

RUN★RUN★RUN THE CO-OP NEEDS YOU ON THE BOARD

by Lisa Hogan,
Weavers Way Leadership Committee

NOW THAT THE MIDTERMS ARE BEHIND US, WHY NOT take a break from the national political scene to consider the politics of our local food cooperative? Weavers Way is seeking a few member-owners to join the Board of Directors in 2019, and we invite you to consider becoming a candidate.

Here at the Co-op, we want to support local vendors and pay our staff well. At the same time, we want to make Weavers Way affordable to all who choose to shop with us. Our members love our discounts, yet we need to maintain our cash reserve to survive in the grocery business. Should we take a stand on an international call to action that will impact purchasing options or let members vote with their wallets? The active agenda of the Board includes all of these issues, and more. We focus on the operations and success of our three stores and strategic planning for our future.

The Board, according to our Bylaws, must have a minimum of nine and a maximum of 11 members. Elections are

(Continued on Page 7)

★★★★ ELECTION ★★★★★ 2019



Community-Owned,
Open to Everyone

The Shuttle

DECEMBER 2018

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 46 | No. 12

— FALL 2018 GENERAL MEMBERSHIP MEETING —

In 2018 Numbers, Roesser Sees Promising 2019 For Weavers Way

by Mary Sweeten,
Weavers Way Shuttle Editor

LAST MONTH'S WEAVERS WAY General Membership Meeting was unusual in several ways. Instead of a church hall or school auditorium, it was held in a store — our Ambler store. And not just in the store — in Ambler's spacious freezer aisle, where tables and chairs were set up for those gathered to hear General Manager Jon Roesser's business report.

It was unusual in another way, too.

"I think we're going to get started, and, uncharacteristically, on time," Jon began.

"And we're starting on time because, as you notice, we're packed."

The Nov. 2 event was synchronized with the Ambler store's popular \$4 Friday Dinner. And while not all of the 500 people partaking of roast chicken — plus free canapés and other appetizers butlered by Executive Chef Bonnie Shuman herself — were necessarily Co-op members, all were welcome to hear what Jon had to say about the state of Weavers Way.

Diving right into the state of Weavers Way, Jon said, "If you attended the spring General Membership Meeting, I



Bob Raines photo

GM Jon Roesser prepares to discuss Co-op finances at the Nov. 2 GMM, held at Ambler.

described our Co-op's business performance as 'fine' — I used that word very deliberately. I said the Co-op is performing fine. 'Fine' being halfway between 'great' and 'lousy.'" To laughter, he continued: "Here we are six months later and I am upgrading the Co-op's condition from fine to good.

"That's not 'great,' but it is a step in the right direction. . . . Certainly, the trend is very encouraging, so we should be happy."

But first, Jon walked the group through "the ugly numbers" of fiscal year 2018, which, he reminded, was July 1, 2017, to June 30, 2018 — "the fiscal year we opened this store."

"Our revenue was \$27,170,894; our gross profit was \$9,746,907 — that's the

money that's left over after we pay our vendors, so that's the money we have left to run the business. . . . Our operating expenses to run the stores were \$10,308,637."

With additional expenses of \$46,150, for non-store operations like the Shuttle and the farms, operating income was a loss of \$607,881 for fiscal 2018.

"Now we know exactly why that is," Jon continued. "It's all related to the costs associated with opening up the Ambler store. . . . Our goal for fiscal '19, the fiscal year that we're in right now that will end on June 30th of next year, is to essentially wipe out this loss.

"And that will position us for an excellent fiscal '20."

(Continued on Page 20)

Food Justice Committee Town Hall Meeting

Wednesday, Jan. 9, 2019
6-7:30 p.m.
Summit Church
6757 Greene St., Mt. Airy

The Weavers Way Food Justice Committee invites everyone's input at a Co-op-wide discussion about how to work toward making healthy food readily accessible and affordable to all. Please join us for an open and heartfelt discussion about the role the Co-op might play in leveling the playing field for everyone's benefit.

One way the Co-op has been trying to make healthy food accessible and affordable is through the **Food For All** program, which was started in 2015 and currently has about 200 members. It provides a 10 percent discount for members who are on assistance (such as SNAP, TANF, WIC, SSI, SSDI, and Military Disability).

We feel that we can improve the program — for example, by increasing the discount and expanding the number of participants. How might we do this? Could Co-op members donate some of their discounts and/or hours to let others gain more? Could we offer low-cost weekly meals? We look forward to hearing your ideas. Please come and share them. RSVP to foodjustice@weaversway.coop.

Our goal is to make the Co-op a comfortable and affordable place for everyone, so we can all eat together at the Co-op "table."

WEAVERS WAY COOPERATIVE ASSOCIATION
559 Carpenter Lane, Philadelphia, PA 19119
WWW.WEAVERSWAY.COOP
CHANGE SERVICE REQUESTED

All Weavers Way stores will be
CLOSED
Christmas Day and New Year's Day.
Stores will CLOSE at 7 p.m. Dec. 24
and 8 p.m. Dec. 31.

Happy Holidays

What's in Store at Weavers Way

Check It Out!

by Karen Plourde, Weavers Way Communications Staff

All Wellness and Good

Pacha soaps make it a Co-op hat trick. And Flora wellness shots are a gift to your immune system.

Just in time for stuffing stockings and gathering Pollyanna gifts, **Pacha** soaps have expanded into all three Weavers Way wellness locations, after being only at Next Door in Chestnut Hill for a few years. Ambler has packed a display with six



varieties of bath bombs, two types of bulk bath salts and seven different bar soaps, including "That Co-op Smell," at \$1.25 an ounce. Across the Way in Mt. Airy has made room on the shelves for Pacha bars and two kinds of bath bombs. The Hastings, NE, company uses responsibly sourced palm oil and other ingredients, and puts a chunk of their profits into clean-water initiatives, hygiene education and small-business opportunities throughout the world.

Company, nasty weather and stress can make us vulnerable to viruses galore — and who needs that this time of year? Bulk up your resistance with a Wellness Shot from **Flora Health** of Burnaby, BC, and Lynden, WA, available by the Next Door register. Each 3.3-ounce bottle contains organic apple cider vinegar along with natural cleansing aids like elderberry, lemon, cinnamon and turmeric.



Bulk & Beyond

Fruitcake fans, we've got the fixins to make your own, or another fruity fave.

Fruitcake aficionados (yes, we do exist) know there are some pretty poor specimens out there. Should you go the route of baking one yourself, you'll find plenty of inspiring ingredients in Ambler's Bulk Department: black walnuts (\$13.99/lb.), orange peel strips (\$5.99/lb.) and glazed dried fruit mix (\$3.19/lb.). Of course, the bulk sections in all three stores stock currants, raisins, dried figs, dates, pecans, and dried cranberries, as well as English walnuts, for all manner of seasonal goodies.

Going On in Grocery



Gift packs of cooking oils in Ambler. And make it a healthier holiday with Caulipower flour.

If there's someone on your list (maybe it's... you!) who would appreciate an upgrade to their cooking-

oil collection, consider the three-pack of artisan oils from **La Tourangelle** of Berkeley, CA. The "Infused" trio is \$19.99, and includes herbs de Provence, garlic and basil oils. The "Best Seller" pack consists of hazelnut, avocado and walnut oils for \$23.99. Bring along a baguette to the gift exchange (if it's local). Maybe they'll share.

The holidays are often about indulgence, but it's possible, and wise, to keep from going completely off the rails. Get some help from **Caulipower** baking mix, available in two formulas (paleo and non) in the Hill. Yep, it's cauliflower-based, and can be used cup-for-cup in any recipe (not just pizza crust). It's vegan and gluten-free, and a 12-ounce package goes for \$8.69 (\$12.99 for the paleo).



kplourde@weaversway.coop



Kieran McCourt, Weavers Way Ambler, answers the question:

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

Fun Fact No. 1:

It's a member of the carrot family, and

No. 2: Its flavor is in the licorice family.

Fun Fact No. 3:

You can use the entire plant — feathery fronds, stalks and bulb

- The green stalks have a celery-like texture. Put them in a freezer bag to save for stocks. It gives them a nice sweetness.

- Chop the fronds to use as a mildly anise-flavored garnish.

The bulb is great sliced raw in a salad, but also:

- Braise fennel in the oven, adding herbs or orange peel. If you braise in oil, the oil acts as a temperature regulator, and the fennel flesh will get soft and delicate. It makes a nice side dish, tossed with apples, pears, celeriac or beets.
- Add the chopped bulb to your soup base, along with onion, celery and carrot (a/k/a mirepoix).
- Cooked-down fennel can be made into a confit to be spread on crostini or a baguette.

****Pro tip: You may see it called Florence fennel or finocchio, and it's sometimes labeled "anise." But true anise is a different plant grown only for its seeds.****

FENNEL



Food Drive Helps Our Neighbors

by Roberta Balsam, UUH Outreach Program

"Let the 'giving spirit' spread like a virus, infinitely touching the lives of people you may never meet, across boundaries you may never cross, in ways you may never imagine." — **Matt Hogan**

THIS CAN BE THE POWER OF THE UUH Outreach Program's annual holiday food drive. As a small nonprofit organization, we provide free services to adults 60 and over living in Northwest Philadelphia, and we have the opportunity to see firsthand the power of giving.

Our food drive started in a modest way in 2005. We were encouraged to see how our small acts of delivering groceries during the holiday season could have such a large impact on the people we served. We took photos of the delighted people as we unpacked bags and brought some special goodies into homes where sometimes the very basics were hard to keep up with. Every year since then our food drive has

expanded to include more people. We now have the wonderful support of neighborhood organizations, schools and community businesses that have agreed to collect food for us. Last year with the help of our partners and volunteers we were able to distribute 440 bags of groceries to older adults aging in place within our wonderful Northwest Philadelphia community.

Please help us to continue to grow by making a generous donation to our food drive as you shop at the Co-op in Mt. Airy. Items will be collected at the store through Friday, Dec. 14.

Or why not make a cash donation directly to our organization? Every penny donated to us goes directly to our clients. If you would like to take your "giving spirit" a step further and volunteer to help us get the food sorted, packed and/or delivered, or if you know of a site that would be willing to collect for us please give us a call at 215-843-5881 or email outreach@uuhouse.org.

To learn more about UUH Outreach, visit www.uuhoutreach.org.



215-843-5881
outreach@uuhouse.org

SUGGESTED DONATIONS

Cereal, paper goods, beans, small serving-sized cans and shelf-stable items.

Consider this healthy foods list. Smaller size and low-sodium items are best.

- Canned fruits and vegetables in a variety of colors. Look for fruit canned in its own juice or with "no sugar added."
- Look for 100 percent fruit and vegetable juices.
- Donate whole grains as often as you can. Look for 100 percent whole grain on the package or look for a whole grain as the first ingredient.
- Canned beans, seafood and lean meats. Look for "no salt added," low-sodium, and canned in water (instead of oil) varieties.
- Donate shelf-stable healthy fats that are liquid at room temperature, including canola, olive and vegetable oils and non-stick cooking spray.
- Spices and shelf-stable condiments.
- Low-sodium and shelf-stable soups.

What's in Store at Weavers Way



Cheese Bored? Not This Year

Impress your guests this holiday season with a fancy cheese spread! Weavers Way Cheesemonger **Shawn O'Connell** will show you how to create your own cheeseboard with generous samplings of our most interesting cheeses (vegan, too!) in the festive atmosphere of our holiday Pop Up Shop at the Mt. Airy Mercantile.

