

TONIGHT'S THE NIGHT

WEAVERS WAY FALL GMM MEETS \$4 FRIDAY DINNER at WEAVERS WAY AMBLER



5:30-7 p.m. Friday, Nov. 2, 217 E. Butler Ave.

Walk-ins Welcome; info & to RSVP, www.weaversway.coop/fall2018GMM

READ ALL ABOUT IT next month IN THE DECEMBER SHUTTLE



Community-Owned,
Open to Everyone

The Shuttle

NOVEMBER 2018

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 46 | No. 11



Phillip Todd photos

Did Keepwell Vinegar's Isaiah Billington, sampling at the Ambler store, win a fan for life? More photos of the Member Appreciation Days fun Oct. 12-14 are on Page 20.



Leadership Change On Weavers Way Board

BOARD
CORNER

by Josh Bloom, President, Weavers Way Board

AT THE OCTOBER MEETING OF THE WEAVERS WAY Board, we elected new officers (though still in the middle of our fiscal year) and I became president. So I'm writing to introduce myself in a new role.

I became president because Chris Hill, our Board president for the past two years (and a long-serving Board member), resigned the presidency because he is recovering from an illness. I had been vice president and had stepped in as acting president over the previous couple of months.



Josh Bloom

In this unexpected circumstance, the whole Board has demonstrated its steadiness and preparedness. I want to particularly

(Continued on Page 18)

Working to Make the Co-op Accessible to All

by Eric Borgstrom,
Weavers Way Food Justice Committee

THE WEAVERS WAY FOOD JUSTICE Committee attacks food insecurity and lack of access to healthy, affordable food through short-term projects, education, advocacy and the search for long-term solutions. Committee members identify local organizations already engaged in these endeavors.

In June, Weavers Way shoppers donated over 3,000 pounds of nonperishable food that the Food Justice Committee distributed to three local food pantries. In August, the committee part-

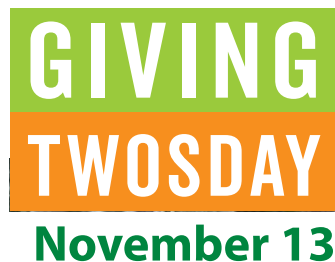


nered to host the Natural Health Fair in Germantown, featuring healthy foods and activities. Weavers Way members served samples of quinoa salad, hummus and local produce, and they registered voters too!

In addition to supporting local organizations battling hunger and food insecurity, the Food Justice Committee seeks to explore ways to make the Co-op more accessible to lower-income members of our community. We've formed a task force to explore ways to improve the Co-op's Food For

All program, which provides a 10% discount to Weavers Way members who receive gov-

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Drop \$2 at any register to benefit Sunday Suppers!

Sunday Suppers uses food, education and community-building to strengthen the health and well-being of families experiencing poverty and food insecurity. The organization's centerpiece is healthy meals served in a restaurant-like setting, nourishing families in an open-hearted, respectful manner.

Giving Twosday donations will go toward purchasing kitchen equipment for food-insecure Germantown residents so they can prepare healthy meals that their families can share around the dinner table.

For more information, visit Sunday Suppers on Facebook or at www.sundaysuppersphilly.org.

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

HAPPY THANKSGIVING



THE CO-OP WILL
BE CLOSED ON
THANKSGIVING DAY.



Editor's Note

by Mary Sweeten, Editor,
Weavers Way Shuttle

TWO SEASONAL TOPICS THIS MONTH:

A letter to the editor came over the transom recently. (Figure of speech; there aren't actually any transoms here at Shuttle HQ.) It was a request from a Weavers Way staffer who asked to remain anonymous. Well, I don't publish anonymous letters, but this person made a good point that I'm putting in my column.

To wit:

In our often crowded aisles — and they're only going to get more crowded as the holidays approach, fa la la la — shoppers sometimes put a hand on a back or shoulder to signal that they're squeezing past. Then there are people who routinely casually touch others. No harm is meant, but there are cultural differences around touching. Some people don't like it — I mean, they REALLY don't like it.

So if you're a toucher, please try to be mindful.

After all, nobody ever got in trouble for NOT touching somebody.



The other seasonal topic is related to, well, you know, politics. I'm pretty sure I know the answer, but . . . you WILL be voting on Nov. 6 — right?

msweeten@weaversway.coop





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What's in Store at Weavers Way



Now that's a sandwich: Franco's Sriracha Chicken at Chestnut Hill

Check It Out!

by Karen Plourde, Weavers Way
Communications Staff

On the Menu in Prepared Foods

Franco's chicken sandwiches are a hit in the Hill. And \$1 extra in Ambler will get you a fresh-made side.

The Chestnut Hill Sandwich Station has benefited from the culinary inspiration of department vet **Franco Liles**, who's created a pair of specials that feature grilled boneless chicken breasts. The **Sriracha Chicken** includes hot peppers, onions, lettuce and pepper jack cheese on a seeded bun. The **Classic** has American cheese, ranch dressing, pickles, tomato and lettuce. They're \$8.99, in the grab 'n' go shelves.

Hey, Ambler shoppers — wondering what the fuss is about with the Kale Caesar salad? Curious about the Tuscan cauliflower? Try the **\$1 side special**, available every day, all day. Single servings of any side in the service case are a buck with the purchase of any main-dish item, such as the black bean burgers, crab cakes, slices of our signature turkey meatloaf, grilled chicken breasts and more.

Bulk & Beyond

Sprouted grains debut in Mt. Airy. And coffee's still a-roasting in Ambler.

Those who have trouble digesting starches can revel in the addition of three sprouted grains in The Incredible Bulk's gravity bins: **green lentils**, **sprouted quinoa** and **germinated brown rice**. Sprouting makes these seeds easier to digest while offering nutrition benefits as good or better than mature whole grains.

Alas, local java fans: Parry Coffee is no more. Rejoice, local java fans: Parry is now **Wake Coffee**, roasting at Parry's old shop at 224 S. Maple under the supervision of Jean Parry, who will stay on as the master roaster.

Bliss Interrupted

Why CBD 'Booch Taps Are Running Dry

Soon after Mt. Airy started selling the much-anticipated CBD-spiked **Cannabliss** kombucha from L.A.-based **GT's Living Foods**, and before our Ambler store could put it on tap, a clog in distribution is choking sales.

"The message I received from our GT's rep doesn't make me think this will be swiftly resolved," Mt. Airy Grocery Manager Matt Hart emailed last month after he tried to reorder Cannabliss through BK Specialty Foods of Swedesboro, NJ, the only area supplier.

Turns out the clog is a bit further up the pipe — BK's supplier, Dora's Naturals of South Hackensack, NJ, has stopped ordering Cannabliss, citing a lack of clarity about the legality of distributing cannabidiol-enhanced products in New York, New Jersey and Pennsylvania, particularly across state lines. "Once we get this ironed out and we are more informed, we do anticipate them carrying the kegs again in the future," Lauren Sheeran, southeast region manager for food service for GT's, told BK. Meanwhile, BK's Rayna Kractchman tells us they're looking into picking up Cannabliss directly.

Ambler had stocked up on Cannabliss but delayed its coming-out, waiting on the delivery of a custom GT's kegerator. The kegerator arrived in October, and is pumping Cannabliss, as long as it lasts, in The Café, alongside GT's Gingerade flavor.

— Karen Plourde

The Daily Deli

Panchetta you can spread. And Beemster joins the pumpkin spice club.

Just in time for holiday crudités, **La Quercia**, the mindful cured-pork producer from Iowa, has introduced ground pancetta, now in the service case in Chestnut Hill. It's a bit intense on a cracker, even for a meat lover like yours truly, but it can also be used in place of butter when sautéing veggies or potatoes, or crisped and tossed onto a salad or in pasta.

Sorry, pumpkin-spice haters, but this is a good'un: **Beemster**, the Dutch cheese titan, has brought out gouda infused with autumn spices (ginger, cinnamon, cardamom and nutmeg). Grab a couple now in Chestnut Hill and hide them from yourself, so you can dazzle guests on Nov. 22. Need a cracker with that? Try Wheat Fingers or Natural Crackers from **The Fine Cheese Co.** of Bath, England, also in the Hill.

kplourde@weaversway.coop

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What's in Store at Weavers Way



Order Your
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Esbenshade \$2.69/lb.

Size ranges in lbs.:

10-12, 12-14, 14-16, 16-18, 18-20, 20-22, 22-24, 24-26

SIZE RANGES ARE APPROXIMATE

Koch's Heirloom Bronze (14-16 lbs.) \$3.99/lb.

Empire Kosher (10-14 lbs.) \$3.99/lb.

To place your order visit

www.weaversway.coop/thanksgiving

Choose Ambler, Chestnut Hill or Mt. Airy pickup
and the type and size of turkey.

Quantities are limited; the website order page
will be updated as sizes run out.

Pay for and pick up your turkey
Tuesday or Wednesday, Nov. 20-21.

If you don't have access to a computer, come on in;
we'll be happy to help you place your order in the store.

Don't Feel Like Winging It?

