Tree Experts for chipping services & Norwood-Fontbonne Academy for the space.

GRINCH

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SAVE THE PLANET THIS HOLIDAY SEASON



Have Yourself a Very Plastic-Less Holiday

by Sandra Folzer, Weavers Way Environment Committee

PLASTIC IS FOREVER.

Let that fact sink in.

You say, "But I recycle." Americans alone use 35 billion plastic water bottles every year, but only 6-7 percent of them go into new bottles. Most recycled beverage containers are exported to make synthetic fabrics and carpets, but carpets can't be recycled and fabrics made from recycled plastic are of such low quality that they must be blended with virgin materials. Most "recyclables" actually end up in the landfill or worse, join the estimated 270,000 tons floating in the ocean.

Take a tour of your own home. Look at all the plastic in your refrigerator, in your cupboards, or on your table. Pretend that whatever you have will always stay in your house. You can't ever get rid of it; it will just accumulate. That's what is happening in the real world. Plastic never disappears; it just breaks down into smaller and smaller pieces. One million sea birds and 10,000 marine mammals are killed each year from the plastic you and I throw away. We are responsible for their deaths, whether or not we admit it.

To get into the holiday spirit, picture the festivities. What do you see? Families together with mountains of gift wrap, cards, ribbon and packaging material. Between Thanksgiving and New Year's,

household waste increases by 25 percent in the United States — about a million extra tons.

Wouldn't we be kinder to our fellow creatures if we wasted less, especially plastic, during the holidays? Here are some suggestions, some from the Plastic Pollution Coalition:

- Since most Co-op members are already aficionados of zero waste, I probably don't have to remind you to use real plates, cups and forks over the holidays when entertaining. But, what about your family and friends? About a third of our solid waste is made up of food containers and packaging.
- Avoid gifts in plastic clamshells. This unnecessary plastic packaging will likely head directly to the landfill. Find gifts that are unpackaged or give "experience" gifts instead. Avoid over-packaged items. Remember you are buying the packaging along with the gift.
- One problem with ordering gifts online is that they arrive in multiple packages, including bubble-wrap or plastic peanuts. You can request minimum packaging at some stores. If you do acquire unwanted packaging, you can donate it to mailing stores.
- Use newspaper, recycled paper or even fabric to wrap gifts. Instead of plastic, use twine or cloth ribbons.
- Avoid plastic decorations like fake

snow, which is made from finely ground polystyrene, a possible human carcinogen and environmental pollutant that lasts forever. Choose real garlands over plastic.

- Buy toys made of wood and other natural materials. Keep in mind that plastics contain chemicals like phthalates and bisphenol A, harmful endocrine disruptors that can be absorbed by our bodies; 93 percent of Americans test positive for BPA.
- Join the campaign to "Skip the Slip." Sales slips are not usually recyclable because most are coated with BPA or BPS, another endocrine disruptor. Register clerks are known to have 30 percent more BPA in their systems, possibly caused by the sales slips.
- Giving clothes? Choose natural fibers like linen, cotton, silk or wool. Polyester, rayon and nylon fabrics are made of thousands of tiny plastic microfibers. A single piece of clothing can add 2,000 plastic microfibers into the water system each time it is washed.
- When shopping, keep an eye out for unexpected plastic. Some beauty products like face and body washes can contain 300,000 plastic microbeads, which end up in streams and oceans. If the item says "exfoliant" or "scrub," it contains plastic microbeads. Even some deep-cleaning toothpaste contains polyethylene (PE), as does



weavers way COOP
Environment Committee

some lipstick, mascara, soap and sunscreen. Check the label, or visit the website Beat the Microbead (www.beatthemicrobead.org).

I wish the United States were as forward-thinking as Rwanda. Yes, Rwanda. In Rwanda it is illegal to import, produce, use or sell plastic bags or packaging except for hospitals and pharmaceuticals. While 15 African countries have some kind of ban on plastic bags, they don't enforce them as in Rwanda where people can be fined up to \$19,000 or spend as long as four years in jail for selling or manufacturing plastic bags.

Each of us would be more cautious about buying plastic if we remember that every piece of plastic that was ever made still exists in some form today and much of it is killing or injuring innocent birds, turtles and other marine life. Eventually it hurts us too.

Have a Happy Plastic-Less Holiday.

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With a Co-op in Ambler, Can Dining for Women Be Far Behind?

by Betsy Teutsch, for the Shuttle

WEAVERS WAY ALREADY BOASTS THREE active Dining for Women chapters. We would love to start a fourth, Ambler-based chapter. It would be a great way to build our community, as our chapters join together three times a year for shared programs, and all members are welcome at any of the dinners.

To this end, our existing Monday-night chapter will meet at the new Co-op! Please join Dining for Women at the community table at Weavers Way Ambler at 6:30 p.m. on Dec. 11, to learn more about this global giving circle dedicated to transforming lives and eradicating poverty among women and children in developing countries. Grab a meal from the hot bar and learn about Dining for Women while we all dine together! Normally we are potluck, but for this introductory get-together, we will go with yummy, healthy Ambler Co-op selections.

Dining for Women is a global giving circle that funds grassroots projects in developing countries intended to fight gender inequality. Chapters meet on a regular basis — most monthly — and share a meal together. It may be in someone's home, a college cafeteria, an office break room or a church hall. (Even your local food co-op!) Members share



In actual fact, Weavers Way's Dining for Women chapters rarely meet at Downton Abbey.

DINING FOR WOMEN AMBLER INFO SESSION

Join us for potluck and conversation!

Monday, Dec. 11
6:30 p.m.
The Café
Weavers Way Ambler

camaraderie and learn about that month's featured grantees through videos, educational documents and presentations, and free and open discussion. Funds raised each month go to fund the featured and sustained grantees, as well as support the mission of Dining for Women.

Dining for Women's collective-giving model is proving that small contributions, aggregated together, can make a huge difference. This is especially true in the most impoverished areas of the world, where some subsist on less than \$1.25 a day.

All are welcome! Please join us! Questions? Email Lynn Doerr, lotuslassie@gmail.com.

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Puerto Rico

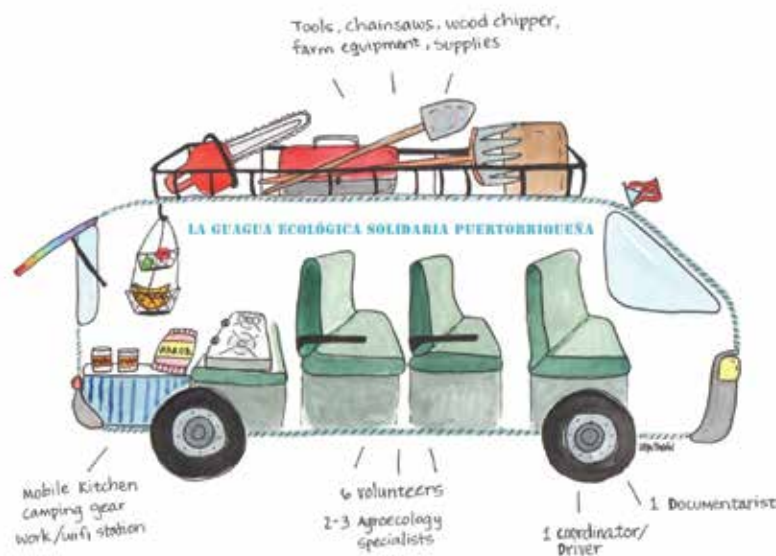
(Continued from Page 1)

tion in modernity: colonization + tourism + industrial food + a history of sugar-cane mono-cropping = a poor outcome, most definitely at the expense of the land and people. I came up with a five-year plan: Meet the farmers, become fluent in Spanish, increase eco-tourism and reach out to international cooperative organizations to bring the power of co-ops to the island. I came home to Philadelphia last spring to launch my naturals education business, Owl School Philly.