This fun and informal evening will feature demonstrations and discussions of how to cut various cheeses and put together a beautiful board suitable for omnivores, vegetarians and even vegans. There will be plenty to learn and many flavors to experience, but it's more a party than a symposium. Taste lots of cheeses and accompaniments, do some shopping and hang out and enjoy this festive event!

We will serve one board that will include charcuterie for meat eaters, one for vegetarians that uses only cheeses made without animal rennet and a surprising and delightful board of vegan "cheese."

There will be some tasty spirits on hand but BYOB is encouraged.

We'll have cheeses and some pairings for sale as well as shopping lists of what was served and other suggestions for vegetarians and vegans.



DIY Cheeseboard Workshop & Tasting

FRIDAY, DEC. 21, 7-9 PM
WEAVERS WAY MERCANTILE
542 Carpenter Lane, Mt. Airy

\$10 per person covers tastings and other treats.
 Feel free to BYOB.

Registration required.

Visit www.weaversway.coop/DIY-Cheeseboard



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 SEASON

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NOV. 23-25, NOV. 30-DEC. 2,
 DEC. 7-9, DEC. 28-31

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OUR VENDORS:

POTTERY:

- **Victoria May Ceramics:** Planters (LOCAL: PHILADELPHIA)
- **HEYPACE Ceramics:** Vases, Bowls, Planters (LOCAL: PHILADELPHIA)
- **KB Clay:** Planters, Vases (LOCAL: PHILADELPHIA)
- **Wissahickon Pottery:** Mugs, Pots, Bowls, Salve Jars (LOCAL: ROXBOROUGH)

ART:

- **Close Call Studio:** Felt Ornaments, Toys and Block Prints (BALTIMORE, MD)
- **Kimmy Makes Things:** Prints, Holiday Cards, Ornaments, Magnets (LOCAL: PHILADELPHIA)
- **Atwater Design:** Prints, Cards (LOCAL: WEST CHESTER)
- **Angela Rio:** Collage Prints (LOCAL: PHILADELPHIA)
- **Ivy House:** Cards, Wrapping Paper (LOCAL: PHILADELPHIA)
- **Alisa Wismer Design + Illustration:** Holiday Cards (LOCAL: PERKASIE)
- **Flowers!Squished:** Pressed Flowers (LOCAL: PHILADELPHIA)

KITCHENWARE:

- **Crow Canyon:** Mugs, Cups, Bowls, Loaf Pans
- **Fishs Eddy:** Decorative Glasses
- **Chemex:** Glass Pour-Over Coffee Makers

TOYS:

- **Eco Kids:** Eco-Dough, Eco-Face Paint, Eco-Crayons (PORTLAND, MAINE)

HOME GOODS:

- **Dilo:** Handpoured Soy Candles (LOCAL: PHILADELPHIA)
- **Benevolent Bee:** Locally Harvested Beeswax Candles (LOCAL: PHILADELPHIA)
- **Thankful Sage:** Beeswax Candles (LOCAL: RICHBORO, PA)

CANDY:

- **Aurora Grace:** Hand-painted Bonbons, Macaroons and Chocolate Bars (LOCAL: PHILADELPHIA)

MISC:

- **DRAM Apothecary:** Cocktail Bitters, CBD Sparkling Water
- **Opinel:** Pocket Knives



An offshoot of Weavers Way Co-op
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foodmoxie.org

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**GIVING
TWO DAY**

DECEMBER 11

**Drop \$2 (or more!)
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Food Moxie programs.**

FOOD MOXIE We dig what we eat.

Drumroll, Please, for Food Moxie's New Executive Director

We are excited to welcome Lisa Mosca to the Food Moxie team as our new Executive Director.

Lisa comes with a wealth of experience and knowledge in urban agriculture and nonprofit leadership. She has worked with other local food and farming organizations including Pennypack Farm Education Center, the City Harvest Program at the Pennsylvania Horticultural Society, East Park Revitalization Alliance and, most recently, in Boston as deputy director of the New Entry Sustainable Farming Project.

As a longtime Food Moxie supporter, advisor and volunteer, Weavers Way member and a resident of Mt. Airy, Lisa is knowledgeable about what it takes to grow food and community in Northwest Philadelphia. Her years of experience and exposure to many different communities and organizations has prepared her to explore and understand our programs at Food Moxie. The staff and Board eagerly welcome Lisa to the team and look forward to digging into our plans for the future.

Please join Food Moxie in extending a warm welcome to Lisa Mosca.



Wayne Morra, Irenic Photography
Lisa Mosca, left, is joined by Food Moxie Manager of Growing Spaces Brandon Ritter at September's Seed to Supper celebration.

From Urban Farm Bike Rider to Dedicated Volunteer: Laura Silverman

IN THIS SEASON OF GIVING AND GRATITUDE, we want to express our thanks by lifting up the story of one of our amazing volunteers. In September 2016, Food Moxie staff noticed the photos and tweets Laura Silverman posted of that year's Urban Farm Bike Ride, and we liked them so much we invited Laura to visit and document our programs.

She photographed a cooking class at Stenton Family Manor, and then headed over to "Farm Club," our program at Martin Luther King High School that helps students affected by intellectual disabilities and autism learn life skills. After spending



Laura Silverman photo
a chilly March morning in 2017 learning about and planting seeds in the greenhouse with students and the Food Moxie staff, Laura was hooked. She has enjoyed many Wednesday mornings since then along-

side the students, planting, transplanting, weeding, harvesting and preparing the garden for winter.

Laura chronicles the high school students' work, and says that it's "immensely rewarding to observe the students' curiosity and their delight in hands-on learning about agriculture, from working hard in the garden to making delicious dips with herbs and sampling fresh mustard greens that they planted themselves."

To learn more about long-term volunteering with one of Food Moxie's programs, email volunteer@foodmoxie.org.

Morris Arboretum

NOVEMBER 23RD - DECEMBER 31ST*

Holiday Garden Railway

Open daily 10am-4pm
**The Arboretum is closed December 24, 25 & January 1*

Holiday Garden Railway Nights

Fridays & Saturday Nights in December
Advance ticket purchase required

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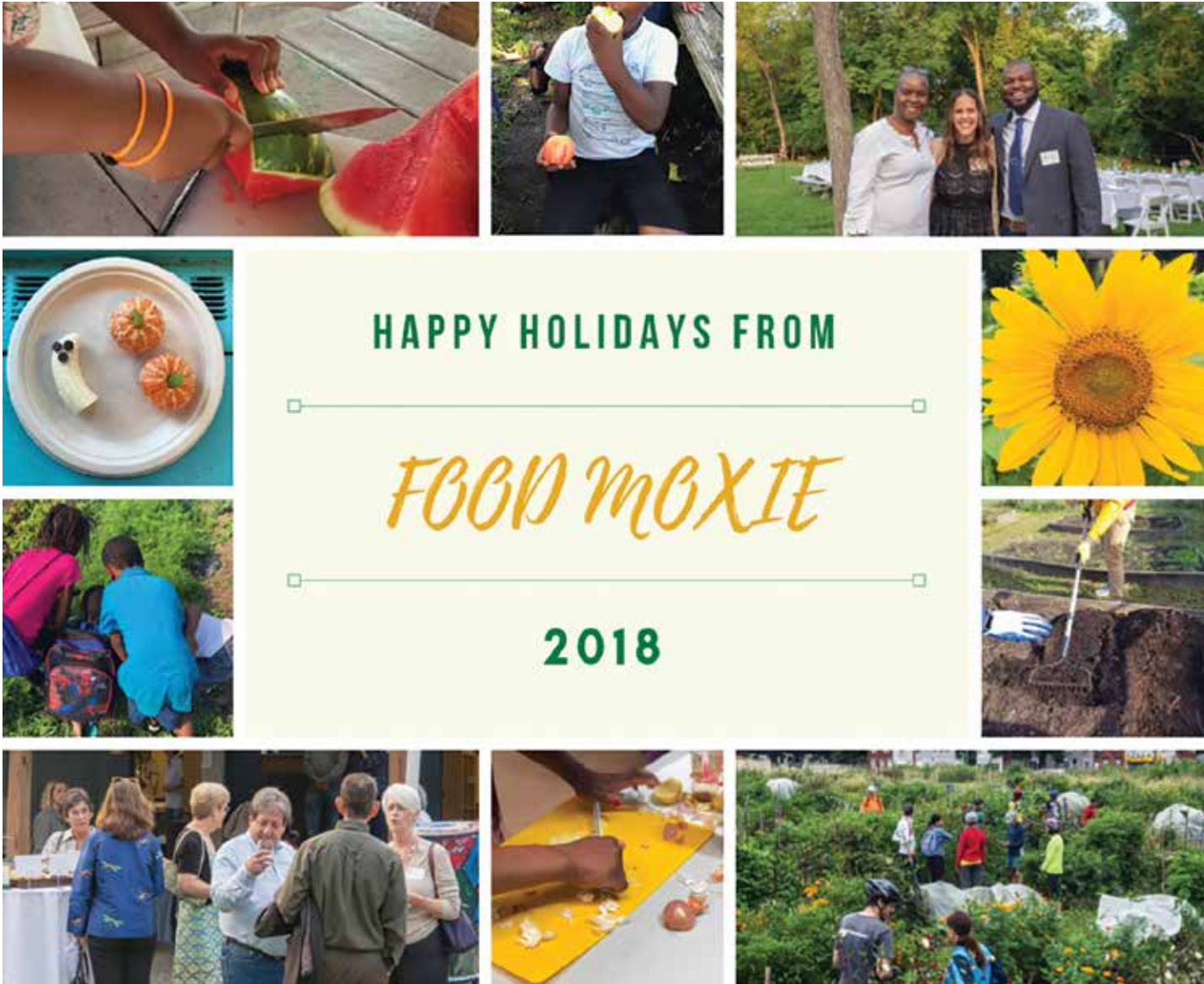
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An offshoot of Weavers Way Co-op

FOOD MOXIE



THANKS TO...

During this season of giving and gratitude, Food Moxie would like to thank these generous institutional donors & volunteers:

AmeriHealth Caritas

The Elizabeth B. and Arthur E. Roswell Foundation

The Philadelphia Foundation

Univest

Villanova University's Hunger and Homelessness Awareness Week 2018

And a BIG warm thanks to former Food Moxie Board Chair and Weavers Way Co-op member **Tim Clair** for his work as Interim Executive Director of Food Moxie for the past several months!



For Their Support!

International Ballet Exchange presents
The Donetsk Ballet
 in the
Nutcracker
 Vadim Pisarev, Artistic Director

Saturday, December 15, 2018
 6:30 pm

Sunday, December 16, 2018
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 The Philadelphia Cultural Fund

Photo: Julianne Harris

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

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Editor's Note



by Mary Sweeten, Editor,
Weavers Way Shuttle

THIS IS THE LAST TIME YOU'LL SEE the Shuttle this year. (Somber music: Bum-bum-bum.)

Well, yes, of course it is, because it's December. The twist comes next year:

We're combining the January and February Shuttles into one midwinter issue. (We also plan to combine July and August into one midsummer issue, for those of you who have your planners out.)

The reason for this is mainly, well, money. And also time. Which is money, right? The Shuttle is kind of expensive to produce. These costs are largely offset by advertising sales, but advertising in the dead of winter (and the height of summer) does slow down a bit. It's also expensive to mail, which we do, to every member. And with supporting three stores keeping us all a lot busier than we used to be, we're on the lookout for a little relief here at Shuttle HQ as well.