Pre-order side dishes, pies and even complete
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Sides by the quart include:

Mashed Potatoes, Green Beans
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Dinners feature:

Herb Roasted Turkey Breast, Turkey
Gravy, Mashed Potatoes, Apple Sage
Stuffing, Roasted Brussels Sprouts
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For 4 people: \$99.99

For 8 People: \$199.99

Vegan for 4-6 People: \$79.99



PIES

from MY HOUSE and CRUST

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OR CALL:

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215-866-9150, ext. 209

Weavers Way Ambler
215-302-5550, ext. 360

This Is the Month . . . for Vegetables

by Jean MacKenzie, Mt. Airy Produce Manager

THANKSGIVING IS THE BIGGEST FOOD HOLIDAY OF THE YEAR: ALMOST EVERYONE in America celebrates Thanksgiving with a nearly identical special meal featuring a few very specific foods. Shoppers buy about 30% more food than usual, and apparently consume most of it.

After the turkey, it's all about the produce. For weeks, I've been scanning weather patterns and market reports to see if we're going to encounter any shortages this year. The fires in California came close to the celery crop, but no significant damage was done. And while Hurricane Florence flooded a lot of the sweet potatoes in the Carolinas, the crop is expected to rebound in plenty of time for Thanksgiving. Whew.

Vegans and vegetarians can overeat to absurd extremes on Thanksgiving Day as easily as carnivores. However, since they're not consuming all that tryptophan and animal fat, they're a lot less likely to fall asleep in front of the football game, and more likely to be awake and available for post-meal cleanup. For this reason, I strongly recommend inviting a few vegans and vegetarians even if — especially if — you're not one yourself.

So, what to serve your vegans and vegetarians?

Personally, I could make a meal out of mashed Yukon Gold potatoes or sweet potatoes. Side dishes can be easily adapted to be vegan with the substitutions of almond milk for milk or cream, and Earth Balance for butter. Check our Produce endcaps in all three stores for some other excellent ideas as the big day approaches.

Here's my favorite vegetarian Thanksgiving song. My kids learned it years ago. It's a round, and if you want to learn the tune, there's a good chance I'll sing it for you, at least until the rest of the staff rush to stop me.

Turkeys United



We gather together as birds of a feather,
Oh, Turkeys United we stand.
If you would be thinner, skip Thanksgiving dinner,
We turkeys think that would be grand.
Why don't you try it? Go on a diet.
Munch on some succulent carrots and peas.

Why don't you try it? Go on a diet.

Order a pizza with spinach and cheese.

Turkeys United — no people invited.

Turkeys United — no people please.

mackenzie@weaversway.coop

SLICE IT
DICE IT
SERVE IT



Kieran McCourt, Weavers Way Ambler,
answers the question:

"What Do I Do With This?"
THIS MONTH:

WINTER SQUASH

- **Spaghetti squash:** Prick the skin, put it on a baking sheet and pop it in the oven at 350 F. Cook until you can put a paring knife through with no resistance. Cut in half and scrape out the seeds, then use a fork to pull out the "spaghetti." Careful, this is hot work!
- **Delicatas, acorns, buttercups, tiny turbans, sweet dumplings & the lot:** Cut in half, scrape out the seeds and cook cut-side-down on a greased baking sheet at 350 F. When nearly done, use tongs to flip the halves over and get the top caramelized. If they're organic, you can eat the skin.



- **About that Thanksgiving potluck:** Get a large, pretty winter squash (**kobocha, red curry, Guatemalan blue**), cut it in half, scrape out the seeds, roast it and, when almost done, fill it with your favorite precooked stuffing — rice, lentils, sausage, whatever — and put it back in the oven until everything is hot. Your delicious squash dish doubles as a centerpiece and you get invited back next year!

****Pro tip: Use a grapefruit spoon or melon baller to scoop out the seeds.****



An offshoot of Weavers Way Co-op

608 Carpenter Lane

215-843-8289

foodmoxie.org

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URBAN FARM BIKE RIDE

Thanks to all of the sponsors, riders, and volunteers of the annual Urban Farm Bike Ride in October. Your support makes a big impact!

- Lindy Communities
- Weavers Way Co-op
- Digital Innovation
- Equal Exchange
- Philadelphia Brewing Company
- Commonwealth Cider
- Clif Bar
- Press & Release Printing
- Rustica
- Blackbird Pizzeria



A Day of Exploration (& No Rain!)

by Allison Budshalow,
Food Moxie Development Director

THE WEATHER HELD FOR THE 13TH URBAN FARM Bike Ride last month! So we not only were able to pedal comfortably through parts of North, South and West Philadelphia, we immensely enjoyed our stops along the way, visiting farms that focus their work with or are led by communities of color.

At Novick Family Urban Farm in South Philadelphia and the Urban Tree Connection in the Haddington neighborhood, we heard about the seed-saving work they are doing with local vendor TrueLove Seeds. We saw red okra growing for the first time; thriving in its N. 53rd Street environs, lovingly planted by the women of color farm leaders and work force at Urban Tree Connection. We listened intently about the geodome being installed at the North Philly Peace Park in Sharswood. And we marveled at what's growing at Nationalities Service Center's Growing Together farm in Point Breeze, including the story of how the long-term residents and newly arrived neighbors work together, alongside a partnership with the church adjacent to the land on which they farm.

All the farms and communities we visited were full of growth and abundance. We are grateful to the farms and farmers for sharing their knowledge and inspiration with us. We could not have asked for a better way to learn about Philadelphia's diverse and rich foodways and systems.

Thanks to generous sponsors and riders of all levels, we had a lot of fun, and made a huge impact for our work at Food Moxie. The funds raised from the Ride support our educational programming at Stenton Family Manor, Saul High School, and Martin Luther King High School. We hope you will join us at next year's ride!

allison@foodmoxie.org

Black Friday. Cyber Monday.
#GIVINGTUESDAY
November 27, 2018

AWBURY ARBORETUM

Holiday Open House & Greens Sale

Sat, Dec. 8th, 1-4PM

The Francis Cope House
One Awbury Road | Phila, PA 19138

Enjoy:

- Wreath & Centerpiece Decorating
- Fire Pit • Refreshments
- Crafts for kids

As you shop for:

- Trees • Wreaths • Greens
- Handmade Holiday Gifts
- Firewood

AdventureWoods will be open for exploration!

Pre-order available online Nov. 1st.
visit www.awbury.org for more info.

SPONSORING PARTNER:

Handel's MESSIAH

Dec 7, 8pm | Presbyterian Church of Chestnut Hill
Dec 15, 8pm | Philadelphia Episcopal Cathedral

Tempesta di Mare

PHILADELPHIA BAROQUE ORCHESTRA

URBAN FARM BIKE RIDE

FOOD MOXIE



Kielinski Photography.



Kielinski Photography.



Laura Silverman photo

Novick Family Urban Farm provides a stirring backdrop for a group shot for the 2018 ride, but the visits with farmers were what really engaged riders (along with the red okra and some cultural artifacts along the way).



Kielinski Photography.



Kielinski Photography.

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Opening November 23
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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

Seems like politics is looming large lately — locally, regionally, nationally and at Weavers Way. Some people question whether there's a role for a food co-op in politics, although I would hope most people agree that it's a good question to ponder.

In the '70s, the Weavers Way Board, upon request from members, would put things like the United Farm Workers boycott of lettuce and table grapes on the agenda for membership meetings. Discussions at those meetings could become heated — often not about the merits of the boycott or the plight of the farmworkers but about the role of the Co-op in consumer choice.

Some members, even if they supported the boycott, thought it should be



In the '70s, the Weavers Way Board, upon request from members, would put things like the United Farm Workers boycott on the agenda for membership meetings.



an individual decision, not one made for everyone by the relatively small group of meeting attendees. Some thought we should be providing information, others that it was our role to take a stand against injustice. That reasoning was based on the idea that the Rochdale Pioneers had organized the first consumer co-op to provide an alternative to a food system that was unjust.

Back then, the Board drew a pretty defined line when it came to issue-oriented topics: Weavers Way would encourage discussion (including meetings and allowing posters and handouts) but would not allow political candidates to campaign in any way. I think this may have started when a Weavers Way staffer ran for committeeperson.

(Continued on Page 14)

L.E.T.T.E.R.S

Boycott Opinion Writer's 'Simplistic' View

REGARDING THE "OPINION" AUTHORED by Marlena Yassky Santoyo in the October Shuttle, where to start?

The author's simplistic perspective regarding Israel's alleged lack of respect for the rights of the "Palestinian people" flows directly from the Palestinian play-book. Her hypocrisy in neglecting to even touch upon the failure of both Hamas and the Palestinian Authority to respect the rights of the Palestinians they govern is breathtaking. And where is her acknowledgment that the boycott of Israeli products she urges Weavers Way to join is the brainchild of the Boycott, Divestment, Sanctions (BDS) movement, whose objectives, if imposed on Israel, would mean that Israel would cease to exist?