It was clear and crisp at 555 Carpenter when Hurricane Maria hit Puerto Rico in September. The next days brought shock and heartbreak. Crops and jungle canopy — gone. Farms destroyed, clean water at a premium, people in danger. My family was fortunate: The “Bosque Seco” (dry forest) of the Southwest is well suited for storm safety, and flooding was manageable. Municipal water was running within days. Our home and our friends’ homes were not badly damaged. With frugal use of propane, and a lot of beeswax candles, the tribe is getting by. This is not the case for most of the eastern and central mountainous regions, where rain, landslides, debris, disease and lack of power, plus politics, continue to generate chaos.

The five-year plan became the three-month plan, and the Land & Heart Project was born. Social media made connections across the country possible quickly. As Puerto Rican farmers worked tirelessly to clear rural roads, supply food and

(Continued on Next Page)



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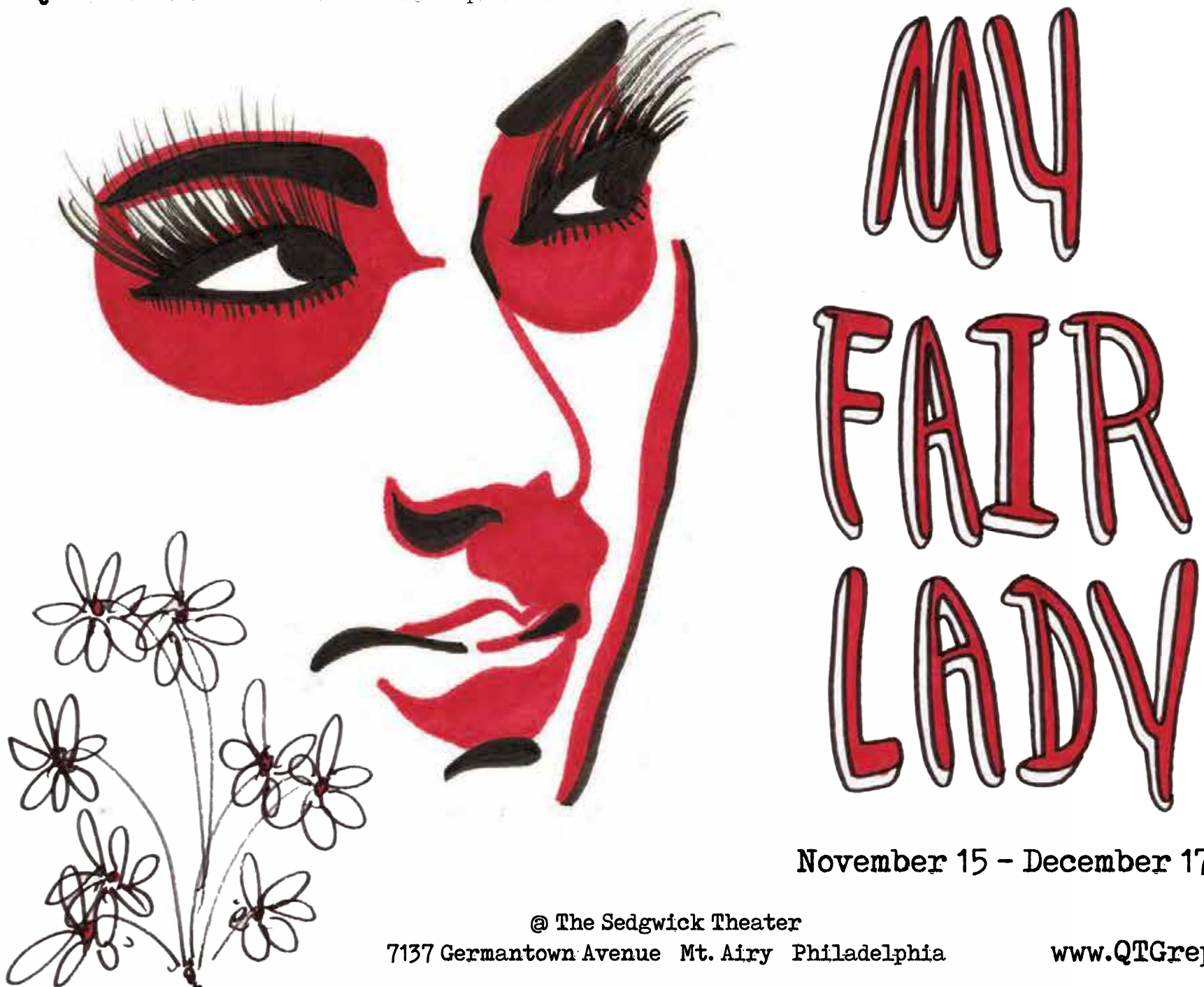
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Top, a neighborhood mango tree before two hurricanes hit; left, a mockup of a how the Land & Heart Project would equip its fleet of vans; above, the natural apothecary of a San Juan herbalist on the team.

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(Continued from Preceding Page)

procure seeds, we agriculture activists in the States spent our days and nights forming a coalition. Within weeks, we found one another and dug in.

Locally we are thrilled to partner with Teens Inc. Philly, a nonprofit focused on service learning through travel. Land & Heart and Teens Inc. will develop out-of-the-box educational programming in sustainability, culture and business skills for young people and the young-at-heart. We envision a cooperative education/exchange program, closer to home than those in Central America, with grants to make the program accessible to all. Contributions to the Land & Heart Project will help fund a scholarship program for Teens Inc. participants, who will join us in Puerto Rico this winter.

Florida-based Restoration Orchard helms our permaculture team, drawing up plans for systems, education and growth through learning centers in years to come.

Together we will sponsor teams of student builders and experienced permaculturists to join the Puerto Rico Resilience Fund's La Solidaria farms tour, starting in January. The Resilience Fund developed as a response to Hurricane Maria's devastation of small farms and food cooperatives. La Solidaria is headed by cooperative agriculture activist/restaurador-turned-leader/spokesperson, Tara Rodriguez-Besosa, who intends to carry restoration workers to "200 farms in 20 months."

This tour will bring immediate water and food relief to farms across the island and create connections for expanding permaculture education centers and food forests in the years to come. For this fu-



Puerto Rico's El Yunque, the only tropical rainforest in the U.S. National Forest system, was heavily damaged by Hurricane Maria.

ture effort, the Land & Heart Project has found an ally in the Association for Regenerative Culture, an Indiana nonprofit that sponsors permaculture educational and demonstration projects around the United States.

A most crucial point is that these initiatives be led and directed by people who know their island. Our mission is support and development. To this end, we have connected with an expanding network of other nonprofit, community, agricultural and academic organizations across the United States who can create innovative systems based on the needs of those to whom Puerto Rico belongs. Our ultimate goal is a cooperative bridging the island and the States for all committed to restoration agriculture and a sustainable future!

Supplies being transported to the island without further burdening limited

resources include water filtration systems, solar oven kits, portable solar chargers, nonperishable food, communications and camping gear, translation tools and an herbal apothecary. The Land & Heart Project is fundraising and conducting drives for seeds, tools and medicinal herbs. Shipping and ground transportation are necessary. La Solidaria is working toward a fleet of vans outfitted with camp kitchens and farm gear.