You may be wondering why we don't just stop mailing the Shuttle. Yeah, that WOULD save money. It would also ultimately save money on printing — because we'd end up needing fewer copies, since fewer members would likely bother, or be able, to pick up the paper in the store.

Why not stop mailing? My immediate answer is: We love our advertisers and want to make sure they get all the eyeballs on their ads that they're paying for. (If you'd like to get into the weeds with me on this: There are few enough places anymore for local small businesses, organizations and schools to advertise as it is. Are online ads a useful alternative? And what about the Russians?)

So just trimming back to 10 issues a year seemed like, um, the prudent thing to do for the time being. And of course, we welcome your feedback.

The January-February Shuttle comes out Friday, Jan. 18, 2019. (For the proposed 2019 publication schedule, visit www.weaversway.coop/shuttle.)

msweeten@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.

The Shuttle is printed on
100 percent recycled paper.



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

Boycott Effort Distracts From Weavers Way Mission

AS A MEMBER OF WEAVERS WAY Co-op, I am writing in response to the October 2018 Opinion article, "Israeli Boycott a Step Forward for Food Justice."

Strongly partisan political opinions and discrimination do not advance the mission of Weavers Way Cooperative Association, which includes building community, both within its membership and in the communities it serves. Weavers Way Co-op is inclusive of all people regardless of ethnicity, faith, age or gender. Boycott, Divest, and Sanction is a discriminatory action favoring one group of people over another. As we know, there are always two sides to a story.

Isolating people and boycotting foods made in Israel is divisive, discriminatory, unfair and unnecessary. Let's concentrate our efforts on serving the health and food needs of Co-op members, the Philadelphia and Ambler communities and beyond.

Karen Driscoll

Boycott Dialog Underscores Co-op Value as 'Third Place'

FIRST, MY APPRECIATION FOR YOUR publishing Marlana Yassky Santoyo's story on the Israel-Palestine issue. More importantly, thank you for subsequently publishing eight letters evenly divided on this complex, sensitive issue. With one exception, a reference to Ms. Santoyo's "simplistic" view, the letters and discussion were absent the vitriolic, hateful attacks that have become the norm. While I agree with the Co-op's position of opting to not support a boycott of Israeli products, the importance of the Co-op in allowing itself to be a public forum to its members can not be overstated. Unfortunately, we enjoy very few public places where we can offer an opinion without being vilified or ridiculed. The stated goal of the Co-op to be our Third Place is greatly enhanced by its ability to be a viable public forum.

I would like to venture a seemingly naïve, simplistic suggestion to both sides of the Israel-Palestine issue. A Holocaust memorial in Tel Aviv and an appropriate portrait of the current conditions plaguing the daily life of Palestine in Jerusalem. Possibly by sharing past and current sadness, both sides will be able to view the humanity in each other instead of just seeing the enemy.

Mike Connor

We'll Miss Shadow

ABELOVED MEMBER OF THE Mt. Airy community was lost in October. Shadow the cat lived in the 500 block of Westview, and was a frequent visitor to all activities at Summit Church. He greeted toddlers arriving for preschool and older children attending after-school programs. He was pan-denominational, enjoying Presbyterian coffee hour and P'Nai Or shabbat services. He consoled the grieving at funerals and never tired of zoning hearings. He had a fondness for contra dancing and fiddle cases, and appreciated a good turnout on Election Day. Occasionally, he wandered up to Carpenter Lane to monitor the Co-op, dry cleaners and High Point. He enjoyed the best of Mt. Airy and will be missed by many.

Janis Risch

O.P.I.N.I.O.N

Why Do We Waste So Much Food?

by Betsy Teutsch, for the Shuttle

EVERYONE KNOWS WE WASTE WAY too much food, but solving this problem is now a major global concern. Champions 12.3, named for the United Nations' Sustainable Development Goal No. 12.3 — to decrease food waste and loss by 50 percent by 2030 — is leading a worldwide campaign to measure and ultimately decrease food waste.

Having just completed a book on reducing postharvest losses in the developing world, I can recite the statistics in my sleep: 30 percent to 40 percent of the world's harvest goes to waste. Hungry people don't intentionally waste food, but in poor countries lacking secure storage and cooling, crops spoil. In rich locales like ours, we throw out all manner of edible food. Sometimes we do it ourselves, and sometimes grocers or restaurants do it for us.

It's an economic problem: So much waste is a market failure. Preserving more of the harvest increases farmers' incomes.

It's an ethical crisis, since all that wasted food could feed so many hungry people.

It's driving climate change. Vast resources are consumed to grow, transport and process food and nearly 40 percent produces no calories. Reducing the "field-to-fork-to-landfill" pipeline would increase efficiency, produce more calories per gallon and reduce emissions.

I was excited to attend the Champions 12.3 meeting in New York City during the UN General Assembly in September. This working group includes corporate, agricultural and environmental experts collaborating to measure progress.

A representative from Costa Cruises reported that just by posting "taste don't waste" signage and committing to donating any savings to hunger initiatives, they found their cruise guests wasted 50 percent less food.

Sam Kass, the Obamas' White House chef, demonstrated scalloped potatoes. He explained his choice was based on the fact



Betsy Teutsch photo

that potatoes and milk are the most frequently tossed foods in American kitchens.

Kass pointed out that people eat what they see. Potatoes, usually bought in bulk, sit far back on our counters until they sprout, and into the trash they go. We buy larger containers of milk than we can consume, it sours, and then we pour it down the drain. With some planning, this type of waste can be avoided.

Adhering to the principle that you eat what you see, I have worked out a simple system for labeling leftovers for the freezer. White framer's tape makes great reusable labels and it's easy to write on with permanent markers. Since I tend to make the same foods — lots of labels say "red lentil soup" — I started sticking these labels up on my kitchen wall. I just grab a ready-to-go label when I am putting leftovers in the freezer. It probably only saves me a minute or two, but it significantly increases my ability to find things later!

Remember, we eat what we see. Unmarked frozen food is not going to find its way to the dinner table. A small solution, perhaps, but each way we decrease food waste and loss makes a difference, and they all add up.

*Weavers Way Working Member
Betsy Teutsch is the author of the
upcoming "100 Under \$100: Tools
for Reducing Postharvest Losses."*

Spring Registration is in Full Swing!

NOW ENROLLING!
for Spring 2019

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8am-3pm.

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GM'S
CORNER

Buying Insurance, Selling Groceries

by Jon Roesser,
Weavers Way General Manager

ON OCTOBER 2, 1942, SIX DAYS BEFORE THE ANGLO-American invasion of Nazi-controlled North Africa, the U.S. Congress, as part of the federal government's efforts to maximize the output of the nation's war economy, passed the Wage Stabilization Act.

This action is proving consequential to the Co-op in 2018.

The Wage Stabilization Act put strict limits on the ability of private-sector employers to increase wages, thus helping control inflation and labor turnover in key wartime industries.

Employers, looking for ways to attract top talent without running afoul of the Act, started offering enhanced "fringe benefits": paid vacations and holidays, retirement plans and, above all, employer-sponsored medical insurance.

By the end of World War II, many American workers and their families were receiving medical insurance benefits through their jobs. A precedent had been set, and the decision by the IRS not to treat medical insurance benefits as taxable income only accelerated the practice.

So in the United States, unlike just about everywhere else, health insurance is widely perceived to be one form of enticement offered by employers seeking to attract and retain the best workers.

Today, most Americans, 155 million of us, get health insurance through employer-based plans. The rest are covered by Medicare, Medicaid or the Veterans Administration, pay for individual policies themselves or go uninsured.

The Affordable Care Act, love or it hate it, did little to change how most Americans are insured, and in fact, by mandating that employers of a certain size offer plans to their employees, it has only solidified the assumption that, in this country, health insurance is something you get through work.

For quite some time, Weavers Way has offered its employees comprehensive health insurance, with robust benefits typically not available through employers of our size. Over the years, we've gone from this insurer to that, tinkering with our plans to keep premiums in check, and relying on the relatively desirable demographics of our group — disproportionately younger, with a track record of few major claims — to keep costs in check for both employer and employee.

But some years our claims history bites us, and 2018 has proven to be such a year. Two major claims in one year for a group of our size is enough to spook an insurance underwriter into rating us a high risk. As a result, our current health insurer, the for-profit United Healthcare (2017 revenue: \$201 billion), jacked up our rates for 2019 by 38 percent.

Since receiving this good news I cannot utter United Healthcare's name without inserting a Philadelphian's finest four letter expletives, but my anger aside, there's little the Co-op can do, practically speaking, other than play the insurance company's game.

So instead of a 38 percent increase to our current plans, in 2019 the Co-op will increase its contribution to health insurance by just under 10 percent and offer plans with reduced benefits. Employees will get stuck with higher co-pays and deductibles. Both employer and employee will pay more for skimpier plans.

Like many other aspects of our country's "free"-market capitalist system, employer-based health insurance punishes smaller businesses, as our size makes us more susceptible to one bad claim year.

Who's to blame? You can blame United Healthcare's CEO David Wichmann (2017 compensation: \$17,389,976) for insisting that each group policy be profitable. You can blame United Healthcare's shareholders, who reward or punish guys like Wichmann based on the most recent quarterly results and little else. You can blame that anonymous underwriter, toiling in some nondescript office building in Minnesota, unconcerned about the impact his or her decisions have on any particular

small businesses and their employees.

Blame whoever you want, but I blame the Wage Stabilization Act of 1942. It is the root cause of the nonsensical arrangement that treats health insurance like a perk, not really that different from tuition reimbursement and free coffee.

It's time to dump this system and get the burden of offering health insurance off the backs of employers. I'm not speaking as a public-health advocate, or a medical professional, or an expert on the various alternatives that are out there (single payer, Bismarck model, insurance co-ops, whatever).

I'm speaking as a businessman. We are obliged to spend a huge amount of time and attention on something that's not in any way related to our business. And it's stupendously expensive — the monthly check we write to United Healthcare is roughly \$62,000 (about \$750,000 a year for a business with annual revenue of about \$30 million) — and that expense negatively impacts everything from our starting wage to the price of a baguette.

Any politician who claims to be "pro-business" (don't they all?) should be working to find ways to get businesses out of the business of providing health insurance.

I just want to get back to selling groceries.

See you around the Co-op.

vroesser@weaversway.coop

“
It's time to dump this
system and get the
burden of offering
health insurance off the
backs of employers.
”



Run for the Board

(Continued from Page 1)

held every spring, and three Board directors will be elected to three-year terms in 2019. Our cycling system keeps the Board at capacity; turnover is staggered so that newly elected members serve with more experienced members.

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

We require a generous time commitment from Board directors, as much of our work is done in small groups that supplement our scheduled meetings on the first Tuesday of the month; additional meetings and phone conferences are also called to address timely opportunities for Weavers Way. There is no monetary compensation for Board services.

If you are interested in running, we require you to attend at least one regular Tuesday Board meeting — the next opportunities are Dec. 4, Jan. 8 and Feb. 5 — submit a ballot application, which includes a written statement and a photo, by Feb. 28, and take part in a video interview in early March.

Informational sessions for prospective candidates will be held Tuesday, Jan. 22, in Mt. Airy; Thursday, Jan. 24, in Chestnut Hill; and Wednesday, Jan. 30, in Ambler. All sessions are at 6:30 p.m.; exact locations will be announced, and interested members may attend any session that is convenient. We also recommend that you review the Board meeting minutes posted under "My Co-op" in the Online Member Center (member.weaversway.coop) to become familiar with our work.