Obviously, it is impossible to set out here the detailed history of the Israeli-Palestinian conflict. But I urge Ms. Santoyo to stop ignoring the truth of the well-documented historical refusal, which is at the core of the conflict, of the Palestinians (and apparently of Ms. Santoyo) to accept the existence and legitimacy of a sovereign Jewish state in the Middle East. I suggest that if the use by the Palestinians of wars, terrorism and twisted diplomacy has failed to destroy the Jewish homeland, certainly economic boycotts will likewise fail dismally to do so.

Curt Pontz

Support the Boycott

IAM WRITING TO SUPPORT MARLENA Santoyo's Shuttle op-ed (October 2018) about the nonviolent international movement to end Israel's systematic oppression of Palestinians. Marlena's letter appeared soon after I returned from a short trip to Israel and Palestine. This trip combined celebrating Rosh Hashanah with my Israeli relatives and traveling by myself in the Occupied West Bank.

I am not an expert on Palestinian politics, but I did talk with people in markets, streets and shared taxis in Ramallah and Nablus, as well as attending a few structured gatherings. My biggest takeaways were: (1) Visiting Palestine is a wonderful, stimulating experience. Don't be scared by the State Department warnings. (2) Palestinians I spoke with on the West Bank want their children to have a future — jobs, families, education, the ability to travel from place to place. Their words had a familiar ring to what we often hear in Philadelphia: "This is not a time for more blood. We want our children to have hope."

Weavers Way members should be aware that the BDS movement is a nonviolent call for action that originated with Palestinian civil society. It is time for us to engage in a serious, open discussion about this issue.

Sukey Blanc

Co-op' No Place for Diatribes

I WAS SO DISAPPOINTED TO SEE THE LETTER supporting a boycott against Israel in the paper. I can name a dozen countries struggling with human-rights issues right now: China, Myanmar, Sudan, Venezuela — the list is sadly very long and the individual issues are very serious. This is not the place to start political diatribes. I shop at the Co-op for healthy food and a sense of strong community. An anti-Israel sentiment makes me feel unwelcome.

Barbara Polinsky

Co-op Management: No Plan for Israel Boycott

WEAVERS WAY MANAGEMENT DOES NOT BELIEVE IT IS WITHIN OUR AUTHORITY to boycott a product or vendor based strictly on country of origin. As Weavers Way is a member-owned business, management is accountable to members through its elected representatives, Weavers Way's Board of Directors. The Board establishes policies for management to adhere to when conducting Co-op business. From management's perspective, nothing in the current Board policies can be interpreted to mean that management can (or should) make product choices based on where a product is grown or produced or where its corporate offices are located.

For this reason, management does not intend to support the BDS of Israel movement.

Jon Roesser, General Manager, Weavers Way Co-op

Buy MORE Israeli Products

IAM WRITING IN RESPONSE TO AN opinion letter in the October 2018 Shuttle urging a boycott of Israeli products. I am a proud working member of Weavers Way for the past 40 years and have lived in Mt. Airy since 1978. I am a longtime advocate of social justice and a social worker. I have officially renamed BDS. It now stands for Buy, Distribute and Sell Israel products. Whenever I hear about BDS, I run out and buy products made in Israel. As we say in Yiddish, *Ahf zu lochis!* Let all the Israel detractors spur us on in the New Year to BDS — buy, distribute and sell Israel products and support the State of Israel!

Linda Cherkas

Boycott Would Alienate Customers

ISTRONGLY DISAGREE WITH THE OPINION piece in the October Shuttle, "Israeli Product Boycott a Step Forward for Food Justice" and do not think it would be in the best interest of the Co-op to take a position on political issues such as this. Whatever position is taken would alienate some customers. If Weavers Way boycotted Israeli products or posted a list of products to boycott, I and many others would stop shopping at the Co-op. As a business, it is better to stay neutral on political issues that are outside the scope of the mission statement of the Co-op. Furthermore, many of the actions the author objects to are those of the U.S. government. Are we also going to boycott all U.S. products because we don't like some positions and actions of the U.S. government?

Joan Ryder Ludwig

Boycott a Good Idea

WE ARE NEW CO-OP MEMBERS pleased to see the October opinion piece by Marlena Yassky Santoyo calling on Weavers Way to participate in a consumer boycott of Israeli-produced goods.

Weavers Way rightfully calls for "ethically produced goods" and a "culture that values diversity and inclusiveness." Such ideals must not be limited to the localities in which co-ops are located. When Weavers Way sells Israeli goods produced unethically, and oppresses and excludes 20% of its population from equal rights, it is violating its pronounced "ends." The Co-op also refers to "an emphasis on local goods." Goods from Israel are far from local.

We appreciate the Shuttle printing the opinion piece and hope other members will write expressing their opinions, as well.

We hope to hear from the Weavers Way Board members that they are considering abiding by the consumer boycott.

Libby and Mort Frank

BDS Support Is Outside Co-op's Mission

AS A WORKING MEMBER OF WEAVERS Way Co-op and a supporter of peace and justice, I feel compelled to respond to the recent letter from Marlena Yassky Santoyo, who advocated that our co-op support the Boycott, Divestment, Sanctions (BDS) movement.

Israel withdrew from Gaza in 2005. All the Israeli-owned greenhouses that created thousands of jobs and millions of dollars of income were left to allow Gazans to build their economy and grow food. What happened to these greenhouses? They were destroyed! Hamas won the only subsequent election held in Gaza in 2006 and has remained in power for the past 13 years. Subsequently, thousands of missiles launched from Gaza have attacked nearby Israeli communities. As a defensive response, Israel began a commercial blockade of Gaza. Contrary to the inference one might draw from Ms. Santoyo's letter, food (and electricity and medicine) were not subject to the embargo.

The mission of Weavers Way Co-op is to provide high-quality, fairly priced foods. Support of the BDS is outside the Co-op's mission and is abhorrent to many members such as myself.

Michael Davis

The Problem Is Politics, Not Food

IREAD WITH INTEREST MARLENA Yassky Santoyo's letter regarding a proposed boycott of Israeli goods. Her comment that "Politics is negotiable; food must not be" reveals a glaring inconsistency, bordering on hypocrisy. Why is it OK to boycott Israeli food products, if food "must not be" negotiable? Also, where is the part of her plan to pressure the Palestinians to come to the negotiating table?

The solution to the Israeli/Palestinian conflict is for both sides to become realistic about achieving a settlement — the Israelis to recognize their limited choices of either an apartheid-like state or continued insecurity, and the Palestinians to return to the negotiating table to demand a two-state solution, the only viable long-term plan.

The truculence, and ongoing offensive violence, of Hamas in Gaza is the root cause of Gaza's misery. Only their willingness, along with the Palestinian Authority and the Israeli government, will lead to an end to this conundrum. Until they, along with moderate Arab states, support an end to the conflict with real deeds and guarantees, the conflict will persist, boycotts or not.

Jeff Sedwin

GM'S CORNER

What We Have That Sears Didn't (& It's Not Just Great Food)

by Jon Roesser, General Manager, Weavers Way Co-op

IT APPEARS THE SAGA OF THE ONCE-MIGHTY Sears, Roebuck and Company may be reaching its denouement.

Sears has been in its death throes for decades, arguably since 1993, when it dissolved the catalog business that had made it indispensable — the Amazon of its day. In recent years, it survived by selling off business units like Craftsman Tools and Lands' End and struggled through periodic waves of store closures. (It has closed 126 in 2018 alone.)

As we enter the holiday season, Sears is in bankruptcy and its leaders, speaking somberly as if the company were an elderly relative, have publicly stated their hope to “stay alive until Christmas.” Talk about low expectations.

Most consumers are reacting to the demise of Sears with shoulder-shrugging indifference. We can't remember the last time we set foot in one of their stores, and we'd be hard-pressed to find one that's still open. (There's one in the Willow Grove Mall — I recommend going soon.)

Our apathy toward its end reveals how quickly the retail landscape has changed. Sears was once ubiquitous: As late as 1989, it was the country's largest retailer, surpassed that year by Walmart. Today it is the 31st-largest, with less than half the revenue of Dollar General.

All of this should come as no surprise. The retail landscape is in a state of upheaval, but the four fundamentals of retail success are unchanged: value, convenience, service and experience. Whether by perception, in reality or both, it's been a long time since Sears was the least expensive or most convenient way to shop for consumer goods, be it a lawn mower or a pack of gym socks. Customer service was never really bad, but hardly stellar, and the overall shopping experience was, at best, inoffensive.

But there's something else, too, something less tangible. As online retailing continues to deliver goods



and services ever faster and cheaper, American consumers expect something more for making the effort to visit a traditional brick-and-mortar store.

What they're yearning for is the social concept of “Third Place,” oft talked about here at the Co-op as our new raison d'être. The spaces between our First Place (home) and our Second Place (work or school) are our Third Places, community “living rooms” where we come together regardless of our age, income, ethnicity or political persuasion.

While some Third Places are public spaces — parks, libraries, senior centers, for example — equally vital are the Third Places where retail commerce actively takes place — coffee shops, hair salons, restaurants and the like. And grocery stores, of course.