Weavers Way, your cooperative-business school is reaching into the world! Our remarkable co-op is where I learned the power and grit of collectively choosing how to run a successful enterprise. That we can achieve significant growth in sustainable farming, food justice and environmental integrity is, quite simply, the basis of restoring the world. Growing our coalition with community support is

a rewarding act of abundance that ripples near and far. Who knows? Perhaps someday you can join us on the farm!

For more information, visit:

- TeensIncPhilly.org
- Departamento de la Comida: www.facebook.com/departamentodelacomida/
- Puerto Rico Resilience Fund: www.americasforconservation.org/lasolidaria
- FondodeResilienciaPuertoRico.org
- ARCulture.org

April Lea Pedrick is a natural food and herbs educator, founder of Owl School Philly (www.owlsschoolphilly.com) and member of Weavers Way's Neighborhood Nutrition Team. Reach her at landheartproject@gmail.com.

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The Cooperative Nursery School Goes Apple-Tasting at Weavers Way

by Nandini Deo, for the Shuttle

PRESCHOOLERS FROM THE COOPERATIVE Nursery School on Lincoln Drive went on an apple-tasting adventure this fall to Weavers Way Mt. Airy. With the help of Produce Manager Jean Mackenzie, they tried three types of apples — the green Mutsu, the sweet Pinata and the old-fashioned Smokehouse.

In the days leading up to their Oct. 19 field trip, the students read some books about apples and learned some songs about them. They talked about what they already knew about apples and apple trees.

On that Thursday morning, the children, teachers and a handful of parents put on their hats and coats and lined up at the gate to begin their journey. They walked through the woods, past the Upsal train station and down Greene Street and up again. North's mother Jessica led the way and the students followed, each holding onto a buddy's hand. By the time they made it to the Co-op, many jackets had been unzipped and the adults were huffing and puffing. The sun and exercise warmed everyone up.

The large group made itself comfortable on the sidewalk outside The Mercantile while Teacher Leah took the first group of five students into the main store. Miss Jean hosted the apple-tasting right in front of the apple bins, slicing and of-



Setting out through the woods.

fering apple pieces to the children as customers shopped.

Each student described the taste, color and texture of the apples they tried, and selected their favorites. Since many of them are regular shoppers at Weavers Way, they were not surprised that there are many kinds of apples. But they were excited to learn new names and share the experience with their friends and teachers.

Each group of students had their turn to come into the store with a teacher and a parent to sample Miss Jean's apples. Reaching for a third apple to share, Evan

(Continued on Next Page)

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(Continued from Preceding Page)



Dave whispered to Teacher Leah: “She is so generous!”

While waiting for their classmates, the other children stayed busy outside: Teacher Pam led them in singing; Teacher Kerry shared some stories and helped get the wiggles out by playing a game of “Simon says.” They also snacked on ginger cookies and drank apple cider out of tiny paper cups.

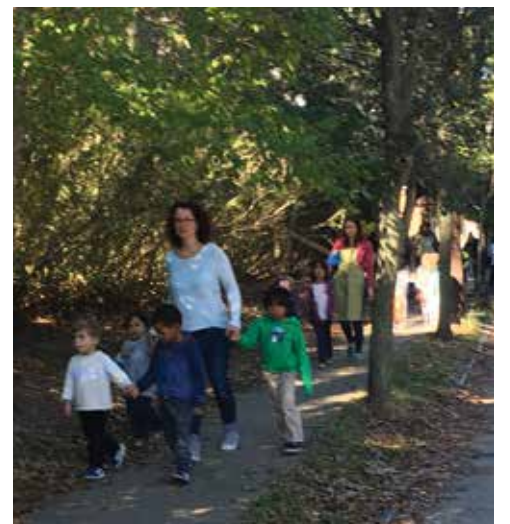
Miss Pam of Moving Arts of Mt. Airy let the children explore her secret garden, with its little pathways, pond and many decorative bird feeders. The children were delighted to get a peek behind the familiar fence across the street from the Co-op. Some students also enjoyed taking turns on Miss Pam’s old rocking horses.

All too soon, it was time for the return journey. The students left with a big pile of apples that they turned into applesauce and apple cake the next day at school.

Weavers Way member Nandini Deo is a Cooperative Nursery School parent.

Produce Manager Jean Mackenzie, left, is an old hand at sampling new apples for customers

Below, looking both ways is a must when crossing at Greene Street: the sidewalk outside The Mercantile is a perfect staging spot (provided the weather is nice); the return walk with a supply of apples.



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The Wissahickon Reflects Us All

by Maura McCarthy, Executive Director, Friends of the Wissahickon

AS THE CALENDAR WINDS TO A CLOSE and we look forward to a new year, I would like to reflect on 2017 and be thankful for all that the Friends of the Wissahickon community is doing to preserve our beautiful Wissahickon Valley Park for years to come.

Here are some highlights of our ongoing work that will have a positive impact on everyone:

- The Summit Avenue Trail reroute project is well under way, with more than 1,500 feet of trail being restored. You may have seen us busy with professional contractors, volunteer trail-building crews and supporters like you, all of whom share a passion for helping us keep the Wissahickon safe and accessible. This reroute and restoration, which features a bike spur and wet stream crossing, will improve drainage and decrease erosion.
- Through our Little Friends of the Wissahickon program, FOW is partnering with Philadelphia public elementary schools to reach the youngest explorers, introducing them to Wissahickon Valley Park and nurturing their awareness and love for it. The program includes in-class and in-park visits, and each Little Friend who participates gets a trail map of the Wissahickon and a copy of the “Goodnight Wissahickon Valley Park” book.