Serving on the Weavers Way Board is rewarding and greatly appreciated by the membership. As Board members, we have the opportunity to share and spread the cooperative model of business. More information is available at www.weaversway.coop/board-elections.

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10th Anniversary Market For Mt. Airy Art Garage

by Arleen Olshan, Mt. Airy Art Garage

WHO COULD HAVE IMAGINED IN NOVEMBER 2009, at Weavers Way's old garage at 542 Carpenter Lane, that Mt. Airy Art Garage would one day be holding its 10th Anniversary Holiday Art Market?

The celebration takes place Saturday and Sunday, December 8-9, noon 6 p.m., at 7054 Germantown Ave., home of the Mt. Airy Custom Furniture group.

MAAG has gone through changes over these years — expansion and contraction, building a new home, losing it, waiting for our new place, all while operating a gallery and gift shop at 6622 Germantown Ave. However, the quality of fine art and handcrafts created by local artists has not diminished. It continues to grow with more artists coming forward.

We have also grown into our extensive community projects/partnerships — at Houston and Emlen elementary schools in Mt. Airy, the Mt. Airy Playground, a student exhibit in Lovett Library, the Philadelphia Theatre Company and the Fabric Workshop Museum. In addition, we co-hosted the first Philly Pride Festival with the Office of LGBTQ Affairs in Mt. Airy. We also offer an ongoing Photo Club and are revamping "Drawing from Live Models" sessions.



MAAG photo by Linda Slodki

Shoppers browse at last year's art market.

We are happy to announce that this year's Holiday Art Market is in partnership with the Mt. Airy Custom Furniture group at 7054 Germantown Ave. This lovely storefront has over 6,000 square feet of space that will be filled to the brim with beautiful creations. Visitors will discover paintings, photography, woodwork, hand-crafted leather goods, jewelry, clothing, warm scarves and gloves and pillows and much more — tutus, too! — all made by local artisans. As in years past, we will feature local musicians and offer refreshments all weekend.

This event is free and open to the public. Do join us!

For more information, contact me at 267-240-3302

Start 2019 Right with Mt. Airy Learning Tree

by Stephanie Bruneau, MALT Executive Director

AS 2018 COMES TO A CLOSE AND WE BEGIN TO roll toward January, many of us are starting to think of New Year's resolutions. What do you hope to accomplish in the next year? Do you want to add a little spirituality to your daily life? De-clutter or detox your home? Finally start that vegetable garden? Learn Spanish, pick up a new instrument or figure out how much money you need to retire? Whether your aspirations are big or small, the Mt. Airy Learning Tree can help, with over 250 courses scheduled from January through early April on topics that literally range from A ("Adventures in Sewing") to Z (Zumba, of course).

For example: If your New Year's goals are health-related, here's the perfect course. Taught by two Weavers Way members, Marin Richeson (a holistic nutritionist) and Karin Joy (certified health and life coach), "Six Weeks to a Healthier You" will guide participants through a series of attainable steps toward healthier living, including mindfulness, nutrition and movement. Starting on Jan. 23, the class will meet for six weeks at Malelani Café on Germantown Avenue, and culminate in a potluck celebration. If this sounds like just what the doctor ordered, don't hesitate — participants who sign up before Dec. 31st will receive Marin and Karin's exclusive "Tips for Healthy Holidays."

Or perhaps you want to teach a course with MALT — in which case, let us know! Course ideas are limited only by our collective imagination. Our teachers are people like you, who want to share their passions with others, and who believe in community-oriented exchange.

Looking forward to helping you meet your resolutions in 2019!

For information about Mt. Airy Learning Tree classes, visit mtairylearningtree.org, or call 215-843-6333.

Learn to Mine the Digital Diamonds at Lovett Library

Friends of Lovett Memorial Library in Mt. Airy is offering a workshop on how to access literature, music and video using your library card. Learn how to stream, download and access digital resources, including movies, periodicals, ebooks, music libraries and more. The library subscribes to many digital media sources. We can help you mine the diamonds from the many choices. Discover what you can find on Overdrive,

Hoopla, Kanopy, RBDigital Freeding and Alexander Press, all for free!

The workshops will take place on three Mondays, Dec. 3, 10 and 17, from 7 p.m. to 8:30 p.m. at the library at 6945 Germantown Ave. Bring your fully charged devices and library card. Space is limited; please register on Eventbrite (look under Free Library digital resources).

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See the menus at

www.weaversway.coop/catering



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DID SOMEONE MENTION STRESS?

Balancing the Body's Response with Food, Lifestyle

by Wendy Romig, Weavers Way Neighborhood Nutrition Team

IN THIS ELECTRONIC AGE, WHERE LIFE SEEMS TO MOVE FASTER and faster by the year, chronic stress is becoming more widely recognized as one of the underlying causes of many health issues. Stress isn't just a catch-word; it has definable symptoms that can have profound impacts on our health. The Mayo Clinic has identified signs and symptoms of stress, including headaches, chest pain, sleep disturbances, fatigue, digestive issues, anxiety, low motivation, drug and alcohol abuse, overeating and social withdrawal. If elevated stress levels persist, one may be at higher risk for heart disease, diabetes, weight gain and hypertension.

Many of these symptoms are linked to imbalances in the HPA axis, or hypothalamic-pituitary-adrenal axis.

In "Why Zebras Don't Get Ulcers," neuroendocrinologist Robert Sapolsky elaborates more on the HPA axis and its role in getting us out of dangerous situations, such as when the saber-tooth is chasing us down. In today's world, people are experiencing the same levels of ignition in their stress-response systems even though they are sitting in an office worrying about work conflicts. The same hormones are released (cortisol, epinephrine and norepinephrine), but our bodies aren't bolting to safety. Running to escape a saber-tooth cat utilizes the hormone release properly; once the danger has passed, our systems go back into a relaxed state with the excitatory hormones cleared from the body. But with chronic stress, there is no returning to a relaxed state and the hormones are in continuous production. This is where modern humans are finding themselves confronting a whole new set of health imbalances.

While we can't always control the stressors in our lives, we can change how we handle stress and its impact on our health. Nutrition is one important component for lowering the stress "load." Here are a few considerations:

- Focus on a whole-foods, plant-based diet with good protein sources.
- Increase intake of antioxidants like dark leafy greens, berries, squash and sweet potatoes.
- Increase intake of water and electrolytes.

- Avoid sugary foods.
- Limit refined carbohydrates (bread, pasta).
- Limit alcohol and caffeine.
- Add pro- and prebiotic food sources, like greens, whole grains, legumes and fermented foods.

While supplements should not be used to replace a healthy diet and lifestyle, a few targeted supplements may be beneficial during times of high stress, including Vitamin C, B-complex, probiotics and digestive enzymes.

Helpful herbs include adaptogens that help bring balance to the HPA axis. Eleuthero (also known as Siberian ginseng), ashwagandha and reishi mushrooms all can support the body's stress responses. However, before using herbal supplements, it's important to check for contraindications with existing medications and illnesses.

Meanwhile, lifestyle is one of the biggest factors in stress load. Taking measures to ensure you are getting proper rest and down time is critical. Other lifestyle considerations include:

- Light to moderate exercise — over-exercising could increase stress on the body.
- Deep-breathing exercises throughout the day — in for four counts and out for eight.
- Stretching and yoga.
- Journaling to process difficult times.
- Practicing gratitude.
- Meditating.
- A hot bath or hot tub session with a few drops of essential oil of lavender.

We don't always realize how much stress we are feeling, so it's important to check in with yourself periodically. A few simple adjustments to nutrition and lifestyle can go a long way toward improved health and well-being in all circumstances.

Wendy Romig, MS, CNS, LDN, is a functional nutritionist, clinical herbalist and owner of Sage Integrative Health Center (www.sageintegrativehealth.com) in Mt. Airy.



What the Team Has in Store

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, Dec. 4, 1-3 p.m.
- Tuesday, Dec. 11, 3-5 p.m.
- Friday, Dec. 14, 5-7 p.m.
- Friday, Dec. 21, 5-7 p.m.
- Tuesday, Jan. 8, 1-3 p.m.
- Thursday, Jan. 17, 4-6 p.m.
- Tuesday, Jan. 22, 10 a.m.-noon.

WORKSHOPS

See listing on Page 22, or visit www.weaversway/coop/events.

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DID SOMEONE MENTION STRESS?

Somatic Experiencing for Healing Trauma

by Elanah Naftali, Weavers Way Health & Wellness Committee



TRAUMA IS ANY EVENT PERCEIVED as life-threatening by an unsuspecting victim. When an individual's sense of safety is breached, it sends his or her nervous system into overdrive and elicits a survival response — fight, flight or freeze. If there is a successful resolution of the incident, there may be no lingering damage. When an incident is less successfully maneuvered, however, a physical and/or emotional injury is sustained, keeping the survivor locked in defense mode. While the same conditions may not be experienced as “traumatic” by someone else, a survivor of a car crash, for example, may undergo a panic reaction every time the familiar intersection is negotiated.

Coping strategies, like taking alternate routes to avoid feeling vulnerable, can help to a degree, but will likely compromise the individual in other ways. When an overwhelmed nervous system stays locked in perpetual overdrive, mobilized by fear and anxiety, it is wearing on the person's long-term health, and not optimal for negotiating future challenges.

Somatic Experiencing therapy is a less-well-known mind-body approach to healing trauma. Unlike more conventional talk therapies, it engages sensory tracking, supportive touch (with consent) and meaning making through an appreciative lens of the body's natural survival tendencies. It teaches individuals to recognize their nervous-system activation when physically or emotionally threatened, and it helps them find ways of re-

covering self-agency once nervous-system balance is restored.

It was developed by Peter Levine, PhD, who observed that animals living in the wild experience constant threats by predators, and yet appear to stay well adjusted. Levine theorized that animals can withstand recurring threats by immediately discharging the energy built up in their bodies, returning to a state of homeostasis (body equilibrium) once safety is restored. In contrast, human beings do not routinely practice this vital task of clearing out nervous-system activation in the aftermath of a traumatic incident.

SE helps individuals renegotiate their trauma stories once their bodies have completed self-protective responses — an SE term for the survival impulses that get shut down or suspended during trauma such as a yell for help stifled by an assailant's hand, the impulse to brake an out-of-control car or a failed attempt to rescue a drowning victim.

When successful, SE helps clients get better at mediating challenging life circumstances and dispense with lasting traumatic imprints as they restore nervous-system balance. At its core, SE teaches that all of us are whole, even in the bleak-

est moments of brokenness, and that we are not helpless in fostering our healing. SE is about partnering with you to restore wholeness in body and mind, offering witness as you turn on your “I can do!” switch.

Levine, writing in the aftermath of the Columbine High School shootings, stated, “Societal trauma is not limited to war-torn areas or inner cities. It exists all around us and affects us all, especially our children. Trauma disconnects us from both ourselves and the world around us. We cannot feel connected to one another if we are not connected to ourselves — and when we feel disconnected from others, we are more apt to be violent. In a state of disconnection, it is easier to externalize the ‘other,’ to blame them for our unresolved post-traumatic distress, and to dissociate from any pain we cause them.”

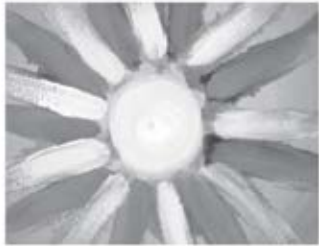
Rabbi Tarfon, a sage of the ancient world (70-135 CE) was fond of saying, “It is not your responsibility to finish the work, but neither are you free to desist from it.” Bridging these ancient and modern imperatives for individual action to benefit the whole, the importance of healing from trauma has never been more clear.