Given our increased isolation from people who think differently than we do, Third Places are essential fibers in a fraying social fabric. As cable news channels and social media platforms balkanize our society, as evidenced in this most disagreeable election season, it is no wonder that, consciously or otherwise, we're all seeking safe, agreeable places to gather.

So here at Weavers Way, we find ourselves dividing our time between two priorities. One is striving to be the best retailer we can be, focusing on those four fundamentals of retail success. The second is to deliberately solidify our role as a key Third Place in the communities we serve.

Doing so transcends being a great retailer. It requires executing a strategy that purposefully includes reasons for people to come together. This can be everything from a grand annual event like the Mt. Airy Village Fair to a prosaic product demo on a sleepy Wednesday afternoon.

For this reason, the Co-op continues to invest heavily in what we loosely, and sort of imprecisely, describe as “outreach,” which includes things like new member orientations, demos, workshops and other events.

Whether it's the weekly \$4 Friday community dinner in Ambler, the monthly workshops on everything from making your own kombucha to understanding dogs or classical music, or the regular activism of the clubs and committees associated with Weavers Way, it's all “outreach” and it's all integral to our role as a Third Place.

If we execute correctly, people will have lots of reasons to come to Weavers Way that go beyond the chore of grocery shopping. People will look forward to visiting us.

When was the last time anyone looked forward to visiting Sears?

The passing of Sears is a cautionary tale, and a suggestion that the Amazons and Walmarts of our modern times will eventually founder against the jagged rocks of the competitive landscape they seek to dominate. Life goes on — we're surviving without Woolworth's, Kodak and the Reading Railroad — but that doesn't mean we can't feel a little melancholy.

Fortunately, Weavers Way is strong and, happily, more essential than ever.

See you around the Co-op.

vroesser@weaversway.coop

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

The purpose of the Shuttle is to provide information about co-ops, healthful 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.

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. 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, or call 215-843-2350, ext. 314, or email advertising@weaversway.coop. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

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'The Nance' at Stagecrafters

IN THE NAUGHTY AND RAUCOUS WORLD OF BURLESQUE, Chauncey Miles headlines the Irving Place Theater, a burlesque house in late 1930s New York City. He revels in playing the “nance,” a stock character of an exaggeratedly effeminate gay man — except, in real life, Chauncey is in fact a gay man, at a time when it was OK to play one, but not to be one! Douglas Carter Beane’s “The Nance” is at once poignant and high-spirited, as it deftly re-creates the on-stage and backstage worlds of vaudeville and burlesque.



Nathan Lane originated the role when “The Nance” premiered in 2013 at Lincoln Center. The play received five Tony Award nominations and won the Drama Desk Award for Outstanding Music in a Play.

Performance dates are Nov. 23-Dec. 9, Thursdays, Friday and Saturdays at 8 p.m., Sundays at 2. A “Meet the Cast and Director” Q & A session will be held following the performance on Friday, Nov. 30. Tickets are \$21 online, \$25 at the door, with discounts for students and groups. Visit the website, www.thestagecrafters.org, for details or call 215-247-8881. The theater is in the heart of Chestnut Hill at 8130 Germantown Ave.



Modern 'Eurydice' At Old Academy

Playwright Sarah Ruhl’s turn on the ancient Greek classic is a whimsical meditation on love and grief rather than the tragedy of myth. Orpheus sets out to bring Eurydice back from the Underworld, but she is torn between leaving her dead father and returning to life. Ruhl says she wrote the play as a way of mourning her own father.

Performances are Nov. 2, 3, 9, 10, 11, 16, 17 and 18, 8 p.m. Fridays and Saturdays and 2 p.m. Sundays. Tickets are \$20, with group discounts available. Call 215-843-1109. Old Academy Players is at 3544 Indian Queen Lane in East Falls

“Eurydice” cast, clockwise from top left: Natalie Pendergast, Michael Jeffrey Cohen, Natalie Bonacci, Matthew Thompson, Timothy Schumann, Michael Tarringer; Samantha Simpson, center

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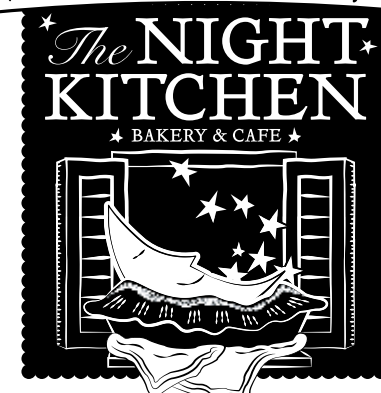
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Make Herbs & Spices Work for You Every Day

by Liz Traison Witkin, Weavers Way Neighborhood Nutrition Team



What the Team Has in Store

NOVEMBER: Herbs for Everyday Wellness. Taste teas, explore tinctures, discuss the use of culinary herbs and the impact of herbs on our health as we focus on traditional herbal supports for self and community.

DECEMBER: Healthy Holidays. Holiday eating can often compromise nutrition and digestion. We'll suggest strategies, recipes and resources to help you stay well and feel great throughout the season.

Neighborhood Nutrition Team Open Hours at Weavers Way Ambler:

- Tuesday, Nov. 6, 1-3 p.m.
- Tuesday, Nov. 13, 3-5 p.m.
- Tuesday, Nov. 20, 4-6 p.m.
- Friday, Nov. 30, noon-2 p.m.

MANY OF THE ORIGINAL PRESCRIPTION medications were based on compounds found in nature, such as digitalis from foxglove or aspirin from willow bark. With the incredible advancements in the biomedicine community, it's often forgotten that plants and food were medicine for most of human history! Some herbs and spices that are already in your kitchen may be able to help support your systems for increased health and wellness every day.

Turmeric's extraordinary golden color isn't the only magical thing about it. It's packed with the antioxidant curcumin. Antioxidants fight free radicals in the body, which can be inflammation and cancer-causing agents. Add ground turmeric to soups and smoothies, or use it fresh in juices and baked goods.

There's a good reason that **garlic** has been mentioned as a medicine since at least the time of Hippocrates. Not just flavorful, garlic is known as an antioxidant and also used to lower cholesterol and triglyceride levels. There are an infinite number of ways to use garlic as befits a food used around the world. Try putting peeled garlic cloves into honey for a few days or weeks. Add the syrup to teas or salad dressing for a spectacular flavor and health boost.

Peppermint is often associated with the winter holidays, but it is a great herb for everyday wellness as well. Not only does it smell fantastic, which some researchers suggest can help with focus and mood improvement, but peppermint helps with digestion and soothing upset stomachs. Peppermint can be easily grown on a windowsill and then used for teas, in salads or other recipes.

Ginger is well known for helping to calm nausea and queasiness, but it also contains compounds that help fight inflammation in the body. New research is looking into whether ginger can help with reducing pain from sore muscles and arthritis. Fresh ginger is pungent and spicy, and perfect for adding to teas or stir-fries.

Spicy peppers, such as cayenne, have a range of health benefits. Some research suggests that capsaicin, the compound that gives chiles their kick, can increase the metabolic rate, the number of calories our bodies use while resting. Cayenne and other spices can be used as cooling foods during the hot months. Though it seems counterintuitive, increasing the chile heat will actually exacerbate the body's response, leading to a feeling of coolness.

Many years ago, a farmer I worked for hung a bundle of **rosemary** in my room and gave me some rosemary tea when I complained of a headache. As I was about to learn, rosemary may help with cognition and with vasodilation (opening of blood vessels) to increase blood flow. Rosemary can also be used as a scalp treatment to minimize dandruff and itching.

This information is meant to be educational. Always check with your doctor and/or clinical herbalist before taking herbal medications.

Liz Traison Witkin is completing a Dietetic Didactic Internship Verification at La Salle University.

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Zero Waste & the Fish Heads: Making Fertilizer on the Farm

by Thalia Monteiro Parr, Field Assistant, Weavers Way Farms

USING SUGAR AND 20 POUNDS OF FISH HEADS PROCURED BY MT. AIRY MEAT & Fish Manager Dale Kinley, we're making our own fish fertilizer this season at Weavers Way's farm at Awbury Arboretum.

As part of our effort to reduce expenses and limit our reliance on commercial fertilizers, we're experimenting with making our own inputs from simple materials that are available cheaply or for free, either harvested from the wild or taken from other businesses' waste. (Seafood wholesaler Samuels & Son was happy to unload the salmon heads on Dale for 25 cents a pound.)

Earlier in the year, we made a foliar spray from giant knotweed, that invasive bane of local parks and roadsides. This plant is used in Chinese medicine for its anti-fungal properties, and when sprayed on leaves, may have a similar immune-system-activating effect on our crops.

Organic farmers use liquid fish fertilizer to provide plants a shot of nitrogen, which is needed for leaf development. We water our transplants with it before setting them out in the field, and sometimes use it as a foliar spray on more mature plants if we see their leaves yellowing.

We got the idea to make our own fish fertilizer from Adrian Galbraith-Paul, another urban farmer who works at Heritage Farm in West Philadelphia. Adrian follows many of the principles of Korean Natural Farming, or KNF, a synthesis of techniques that Korean peasant farmers have developed over generations. KNF centers on the



A carton of salmon heads goes into a bucket with some sugar and a little soil to inoculate the mix. By next spring, it will be ready to use on our transplants.

idea of introducing beneficial microbial life and nutrients through natural inputs like forest soil, eggshells and fish heads.

