



# company's coming

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(see page 3 for ordering details)



Community-Owned,  
Open to Everyone

# The Shuttle

NOVEMBER 2019

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 47 | No. 9

## Noreen Bids Farewell to the Co-op after 40 Sweet Years

by Lisa Pinyard, for the Shuttle

**F**ORTY YEARS OF BAKERY LOVE FOR Weavers Way ended last month when due to health concerns Noreen Attman, the namesake of Noreen's Cookies, retired from supplying shoppers with myriad home-baked treats.

Noreen's relationship with the Co-op goes back to its inception in 1973. She and her husband, Seymour, lived in Ambler but joined Weavers Way early on and became one of the Co-op's original investors. Around the same time, she began selling loaf cakes to the store, in part to avoid working an office job.



Hard at work in 2017

(Continued on Page 6)

## Kenney's Decree Makes it Official: Co-ops Are a Boon to the City

by Karen Plourde, Editor, Weavers Way Shuttle

**T**HE PROCLAMATION CEREMONY for Philly Grocery Co-op Day in City Hall on Oct. 18 was an understated affair — no fighter jets soaring overhead, no costumed mascots by the podium. The Mayor's Reception Room didn't suddenly go dark to signal it was time to get started. Weavers Way General Manager Jon Roesser had everyone take a seat and then laid out the backstory for Mayor Jim Kenney's announcement.

"Combined, we provide a critical link between over 500 farmers and food producers and customers of our community-owned food markets," he said, referring to the other area food co-ops that were present — Kensington Food Co-op, Swarthmore Co-op, Mariposa Co-op in West Philadelphia, and South Philly Food Co-op, which is currently under construction.

Roesser went on to say that co-ops are the embodiment of Eleanor Roosevelt's quote, "It's better for everyone when it's better for everyone" because they pay small farmers, vendors and food producers a fair price for their goods. "And that money is circulated back into the city, back into the regional economy," he added.

"Because we are owned by our members — the folks who live in our neigh-



Food Shelter Public Relations photo

Weavers Way General Manager Jon Roesser receiving the first Philly Grocery Co-op Day Proclamation from Mayor Kenney.

borhoods and shop in our stores every day — each co-op is a reflection of the community it serves," Roesser continued. "It's why every neighborhood should own its own grocery store."

Kenney thanked the co-ops for choosing to do business in the area and bringing healthy foods from local producers to the city's residents. "Philadelphia has the most thriving cooperative [movement] in the country...and all that is because of your continued investment in our city. The cooperative economy provides opportunities for diverse communities to own a community-based business, providing opportuni-

(Continued on Page 10)

## Roesser Chronicles "A Really Solid Year" at Weavers Way

by Jacqueline Boulden, for the Shuttle



photo by Peter Handler

Author Mark Pinsky addresses the membership crowd.

**A**N UPBEAT JON ROESSER BEGAN the Weavers Way Co-op fall membership meeting Oct. 27 at the Waldorf School of Philadelphia in Germantown by reporting "overall a really, solid year" for fiscal 2019, which ended June 30.

Roesser, the Co-op's general manager, said Weavers Way hit \$30 million in revenues for the first time, thanks largely to the two-year-old Ambler store, but that Mt. Airy and Chestnut Hill stores also saw increases in sales. He added that the Co-op's stores are doing better than the grocery store industry, which he said is experiencing flat revenues.

(Continued on Page 17)

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

Thanksgiving  
**EARLY BIRD SPECIAL**

Order your fresh turkey by Friday, Nov. 8 to receive a \$20 Prep Foods coupon!

# We're Stocked Up For Your Fall Fresh Food Needs

by Lauren Todd, Weavers Way Farm Market Manager

THERE'S STILL TIME TO VISIT OUR Henry Got Crops Farm Market before the season ends later this month. And if you need a reason, here are three:



1. We're bursting at the seams with apples, pears, winter squash, and our homegrown root veggies and cooking and salad greens. We'll have all of the locally grown fruit and veggies you'll need for a delicious Thanksgiving spread, plus fall favorites like apple cider, pumpkin butter, and Fair Trade hot chocolate.