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.

Elanah Naftali, DrPH, LMFT, is a marriage and family therapist practicing in Germantown. Trained in Somatic Experiencing and the Expressive Arts, she specializes in trauma healing. Her website is www.FeelingEase.com.

International Co-op Principles

- 1 **Voluntary and Open Membership**
- 2 **Democratic Member-Owner Control**
- 3 **Member-Owner Economic Participation**
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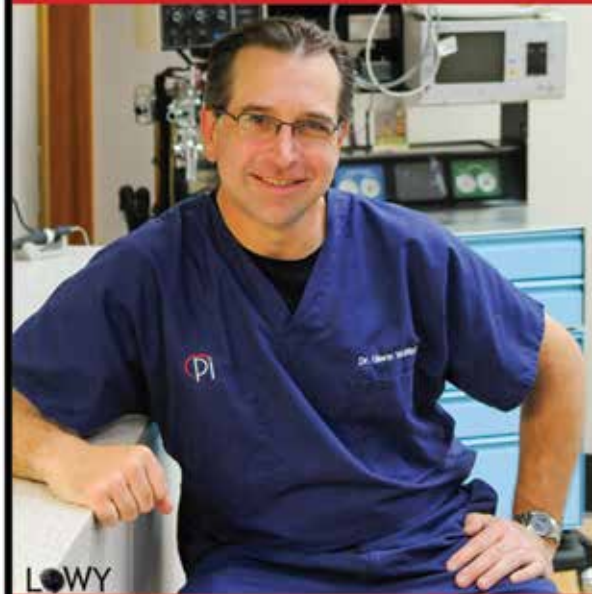
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Happy 10 Years, Nina!



Young Nina, in pink, with farmer Dave Siller and Saul students, above left, and with farmer Nicole Sugerman, above right, show off the goods from the new Henry Got Crops Farm in 2009.



Photo op at the tiller to celebrate breaking ground for Henry Got Crops.



Everybody runs to get out of the weather but no one does anything about it (with farmer Clare Hyde).



Over the years, the equipment has gotten bigger (with farmer Rick Rigutto).



Over the seasons, Nina has modeled not just lots of vegetable love but various versions of Henry Got Crops and Weavers Way Farms T-shirts.



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Happy 10 Years, Nina!



Nina is from Vermont. Here she and Molly Ruddell ski into the Mt. Airy store.



by Hannah Holby, Weavers Way Farms Field Assistant

SINCE WE LIVE IN A BASE-TEN WORLD, WE TEND TO MARK ACCOMPLISHMENTS ON 10-year anniversaries. So before 2018 ran out, I was determined to make sure we celebrated the fact that it's Nina Berryman's 10th year at Weavers Way Farms.

But . . . Nina actually has been here since the 2007 season, when she first signed on as an apprentice. Did we let a significant anniversary go un-noted? I'm saying no, because she officially joined the farm staff in November 2008.

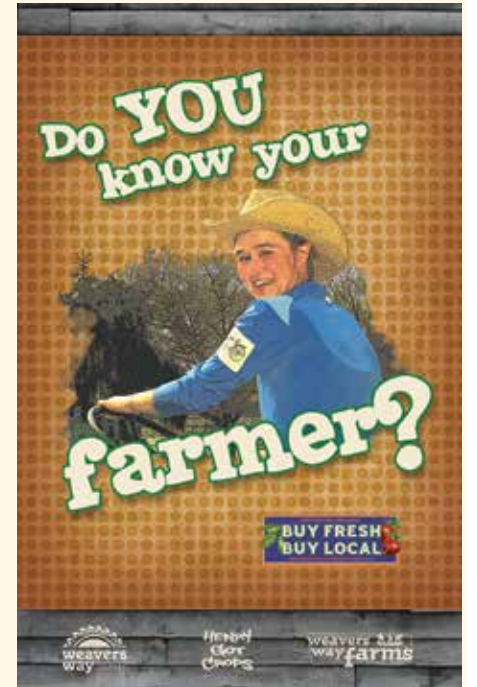
So happy 10th anniversary, Nina!

From what I've learned, Nina threw herself into the work from the very beginning. She moved from the apprenticeship to breaking ground at the then-new Henry Got Crops Farm at Saul High School in 2009. She worked closely with Saul faculty, especially Jess MacAtamney, to create educational programs focusing on growing crops, and to secure School District money to bring farm-fresh food to the Saul cafeteria. Every year, the farm has grown in production and Nina has moved from field manager to the overall farm manager — overseeing the operations at both Saul and the Weavers Way farm at Awbury Arboretum and managing the 200-plus-member Henry Got Crops Community Supported Agriculture program.

Farming is physically demanding. Running a farm is also mentally demanding. At Weavers Way Farms, we're constantly juggling partnerships with multiple organizations, working to meet the expectations of our CSA members and to fill orders for the stores, all the while staying current with best practices in farming. Nina approaches these challenges with humility, integrity and seemingly endless energy. I am continuously impressed by her dedication to the farm and her never-ending curiosity about how to farm better.

We haven't had the easiest growing season this year — there has been a lot of rain, deer, mice and harlequin beetles, and did I mention rain? — but through it all, Nina has remained positive and kept our team "growing."

Nina isn't loud about how hard she works or how hard the work can be. So I'm taking this opportunity to be loud for her. Happy 10 — or 11 — years, Nina. You deserve to be celebrated!



Starring in a Henry Got Crops promotion.



Nina rarely phones it in.



What lurks beneath is the farm's water system shutoff valve.



Putting up a hoop house is wrenching work, but someone has to do it.



Face-painting is just another of the talents Nina brings to the job.

"I really appreciate a school like SCH that challenges you to keep growing and trying new experiences."

Andrew, Class of 2018
The Wharton School, University of Pennsylvania

A SHORT COMMUTE TO AN ENDURING EDUCATION

"At SCH, I was encouraged to try new things, work hard, and be a leader. It was challenging, but definitely worth it."

Haley, Class of 2018
Georgia Tech Institute of Technology



WEAVERS WAY ENDS

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.

AS A RESULT OF ALL WE DO:

- END 1** There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.
- END 2** Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.
- END 3** There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.
- END 4** Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op's long-term vision.
- END 5** Members and shoppers will actively participate in the life of the Co-op and community.
- END 6** The local environment will be protected and restored.
- END 7** Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.

Citizens' Group Zeroes In on Environmental Chemicals & Children's Health

by Betsy Wallace, for the Shuttle

RESIDENTS OF SPRINGFIELD TOWNSHIP, Hatboro and Upper Dublin formed the Environmental Committee of Social Justice Indivisible in 2017. In one of its first community education efforts, the group hosted a public forum in Springfield on Oct. 23, titled "Chemicals in Our Environment and Children's Health."

On the forum's panel of experts were

Dr. Rebecca Simmons, a neonatologist at Children's Hospital of Philadelphia and deputy director of the University of Pennsylvania's Center for Excellence in Environmental Toxicity (CEET).

Dr. Jianghong Liu, associate professor of Nursing and Public Health at Penn and a CEET investigator.

Dr. Richard Tolin, an internist and gastroenterologist, certified member of former Vice President Al Gore's "Climate Reality Project Leadership Corp," and member of Physicians for Social Responsibility-Philadelphia.

Montgomery County Commission Chair Val Arkoosh, who also is a medical doctor, was the moderator for the program, which was held at the Springfield Township Administration building on Paper Mill Road.

Panel members addressed how climate change is affecting asthma and the spread of West Nile Virus and Lyme disease; how dangerous levels of lead in the air, soil and building materials can impact children's cognitive abilities; and how endocrine-disruptor chemicals that are in a wide array of common consumer products and plastics can alter fetal development, result in low birth weights and contribute to childhood obesity and diabetes.

The crowd of about 45 attendees heard about easy-to-implement ways for parents to protect their children's health and received a comprehensive list of state and federal legislative candidates' positions on environmental issues.



Panelist Dr. Rebecca Simmons speaks as another panelist, Dr. Jianghong Liu, looks on.

"Our goal was to increase awareness of environmental conditions in our area and provide simple measures for parents to keep their kids healthy" said Weavers Way member Ginny Goldberg, a member of the SJI Environmental Committee and a Springfield Township resident.

"I'm so glad that a local group is pushing to educate us on these important health issues for our children and helping us advocate for better legislation," said Linda Zager, a Springfield Township resident, grandparent and Weavers Way member.

The volunteer SJI Environmental Committee advocates for better state and federal environmental policy, holds our state and federal legislators accountable for their voting records on environmental issues and builds a more informed voting public through community education.

For more information or to contact the SJI and the Environmental Committee, visit their Facebook page, Social Justice Indivisible.

CEET is one of only 20 designated Environmental Health Sciences Core Centers in the nation and an extraordinary resource for parents, teachers and concerned citizens who are interested in learning about how toxic chemicals in our environment can affect human health. One of CEET's ongoing community projects is the continual monitoring of asbestos levels in Ambler.

CEET's Community Outreach and Engagement Center publishes easily downloadable brochures for parents and teachers on radon, lead, pediatric asthma, Lyme disease and more on its website:

[ceet.upenn.edu/
community-outreach-engagement/
community-and-educational-resources](http://ceet.upenn.edu/community-outreach-engagement/community-and-educational-resources).

Betsy Wallace is a Weavers Way member.



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eco tip 

Oh, Tannenbaum



by Marsha Low, Weavers Way Environment Committee

If you live in Philadelphia, you're likely aware that the city doesn't recycle Christmas trees left on the curb. In years past, Weavers Way Environment Committee has partnered with Green in Chestnut Hill to offer tree recycling, but this year, WWEC and GRinCH will not be holding this event. Don't panic! There are other ways to responsibly recycle your holiday tree (once you've stripped it of its finery, of course).

- Start with the Philadelphia Streets Department Convenience Center (you may still know it as the Roxborough incinerator) at 300 Domino Lane. Christmas trees — and plenty of other stuff — can be dropped off for recycling there Monday through Saturday from 8 a.m. to 6 p.m.
- The Streets Department also holds Christmas tree-only dropoffs, usually the first two Saturdays in January, all over the city. Visit www.philadelphiastreet.com/holiday/christmas-tree-recycling-program for details.

Do Your Homework When Giving in the Holiday Spirit

by Sandra Folzer, Weavers Way Environment Committee

WE ALL HAVE OUR FAVORITE charities. Usually I favor the same groups, but am open to new requests concerning issues I care about. Yet how do I know the organization is serving its clients? Here are several things to keep in mind, along with two organizations that evaluate charities.

U.S. Rep. Greg Vitali, when he spoke about fracking at an event sponsored by the Environment Committee, said the best strategy to help the environment is to support groups that have the capability to sue corporations that harm the environment. So while the ACLU and Public Citizen are not environmental groups per se, they have the power via lawsuits to fight bad environmental practices.

A tip from Consumer Reports is to give directly to the group you favor and not through a fundraiser on the phone, who might be keeping 75-90 percent of the money they solicit. And when you do donate to favorite charities, tell them to skip the gift. How many calendars do you need?

Check what percentage of donations goes for administrative costs. I didn't like the executives drawing huge salaries. However, at a recent Dining for Women event, a friend educated me that nonprofits also need competent leadership so



Environment Committee

should offer competitive salaries. Good point. However, I do investigate what percentage of the donations the charity uses toward its mission, not just toward marketing and administration.