Another aspect of KNF is that all of its recipes are simple and quick. To make our fish fertilizer, we filled three 5-gallon buckets with alternating layers of fish heads and sugar, and then inoculated the mixture with some forest soil that Adrian gave us. That's it!

The sugar will draw the moisture out of the fish and discourage the growth of bad bacteria and fungus, while the good bacteria in the forest soil will spread through the brew and slowly break down the fish. In three to six months, we will open the buckets and expect to find a dark golden, sweet-smelling liquid, similar to the fish sauce you may find in a Korean restaurant. After straining out the bones, we can store it at room temperature and it should last us for our whole 2019 season!

The Passionate Gardener

This Orchard Grows Furniture

by Ron Kushner, for the Shuttle

IN 2006, GAVIN MUNRO HAD AN AMAZING VISION. Rather than cut down trees to create furniture, why not guide the trees to grow directly into chairs and tables that could be harvested right in a field? Munro's "forest" could yield furniture the way an orchard yields apples. He started a company called "Full Grown" to bring his vision to reality.

In his garden in Wirksworth, England, there are rows of ash, oak, sycamore, hazel, beech and willow trees. Each individual tree is being formed into a piece of furniture. The chairs grow upside-down with their legs upward.

By 2016, over 500 pieces were in the field, ready for harvesting.

Guiding the tree's growth, Munro selects branches that seem inclined to reach in a given direction. As they bud and grow, the branches are tied to frames that keep them growing in the right direction. Later, they are bent to form the proper angles for the furniture's seat and legs.



Full Grown (fullgrown.co.uk) photos

A row of ash trees whose limbs are being shaped into chairs, above; at right, a newly chair heads to the workshop for finishing.

The idea of training trees into unique shapes is not a new concept. In 1929, Axel Erlandson, a farmer in California, planted a row of trees as a windbreak and noticed that some branches lost their bark and began to graft together. He developed a hobby of experimentation with tree shapes. He created many incredible shapes and designs. Unfortunately, he died in 1962 without teaching anyone the specifics of what he grew and how he actually did it.



Over the past 11 years, Munro has "harvested" a variety of furniture grown in this manner, including lamps, tables and chairs. One of the chairs is actually used as his office chair. He is continually learning how to work with a tree's natural inclinations and growing differences.

Photos by permission of Full Grown. For more information, visit fullgrown.co.uk.

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How to Make Helping the Wissahickon Your Business

by Maura McCarthy,
Executive Director,
Friends of the Wissahickon

IMAGINE STARTING YOUR WORK day under the tree canopy in the Wissahickon. Employees with ZS Associates did just that this summer when a group from the management-consulting firm's Philadelphia office spent a cleanup day with Friends of the Wissahickon. Through its ZS Cares program, ZS employees collected trash and filled nearly 40 garbage bags at a popular trail access point under the Henry Avenue Bridge and along the Yellow Trail.

Likewise, employees from Susquehanna Growth Equity and Berkshire Bank collected rubbish around Devil's Pool, folks from Campbell's Soup came out for one of our public cleanup days and volunteers from the Philadelphia Insurance Companies removed invasives along Livezey Lane.

Corporate citizenship really does make an impact on the Wissahickon and on the employees who participate in corporate work days. These and other local businesses are giving FOW critical support needed to protect, preserve and enhance the park and help to reduce the impact of more than 1 million visits each year.

These corporate group outings provide other benefits as well. They're a fun, morale-boosting way to get employees away from the office and into nature. They instill a feeling of satisfaction and pride in doing something that takes care of a place they and their families know and love. We



FOW photo

ZS Associates volunteers gather under the Walnut Lane bridge with the fruits of their labors.



love seeing them in their company-branded gear and how excited they are at the results of their hard work.

A recent survey from Deloitte showed that people want to work for companies "that create a culture committed to making an impact and to tapping into their employees' sense of purpose."

Businesses can even schedule a hike led by one of our Wissahickon experts tailored to their employees' specific interests — history, birds and much more, at any time of year, even winter in the beautiful woods. Sponsoring any of FOW's many events is another great way for local companies to get involved.

Contributions, big or small, are what drives our success as stewards of this amazing urban oasis. We are grateful for the support of our many community corporate partners. On behalf of everyone at FOW, thank you — and we'll see you soon in the Wissahickon!

Companies interested in volunteering in Wissahickon Valley Park or scheduling a special outing can contact Shawn Green, Volunteer Coordinator, at green@fow.org or the FOW office at 215-247-0417.

Volunteers Needed for Fall Tree Planting

This fall, Pennsylvania Horticultural Society volunteer Tree Tenders from around the city are coming together to plant and care for trees in neighborhoods that need it most. PHS has been working hard to increase the tree canopy within Philadelphia, which now stands at 20 percent — the least of any major city in the northeastern United States.

Several Northwest Philadelphia groups are looking for volunteers to help with fall planting on Nov. 17. Tools and direction will be provided by trained Tree Tenders and experienced volunteers.

West Mt. Airy Neighbors' Streetscapes team will be planting 31 trees. Meet at Allens Lane Art Center, 601 W. Allens Lane, at 9 a.m. for assignments and coffee, and regroup at the Center at noon for lunch. To RSVP and for more information, contact Vivian Rowe at vivi_ro@msn.com or Doris Kessler at doriskessler@me.com or 215-694-4763.

Chestnut Hill Tree Tenders will be planting 10 trees. Meet at 301 E. Highland Ave. at 9 a.m. To RSVP and for more information, contact Jean McCoubrey at 215-913-9027 or Monika Hemmers at 215-284-3772.

East Mt. Airy Tree Tenders will be planting 41 trees. Meet at 9 a.m. at the Unitarian Universalist Church of the Restoration, 6900 Stenton Ave. (corner of Gorgas Lane). RSVP to Meenal.Raval@gmail.com or 267-709-3415.

Germantown Tree Tenders will be planting 28 trees. Meet at 9 a.m. at a location to be determined. Contact Mark Smith at mfsmith4@gmail.com for more info and to RSVP.

Spring is coming! The groups are also soliciting applications for free street trees to be planted in Chestnut Hill, Mt. Airy and Germantown in 2019. Homeowners can submit an application at www.phsonline.org; forms are also available at the Chestnut Hill Community Association, 8434 Germantown Ave.

If PHS approves your site, a volunteer planting crew will come and plant a tree there next April. Homeowners are encouraged to help the volunteer crew with planting; the homeowner is then responsible for taking care of the tree — watering, weeding, mulching.

Trees are free but donations to PHS are encouraged: phsonline.org/ways-to-give/more-trees-please.



There's still time to sign up for Friends of the

Wissahickon's 3rd annual All Trails Challenge. A family (and dog!)-friendly activity that encourages outdoor enthusiasts of all ages to hike, run, bike or horseback ride all 50 miles of Wissahickon Valley Park's scenic trails, ATC runs through Nov. 27. It's not a race, and you don't have to be an athlete. Friends, family and coworkers can join your effort by sponsoring you. To keep you going, there are fundraising incentives and lots of giveaways with great prizes. All registered participants with a minimum of \$50 raised or contributed are eligible for prizes.

Register at fow.org/alltrailschallenge.



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Dining For Women Hosts Public Talk

by Betsy Teutsch, for the Shuttle

THIS FALL, THE THREE ORIGINAL Weavers Way Dining For Women chapters, remarkably, turn 7 years old. We added a fourth chapter in Ambler almost a year ago, and a new chapter has just arrived in East Falls.

Next month, the four Weavers Way chapters will join up to host local biotechnology rock star Dr. Karen Hogan in a free public talk Monday, Dec. 3, 7 p.m. at Mt. Airy's Lovett Library, 6945 Germantown Ave.

Hogan's startup, BioRealize, has the potential to radically transform and decentralize bioengineering. While its primary potential is in creating new types of materials, imagine if a remote clinic could run its own basic tests and not rely on far-off labs. BioRealize is part of the Pennovation business incubator and laboratory in Grays Ferry.

You may know how rare it is for a female scientist to assume the lead role in a tech startup. Hogan, a member of the faculty at the University of Pennsylvania, will discuss her route to becoming a CEO and reflect on the gender barriers facing women in "STEM" (science, technology, engineering, math) fields.

One of six daughters, Hogan has clearly been a trailblazer. Her proud mom and namesake Karen Rowley, a pillar of Dining for Women locally



Biotechnologist Karen Hogan will talk about her startup, BioRealize, and the challenges for women in STEM fields at a public Dining for Women session.

and nationally, and dad Jim, live in Chestnut Hill.

Our local chapters are part of the more than 400 that make up DFW, headquartered in Greenville, SC. Each month, Dining For Women chapters meet, eat, learn and support a selected women's empowerment NGO. The impact of our grants is huge. We are proud that our combined Weavers Way chapters have raised more than \$160,000 since our original dinners seven years ago!