2. New farm merch! Do you really love our farms? Strut around in style with our new tote bags and long-sleeve shirts featuring an original design by...me! They're sold exclusively at the market.



3. Buy a \$5 raffle ticket to win a FREE season-long small CSA share in 2020 — a \$465 value!, The winning ticket will be drawn on December 1.



**HENRY GOT CROPS FARM MARKET**  
**NEW NOVEMBER HOURS:**  
**Tuesdays & Fridays 12-5 pm**  
**7095 Henry Ave, Roxborough**

## What's in Store at Weavers Way

### Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle



### Bakery Bites

**My House steps in to partly fill Noreen's void.**

The retirement of baking maven **Noreen Attman** last month has left some gaps on the sweets shelves, to be sure (see story, p.1). But now Co-op cookie connoisseurs can rest easy; Swarthmore's **My House Cookies** has jumped into the batch — er, breach.

In addition to the five varieties of three-packs that My House sells in Chestnut Hill, and the bulk cookies available in Mt. Airy and Ambler, they now make smaller versions that are bagged and sold in both Northwest Philly stores for \$10.99 a pound. Carpenter Lane has bags of chocolate chip and Blackout cookies (chocolate with chocolate chips); the Hill carries those varieties along with oatmeal cherry, orange coconut, Purely Peanut Butter and Russian tea. Ambler's selection is limited to bulk chocolate chip cookies.

### The Daily Deli

**Sweet and luxurious spreads from Texas and Brooklyn.**

For an alternative to the usual jam options, head to Chestnut Hill to try out the guava and hibiscus marmalades from **Casa Market** of San Antonio, TX. The fruits of both are grown and processed in Calvillo,

Mexico, along with their guava paste (\$9.99). A 10-ounce jar of guava marmalade is \$9.99; the same size container of hibiscus marmalade is \$6.99.

Hankering for savory? Dip into a compound butter from the **Brooklyn Buttery**, also in the Hill. Their lemon,



sriracha, and sea salt-infused butters (\$5.99/ea.) will add zip to veggies, bread, or anything else.

### Going On in Grocery

**Vegan scrapple returns to the Hill. And Brittany Natural adds to the grab 'n' go in Ambler.**

After a few years off the shelves, vegan scrapple has gotten a new lease on life



from a new vendor — **Sweet Lana's** of West Chester. This version uses Shiitake mushrooms, white polenta, whole-grain buckwheat flour and the same combination of herbs and spices employed in scrapple recipes since time immemorial. I've tried both incarnations, and this one is hands down better; a one-pound package is \$7.85. The Hill also carries their shelf-stable pepper pastes, ideal for

spreading or marinating, for \$8.49 each.

In Ambler, the number of take-away lunch and dessert options has increased thanks to **Brittany Natural** of Allentown. Their five wraps, including one vegetarian and one vegan option, are available in the



refrigerated case near the registers, along with their chicken salad, macaroni and cheese and feta spinach orzo. For dessert, dig a spoon into their chocolate mousse, tiramisu or one of their puddings. They use **Bell & Evans** chicken, cage-free eggs, and organic ingredients where possible. Prices range from \$2.99 to \$4.99.

### All Wellness and Good

**A new probiotics provider in Mt. Airy.**

Across the Way has made room in its fridge for **Vital Planet** probiotics, a Palm Harbor, FL-based line that has some of the highest strain diversity counts (around 60) in the industry. Three formulas — Women's Daily, Ultra Daily, and Adult 55+ Daily — are currently available in 30-capsule packages for \$42.99 each.