Charity Watch and Charity Navigator are two groups that monitor this and rate different charities. Both only rate 501 (c) (3) nonprofits that have generated at least \$1 million in revenue, so many smaller groups are not evaluated. Charity Navigator bases its ratings on "Financial Health" and "Accountability & Transparency." Keep in mind that Charity Navigator and Charity Watch also solicit donations for their work.

Two organizations highly rated by Charity Navigator are the Environmental Defense Fund and the Pennsylvania Environmental Council. An example of a charity with a perfect score is the Environmental and Energy Study Institute,

which I had never heard of. A non-partisan organization that supports environmentally sustainable societies, EESI educates Congress and other stakeholders through briefings and policy papers on the latest technology and science.

Finally, think about the financial institution you use to make your donations.

If the environment is important to you, consider if your bank is funding projects detrimental to the environment. TD Bank funded the Keystone Pipeline. Wells Fargo funded the Dakota Access Pipeline (of Standing Rock fame). Three banks did divest from Dakota Access: DMB, BNP Paribas and ING. It's easier to protest banks than energy companies because banks are more sensitive to public opinion — and without funding, fossil fuel companies can't operate. Finding out what fossil fuel projects your bank supports might cause you to change financial institutions. If you don't want to change banks, at least let them know what you think.

Some credit cards support environmental issues. Amazon Watch Visa gives you the same deal as the big banks — no annual fee, reward points and travel benefits — while using community banks. Amazon Watch was founded in 1996 to protect the rain forest and the rights of indigenous people in the Amazon.

environment@weaversway.coop

Want to Reduce Plastics Use at the Co-op?

The Plastics Reduction Task Force welcomes you to attend an important community meeting to discuss the proliferation of disposable plastic and its negative impact on our lives. Please mark your calendar for:

February 7, 2019, 7-9pm

Summit Church Parlor Room, 6757 Greene St., Mt. Airy

The growing inundation of plastic, especially single-use plastic, is seriously harming vast natural areas. Incineration of plastic is a major source of air, soil and water pollution. And the recycling process for this waste is often grossly inefficient, burdening communities globally.

The Plastics Reduction Task Force, a new subcommittee of the Weavers Way Environment Committee, seeks to address this issue as it pertains to the Co-op, and to encourage internal practices in alignment with a high standard of

environmental responsibility. Our goal is to identify and promote alternatives to single use materials and to mobilize community support for more sustainable systems. Specific topics to be addressed include:

- Incentivizing bulk shopping.
- Alternatives to pallet wrap.
- Refillable seltzer water.
- Zero waste in the Prepared Foods departments.

Come out to learn more about the Task Force and hear and be heard on the serious issue of pervasive plastic. As Co-op members, we are uncommonly well-positioned to raise our voices collectively and take collective action! Visit www.weaversway.coop/plastics-reduction-forum to RSVP.

COMMUNITY AT TEMPLE AMBLER

December 2018

Bark Walk - December 1

Transfer Decision Day - December 5

Saturday Preview Day - December 8

Pollinators and Wildflowers — Observations from the Field: Tom Knezick - December 12

Tu B'Shevat: The Jewish New Year of Trees - January 21

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FOW photo

Crew leader Dean Rosencranz supervises fellow FOW volunteers in a construction project.

Putting (Work) Boots on the Ground To Take Care of the Wissahickon

by Maura McCarthy,
 Executive Director,
 Friends of the Wissahickon



IN MY COLUMN LAST MONTH, I Focused on the volunteers who come through our many corporate partnerships for special workdays. They help us haul out thousands of pounds of trash, including short-dumping waste, mattresses and tires. Frequently directing these crews is another group of Friends of the Wissahickon volunteers — crew leaders.

Working directly with FOW staff volunteer and field coordinators, crew leaders form a special corps of stewards who play an integral role in tackling the constant human and natural stressors on the park.

After intensive training, crew leaders can choose to work on trash and graffiti removal, building and maintaining trails, removing invasive plants and planting native species, or structure repair, sharing their knowledge and expertise with others.

Why do they brave heat and cold, the hazards of mud, rocks and logs, stinging plants and biting bugs, and the challenge of operating heavy equipment to perform such physically demanding and often dangerous work? Because they know they are making a direct impact for our mission to keep the park beautiful, safe and sustainable for all. They also do it because it's fun! Volunteering in the Wissahickon is a great way to get outside, make friends, gain valuable skills and learn more about nature, the environment, the history and the geology of our area.

Over the years, we've asked crew leaders why they volunteer. Here's what a couple of them told us:

"I really enjoy those moments when a group of us is working, and one of the FOW staff or crew leaders takes a minute to point out something in the park, such as a native azalea or the trilliums that just started blooming. I think it reminds all of us who are volunteering that this is a special place, and that's why we're doing this work."

"There is such a sense of pride and satisfaction that goes with volunteering with FOW, and I enjoy every opportunity I get to help out."

Every December, I take stock of all that we've been able to achieve during the year, and am always amazed and gratified by what a critical role FOW volunteers have played. To put a price on this work, in 2017, for example, trail volunteers saved us \$36,939 just for helping to monitor the Summit Avenue Trail Reroute. But to FOW, their contributions to the Wissahickon are priceless.

If becoming an FOW crew leader sounds good to you, this season we're offering a winter training session for this popular volunteer leadership program, as well as for Trail Ambassadors — the docents of the park who engage with visitors about everything from directions and first-aid needs to park history, flora, fauna and more. The application deadline is Friday, Jan. 18, 2019, but spaces fill up fast. Visit fow.org to complete the volunteer application. For more information about volunteer programs, contact Volunteer Coordinator Shawn Green at green@fow.org.

Of course, there are plenty of ways to benefit the Wissahickon. If you're not a member, please consider becoming one at fow.org (and gain a tax deduction) or give a membership as a gift, tucked in a Wissahickon-related item, like a T-shirt, hat, book, map or our annual calendar. (Browse the collection at shop.fow.org.)

From Friends of the Wissahickon to all our friends in the community, a joyful, healthy and peaceful holiday season.



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Introducing the Schuylkill Center's New Connection to the River Trail

by Mike Weilbacher,
Executive Director,
Schuylkill Center for
Environmental Education

THE SCHUYLKILL CENTER'S 300-acre rectangle of open space in Upper Roxborough sits atop the Schuylkill River Trail. It's a highly used backbone of the Circuit, the region's burgeoning multi-use trail system, but for decades, bikers and joggers have zoomed past SCEE's trail entrance without knowing we are there or that they can leave the River Trail to explore our forest.

In fact, the Schuylkill Center was hidden behind an 8-foot chain-link fence that, with invasive vines covering it, became an impenetrable green wall.

No longer.

This fall, we cut the ribbon to inaugurate the River Trail Gateway, our stunning new connection to the River Trail. Designed by Manayunk's Viridian Landscape Studio with signage by Cloud Gehshan and funding by the William Penn Foundation, the Gateway is anchored by a large red sign shouting the Schuylkill Center's name — a bright beacon luring River Trail users uphill onto our trails.

Stone steps lead visitors to our trails. Halfway up, a circle of stone cobbles provides a place for groups to gather, and

a large map shows the Schuylkill's Center's trail system. Pocket trail maps will also be available.

A short, curving steel wall holds back a garden of native plants, with metal I-beams evoking the River Trail's industrial history — the Pennsylvania Railroad once steamed along this trail and a rock quarry hammered away only a few hundred yards away. Back in the 19th century, this was no quiet, idyllic spot.

But the biggest change is in the vegetation. Until this summer, a witch's brew of invasive weeds, including at least one massive non-native tree, dominated the site. Now the invasives have (mostly!) been removed, and we've replanted with native wildflowers, shrubs and trees.

In addition, Smith Run, a small stream that flows through the Center and underneath the River Trail through a metal culvert, had been hidden for decades as well behind that green wall. When we pulled down the chain-link fence, we revealed a forested valley where the stream flows naturally, a surprisingly rare sight in Philadelphia. In fact, many small streams once flowed downhill from Ridge Avenue and into the Schuylkill River. Only a handful are left, and we placed a sign on the new wooden fence to interpret Smith Run and its history.

Since there are so many bikers on the River Trail, we've also installed a



Schuylkill Center photos

New signage and landscaping signal to Schuylkill River Trail users that they're alongside the Schuylkill Center in Upper Roxborough.

bike rack funded by REI (thank you!) that allows adventurous trekkers to lock their bikes and walk up into our trails.

The William Penn Foundation funds a large number of critical environmental programs, including the Circuit Trails, a 750-mile trail network spiderwebbing the region. Trails here in Philadelphia can get you to the Poconos and Delaware. The 23-mile Schuylkill River Trail, in some ways the backbone of the Circuit, connects Center City to Valley Forge. It's also still growing, as the new Bartram's Mile connects Bartram's Garden to the River Trail via the Schuylkill Banks section in Center City.

The William Penn Foundation also funds the Alliance of Watershed Education, an association of 23 nature centers with a presence along the Circuit. As a member, the Schuylkill Center is committed to working with the Foundation to educate recreationists using the trail about the environment, particularly the river the trail follows.

If you walk the Schuylkill River Trail, we invite you to take a detour uphill into the Schuylkill Center. We look forward to seeing you in our forest!

Reach Mike Weilbacher at mike@schuylkillcenter.org.



An overgrown fence along the trail used to mark the Schuylkill Center. Now, stone steps and a cobblestone-lined gathering spot, plus new signage, welcome hikers and bikers..

The Passionate Gardener

Orange You Planning to Put In Carrots Next Spring ?

by Ron Kushner, for the Shuttle

IN MANY CASES, A WILD PLANT IS INTRODUCED INTO A new environment where it continues to grow wild. One example is the wild carrot, which grows throughout the United States, but it is not a native. You may know it as Queen Anne's lace. The species from which our modern hybrid orange carrot was developed, it has a small, white, carrot-like root.

The word carrot (*Daucus carota* var. *sativus*) is from the French "carotte," "carota" in Latin. Carrots have been cultivated since prehistoric times and probably originated in Afghanistan. Some primitive forms were carried throughout Asia and ended up in the Mediterranean region.

The first interest in carrots as food probably developed from their medicinal value. The Greeks wrote about carrots as a stomach tonic in the 1st century AD. By the 13th century, carrots were being grown for food all over Europe and in China. In the 1600s, they were grown as a farm crop in England and Dutch plant breeders were developing stout, sweet roots. Europeans carried the carrot to America where it was grown by colonists as well as natives.

The deep orange color comes from carotene, the orange pigment high in vitamin A.

Carrots are easy to grow. The seeds are tiny and slow to germinate, but any garden soil will work if it's fluffy, deep and loose to accommodate the length of the roots. The pH range should be 6.0-6.8. They don't like really hot weather, so plant

early in the spring every couple of weeks until late June and then again in late August for our zones 6 and 7. Full sun is best but partial shade will work, along with consistent moisture, especially in raised beds, which dry out faster. Apply fish fertilizer when the plants are about 6" tall and mulch well.

Younger carrots, 1/2 inch to 1 inch in diameter, are the most tender and nutritious. When harvesting, cut off the greens right away so they don't draw moisture and nourishment from the roots.

If you miss harvesting all of your fall-sown seeds, check them in early spring. You may be surprised to find some ready to harvest!

Here are some widely available varieties to grow:

Atlas. Small, round, Parisian market type. Good for shallow soils and containers.

Adelaide. True baby carrot with an early maturity at 3-4 inches long.