The combination of sharing food, conviviality and learning while making a difference for the world's least advantaged women suits our neighborhood. All chapters welcome new members — and men are welcome, too!

Our December event will feature a reception and information about Dining For Women as well as Hogan's lecture. While admission is free, we welcome donations to Dining For Women, the world's largest giving circle.

For more information, contact Betsy Teutsch at bpteutsch@comcast.net

Help Tsunami-Torn Indonesia (& It'll Be Fun)

by Laura Cohn, for the Shuttle

IN ONE OF THE FINAL EPISODES OF "PARTS Unknown," Anthony Bourdain visited Indonesia, bringing new audiences to this complex nation half a world away. He focused not only on its land, people and food, but also on the complementary dualities of light and darkness, good and evil, and — most poignantly — life and death, as manifested in shadow-puppet performances and the everyday life of the Balinese. Today in Indonesia, these dualities are especially fresh, with the impact of the September earthquake and tsunami on the Indonesian island of Sulawesi. Yet the spirit of Indonesians — in their home country or ours — is resilient, and they are emotionally and financially supporting friends, family and total strangers.

You can learn more about Indonesia at my annual popup store, From Bali to Bala, with opportunities to enjoy Indonesian food and dances, hear Gamelan music, watch a moving feminist docu-

mentary film, "The Peace Agency," about Sulawesi itself and peruse a broad array of Indonesian crafts. In addition, this year, I am donating 10% of all sales to the nonprofit Institute Mosintuwu in Poso, Sulawesi, to help with rebuilding. Additional support will be provided to The New Sanctuary Movement to help immigrants gain access to justice here in the United States.

In this way, through our show's fundraisers, outreach and sales, we can all help those in desperate need, both in our country and in Indonesia.

From Bali to Bala, 8532 Germantown Ave., Chestnut Hill, opens Nov. 2 and runs through Dec. 24. Hours are 11 a.m.-6 p.m. Tuesday-Saturday, noon-5 p.m. Sunday-Monday. For a full list of special events, visit www.FromBalitoBala.com.

For over 30 years, batik artist Laura Cohn has adopted Indonesia as her second home, with deep connections there and in Philadelphia's own vibrant Indonesian diaspora community.

Mt. Airy Inspires a New Podcast

by Lori L. Tharps, for the Shuttle

THERE WERE 525,000 ACTIVE PODCASTS IN EXISTENCE IN JUNE 2018, according to Fast Company magazine. So why am I jumping into what seems like an already saturated market?

Because I want to save the world.

The inspiration for my podcast, "My American Meltingpot," comes from my adopted home of Mt. Airy. To understand why I think Mt. Airy is such a magical place, you must understand where I come from. I was born and raised in Milwaukee, one of the most segregated cities in America. Milwaukee has a sizeable black community, but blacks and whites hardly move in the same circles. My family was an exception in that we lived in the suburbs — where we were always the only black people around. I never had a black teacher, doctor or librarian. Boundary lines were clearly drawn, and there was never any reason to cross them.

My husband and I made a very intentional decision to move to Mt. Airy with our two biracial, bicultural sons when we left New York City in 2006. What we found in Mt. Airy was something I'd always dreamed of, a neighborhood with black people and white people living on the same blocks without strife or rancor. My children have grown up witnessing what I believed only happened in multicultural fairy tales: people of every color living in peace and harmony together. Does it get any better than that? Could the whole world be saved if we could just bottle the essence of Mt. Airy and sell it?

I think so. Sometimes people need to see something before they can believe in it.

That's why I'm launching My American Meltingpot. MAMP originally started as a blog (MyAmericanMeltingpot.com) 12 years ago. The blog's tagline is, "A multicultural mix of pop culture+parenting+identity politics." The podcast will cover the same topics, topics I find myself regularly talking about over coffee at the High Point Café, or while chatting up the booksellers at the Big Blue Marble bookstore — things like the need for diverse literature for young people, or the real meaning behind the Thanksgiving holiday.

Given the current vicious political climate and regular instances of racial violence, I think the world needs more voices signing the gospel of diversity and inclusion. Everybody has to find their own way to protest the current administration, resist the temptation to succumb to despair and amplify the truth about diversity as we know it. Launching this podcast is my way of doing all of those things. Fingers crossed it works.

The My American Meltingpot podcast launches Friday, Nov. 23.



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When It Comes to Climate Refugees, The U.S. Has a Lot to Answer For

by Sandra Folzer, Weavers Way Environment Committee

YOU CAN'T SEPARATE CLIMATE change from immigration. While many people are fleeing persecution and violence, there are others trying to migrate because of severe climate conditions.

Storms worldwide have tripled in number since the early 1980s, while dry areas are becoming drier, according to NASA research, and greenhouse gases put so much moisture into the air that it increases the risk of more extreme precipitation.

The UN Refugee Agency (UNHCR) reports that, each year since 2008, an annual average of 21.5 million people have been forcibly displaced by weather-related sudden onset hazards – such as floods, storms, wildfires and extreme temperatures.

Following natural disasters, people are most likely to seek refuge within their own countries, but that is not always an option. Most migrants crossing Mexico into the United States are actually from Guatemala, which has the highest poverty rate in the region. Severe drought, followed by heavy rains, has slashed food harvests in the country by 90%, leaving a third of the population without enough food.

Rising temperatures that lead to food and water shortages can also bring about political instability, as in North Africa and Sudan. And sometimes, there is no coun-

try left: Five Pacific Islands have been lost to sea-level rise and others are threatened. In low-lying Bangladesh, the population of what that government labels “immediately threatened” islands exceeds 4 million, Scientific American reports.

Since the United States has surely contributed to climate change more than any other country, we should be receptive to helping those who suffer as a result of our wasteful lifestyle. That is why climate immigration needs to be connected to other justice movements. After

all, it is the poor and people of color who are more likely to suffer from the consequences of climate change, although it is the wealthy who burn more fossil fuels.

“Climate refugee” is not an official label; these folks are not entitled to refugee status under U.S. law. We have all read about U.S. Immigration and Customs Enforcement, but do you realize how immigration has become a gold mine for corporations that build and run migrant housing centers? The two largest companies, Geo Group and CoreCivic, house 72% of all detained migrants and earned \$985 million in 2017. Who is paying for this? You and me.

The good news is that numerous groups are organizing to fight these profit centers, and environmentalists have been very present at protests, including both 350.org and Clean Water Action.

environment@weaversway.coop



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eco tip

TerraCycle Update

by Marsha Low, Weavers Way Environment Committee

Confused about what items are collected by Weavers Way's TerraCycle program? Time for a refresher — and an update!

- Brita filters and pitchers. (ONLY Brita!)
- All brands of dental products: Used manual (not electric) toothbrushes, empty toothpaste tubes, empty floss containers, Colgate Wisps.
- Personal care Products: Empty plastic shampoo, conditioner and gel bottles and tubes; empty plastic makeup containers (mascara, foundation, lipstick, cream tubes or plastic containers, empty lip-balm tubes). NO glass or metal, no razors.
- Wellness brand pet food bags.
- Energy bar wrappers: Luna, Clif, Builders, Shot, Mojo, Crunch and KTS Organic (NO Kashi). Larabar wrappers are no longer accepted.
- Vitamin and nutritional supplement bottles (glass or plastic).
- Chip, pretzel and popcorn bags (foil-lined bags only.)

NOW ACCEPTED: Healthy snack plastic pouches and caps: GoGo squeeZ, Gutzy, etc.

NOT ACCEPTED: Lightbulbs, medicine containers (eye wash bottles, pill bottles, tubes of medicinal creams), milk cartons (almond, coconut, etc.), coffee bags.

(Many thanks to Leni Dow for putting this list together, and for spending many hours sorting these materials! If you'd like to help with sorting and get Working Member hours for doing so, please see the box.)

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Want to help the Co-op recycle materials that are usually non-recyclable? Wondering where our warehouse REALLY is? Sign up to help clean, sort and ship materials to TerraCycle the last Thursday of the month. The next shifts are 10 a.m.-noon Nov. 29 and Dec. 27.

Visit the Online Work Calendar at member.weaversway.coop for details and to sign up. (Login required; contact Membership at member@weaversway.coop or 215-843-2350, ext. 119, if you need assistance.)





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International Co-op Principles

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

Suggestions

(Continued from Page 6)

Many food co-ops have preferred to mostly stay out of politics. In fact, the Rochdale Principles, the founding document of the modern co-op movement, used to include a principle obliging “Political and religious neutrality.” The 1966 revision by the International Co-operative Alliance omitted that principle, maybe because it appeared to exclude cooperatives affiliated with religious groups (lots of European co-ops are Catholic in origin), but also because it is enshrined in Principle 1:

Voluntary and Open Membership

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

(The 1966 version added Principle 6, “Cooperation among cooperatives,” and a 1995 update added Principle 7, “Concern for community.” Now you know.)

While I support these values, after 40 years of being involved in consumer food co-ops, it’s clear to me that there is an elephant in the room, which is, as author Michael Pollan says, “Eating is a political act.”