**SLICE IT  
DICE IT  
SERVE IT**

## Cranberries



*Kieran McCourt, Weavers Way Ambler*

#### Foodie Facts:

- In a sealed bag or container, they can last in the fridge for several weeks — even a month or more. In the freezer, that timeline jumps to a year.
- When you bring them home, make sure to wash and dry, paying attention to pull out any berries that are shriveled or browning and any debris that made it through from the bogs.
- Basic cooked recipe: Combine cranberries, water, and sugar to taste, and boil until the berries begin to burst and then gel.
- For flavoring and texture, add orange peel, zest or the juice of other citrus, warm spices like cinnamon and nutmeg, or pomegranate seeds. Or take it more savory with shallots and mustard seed.
- For an alternative spin on roasted veggies, toss cranberries onto a sheet pan of veggies (brussels sprouts, squash, sweet potatoes, etc.) in the final 10-15 minutes of roasting. The berries will burst and add a nice tart note.

#### Other Dinner Uses:

- Stir into cooking grains like wild rice or quinoa.
- Toss into a skillet when making a pan sauce after searing off some steaks, chops or tofu.
- Breakfast option:** Stir into your morning porridge or grain of choice in the final minutes of cooking. This works best for stovetop preparations.
- Cocktail Hour!**
- Use frozen cranberries as ice cubes in holiday punch or wintertime sangria.
- Simmer cranberries in a simple syrup until they burst and for the base of a DIY cosmo or a variation on a Shirley Temple. The syrup also works well against the herbaceous notes of a juniper-heavy gin.
- Toss into a flute of bubbly.

## What's in Store at Weavers Way



by Norman Weiss, Purchasing Manager, and Jeannine Kienzle, Weavers Way Programs Coordinator

## ALERT!

Two vegans, one an old-timer (Norman) and another newer to the scene (Jeannine), exchange banter on all things vegan, from products to events to controversial topics to the shelf life of rutabaga fondue.

**N:** Somehow, when we opened our Chestnut Hill store, ordering turkeys for all Weavers Way stores became part of my job. So every year, I make a phone call and read off an order that basically results in that number of turkeys getting killed — ironic job for a vegan.

**J:** Ironic indeed. I read that an estimated 46 million turkeys die each year for Thanksgiving alone.

**N:** The Co-op accounted for about 800 of those last year.

**J:** I remember my first Thanksgiving not eating meat. I was able to eat the majority of the side dishes. How do you spend Thanksgiving each year?

**N:** Lately, it has been varied. Years ago, we had traditional gatherings with family or friends. My ex was famous for her tofu pot pie. People raved about it.

**J:** That sounds delicious. Obviously, I've modified my meals as well, veganizing some traditional foods and introducing my family to new tasty sides. I made a vegan pumpkin pie a few years ago, but most people

only ate my mom's pumpkin pie.

**N:** Have you ever had a meat pie?

**J:** No, it sounds pretty gross. Have you?

**N:** We used to eat Swanson chicken pot pies when I was little, but I've never had any other pie with meat. I used to see meat pies on display at Zerns Farmers Market, made by the Pennsylvania Dutch. I always thought it was odd to put meat in a pie, but I don't know why. Maybe just unfamiliar.

**J:** Meat pie. Meatloaf. Both seem unappetizing to me. Always hated when my mom made meatloaf for dinner.

**N:** Did she put an egg in the middle?

**J:** No.

**N:** For some reason, my family always put a hard-boiled egg in the middle.

**J:** Interesting. I'm organizing the second annual all-vegan ThanksLiving potluck at the Co-op this year. Will you be joining me for this special event?

**N:** When is it?

**J:** Tuesday, Nov. 26. Also, during the event we'll be making a special announcement about starting a Vegan Meet-Up at the Co-op in 2020.

**N:** Did you make up the term ThanksLiving?

**J:** No, I can't take credit for the name. I learned about it years ago, probably from some animal sanctuary celebrations. Nice play on words, just like Tofurky.