Bolero. Medium-long (7-8-inch) root; for long-term storage.

Danvers 126. 7 to 8 1/2 inches long by 1 3/4 inches wide.

Kuroda. Heat resistant and sweet.

Little Finger. Another mini-carrot, 3 inches long. Developed in France.

Red Cored Chantenay. Sweet; a French heirloom from 1929.

Romance. High-yield, 6-7-inch deep-orange root.

For questions or comments: ron@primexgardencenter.com.



Carrots or Queen Anne's lace? Look for the answer at ground level. Their flowers are the same, but only the "sativus" variety of *Daucus carota* has a root you'd want to eat.

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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.

Thanksgiving is over, but the grocery glow lingers. Thanksgiving means turkeys. Why this is so, it seems no one really knows for sure. Thanksgiving became a national holiday, declared by President Lincoln, in 1863. Supposedly the Pilgrims gathered "wild fowl" so they may have caught a wild turkey or two in 1621, but turkeys were nothing special, just one of the animals they hunted for food. This year, Weavers Way shoppers ordered 765 fresh turkeys, a drop in the bucket of the estimated 45 million that Americans purchase each Thanksgiving.

In the grocery business, turkeys are a loss-leader, and at Weavers Way we do lose money on them, with all the extra staff time processing orders and the expense of renting a refrigerated trailer for each location to store the turkeys.

For quite a few years, our main Thanksgiving fresh turkey supplier has been Esbenshade turkey farm in Ronks, Lancaster County, which claims to be the oldest turkey farm in the United States, started in 1858 and in the same family ever since. It turns out raising turkeys that have a little freedom to walk around and decide how much to eat is not an exact science. This year, Esbenshade was short an entire size range, 14-16 pounders. Some turkeys "didn't eat enough," Jim Esbenshade told me. Turkeys do have




a reputation for being difficult, although Benjamin Franklin reportedly thought it was a "much more respectable bird" than the bald eagle, which he viewed as a disreputable scavenger.

About 20 years ago, as vegetarianism became more popular, a number of companies came out with vegan "turkeys," often concoctions of ingredients formed into something meant to resemble turkey meat in shape, texture and flavor, although not always all three.

This is an illustration of the power of the turkey. Few people realize their gobblers carry higher-than-audible frequencies that cast a spell on humans, compelling them to sit around large tables with family and friends with a cooked turkey in the middle every fourth Thursday in November. Vegetarians and vegans are not immune to this force, which eventually expressed itself in the existence of turkey analogs. Such is the nature of capitalism, motivating creative entrepreneurs to invent and market products based on invisible forces.

On a non-turkey note, if you look around our Mt. Airy neighborhood, you may have noticed a bit of a development boom. The new condos on Carpenter Lane

(Continued on Next Page)



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(Continued from Preceding Page)

were the most immediate indication, and now there are five more developments proposed or under construction or recently completed: 6610 Germantown Ave., 6656 Germantown, Germantown and Mt. Pleasant avenues, Germantown and Hortter Street, 7048 Germantown and Mt. Pleasant and Emlen Street.

All include housing, and some include some retail space. As the developers look for retail tenants, it looks like Weavers Way Mt. Airy may be getting some competition in the food business. You may have heard an Aldi's was being planned for Germantown and Hortter. Aldi's is reported to be planning to focus more on natural and organic foods, but still at the bargain-basement prices Aldi's is known for. Aldi's adjusting their focus is just one of many changes going on in retail food — think meal kits, automatic checkout, more made-to-order food, stores with fitness centers, cafés, beer gardens, plus online retailers and the likes of Amazon Fresh and the fact that Target, Walmart and Costco are moving more into natural and organic and even local. (Although it's interesting that the way Amazon approached developing a Whole Foods local program was by creating the position of "Global Coordinator of Local Brands.")

Weavers Way has pretty much escaped meaningful quality competition, but that era could be ending. What is a food co-op's role in the new food world? How should Weavers Way and other food co-ops adapt and evolve? Time to plan for the future. . . .

suggestions and responses:

s: "Can we get local coconuts?"

r: We are getting close. By combining technologies such as hydroponics and genetic engineering, scientists have "tricked" the coconut tree into thinking that inside

“ Aldi's adjusting their focus is just one of many changes going on in retail food — think meal kits, automatic checkout, stores with fitness centers, cafés, beer gardens, plus the fact that Target, Walmart and Costco are moving more into natural and organic and even local. ”

old Philadelphia industrial buildings are a tropical climate with lots of water and sunshine. Corollary businesses will include tanning salons and swim-up bars.

s: "So I buy a lot of Stacey's Simply Naked Pita Chips. The last package was simply crumbs."

r: (Matt CH) Thanks for the feedback. We try not to beat up our snacks when we unpack them but I'll make sure our staff are taking the appropriate measures to not smash chips."

s: "Could you puleeze slice your Cooper sharp cheese in thicker slices? I can never peel a whole piece off and wind up using the stack as 'block' cheese, cutting down on the whole stack."

r: (Shawn MA) We're going to have some thicker sliced stocked in the cooler or behind the Deli counter.

s: "More Effie's Oat & Cocoa cookies! Not corn. (Yecch!)"

r: Ask a Deli staffer if you don't see them on the shelf. We try to keep all of them in stock.

s: "Can we please get a roasting index for Backyard Beans? Packages don't have any info if it's light roast vs. dark roast."

r: (Norman) BB's packages are inconsistent. All but Punch in the Face have the roast listed on the bottom of the label. Punch in the Face has it on the back.

We're told they're doing a label redesign.

s: "With everyone so dependent on their phones and iPads, could Weavers Way start a repair service?"

r: (Norman) Good suggestion. I have extra incentive since my iPad started regularly reporting fake news regarding its battery life. It's turned into an untrustworthy relationship, which is emotionally toxic for me but apparently has no consequence for the iPad. For two years, the battery meter faithfully reported the remaining charge. Then, despite my not changing the relationship in any way, always charging it when it reported it needed a charge and otherwise providing for its needs, it started telling me it was 100 percent charged after an hour of constant use — an obvious lie. Then it would report 20 percent and shut off. Apple added a battery meter utility, adding insult to injury, as now I have a graphical representation of all those lies. A more suspicious person might conclude the iPad was deliberately manipulating my feelings, but I learned long ago not to mistake incompetence for malice. Maybe it's my fault for relying on an iPad for my happiness.

In any event, device repair does seem like a consumer need, so maybe it's something we could look into in the future as a service to our members.

normanb@weaversway.coop

MLK Day of Service 2019 at Unitarian Society

JOIN THE UNITARIAN SOCIETY of Germantown on Monday, Jan. 21, to celebrate the legacy of Dr. Martin Luther King by working together to serve our communities in Northwest Philadelphia.

Every year for over two decades, more than 500 volunteers have come to USG, on Lincoln Drive at Wayne Avenue, to participate in MLK Day of Service Projects both on-site at the church and off-site at locations nearby.

Visit www.mlkphillyuus.org to see this year's projects and also pre-register. Pre-registration closes at noon on Saturday, Jan. 19.

On-site registration and check-in Jan. 21 will begin at 8 a.m. with coffee, bagels and other light refreshments. A brief non-denominational worship service will begin at 9 a.m., led by Rev. Kent Mathies, focusing on Dr. King's life and accomplishments.

Projects last for varying amounts of time. Most will be completed before 12:30 p.m.

The Martin Luther King Day of Service is a wonderful opportunity to affirm your support for the values of justice and compassion that ran through the life and legacy of Dr. King. Please join us!

Norman Says: Put your suggestions right here.

Look for the suggestion box in all three stores.

Read SUGGESTIONS by Purchasing Manager Norman Weiss every month in the Shuttle.

weavers way COOP

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FALL 2018 GENERAL MEMBERSHIP MEETING

Weavers Way Member Business Forum

**Thursday, Dec. 13, 6:30-7:30 p.m.
Mt. Airy Nexus, 520 Carpenter Lane**

Listen, learn and be heard at this Winter 2018 Member Business Forum, hosted by Co-op General Manager Jon Roesser. Jon will provide a detailed overview of operations as a followup to November's Fall General Membership Meeting.

Visit www.weaversway.coop/business-forum to RSVP.

**Democratic Member Control is Cooperative Principle 2.
EXERCISE IT!**

(Continued from Page 1)

He noted that cash on hand, "the money that we've got in the bank to run the business," hit a troubling low in February, but has recovered — an EasyPay promotion last March provided a quick cash infusion as members beefed up their house accounts — "and since the end of the summer, we've been in a period of cash growth."

Sales for the first four months of fiscal 2019, which started July 1, have lagged just behind the preceding year in Mt. Airy and Chestnut Hill, which Jon said was likely attributable to a bit of sales migration as

some existing shoppers switched to Ambler. "These numbers are fine," he said.

"Ambler store sales prior year were almost nothing, so Ambler store sales are up 486 percent," he added, to laughter and then applause.

Jon cited other positive numbers indicating the overall health of the Co-op, including an increase in member households in the last 12 months of nearly 2,000, from 7,525 to 9,512, and even a small increase in Working Member participation, from 2,961 to 3,102.

Before turning the mic over to Weavers Way Board President Josh Bloom, he urged members interested in a deeper dive into Co-op economics, and more opportunity for discussion, to come to a special Member Business Forum scheduled for Thursday, Dec. 13. "It will be much more formal and detailed than this one," he promised. "Do mark your calendars."

In line with the tenor of the evening, Josh's brief remarks also turned out to be a bit unusual. After introducing himself as the new Board president and thanking outgoing President Chris Hill for "a fabulous job running the board," he continued:

"Jon started at Weavers Way 10 years ago as our HR director, and it's four years ago that we hired Jon as our general manager. It was the best decision that we ever made as a Board. . . . You make us look good and you make our job a lot easier.

"So you may think the 10-year anniversary is the gold watch anniversary or, like, the new Ferrari anniversary.

"Turns out it's the T-shirt and champagne anniversary," he concluded, gifting Jon a rather large bottle wrapped in an orange shirt reading "10 Years . . . Seems Like Yesterday."

msweeten@weaversway.coop

Weavers Way Cooperative Association

Key Financial Indicators FY2018 (audited)

Revenue	\$27,170,894
Gross Profit	\$9,746,907
Other Operating Income	\$(46,150)
Operating Expense	\$10,308,637
Operating Income	\$(607,881)

Source:
Nov. 2 GMM
PowerPoint
presentation

Weavers Way Cooperative Association

Current Sales (FY2019: July 1 through Oct 31)

	Current	Prior	Change	% Change
Mt. Airy	\$3,711,851	\$3,719,782	-\$7,931	-0.21%
Chestnut Hill	\$3,625,501	\$3,676,506	-\$51,005	-1.39%
Ambler	\$2,184,829	\$372,481	+1,812,348	+486.56%

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FALL 2018 GENERAL MEMBERSHIP MEETING



Table Talk & More

Scenes of the Fall GMM, clockwise from top left: Members listen to Jon Roesser's presentation from the common table in the freezer aisle; Jon and Board President Josh Bloom; Ambler store manager Heather Carb helps dish out \$4 Friday Dinner; more patrons enjoy dinner, with tables in all corners of the store; cashier Tiffany Smith undergoes inspection; wine at the information tables ensured a stream of visitors, including for the Environment Committee and the Neighborhood Nutrition Team, where nutritionist Wendy Romig answers a question. And, of course, there was cake!



Photos by Weavers Way Working Member Bob Raines



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: Email outreach@weaversway.coop or call 215-843-2350, ext. 119.