What we eat has broad ramifications — political, environmental, cultural, personal and more. The obvious political connections to food include major legislation like the Treaty Formerly Known as NAFTA, the US farm bill and USDA organic standards, and local food politics like keeping backyard chickens illegal and making vacant land available for community gardens. Environmental regulations governing animal feedlot locations and operations are a result of millions of people eating the products of these feed-



lots. Chocolate lovers who became aware of the “forced labor” (i.e., slavery) in the cacao-raising business helped bring about legislation like the California Transparency in Supply Chains Act.

Co-ops, just by being food businesses, affect politics. And while after 40 years I’m still not sure what our co-op should be doing about boycotts and ingredient bans, I do believe that one of our most important roles is spelled out in Principle 5:

Education, Training and Information

Cooperatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. They inform the general public — particularly young people and opinion leaders — about the nature and benefits of cooperation.

For Co-op members to be aware of the implications of their food, they need to have relevant information about where it came from — how it was grown, raised, produced, manufactured, packaged and transported. This is sometimes simple, like apples in wooden crates trucked 130

miles from family-owned Three Springs Fruit Farm in Adams County, PA. But more often, it’s complicated, like Berkeley, CA-based Annie’s Organic Ketchup. Who picked the tomatoes? How were the pickers treated? What about Annie’s parent company, General Mills? What do we know about the distributor, UNFI, a publically traded company whose ownership can change at any time? What went into producing that plastic squeeze bottle? And what’s the impact of dealing with it when it’s empty?

Modern food co-ops manage research and education to varying degrees. I don’t know of any co-op that I think does it well; most do it for their local products and local vendors, because it’s easy to speak to them, although it’s not as if we interrogate them about their politics.

With larger, national brands, this is not as easy, but still possible to some extent. When some Weavers Way members were urging a boycott of Eden Foods because of the Hobby Lobby ruling (the one where closely held private corporations didn’t have to include contraceptives in their employee health plans), I was able to have an in-person discussion with the son of Eden’s founder about the issue.

Here is what our then-Board President Jeremy Thomas said at the time (the Oct. 26, 2014, General Membership Meeting), which seems apropos now:

“We have a broad and diverse base of members, who span the spectrum of political and religious beliefs. All sides and opinions need to be heard and respected. . . . the Co-op’s official position remains that members and shoppers should make their own decisions about purchasing Eden Foods products. . . . We won’t make it for them. I encourage everyone to continue making informed decisions, to understand more about the companies that produce the food products

(Continued on Next Page)

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(Continued from Preceding Page)
you purchase, and to continue this important conversation.”

Whatever you think about a co-op's role in politics, P5, the Education principle, should be a starting point. The consequences of food choices exist whether we are aware of them or not. We might as well be aware of them.

suggestions and responses:

s: “Plain ordinary sugar? There are a million kinds of sugar at the Co-op but no ordinary sugar.”

r: (Norman) “Ordinary” sugar is more refined than the varieties we stock, mainly to be white in color and to dissolve easily. We don't stock it because, one, we don't have a good supplier of “ordinary” non-GMO sugar, and, two, at least with cane sugar, it's mostly from large food companies that have been charged with treating workers unethically. We think the Zulka sugar we stock is the best choice for an almost-ordinary, less-refined sugar with acceptable production practices that supports small farmers. Also, Zulka is non-GMO and vegan, which “ordinary” sugar may or may not be, since it can include GMO sugar beets, and could be filtered with bone char, which some vegans avoid.

s: “Madagascar pink rice isn't very pink.”

r: (Norman) Color is a perception and varies by individual based on the cone cells in their retinas. Never assume the way the world looks to you is the way the world looks to everyone else. Most shoppers who buy pink rice find the color emotionally calming and thus never complain that it's not very pink. You might want to consider seeing a color therapist to have your cones recalibrated to the proper color emotions.

s: “Shawn (Mt. Airy Deli) made wonderful marinated mushrooms, please keep them coming!”

r: (Rick MA) Thanks, Shawn is a gem who not only runs a good Deli department, but is a creative chef, too!

s: “Is receipt paper recyclable?”

r: (Norman) We use non-phenol-coated receipt paper. Our information is that this receipt paper is recyclable. Members also have the option to have receipts emailed instead of printed. You can turn on this option for your household yourself in the online Member Center (member.weaversway.coop). You'll have to log in; if you need help with that, contact the Membership Department directly at 215-843-2350, ext. 119, or email member@weaversway.coop.

s: “Please stock multigrain bagels”.

r: (Rick MA) The Fill A Bagel Great Grain are multigrain.

s: “Why has no one in the food industry come out with peanut milk?”

r: (Norman) Soy milk, rice milk, almond milk, oat milk, cashew milk, hazelnut milk, hemp milk, coconut milk, pea milk, macadamia milk, quinoa milk, walnut milk — what do all of these have in common? One, none are milk (since they are not secreted from mammary glands), yet they contain the word “milk”(although, if the dairy industry gets its way, not for much longer). Two, all are manufactured products with no teat-sucking involved. Three, ironically, all originated in the natural-food industry, despite being pretty far from being naturally occurring foods (although you can make your own nut milks using natural processes like grinding and pressing and filtering). There actually is a peanut milk on the market. It just hasn't become that popular yet. However, the real reason peanut milk has not been widely adopted is too many people grew up eating Jif and Skippy, so peanuts simply have too much childhood trauma and other emotional baggage connected to them already.

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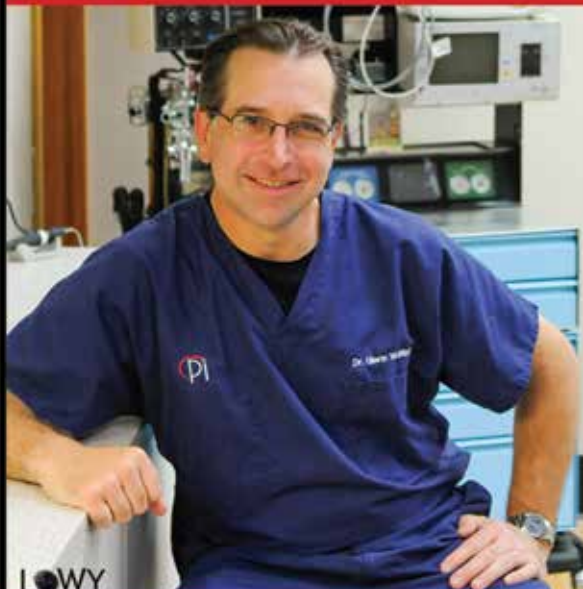
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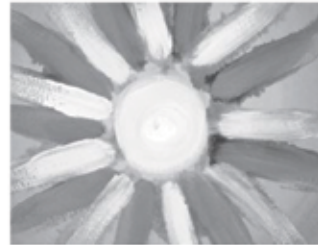
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What's the Deal with Intermittent Fasting? I Wanted to Know, Too

by Jennifer Hall, Weavers Way Health & Wellness Committee

HAS ANYONE ELSE NOTICED THE increasing popularity of the phrase “intermittent fasting”? I was hearing and seeing it everywhere. It was trending on my Instagram, Twitter and Facebook feeds. People at my job were talking about it. I was hearing it on various podcasts.

I couldn't understand what all the hoopla was about. This is not a new thing. People have been fasting for thousands of years for religious and cultural reasons. But people were talking about it as if it was a new fad diet or a miracle cure. So I decided to do some research.

According to an article in the Annual Review of Nutrition (August 2017), intermittent fasting is a form of fasting that includes time-restricted eating, cycling between periods of fasting and eating. There are many different methods or schedules, but the more common ones are “10/14,” “8/16” and “6/18.” This means the daily eating window is 10, 8 or 6 hours, while the remaining times are the fasting period.

Intermittent fasting has exploded in popularity and has been recently paired with other popular diets like the ketogenic diet and Whole30.

Can it produce results? This de-

pends on what results are desired. From what I've read, many people try intermittent fasting for weight loss. But what is more interesting are the health benefits, which are outlined in “Metabolic Effects of Intermittent Fasting” in the Annual Review. These benefits include circadian biology, which has positive implications on insulin sensitivity and can promote healthy gastrointestinal microbiota and reduce obesity-related conditions, such as non-alcoholic fatty liver disease and diabetes.

After researching intermittent fasting, I decided to try it. My personal experience is that it has helped me shed some pounds, but it is hard to maintain. I find that skipping breakfast is difficult. By 10 a.m., I am famished and have to really struggle to last until noon. Then it would be better for me if I could skip dinner instead of lunch, because I am less hungry for dinner after working out. But I love cooking too much to skip dinner. Spending time in the kitchen after work is my solace — my stress relief.

I have nevertheless adopted intermittent fasting into my daily way of eating. But I am interested in discovering other health benefits that this way of life can provide. If you are interested in learning more about the health benefits of fasting, join me on Thursday, Nov. 8, at 7 p.m. at the Healing Arts Studio in Chestnut Hill.