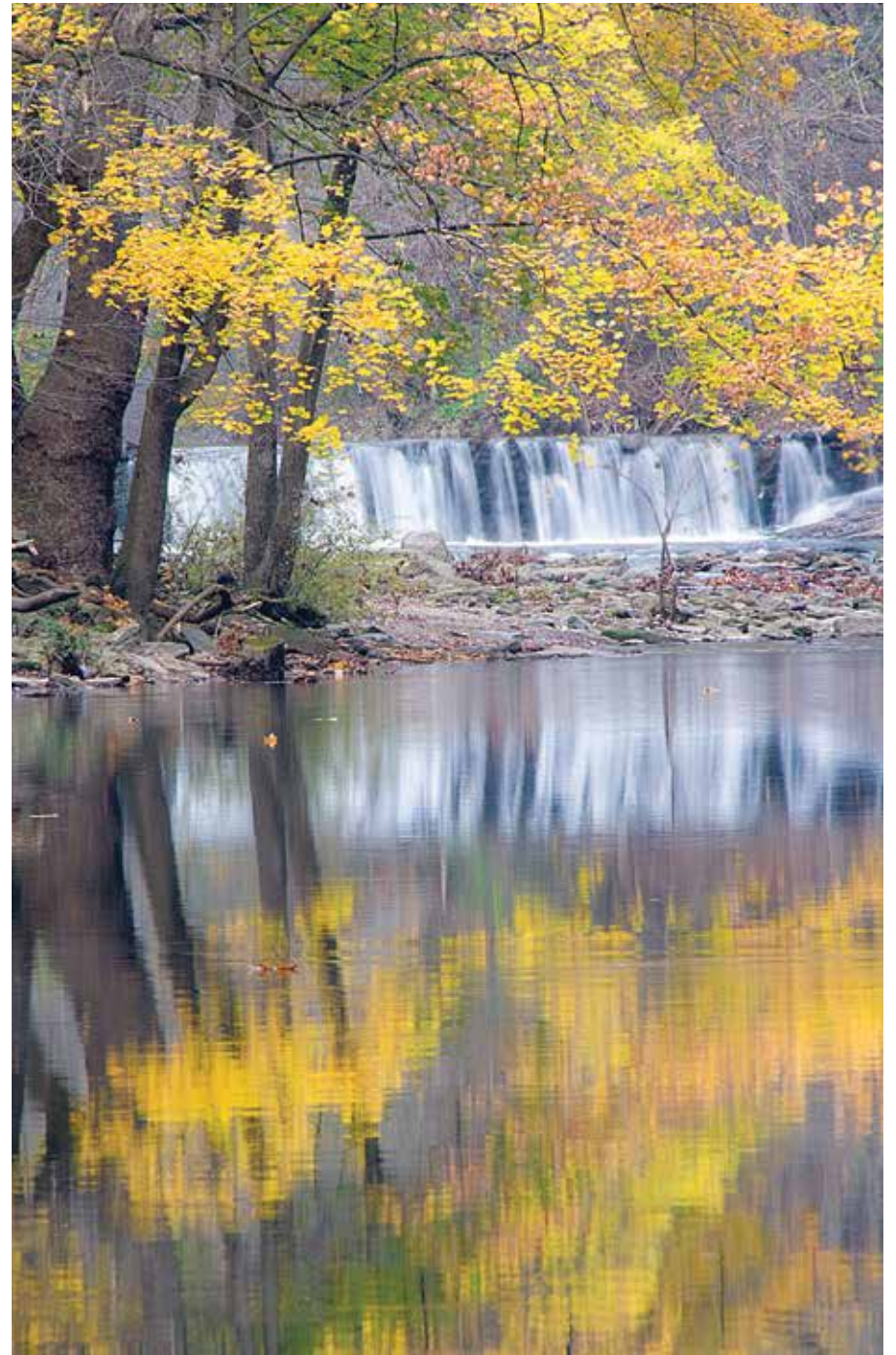


• In the coming year, you’ll see evidence of our commitment to making the Wissahickon safe and sustainable for the visitors of today and tomorrow through our major work on Forbidden Drive. The drive has collapsed in three sections to half its original width; FOW has invested more than \$1 million in major planning and design for repairs. In 2018, as construction begins to restore these collapses, we’ll look proactively at the whole of Forbidden Drive to address possible future collapse sites and restore our drinkable waterway.

This may be the season of giving, but our many friends have extended their generosity all year long, for which we are grateful. You are an integral part of our continuing efforts to preserve the Wissahickon and educate community members about our park’s many gifts. We invite you to join us in keeping this unique natural retreat vital for generations onward. If you’re not a member, please consider becoming one this holiday season; visit fow.org to learn more.

Speaking of gifts, if you’re looking for fresh ideas, a membership in FOW makes a great present, with benefits to enjoy in every season. Visit fow.org for more information. We also have some great Wissahickon-centric items, including our annual calendar, T shirts, books, maps and more at shop.fow.org.

On behalf of all of us at Friends of the Wissahickon, we wish you and yours a joyous, healthy and peaceful holiday season.



FOW photo by Ellie Seif

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When Your Holiday Surprise Is a Bat

by Brenda Malinics, for the Shuttle

I LOVE BATS, AND I HAVE BEEN WORKING/REHABILITATING them for years, so finding a bat in my attic while retrieving holiday decorations would be a terrific surprise for me — but not so for most people.

December and January are two months in which many people find bats in the house. I've heard of one woman who found a bat in the winter coat she was getting out of the attic, and of a family who had a bat fly out from under the skirt of the angel tree topper.

One's first instinct after safely capturing a bat would be to let it outside. Don't do it! In winter, it would be dooming the bat to death by freezing or starvation since there are no bugs for the bat to eat, and the warm summer temperatures that bats enjoy have long passed.

So what's up with the rogue bats that show up in so many homes this time of year? Halloween hangers-on? Nope, more like stupid teenagers who didn't listen to their elders when the "scout" bat sent messages throughout the neighborhood that it was time to leave their summer residences and gather at "hibernacula" for six months of hibernation.

In most cases, it is just one or two youngsters who decide to stay behind in the attics they've known all summer. They find themselves "home

alone" with the maternity colony departed, and as the weather gets colder, and their metabolism naturally slows down, they nestle into insulation, folds of rugs or stored clothing, boxes . . . sometimes of holiday decorations.

But attics are too dry and too busy for hibernating. (Bats that hibernate in Pennsylvania take up winter residence in caves or old mine holes.) A hibernating bat in a true state of torpor could use up its entire store of fat reserves if disturbed by people coming up to the attic, and be too weak to fly out and hunt for bugs when spring arrives.

Bats that are found in winter must be overwintered in a high-humidity rehab environment. So if you find a bat in your home in the winter, contact the Schuylkill Wildlife Rehab Center (215-482-8217; animals are accepted 365 days a year). The bat will be guaranteed a safe place to hang out until its friends and family return in the spring.

BatWorld.org has correct methods to safely capture a bat, fascinating facts on bat hibernation and other outstanding information about these gentle and misunderstood creatures.

Happy holidays! Happy batting!

Brenda Malinics is the Bat Woman. She is certified in wildlife rehabilitation and runs the all-volunteer Brenda's Cat Rescue (www.brendascatreue.org). Contact her at bmalinics@gmail.com.



Want to help the animals? Here are some suggestions from Brenda. All are 501(c)(3) nonprofits, so your gift is tax-deductible.

- Alley Cat Allies: alleycat.org**
(Feral cat advocates)
- Bat World Sanctuary: batworld.org**
(Bat care, education & sanctuary)
- Best Friends Animal Sanctuary: bestfriends.org**
(All animals/no kill sanctuary)
- Brendas Cat Rescue: Brendascatreue.org**
(Cats-only rescue)
- Diamond Rock Wildlife Rehab: Diamondrockwildlife.org**
(Bats)
- ForgottenCats: ForgottenCats.org**
(Low cost clinic & adoption sites — cats only)
- Philadelphia Animal Welfare Society: phillypaws.org**
(Shelter & low-cost care for dogs & cats)
- Philadelphia Community Cats Council: phillycats.org**
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- TheSpayedClubClinic: thespayedclub.org -**
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- Wildlife RehabilitationSupport of PA: wrspa.org**
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The Passionate Gardener

Think About Planting for Pollinators

by Ron Kushner, for the Shuttle

POLLINATORS ARE RESPONSIBLE FOR THE RE-production of most of our plants and the produce we grow. The loss of commercial honeybees to colony collapse disorder has been well documented. It is urgent for gardeners to help pollinators thrive. By adding plants that produce food and shelter for pollinators, we can all make a difference to these most necessary creatures.

The pollinators in our area include bees (both native and honeybees), butterflies, moths, beetles, flies and birds. I have limited the following suggestions to some readily available plants. There are many others! A good resource for more information is the Pollinator Partnership: www.pollinator.org.

Native bees pollinate many crops in our area. The varying length of their tongues determines which flowers they can draw nectar and pollen from. They are generally attracted to plants with white, yellow and shades of red/violet blossoms. Tubular flower shapes are best. Bee favorites include summer phlox, alyssum, annual poppies, asters, even clover. Bees will enjoy your garden zinnias, too, and will flock to Joe-Pye weed.