**N:** Here we go again. Veganizing non-vegan foods



Celebrate ThanksLiving, an alternative gathering with food, gratitude and friendly faces on Tuesday, Nov. 26, from 6-8 p.m. at Mt. Airy Nexus! For more information, visit [weaversway.coop/thanksliving2019](http://weaversway.coop/thanksliving2019).

for the sake of tradition. I'm going to invent a Poturkey — a turkey made out of potatoes!

**J:** If the first Thanksgiving was to celebrate the harvest season, I don't understand why or how turkeys became the centerpiece of the meal.

**N:** Harvest implies planted crops, so that means Thanksgiving's origins are in vegan food.

**J:** A true plant-based celebration giving thanks to all the vegetables harvested.

**N:** Do you think plants feel pain?

**J:** No, I think that is a ridiculous argument.

**N:** I didn't make an argument. You vegans are so argumentative!

**J:** Well, sometimes I've heard omnivores challenge vegetarians/vegans by saying plants do have feelings, just like animals.

**N:** Speaking of "vores," I'm experimenting with being a "monovore."

**J:** And what, pray tell, is a "monovore?"

**N:** We only eat one food. In my case, potatoes.

**J:** Well, there is such a thing as a mono meal, where you eat only one type of fruit for a meal. Have you ever heard of Banana Island?

**N:** No.

**J:** It's basically when you eat solely bananas all day for every meal. People tend to do it as a "detox."

**N:** For your ThanksLiving, let's make it bananas only, in the shape of a turkey, of course. A Banurkey. We can invite Curious George.

### Recommended products:

- Dr. Bronner's Sal Suds
- Amy's California Veggie Burger (Pro-tip: Toast it in the toaster!)
- Kite Hill Ravioli

We'd like your feedback on plant-based products.

Email [veganalert@weaversway.coop](mailto:veganalert@weaversway.coop) to share your experience.

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

Pay for and pick up your turkey Tuesday or Wednesday, Nov. 26-27.

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

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An offshoot of Weavers Way Co-op

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215-843-8289

[foodmoxie.org](http://foodmoxie.org)

**Executive Director**

LISA MOSCA [lisa@foodmoxie.org](mailto:lisa@foodmoxie.org)

**Development Director**

ALLISON BUDSCHALOW [allison@foodmoxie.org](mailto:allison@foodmoxie.org)

**Program Director**

ANDREA DOWNIE [andrea@foodmoxie.org](mailto:andrea@foodmoxie.org)

**Manager of Growing Spaces**

BRANDON RITTER [brandon@foodmoxie.org](mailto:brandon@foodmoxie.org)

**Operations Manager**

MICHELLE BURKE [michelle@foodmoxie.org](mailto:michelle@foodmoxie.org)

# GIVING TWO DAY

DECEMBER 9

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Food Moxie programs

## FOOD MOXIE

We dig what we eat.

## Looking Back and Giving Thanks

by Lisa Mosca, Food Moxie Executive Director

**T**HIS MONTH MARKS MY FIRST ANNIVERSARY AT FOOD MOXIE. As I look back over the year, there are many reasons to be thankful.

I am thankful for all the kind people who helped me in embarking on this journey by sharing their favorite experiences with Food Moxie, along with their hopes and dreams for a positive future. I am grateful for all the people who have provided continued support to us with Giving Tuesday and High Five donations, working member cooperater hours, corporate volunteer days, youth volunteer days, sponsorships, and a multitude of other ways.

We have an incredible and dedicated board. I particularly want to give thanks for Harriet Dichter (Board Secretary), Jeffrey Fuller (Board Treasurer) and Laura Morris Siena (Board President). They have each generously invested their time and talents for the past six years and will be leaving the Board at the end of November. I also want to recognize and thank our dedicated staff, who have kept programs going at all of our sites, and our amazing site partners.