Health & Wellness Committee

Workshop: Intermittent Fasting

Thursday, Nov. 8, 7-8-30 p.m., Healing Arts Studio, 15 W. Highand Ave., Chestnut Hill
Join nutritionist Jennifer Hall to learn more about fasting, and her own experience with intermittent fasting. **FREE**, but RSVPs are requested. Visit the Online Events Calendar for info.

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.

Jennifer Hall is an integrative and functional nutritionist and health coach. She is the owner of Balanced Holistic Living, LLC, and treats a wide range of clients with varying conditions using a comprehensive holistic approach focused on identifying root causes of symptoms to support overall health and well-being. Email balancedholisticliving@gmail.com for more information.

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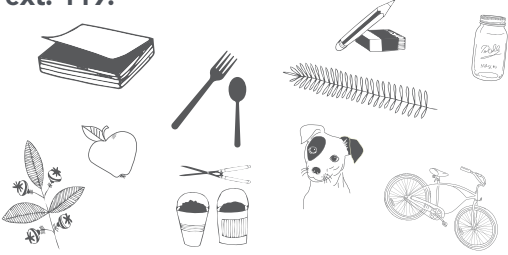
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- At the Ambler store in **The Café**, or at the **Ambler Senior Center**, 45 Forest Ave.
- Other locations as noted.

COMING UP IN NOVEMBER

Wellness: Intermittent Fasting

Thursday, Nov. 8, 7-8:30 p.m.
Healing Arts Studio, 15 W. Highland Ave., Chestnut Hill
Nutritionist **Jennifer Hall**, in conjunction with the Health and Wellness Committee, leads this workshop. She'll discuss the pros and cons of fasting, who should fast, how-tos and menu planning. FREE.

Wellness: DIY Whipped Shea Butter

Wednesday, Nov. 14, 6-7:30 p.m., Weavers Way Ambler
Wellness staffer **Helen Webster** will lead this workshop on how to make whipped shea butter without a mixer. \$5 covers the cost of a jar of shea butter to take home.

Nutrition Team: Herbs for Cold & Flu Season

Thursday, Nov. 15, 6-7:30 p.m., Weavers Way Ambler
As winter approaches and we

spend more time indoors, we are more exposed to colds and flu. Nutritionist and clinical herbalist **Wendy Romig** has some great herbal remedies for boosting immunity and getting rid of symptoms. FREE.

Grow Your Own Shiitake Mushrooms

Saturday, Nov. 17, 10 a.m.-1 p.m., Weavers Way Farm at Awbury Arboretum
In this hands-on workshop, we will prepare and inoculate logs with shiitake plugs, then take the logs home



and care for them while they grow. Leader **Andy Andrews** is a Working Member and garden design professional specializing in edible landscaping. \$25.

Nutrition Team: DIY Fire Tonic

Wednesday, Nov. 28, 1-2 p.m., Weavers Way Ambler
It's that time of year again!

Everybody's favorite raw foodie, **Dorothy Bauer**, describes how to make this delicious winter tonic by infusing vinegar with herbs. FREE.

Neighborhood Nutrition: DIY Bulk Gifts for the Holidays

Wednesday, Dec. 5, 11 a.m.-1 p.m., Weavers Way Ambler
Continuing in the do-it-yourself vein, **Liz Traison Witkin** joins **Dorothy Bauer** to guide you on how to make infused oils and vinegars, pickling spices, pancake and soup mixes and other gifts from materials you can buy in our Bulk departments. \$5 covers ingredients and mason jars.

RESCHEDULED: Superfood Brownies

Friday, Dec. 7, noon-1:30 p.m., Weavers Way Ambler
Discover how easy it is to make no-bake brownies packed with super foods such as cocoa nibs, goji berries and coconut. **Dorothy Bauer** leads the way to a great solution for holiday potlucks, gifts and treats for the kids. FREE.

MORE INFO & TO RSVP: www.weaversway.coop/events or email outreach@weaversway.coop

Board Corner

(Continued from Page 1)

thank Lisa Hogan, who quickly assumed the dual roles of secretary and (unofficially) "acting vice president" while I was acting president. Lisa immediately became a full partner in helping to manage the Board through this transitional moment. I'm so grateful. Thanks, Lisa.

When the Board formally elected me president, we then needed a new vice president. Lisa agreed to serve and was elected to that position. That left the position of secretary open, and Toni Jelinek agreed to serve as secretary and was elected. Joan Patton remains treasurer. All three of the new officers will serve out the unexpired terms we are stepping into, so the Board will elect officers as usual at our June 2019 meeting.

I originally ran for the Weavers Way Board partly for selfish reasons: I work with cities on revitalizing historic Main Streets and, in the course of my work, I often talk about social enterprise and community-owned businesses. I felt I needed some "street cred" to be able to talk about co-ops with more knowledge than just having read about them. (In fact, I'm writing this on my way home from Valentine, NE (pop. 2,800), where part of

a team workshop on community-led economic development included a side conversation about co-ops — and I proudly shared the story of Weavers Way.)

I continue to feel that I get more than I give from serving on the Board, both personally and professionally.

I can state without qualifiers that serving on the Weavers Way Board for the past five years has been the most enjoyable and rewarding volunteer experience I've had. (Anyone who has ever volunteered for anything would probably agree that such excellent and pleasurable experiences are rare.) In partnership with our superb management and our supportive member-owners, it continues to be an honor to serve. Together, we've accomplished so much, making Weavers Way a model and a leader both in greater Philadelphia and nationally.

Thanks to Chris for steering the ship for the past two years and for setting up systems that made it so much easier to pick up the reins when he stepped off. We look forward to seeing him at the November Board meeting. Looking ahead, I will do my best to be worthy of leading this historic and trailblazing community enterprise, and to be a caretaker of the values it represents.

Please feel free to reach out to me at joshua.j.bloom@gmail.com.

Food Justice Committee

(Continued from Page 1)

ernment assistance, and also to address larger issues that affect the Co-op's accessibility — transportation, prices, marketing, store layout and shopper comfort.

In November and December, a Food For All task force will brainstorm the potential expansion of the program discount beyond the current 10%. In 2017, Weavers Way members received discounts totaling approximately \$650,000 through three primary discount programs — Working Member, Senior and Food For All. The Food For All discount was approximately \$36,000 of that total. If 10% of Working Members would volunteer to forgo their discount, it might be financially viable for the Co-op to double the Food For All discount to 20%. Would you be willing to forgo your Working Member discount to strengthen Food For All?

We invite Weavers Way members to join us on this task force over the next few months as we explore ways to improve Food for All and the Co-op's accessibility in general. We would especially appreciate getting the input and perspective of Food For All participants, current or former. The task force meets next at 6 p.m. Monday, Nov. 19, in the conference room at 520 Carpenter Lane.

The Food Justice Committee will also be working on an "Affordable Dinner Program" — not its final name! — over the next several months. To overcome misperceptions about high Co-op prices, the committee plans to initiate a program in which Weavers Way posts a recipe or menu for a weekly dinner for

Dish About Our Latest Dish!

See the **Shrimp-Avocado-Grapefruit Salad** recipe, including nutritional information, at www.weaversway.coop/fjc.



four that costs approximately \$20. In November and December, committee members are developing recipes and sampling them at our meetings; last month, we tried a "Shrimp-Avocado-Grapefruit Salad," with ingredients purchased for under \$16 from Weavers Way Mt. Airy. For that recipe and nutritional information, visit the Food Justice Committee web page at www.weaversway.coop/fjc.

At the next Food Justice Committee meetings — Wednesday, Nov. 7, and Wednesday, Dec. 5, 6-7:30 p.m., also at 520 Carpenter — we will sample additional prospective recipes and brainstorm ways to launch this program. Come try these dishes and suggest a catchier name than "Affordable Dinner Program." Whoever comes up with the winning name, as voted on during the December meeting, will receive a \$20 Weavers Way gift card.

Our hope is to have the program introduced in spring 2019, with ingredients conveniently displayed in our stores.

The Food Justice Committee and the Food For All Task Force are composed of Weavers Way members and staff, and all are welcome. For more info, please visit our web page at www.weaversway.coop/fjc or email foodjustice@weaversway.coop.



Raji Malik & Friends provided music Saturday in the Ambler store.

Ambler's First Anniversary You Did It! Member appreciation

The Appreciation Was All Ours

Photos of Weavers Way Member Appreciation events Oct. 12-14, 2018, by Weavers Way Working Member Phillip Todd.



Members enjoyed butlered offerings from the Ambler chefs, as well as the good green stuff Groothie was sampling.



Happily camped out at The Café buffet.



Demo Diva Karen Plourde did cake honors in Chestnut Hill; Eat Me vegan ice cream all but served itself. (Amber Odhner helped.)



Co-op cashiers Ashley Wachter, Matt Bevan, Lisa Pinyard and Terry Powell were at the ready; One Village Coffee's Julia Maass had happy customers for her pourovers.



COMMUNITY AT TEMPLE AMBLER November 2018

- WVWA: All About Owls - November 2
- Fall Foliage Hike - November 3
- Japanese Garden Design - November 14
- Transfer Thursday - November 15
- Bark Walk - Saturday, December 1

ambler.temple.edu/community