Butterflies prefer flowering plants that are in full sun, protected from the wind and near water sources. Try to provide a bit of open ground or at least large stones where they can rest safely. Many trees, shrubs and herbaceous plants support butterfly populations. Butterflies in the larval stage may cause some damage to host plants. Examples of these larval food plants include the parsley family (Apiaceae) — carrot, celery and dill, but also Queen Anne's lace — and milkweeds. Butterflies readily visit blue false indigo (*Baptisia australis*), black-eyed Susans and other rudbeckias, and New York and New England asters and other members of the Symphyotrichum clan.

Moths are active after dark, and some night-blooming plants, such as moonflower and evening primrose actually evolved to attract them. Others, like honeysuckle, flowering tobacco (*Nicotiana glauca*) and tall garden phlox (*Phlox paniculata*) smell stronger at night, the better to attract these nighttime pollinators.

Beetles also play a role in pollination, though they tend to damage plants as they eat and drop pollen here and there. They generally like large, strong-scented flowers such as various magnolias, Calycanthus, yellow pond lilies and paw paw (*Asimina triloba*).

Flies are also attracted to paw paw, and can be important pollinators for other species, including goldenrod (*Solidago* spp.) and cranesbill (*Geranium* spp.).

Hummingbirds are the primary bird pollinators in our area. Pollen rubs off on their beaks and feathers. They are attracted to bright-colored, tubular flowers. It is interesting to note that hummingbirds can see the color red, while bees cannot. Hummingbirds are often seen on honeysuckle, but they also enjoy milkweeds and lobelias and they love the red brushes of red buckeyes (*Aesculus pavia*).

Many plants do double duty. Nectar and pollen-rich coneflowers (*Echinacea* spp.) are appealing to butterflies and to bees, and bees and hummingbirds like hyssops, salvias and the bee balms. Elderberry (*Sambucus* spp.) and sunflowers (*Helianthus* spp.) will attract beetles and butterflies. Both hummingbirds and butterflies will visit native columbine (*Aquilegia canadensis*).

To support pollinators, in addition to planting host plants, try not to be too concerned with total neatness. Leave some dead branches, leaf litter and weeds that offer shelter as well as food. Also, always provide safe access to a clean water supply.

For questions or comments: ron@primexgardencenter.com.



Howard Goldstein photos

Pictured: Carpenter bee on garden phlox, top; monarch butterfly on asters.

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To Manage Holiday Excitement, Listen to Your Body

by Trudi Dixon, for the Shuttle

BY THE TIME YOU READ THIS ARTICLE, the holiday season will have begun. It's the time of year when we add extra activities to our already full lives — holiday performances, parties, family gatherings, hosting guests in our homes, preparing elaborate meals. For some of us, that list comes with the added pressure of strained relationships with family. My heart races and my palms sweat just thinking about it.

Your body is constantly communicating clues about its internal state. As I sit with my racing heart and sweaty palms, I think of my body as a beloved friend. I listen to it with compassion and understanding. It's no wonder it feels so anxious! Even participating in activities that I enjoy will make me busier than I already am. My body is worried that its well-being will not be high on my to-do list.

As I empathize with my body's concerns, I also know it contains valuable resources to support its own welfare. So I check in with it, listening for the quiet voice that says, "I am here. You can count on me." For me, it is my breath and my feet. I slow my breathing to calm my heartbeat. I feel my feet on the floor, and it brings me back from



worrying about the future into the present. There's nothing else I need to do right now except feel at ease.

I am also reminded to add self-care to my calendar. I have tools, such as meditation, exercise and Reiki that I can do by myself. Enlisting the help of professional bodyworkers can provide an additional level of support. Doing these things will fill my resiliency reservoir and give me the strength to face whatever challenges I encounter.

Here are some more ideas for tackling the extra excitement of the holidays:

Take a break. Make time to pay attention to your body before it sends you a message you can't ignore.

Honor your emotions. Even if you don't have time to address them immediately, your body will appreciate the acknowledgement.



Checking in with someone else can help you keep holiday stress in perspective.

Trust your intuition. It may appear as a thought that pops into your head, a sensation in your gut or a feeling in your heart. This is another way your body sends valuable messages.

Give yourself permission to say no — with no explanation necessary.

Talk to a friend or colleague, or write it down. Hearing your concerns out loud or seeing them in writing can validate your perspective, or change it.

Schedule time to do something that brings you joy.

Seek professional help. If you're struggling with demands for your time and attention, ask a friend for a recommendation of a counselor, bodyworker or support group. Weavers Way's Health &

Wellness Committee members are great resources. That's what we're here for!

Whatever the holidays bring, your body knows how to meet this season with grace. You only have to hear what it has to say.

Trudi Dixon, LMT, is a licensed massage therapist, certified somatic therapist and Reiki practitioner with 15 years of experience in helping her clients listen to their bodies' inner wisdom. For more info, visit livinginspired.amtamembers.com or call 267-422-2254.

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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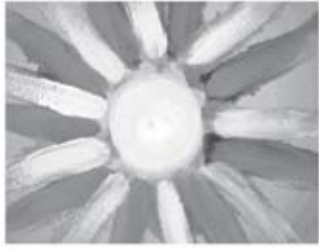
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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

Weavers Way has a mission, and one of our Board's duties, as directed by our bylaws, is to assure our mission is carried out. We've had a mission statement since I'm not sure when, at least since the mid-'80s, maybe longer.

"Mission" is an interesting word, as lately it is frequently used by organizations (including for-profit businesses) to reflect their values and purpose, plus there is the more traditional use, such as by the military and church.

We recently hired a consultant to perform our annual staff survey. As I filled it, I was kind of taken aback to see this: "The next two questions will ask about Weavers Way's mission. Here is the mission statement (also called the global



Ends policy): Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy."

While that is a fine statement, it is not our mission statement — it is from the introductory paragraph of our Ends policies. It appears our consultant did not realize that at Weavers Way, the mission statement is different from the Ends. While it may seem like a small and relatively irrelevant difference, to me it reflects a lack of understanding of the role of mission statements and Ends policies in our organization, not to mention a lack of familiarity with the Co-op by the consultant.

Our mission statement is sort of long,

When governing documents like mission and Ends statements and bylaws are well-written, they can form a clear basis upon which a co-op can base expectations of its staff, members and community. When there is confusion about the content or the role of governing documents, clarity of action suffers, as does communication, sense of purpose and, ultimately, results. Maybe it's time for us to have a look at these documents and talk about their role at Weavers Way.

and is probably due for a review. We have other governing documents, such as our bylaws, Ends statements and Executive Limitations. All are occasionally modified and updated by our Board, but I don't remember us ever changing the mission statement. When I think about how a mission statement and Ends statements are related, I believe they will be in alignment in that you end up achieving your Ends if you continuously and successfully carry out your mission. Mission statements describe actions; Ends describe results.

When governing documents like mission and Ends statements and bylaws

are well-written and accurate, they can form a clear basis upon which a co-op can base expectations of its staff, members and community. When there is confusion about the content or the role of governing documents, clarity of action suffers, as does communication, sense of purpose and, ultimately, results. Maybe it's time for us to have a look at these documents and talk about their role at Weavers Way.

Weavers Way's mission statement is on our website, as is our Ends statement, but since the mission hasn't been updated in a while, I thought I would print it here.

(Suggestions Continued on Next Page)

Weavers Way Mission Statement

It is the mission of Weavers Way Cooperative Association to operate a grocery-based consumer organization that is owned and governed by its members, and to build community, both within its membership and in the communities it serves.

We do things cooperatively. We encourage each member to contribute to and participate in all activities we undertake as a cooperative.

We follow and promote the International Cooperative Principles, support other co-ops and

cooperative efforts, and educate our members and our community about consumer issues and the cooperative movement.