The accompanying photos demonstrate some of Food Moxie's accomplishments in 2019. We received multiple collaborative grants that benefit Weavers Way and other partners, including a state Department of Agriculture infrastructure grant and a Farm to School planning grant. We planted an orchard with Farm Club and the Philadelphia Eagles at Martin Luther King High School in East Mt. Airy. We had an incredible Comcast Cares Day with 150 volunteers, and Comcast also supported the installation of an outdoor cooking space at Stenton Family Manor. Three amazing Food Moxie champions were honored at this year's Seed to Supper event, and we hosted 54 bicyclists on the 14th annual Urban Farm Bike Ride.

In this season of giving, all of us at Food Moxie are grateful for all you have contributed. We wish you a wonderful holiday season!



Garden Club



Food Share harvest

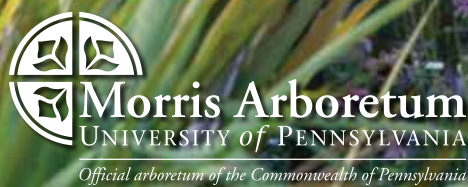


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# An offshoot of Weavers Way Co-op

# FOOD MOXIE



Eagles at the Farm Club circle.



Urban Farm Bike Ride.



Planting in the orchard with the Eagles.



Watering in the orchard with Farm Club.

## THANKS TO...

We would like to thank the following for their help with the Urban Farm Bike Ride:

- Lindy Communities
- Weavers Way Cooperative Association
- Philadelphia Brewing Company
- Univest
- Comcast
- Equal Exchange
- Blackbird, Totos, Rustica and Evo Pizza
- Graham Robb, Allison Budshalow, Chris and Adam Hill
- Asley Vogel and the Bicycle Coalition
- All of the ride marshalls and the SAG Drivers
- All of the riders
- Aspen Farm
- Carrousel House Farm
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- Glenwood Green Acres
- Heritage Farm
- Jigbee Flower Farm
- Sankofa Farm at Bartrams Garden



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Photo: Julieanne Harris

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For tickets and information:  
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## Editor's Note



by Karen Plourde, Editor,  
Weavers Way Shuttle

I GOT TO PHILLY IN THE FALL OF 1986 as a volunteer with the Vincentian Service Corps in East Germantown. One of my jobs was to assist clients who came to the food cupboard at Immaculate Conception Church for a bag of groceries. We packed those bags with standard, shelf-stable stuff: peanut butter and jelly, tuna, canned veggies, soups, bottled pasta sauce. We didn't have the facilities to store anything perishable, and neither did most food pantries at the time. So no one got fresh staples like bread, milk, eggs or meat.

There have been times when I considered getting help from a food cupboard. But I realized that some of what I was likely to get would have been of no use to us. No one in the family liked tuna or canned vegetables or Chef Boyardee meals, another recurring item. What was the point of getting stuff we didn't like?

There's a strain of thinking in some quarters that truly hungry people will eat anything. But is that fair, really? Do poor people have to set aside their dislikes just because they're getting food for free? And is a steady diet of preserved food good for anyone?

We need a new model for getting good food to needy people. Philabundance does tremendous work in this regard, as do some sit-down meal programs. But overall, it's too easy to fill a bag with canned soup, dry pasta, and instant oatmeal and think you've done all you can.

What about five or 10 or more regional pantries with freezers and refrigerator cases whose space can be shared by several organizations? How about letting people in need wander the aisles and choose what they need, rather than pre-packing a bag and hoping for the best?

Lots of details to work out, I know — money, staffing, and more. But we should try. We have the means to do better for people who are struggling.

## Correction

IN THE ARTICLE "BRINGING THE BODY into Balance" in the November 2019 Shuttle, the contact info for Laban Movement Therapist Susan Deutsch was omitted. It is:

susandedutsch@gmail.com  
Website: susandedutsch.wordpress.com  
215-704-7120

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

### SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to [editor@weaversway.coop](mailto:editor@weaversway.coop). The deadline is the 10th of the month prior to publication. Include a name and email address or phone number for verification; no anonymous letters will be published. Letters should be 200 words or fewer and may be edited. The Shuttle reserves the right to decline to publish any letter.