GIVE ONE YOURSELF

Anyone can propose a topic, and members who lead workshops get three hours of work credit.



WORKSHOPS ARE HELD:

- In Mt. Airy in the **Community Room**, 555 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**, Saul High School, 7095 Henry Ave.; **Awbury Arboretum**, 901 E. Washington Lane.
- In Ambler, in **The Café** at the store, 217 E. Butler Ave., or the **Ambler Senior Center**, 45 Forest Ave.
- Other locations as noted.

HERE'S WHAT'S COMING UP



Holiday Wreath Making

Sunday, Dec. 2, 7-8:30 p.m., Weavers Way Mercantile, 542 Carpenter Lane, Mt. Airy

Join designer and gardener **Lizzy Holm** for a fun evening of crafting wreaths and other holiday decorations using natural native materials. \$35 per person includes materials.

DIY Bulk Gifts for the Holidays

Wednesday, Dec. 5, 11 a.m.-1 p.m., Weavers Way Ambler

Get ideas for delicious and sustainable homemade gifts using ingredients from our abundant Bulk Department. **Dorothy Bauer** and **Liz Traison Witkin**, members of our Neighborhood Nutrition Team, will show you how to make infused oils and vinegars with herbs, pickling spices, pancake and soup mixes, custom teas and special seasonings. \$5 covers ingredients and jars.



Herbs for Cold and Flu Season

Thursday, Dec. 6, 6-7:30 p.m., Weavers Way Ambler

As cold weather drives us indoors, we become susceptible to colds and the flu. Join Neighborhood Nutrition Team member **Wendy Romig** for her take on great herbal remedies for boosting your immunity and getting rid of runny noses, coughing, achiness and more. FREE.

Superfood Brownies

Friday, Dec. 7, noon-1:30 p.m., Weavers Way Ambler

Discover how easy it is to make no-bake brownies jam-packed with nutritious superfood ingredients such as cocoa nibs, goji berries and coconut. It's Weavers Way Nutrition Team Member **Dorothy Bauer's** solution for holiday potlucks, gifts and treats for the kids. FREE.



Art of Macramé

Friday, Dec. 7, 7-9:30 p.m., Weavers Way Mercantile, 542 Carpenter Lane, Mt. Airy

Join fiber artist **Angela Boltz** to learn the soothing ancient textile art of macramé (decorative knotting). She'll talk about the history, teach three basic knots and show you how to start a project of your own. \$45 per person includes materials.

Heart-Healthy Choices for the Holidays

Tuesday, Dec. 11, 5:30-6:30 p.m., Weavers Way Ambler

Holiday foods for better heart health are easier and tastier than you think! Neighborhood Nutrition Team member **Nicole Schillinger** will teach you how to adjust holiday recipe ingredients to make them healthier and lower calorie. FREE.



Introduction to Somatic Experiencing Therapy

Thursday, Dec. 13, 6:15-7:45 p.m., 143 W. Walnut Lane (rear building), Germantown

Join **Elanah Naftali** to learn how you are wired sensorily and how this informs Somatic Experiencing therapy developed by Peter Levine, Ph.D., from observations of animals in their natural habitats. \$5; limited to 10 registrants.

Learn to Weave on a Little Loom

Saturday, Dec. 15, 10 a.m.-1 p.m., Philadelphia Guild of Handweavers, 3705 Main St., Manayunk

Weavers Way is partnering with the **Philadelphia Guild of Handweavers** to introduce non-weavers to the joy of weaving on a simple "Knitter's Loom," a/k/a rigid heddle loom. No experience necessary! Space is limited; RSVP required. \$5 suggested donation.

Flower Pressing 101

Saturday, Dec. 15, 7-8:30 p.m., Weavers Way Mercantile, 542 Carpenter Lane, Mt. Airy

Find out how to press your own flowers in this workshop with **Martha O'Neill**, from *Flowers I Squished*. Bring a heavy book with non-glossy pages for pressing flowers. Other supplies and flowers are included but participants are encouraged to bring their own flowers and leaves too. \$30 per person includes a greeting card to take home.

DIY Cheese Board

Friday, Dec. 21, 7-9 p.m., Weavers Way Mercantile, 542 Carpenter Lane, Mt. Airy

Impress your guests this holiday season with a fancy cheese spread! Weavers Way Mt. Airy Cheesemonger **Shawn O'Connell** will show you how to create your own board with generous samplings of our most interesting cheeses (vegan, too). \$10 per person, BYOB encouraged.

Nutrition Tips for Weight Loss

Thursday, Jan. 3, 1-2:30 p.m., Weavers Way Ambler

Lose weight. Exercise more. Eat healthier. Think positive thoughts. These top many New Year's resolution lists but sticking to these good intentions isn't always easy. Neighborhood Nutrition Team Member **Nicole Schillinger** has tips and strategies. FREE.

present?
present?
present?

How to Listen Mindfully

Friday, Jan. 11, 1-2 p.m., Mt. Airy Community Room

Being fully present in each moment with kindness and without judgment is a wonderful skill. Weavers Way Working Member **Elizabeth Corea** will discuss different types of listening and listeners, along with how to work with our own barriers to listening. FREE.

Warming Foods to Boost Your Immunity

Monday, Jan. 14, 6-7:30 p.m., Weavers Way Ambler

Adding herbs and spices is an easy way to create variety and expand the flavors of your meals — and load up the immune-boosting properties of your food, too. Neighborhood Nutrition Team member **Dorothy Bauer** will demonstrate how to create warming foods by using a dehydrator. FREE.

STAFF CELEBRITY SPOTLIGHT

Anne Learnard

Job: Ambler Deli/Sandwich Station manager

Since when: October 2017

Age: 50

Where she's from/where she lives now: Chestnut Hill/Erdenheim, with her kids, Abigail, 10, and Ryder, 9.

Education: She graduated from the Restaurant School after a couple of years at LaSalle University.

Job history, Part I: After high school, she started working part time at the Chestnut Hill Cheese Shop, where she stayed for 15 years. While she was at the Restaurant School, she interned at Peachtree & Ward Catering, got hired as a prep cook and moved up to become one of their head catering chefs. But after

10 years, she needed a change, and helped a friend open Downtown Cheese in Ardmore (now located in Reading Terminal Market). She thought she'd only stay a few months, but ended up working there for five years.

Taking a pause: She had to stop working after Abigail and Ryder were born. Eleven months apart, they were each born at 27 weeks and had to spend some time at Children's Hospital. "It opened up my eyes to a whole new world down there. . . . If I won the lottery, I'd probably donate half my money to enhance their facilities."

Job history, Part II: Once her kids were settled, she went to work at Bacchus Market & Catering in Center City. She also picked up hours at Evergreen Cheese and at a dentist's office, but needed something full-time, which brought her to the Co-op.

Favorite Co-op products: Lemon-oregano chicken, falafel and twice-baked potatoes in the Prepared Foods case; any cheese.

Her take on the job: "It's been challenging. But it's good, [since] the day after Labor Day, it's been busy. . . . I can relate to what the kitchen is doing, and I can give them my two cents on how things look or taste. . . . It's nice working with Alisa and Susan [Consorto and McCashew, the Prep Foods managers]. I think we're a good team."

Her take on the Ambler store: "It's different from Chestnut Hill and Mt. Airy. This is a little bit bigger, more grand. I think this is a great store. And I think it's only going to get better and better. I really do."

—Karen Plourde

COOPERATORS OF THE MONTH

Penka Slavova & Dave Greene

Joined Weavers Way: 2000, shortly after moving from New York City.

Live in: West Mt. Airy, less than a block from the store

Current jobs: Penka is the coordinator of the Homestay program at Germantown Friends School, which arranges for international students to live with hosts or host families for a year while they're attending GFS. Dave teaches at Constitution High School in Center City's historic district, and is the special-education liaison there.

Family facts: They have three children: Lily, 19, Isabella, 17, and Graham, 14. Lily is a sophomore at Davidson College in North Carolina. Isabella is a senior at Central High, and Graham is an eighth grader at GFS.

Why they're Working Members: "Definitely the discount, but I think it's a great thing for the kids. And it's part of the experience."

Lily did Co-op hours in high school, and Isabella will soon. Dave is a former member of Park Slope Food Co-op in Brooklyn.

Co-op job history: Dave's done truck unloading; Penka likes to work in the Bulk Department. **Penka:** "I always fantasize when the kids are older, I'll be on the Board."

Favorite Co-op products: The produce (**Penka:** "I really feel like there's a difference"), milk, baguettes. Dave likes GT's kombucha and the cheeses. Penka shops at the Co-op daily and almost exclusively. "I probably go to Giant three or four times a year."

A little Co-op love: "For me, it's like a comfort so much of the time. Besides that I believe in what I'm buying and feeding my kids. . . . On a personal level, I come back from work and I go into the store, and it's like, 'Oh, I'm almost home.' It feels like an extension of our home."

—Karen Plourde

For information on the Homestay program for international students, email Penka at penkaslavova@gmail.com.

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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. The next meeting is scheduled for **Tuesday, Dec. 4, 7 p.m.**, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave. Since the first Tuesday in January 2019 is New Year's Day, January's meeting is set for **Tuesday, Jan. 8.**

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.

2017-2018 Weavers Way Board

President: Josh Bloom

Vice President: Lisa Hogan

Treasurer: Joan Patton

Secretary: Toni Jelinek

At-Large: Eric Borgstrom, Olga Corrias Hancock, Larry Daniels, Meg Gruwell, Chris Hill, David Woo, Esther Wyss-Flamm.

The Shuttle

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Weavers Way Mt. Airy

559 Carpenter Lane

8 a.m.-8 p.m. daily

215-843-2350

Weavers Way Across the Way

610 Carpenter Lane

8 a.m.-8 p.m. daily

215-843-2350, ext. 6

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.-8 p.m. daily

215-302-5550

Weavers Way Next Door

8426 Germantown Ave.

9 a.m.-8 p.m. daily

215-866-9150, ext. 221/222

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Meat, Poultry & Seafood

Dale Kinley, ext. 104
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Bulk

Caitlyn Ashton, ext. 142
cashton@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 Orientations

Nexus Co-Working Mt. Airy, 520 Carpenter Lane
Thursday, Dec. 6, 6:30-8 p.m.
Wednesday, Jan. 16, 6:30-8 p.m.

Ambler Senior Center, 45 Forest Ave.
Thursday, Dec. 13, 6:30-8 p.m.

Check www.weaversway.coop/events for additional dates. To RSVP or for more info, email outreach@weaversway.coop

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www.weaversway.coop/shuttle-online

The Shuttle





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MON., DEC 10

*Holiday Cards,
Gift Wrap and
Ribbons*

TUES., DEC 11

*Holiday Greens
and Wreaths*

WED., DEC 12

*Winter Socks,
Gloves, and
Mittens*

THUR., DEC 13

*Dog and Cat
Treats and
Pet Toys*

FRI., DEC 14

*Bubble Bath,
Pacha and Zum
Bar Soaps*

SAT., DEC 15

*Honey, Bulk
Tea, and Bulk
Honey Jars*

SUN., DEC 16

*Weavers Way,
Olives, Roasted
Peppers and
Cornichons*

MON., DEC 17

*Bagged
Coffee*

TUES., DEC 18

*Incense and
Incense
Holders*

WED., DEC 19

*Artisanal
Cheeses and
Select Crackers*

Check out our Twelve Days of Gifting calendar in stores, on Facebook and on our website.

thankful for our community



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