We're committed to each other as members. We maintain a welcoming store which operates in an atmosphere of trust and respect. We provide an equitable and rewarding workplace for our member-employees. We offer products and services that both reflect our members' needs and balance quality and cost.

We're committed to the community. We support

local businesses, wholesalers, community groups, and institutions in ways that strengthen our community and benefit our members. We embrace diversity and seek to reflect that diversity in our membership.

We're committed to the environment. We work to sustain a healthy planet, promote environmentally sound products and practices, encourage and support local and organic farming, and try to act with environmental consciousness in all our endeavors.

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Suggestions

(Continued from Preceding Page)

suggestions and responses:

s: "Can we consider Ozery Bakery One Bun?"

r: (Matt MA) We'll look into availability.

s: "Can we carry Artisan Tropics Sweet Plantain Strips? They are a low-salt product made by a family owned business and are not similar to the Terra Plantain chips, which are not sweet and very salty. The Artisan Tropics were supposedly outsold by the Terra chips. Not a fair contest because the Terra were on sale for \$1.99 at the same time as the Artisans were \$3.59. Could you please bring them back?"

r: (Matt MA) We will give them another chance.

s: "O'Dough's bagel thins — they are amazing gluten free bagels, the only kind my daughter with celiac will eat. Thanks!"

r: (Matt MA) I'll meet with our bakery buyer to consider these. In the meantime, you can pre-order in cases of six bags.

s: "I'm a jockey and need to keep my weight down but I want the benefits of consuming coconut and olive oils. Is there a 'lite' version of these oils?"

r: (Norman) We can get a version that is "lite-ened" by having nitrous oxide bubbled through it, which makes it more like a frothy oil so the same volume of oil is lower in calories. However consumption of it apparently results in fits of uncontrolled laughter in some people, so you might not want to consume it before a race, as no one would bet on a jockey they thought had the sillies.



s: "For a while the Co-op carried Louis (Louie's?) chicken sausages (feta-&-spinach; cilantro); skinless, they're excellent. They've been replaced by D'Artagnan (pricey!) and Dietz & Watson. (Pork casing? Also don't like the flavors as much.) Can we switch back?"

r: (Dale MA) Turns out our supplier, Garrett Valley, now requires us to order 40 cases of this item, which is too much for us. If they change, we'll stock.

s: "Please order the Bearitos Yellow Corn Chips with NO ADDED SALT. (The regular ones are very salty.) Thanks."

r: (Matt MA) Unfortunately, it was not our choice to stop carrying the unsalted Bearitos. I'm not sure if they were discontinued by our supplier or if Bearitos stopped making them, but they seem to have vanished. We're very sorry for this. We were very disappointed when we found out that we could no longer order them.

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Mayor Kenney at the podium in the Great Room at the Waldorf School of Philadelphia; his talk preceded dinner, but hors d'oeuvres kept the crowd focused.

Fall GMM

(Continued from Page 1)

people together and can serve as community spaces,” Kenney said.

That community support may be even more important in the future. Just the day before addressing Weavers Way members, Kenney told City Council he would ask for the state’s School Reform Commission to disband itself and return public school control to the city. The SRC, which began overseeing the schools 16 years ago, voted to dissolve on Nov. 16. Kenney told Co-op members that he felt as if he had “jumped off a cliff” by taking on running the schools and figuring out how to pay for them and the projected \$1 billion deficit over the next five years. But the mayor said the city needs to be accountable for the education of its 200,000 schoolchildren, adding, “We had to make a decision that public education is our responsibility.”

It was one of many applause lines for

Kenney. The Co-op has strongly supported schools in the neighborhoods where it has stores—the C.W. Henry School in Mt. Airy and J.S. Jenks in Chestnut Hill, as well as W.B. Saul High School in Roxborough, which partners with Weavers Way Farms.

The mayor covered several other topics during his prepared remarks, then took off his glasses and took questions from Co-op members.

Asked about reducing the city’s carbon footprint, Kenney reiterated the city’s commitment to move toward 100 percent renewable energy and reduce carbon emissions by 80 percent. He said he will continue these efforts despite the White House’s withdrawal from the Paris climate agreement.

Kenney commiserated with Weavers Way members about the difficulty of eliminating plastic bags from retailers in the city, saying there is one proposal that has now gained traction but more needs to be done.

Co-op General Manager Jon Roeser directed Kenney’s attention to the group in the back of the room holding up a banner opposing SEPTA’s proposed natural-gas-fired power plant in Nicetown. Construction of the plant has been approved by SEPTA’s board but is opposed by many organizations, schools and several elected officials. Opponents say natural gas is not clean energy and they want SEPTA to move from fossil fuels to renewable energy. In addition, a report by the Environmental Protection Agency states that Nicetown already has more fine particulate pollution than three-quarters of neighborhoods across the country, which has resulted, in part, in an abysmal childhood asthma rate of one in every three children.

Kenney acknowledged the protesters, but noted that the city has only two votes on the SEPTA board. He promised to take the opposition to the project into account.

The mayor also talked about the high rate of poverty in the city — about 25 percent of the city’s residents — and said

opioid addiction and drug violence add to problems in poverty-stricken neighborhoods. “The only way anyone is going to get out of poverty,” he said, “is through education.”

Returning to the subject of schools, Kenney responded to a question about how the new municipal school board would be formed in policy-oriented depth detail that underscored his longstanding focus on the issue of public education.

He has made improving education the centerpiece of his administration, first by taking on the implementation of a soda tax in part to fund universal preschool, and now by deciding to resume control over public schools and taking the necessary steps to pay for them.

“These are our kids,” he said. “And these children need to know they have value.”

Jacqueline Boulden is a Weavers Way working member.



At left, Membership Manager Kirsten Bernal is joined at the sign-in table by Board member Larry Daniels and cooperator Rachel Millenbach; above, while Kentu seems to be having all the fun (as usual), cooperator Eric Sternfels is focused on the task at hand: serving the checkpea stew!



Weavers Way Programs Coordinator Stephanie Bruneau, left, and cooperator Paula Paul highlight DIY aspects of the evening’s zero-waste system.

CHEF'S
CORNER

Now Taking Requests!

by Bonnie Shuman,
Weavers Way Executive Chef

Wow — we've come a long way. As I said at our General Membership Meeting on Nov. 3, I recently marked my 15th year at Weavers Way — from rice cookers in the basement of Mt. Airy to overseeing a three-store culinary and deli program.

I can't express enough my gratitude to our members and customers. To those of you I've known since those days working in the basement, to the new folks in Ambler, your kind words about how delicious our prepared foods are is a motivation to keep growing.

Speaking of Ambler, we are seeing that people seem to be looking for a different mix of prepared foods than what we sell in Chestnut Hill. Ambler folks, I encourage you to email me and let me know what you're looking for. Our aim is to serve you with the highest quality food and to make your life a little easier when you don't feel like cooking. I look forward to hearing from you!

Many of you requested the recipe for the Tofu and Chickpea Curry Stew we served at the General Membership Meeting. Thanks for all the compliments, and I am so glad you enjoyed it!

bonnie@weaverway.coop



Weavers Way prep-food chef Jenna Balaban, right above, heads the line, while cooperater Barbara Adolphe dished out the curry.