### 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](mailto: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](http://www.weaversway.coop/shuttle), or call 215-843-2350, ext. 314, or email [advertising@weaversway.coop](mailto:advertising@weaversway.coop). Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

## Noreen Bids Farewell

(Continued from Page 1)



Laurie T. Conrad photo

Noreen preps trays while assistant Lynda Hugget loads the ovens. She and her husband were early members of the Co-op.

"I enjoyed the baking and didn't enjoy that much being a secretary," she recalled.

Her cakes sold so well that she soon branched out into cookies and dessert bars. In addition to the Co-op, she supplied her creations to specialty shops, farm markets, and the Women's Exchange of Chestnut Hill.

Eventually, she installed a commercial kitchen in her then-new home in Glenside. Over the years she brought on assistants but never completely gave up being a hands-on baker.

Noreen's attention to detail resulted in consistency in the quality of her products. Staff considered her a perfectionist who had a lot of integrity and cared deeply about her product. She delivered her baked goods herself and on time.

"When it says 'Noreen's Cookies,' it literally means Noreen's cookies," said Jenna Swartz, bakery buyer for Weavers Way Mt. Airy. "She's very dedicated and every week we would have her cookies same time, same day, so there was no question on that."

Kristina Walker, bakery buyer for Weavers Way Chestnut Hill, agreed. "She would say, 'My name is on this, so I care about the product I'm giving you,'" Kris said. "She really took pride in what she did."

Noreen is a self-taught baker who would often bake for her family. At one point, she took a cake decorating class, which she enjoyed, but only shared those creations with family.

With her family grown and Seymour gone, Noreen is adjusting to retirement and the prospect of slowing down. She lives with her two rescue cats, Peter and Maggie, and gets regular visits from fellow members of her local senior center. Housework has become something of a challenge for her.

She believes that confidence has a lot to do with a person's baking ability. Her advice to those who doubt their ability is to "stop shooting yourself down" and to not allow the opinions of others to discourage them.

"You're better than that," she said. "You follow the recipe."

**WEAVERS WAY**

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GM'S  
CORNER

## Dear Weavers Way: 2019 Was a Good Fiscal Year for Us

by Jon Roesser, Weavers Way General Manager

**D**EAR FELLOW MEMBER-OWNERS,  
My sincere thanks to all of you who came out to the fall General Membership Meeting last month. We had a great turnout and I hope those of you who were there felt the same sense of good cheer and comradery as I did.

While our GMMs are open to all members, I recognize it's not practical — and indeed it would be quite impossible — for everyone to come (with over 20,000 individual member-owners, we'd need to rent out the Wells Fargo Center). So I'd like to present a quick overview of the Co-op's current fiscal health.

We recently received a clean report from our auditors for Fiscal Year 2019 (which ended June 30), and the report has been reviewed and approved by the Co-op's board of directors.

Sales for FY2019 were \$30,040,840, up 10.6% over the previous year. This exceptional rate of growth is considerably more than the grocery industry norm and largely reflects increased sales at our Ambler store over the previous year.

Gross profit — the money left over after we're done paying our vendors for the products we sell — rose at an even higher rate, to \$10,966,000, 13.1% above prior year, reflecting improved margins and reduced product shrink.

Our operating expenses are dominated by labor costs — wages and non-wage compensation — which were \$7,499,000 in FY2019, a 3.1% increase over the previous year. We have increased our starting wage from \$10.50 to \$11.50 and hope to be able to raise it to \$12 at some point in the coming months. Eighty-six percent of our staff is now earning at least \$12; 38% of our staff is earning \$15 or more. We have more steps to take in our plan to increase wages overall, but we are making meaningful progress.

Net income for FY2019 was \$75,014, a modest profit, and one that reflects a swing of over \$750,000 from the previous year, when expenses related to opening the Ambler store resulted in a net loss of \$678,000.