Tofu and Chickpea Curry Stew

- 1 block fresh tofu (about 1 lb.), cubed
- 2 15-oz. cans chickpeas
- 2 15-oz. cans coconut milk (tree-nut allergen)
- 1/2 lb. carrots, peeled, medium-diced
- 1 lb. Yukon Gold potatoes, peeled, medium diced
- 1 15 oz. can diced tomatoes
- 1 large sweet onion, large-diced
- 1/4 cup fresh lime juice
- 3 heaping tbs. curry powder
- 2 tsp. brown sugar
- 4 tbs. coconut oil
- Salt to taste
- Optional, for garnish: chopped scallions, chopped cilantro

Heat oil over medium heat in a medium saucepan. Add diced onion and carrot. Cook until onion is translucent and carrots are tender. Turn heat to low and add curry powder. Stir for a few minutes to toast the curry a bit. Add tomatoes, coconut milk, lime juice and brown sugar. Allow mixture to simmer for one hour, stirring occasionally. This allows the curry to mellow.

Meanwhile, roast the diced potatoes in a 350-degree oven until golden brown. When done, add to stew. Before serving, add cubed tofu and serve with garnishes if desired. (You can roast the tofu until golden brown before adding to the stew if you prefer a chewier texture, as I do.)

Serve with rice of your choice.

Meanwhile, in Co-op Business, Jon Roesser Crunches the Numbers

by Mary Sweeten, Editor, Weavers Way Shuttle

FOLLOWING THE HEADLINER TURN BY MAYOR KENNEY at the Fall General Membership Meeting, General Manager Jon Roesser turned to Weavers Way finances.

“At its heart, this is a business meeting and we do have some business to attend to,” he said, walking members through a set of figures for Fiscal 2017, which spanned July 1, 2016-June 2017, and providing snapshots of performance since the summer.

He noted to applause that overall sales continued to increase in FY17 from \$21.8 million to \$22.2 million, a 2.19 percent rise, “so we remain a growing organization.”

Addressing gross margin, he said, “We all have to put on our owner caps for this slide: We are owners of this enterprise, these are dollars we use to run our operation, the dollars we have left after we're done paying for goods that we sell.”

And gross margin slipped from 36.88 percent in FY16 to 36.66 in FY17, “which doesn't sound like a big deal — it really isn't a huge big deal — but that means a loss of margin dollars . . . that's \$50,000 less we have to run the business.”

Meanwhile, labor costs edged up, from \$5.6 million in FY16 to just over \$5.7 million, or 25.6 percent of sales to 25.8. Again, not a huge number, Roesser said, attributing it partly to increases in health insurance premiums.

That FY17 was a period of some disruption was borne out in net income. “A scary number: We lost \$91,000” compared to FY16, when net income was \$291,441. “But the really important number is our adjusted net income, because so many of our expenses are one-time expenses related to the Ambler project,” Roesser explained. With those expenses subtracted, “the core business was profitable at \$173,000.”

Now, “if you want to know why our gross margin is down, here's why,” Roesser continued, putting up a slide showing membership statistics:

- Active members as of June 30: 7,142. “We increased membership by 1,103 in FY17; that's great,” Roesser said, to applause.
- Working members: 2,418. “So 704 more working members.”
- Senior Tuesday Discount participants: 883, increased by 96 households
- Food For All, our needs-based discount program: 115, an increase of 30 households.

“So these programs, the Working Member program, the Food For All program, the Senior Tuesday program, they're all good programs. I'm glad that we have them — super-happy that all of them have expanded — but understand as a business owner what this means: These programs entail discounts that cost us margin,” Roesser said. “And again, I'm not saying that that's bad. I'm just saying it's true.”

Moving on to FY18, which started July 1, 2017, Roesser said Mt. Airy sales continue to increase year over year, at \$3.9 million vs. \$3.7 million during the same period last fall — a 6.7 percent increase. The Chestnut Hill store also did better than the same period last year, \$3.9 million compared to \$3.8 million, a 2.16 percent increase.

Roesser also noted that since the Ambler store opened Oct. 11, Chestnut Hill has seen a decline in sales of about 5 percent: “We've seen some sales migration, which we anticipated.”

As for Ambler, Roesser said store sales so far are about \$145,000 a week. “That puts us at about \$7.5 million a year if that number holds. That sales figure is just about what we budgeted for. We need to get to about \$8 million annually for the store to be profitable.”

“The store is doing well, we've received a lot of positive feedback from the community, a lot of new members have joined since we opened. So things are going great. I do encourage you to get out there and take a look if you haven't been there,” he said.

msweeten@weaversway.coop



The mayor acknowledged the banner, below, some members held up at the back of the room in opposition to the proposed SEPTA power plant; below right, GM Jon Roesser scores a selfie.



GMM photos by Weavers Way
Working Member Ellie Seif



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.

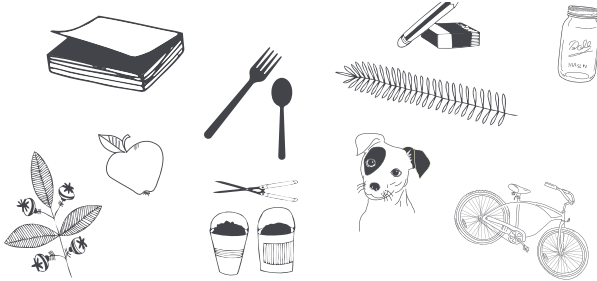
RSVP on EVENTBRITE

WE ASK THAT YOU REGISTER EVEN IF THE WORKSHOP IS FREE.

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.

WHY NOT GIVE A WORKSHOP YOURSELF?

Anyone can propose a topic, and members who lead workshops get three hours of work credit. It's a great way to maintain Working Member status.



WORKSHOPS ARE HELD:

- 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, in **The Cafe** at the store, 217 E. Butler Ave., or the **Ambler Senior Center**, 45 Forest Ave.
- Other locations as noted.

COMING UP

Pranayama (Breathwork) in Practice & Theory

Tuesday, Dec. 5, 7-8:30 p.m., Blue Banyan Yoga Studio, 7153 Sprague St.

Join Sophie Simpson of Blue Banyan Yoga for a 90-minute exploration and practice of breathwork. We will dive into the physiological benefits of breath as well as the profound influence breath has on our energy, bodies and vitality. FREE. No prior yoga experience necessary.



Make Your Own Holiday Wreath

Thursday, Dec. 7, 7-8:30 p.m., The Mercantile

Join Lizzy Holm of Forest House Garden Design for a fun evening of wreath and holiday

decorations crafting using native plants. Each participant will leave with their own unique and beautiful holiday wreath! \$45 per person covers materials, snacks and hot cider.

Keeping Warm, Keeping Well

Thursday, Dec. 7, 7-8:30 p.m., Healing Arts Studio

Join the Weavers Way Health & Wellness Committee for a show-and-tell workshop focusing on clothing, foods and beverages. We are warm-blooded and warm-hearted, so it matters to our health and mood to not have cold invading us. FREE.

DIY Glass Crafted Luminaries

Saturday, Dec. 9, 3-4:30 p.m., The Mercantile

Workshop leader Lizzy Holm of Forest House Garden Design will show you how to use paper cutting and other methods and media to create beautiful luminaries out of glass vessels. \$30 per person covers materials, snacks and hot cider.



Crafting by the Fire: DIY Felt Ornaments

Sunday, Dec. 10, 3-4:30 p.m., The Mercantile

Join Ali Dworsak of The Little Workshop and make your own beautiful hand-sewn

felt ornaments! There will be three designs to choose from with lots of options for embellishing and personalizing your creation. No experience necessary! \$5 per person includes hot chocolate.

Party Time! Herbal & Spice Infusions for Cocktails

Tuesday, Dec. 12, 7-8:30 p.m., The Mercantile

We'll be teaching, crafting and tasting our way through this workshop on how to use homemade natural infusions to make interesting, festive and unique concoctions. Amaze your friends with custom herbal cocktails for the holidays! FREE.



DIY Non-Toxic Home Cleaning Supplies

Saturday, Dec. 16, 11 a.m.-12:30 p.m., The Mercantile

Join Weavers Way staff members Liana Orazi and Kellie O'Heron for an interactive workshop on the why and how of making your own non-toxic cleaning supplies. Liana and Kellie run Eco Daydream, a green cleaning company. FREE.

Brew Your Own Kombucha 101

Saturday, Dec. 16, 3-4:30 p.m., The Mercantile

Nowadays you see more and more kombucha, that fermented tea beverage full of things that are good for you, on store shelves, but it is easy to make at home. Join Weavers Way member Aaron Mittica to learn how. \$5; attendees will receive a \$5 Weavers Way gift card.

Winter Solstice Holiday Wreath Making

Thursday, Dec. 21, 6-9 p.m., The Mercantile

Celebrate the season with a candle-lit workshop on the age-old art of wreath-making. Geraldine Lavin of Suntrap Apothecary will demonstrate how to fashion beautiful wreaths out of vines, evergreen branches, dried flowers and more. \$45 per person covers materials, snacks and hot cider on the wood-burning stove.

weavers way NEIGHBORHOOD NUTRITION TEAM



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 Co-op members. The Team aims to provide information and resources that empower members to make desired changes in their nutritional program.

DECEMBER PROGRAMS

Winter Wellness: Homemade Gift Ideas

Sunday, Dec. 10, 3-4:30 p.m.

The Cafe, Ambler

Join us at the Ambler store for ideas for creative, healthful DIY gifts. Kristin Fulmer, licensed professional counselor and certified nutritional therapist, and Tara Bevivino, nutritionist and health educator, will present recipes, demos and samples. FREE.

Essential Oils 101

Wednesday, Dec. 13, 7-8:30 p.m.,

The Mercantile

Join April Lea Pedrick, natural food and herbs educator and founder of Owl School Philly, for a discussion and demonstration of the use of essential oils for the health and well-being of yourself and your family. \$5; attendees will receive a \$5 Weavers Way gift card.

Healthy Gut, Happy Holiday

Thursday, Dec. 14, 7-8:30 p.m.,

Ambler Senior Center

Holiday eating can leave our digestion compromised. Learn strategies, recipes and resources for understanding the gut-health connection and keeping your gut happy and healthy from Kristin Fulmer, Licensed Professional Counselor and Certified Nutritional Therapist. FREE.

2018 Elections

(Continued from Page 1)

mum of 11 members. In most cases, Board members are elected for staggered three-year terms. This cycling system keeps the Board at capacity; turnover is staggered so that newly elected members serve with more experienced members. Elections are held every spring.

In 2018, members will elect five directors. Four Board members are finishing up their terms, so four candidates will be elected to regular three-year terms to take their places. Another Board member is leaving early, and one candidate will be elected for one year to fill out the term.

The active agenda of the Board includes evaluating the growth and development of our new Ambler store, increasing membership and addressing store prices while still continuing to pay staff fairly. The Board also addresses sales and profits and approves any rebate to members. Though our scheduled meetings are the first Tuesday of the month, additional meetings and phone conferences are called to address timely opportunities



for Weavers Way. We require a generous time commitment from Board Directors, as most of our work is done in small groups that supplement the meetings.

We are looking for candidates who will use their talents, interests and knowledge of our community to represent the members. Those who understand and respect group process serve the Board well. Education and training is provided to all Board members.

If you are interested in serving, we require you to attend at least one regular Tuesday Board meeting prior to running. Opportunities to attend are Dec.

5, 2017, and Jan. 9 and Feb. 6, 2018. We suggest you look at minutes from our meetings (online under "My Co-op" in the Weavers Way Member Center, members.weaversway.coop) to become familiar with our operations.

Informational sessions for candidates will be held Thursday, Jan. 18; Monday, Jan. 22; and Wednesday, Jan. 24. All sessions are at 7 p.m., with locations in each of our three communities to be announced. Candidates must submit a ballot application by Feb. 28, with a written statement and a photo, and take part in a video interview in early March. These photos and interviews will appear in The Shuttle and on the Weavers Way website. Voting starts April 1 and continues until the Spring 2018 General Membership Meeting, where the results will be announced.

There is no monetary compensation for Weavers Way Board services. But being on the Board is rewarding and greatly appreciated by the membership.

More information is available at www.weaversway.coop/board.

lisa43@comcast.net

Regional Co-op Alliance Seeks Cooperator

Looking for a way to complete your work hours that doesn't involve wrapping cheese, stocking shelves or sweeping stairs? Want to contribute to the co-op movement? Volunteer to do some research for the Mid-Atlantic Food Cooperative Alliance. The work involves compiling information about food co-ops throughout the region; you'll need access to the internet, and you'll probably have to make some phone calls. You can easily fulfill your yearly work requirement (for at least one person, and maybe for two).

For more information, contact **MAFCA Chair Sue Wasserkrug** at wasserkrug@gmail.com.

Learn more about MAFCA at www.mafca.coop

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 December Board meeting is scheduled for 7 p.m. Tuesday, Dec. 5, in the 2nd-floor conference room at the Chestnut Hill Community Center, 8419 Germantown Ave.

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

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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

Weavers Way Mt. Airy

559 Carpenter Lane
8 a.m.-8 p.m. daily
215-843-2350

Weavers Way Across the Way

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

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 Next Door

8426 Carpenter Lane
9 a.m.-8 p.m. daily
215-866-9150, ext. 221/222

HOW TO REACH US

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Pet Department Manager
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Meat, Poultry & Seafood
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dale@weaversway.coop

Bulk
 Luis Cruz, ext. 142
lcruz@weaversway.coop

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

Chestnut Hill
Thursday, Dec. 14, 6:30-8 p.m.
 Community Center, 2nd floor, 8419 Germantown Ave.

Ambler
Saturday, Dec. 9, 1-2:30 p.m.
Wednesday, Dec. 20, 6:30-8:30 p.m.
 Senior Center, 45 Forest Ave.

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

If the weather outside is frightful, and you want to know if we're open . . . just call!

Ambler 215-302-5550 Chestnut Hill 215-866-9150 Mt. Airy 215-843-2350



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.



December Member Specials

Valid from November 29 - January 2, 2018

For more member savings, visit www.weaversway.coop



ARROWHEAD MILLS
ORGANIC SAVORY
HERB STUFFING 10 OZ
\$2.29 REG \$3.85



IMAGINE
ORGANIC SAVORY
BEEF GRAVY 13.5 OZ
\$1.99 REG \$2.49



WOODSTOCK
ORGANIC
CRANBERRY
SAUCE 14 OZ
\$2.99 REG \$4.29



CELESTIAL
SWEET HARVEST
PUMPKIN TEA 20 CT
\$2.39 REG \$3.29



PACIFIC
ORGANIC WHOLE
CRANBERRY SAUCE
15.6 OZ
\$2.99 REG \$3.99



PRESERVE
TRIPLE BLADE
RAZOR
\$5.99 REG \$6.85



DIVINE CHOCOLATE
MILK CHOCOLATE
COINS 1.75 OZ
\$2.69 REG \$2.99



RICE DREAM
ENRICHED RICE
NOG BEVERAGE
32 OZ
\$2.39 REG \$3.15



MAGGIE'S
WOOL SNUGGLE
SOCKS ASSORTED
SIZES & COLORS
\$13.99 REG \$16.79