Generally, we're in pretty good shape. It was our goal to break even in FY2019, one year after our expansion to Ambler. We achieved that goal and we expect to build on our success in the year ahead.

The Co-op's cash position is good and improv-

ing. Cash — that's money we have in our various operating bank accounts and money held in reserve in U.S. Treasuries — is currently just over \$1.7 million. We expect to grow cash further this year and our goal is to eventually maintain a cash reserve of around \$2.5 million.

Maintaining a healthy cash reserve is prudent as we look to the near-term future. For one, we have about \$400,000 in member loans maturing in calendar year 2020 (both the final round of Chestnut Hill expansion loans and the first round of Ambler expansion loans). We fully expect to have sufficient cash to make payment on these loans as they mature.

Beyond that, maintaining a healthy cash reserve is necessary in anticipation of an economic downturn.

“ **The grocery industry is in a state of flux, with traditional grocers losing market share to deep discounters and online retailers.** ”

While we don't know exactly when it will happen, and we don't know how severe it will be, a downturn is inevitable and we need to be ready for it. Grocery stores tend to be more recession-proof than other businesses — people got to eat! — but these are not normal times in the grocery biz.

The grocery industry is in a state of flux, with traditional grocers losing market share to deep discounters like Aldi and Lidl and to online retailers. In this rapidly changing marketplace, all grocers are seeking ways to differentiate themselves from the competition.

We believe that the Co-op is well-positioned to thrive as the industry evolves. Our exceptional prepared foods, large bulk departments, and emphasis on locally grown and produced foods all help to set us apart from our competitors.



photos by Peter Handler

Top, GM Jon Roesser goes over the FY2019 numbers. Below, the Co-op's Board of Directors presents Jon with a cutting board in thanks for his leadership.

Beyond these differentiators is the power of our cooperative ownership model. As consumer-owners, we all have a personally vested interest in supporting the stores through our patronage.

Recent sales trends validate our confidence. For the first four months of our current fiscal year (FY2020, which began on July 1), sales have been up in all three stores: 4.49% above prior year in Mt. Airy; 2.30% in Chestnut Hill, and 8.72% in Ambler.

Compare that growth with the industry, where most stores have sales that are flat, declining, or only marginally above prior year (Amazon just reported that last quarter its brick-and-mortar store division — mostly Whole Foods Market — experienced a 1% decline in sales from prior year).

Overall, the Co-op's fiscal house is sound, the business is performing well, and we should be bullish about our future.

Thank you for your ongoing support and patronage of Weavers Way.

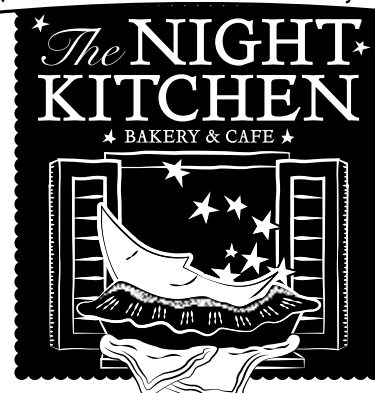
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# Knitters Stitch a Visual Reminder of Climate Change

by Christina Catanese, Director of Environmental Art, The Schuylkill Center

**T**HERE'S JUST SOMETHING ABOUT CLIMATE change. Despite the fact that predictions grow more dire by the day, it doesn't feel like an emergency. It can be hard to wrap our minds around something so big and abstract. So how can it become more personal, tangible, visceral?

A group of knitters has one idea: by applying their craft to climate change data.

The Tempestry Project is global climate data visualization through fiber arts. A Tempestry is a wall-hanging, or temperature tapestry, that represents the daily high temperature for a given year and location, with January at the bottom and December at the top — think of it like a bar graph. The Tempestry Project was founded by Justin Connelly, Marissa Connelly and Emily McNeil in Anacortes, Wa.

All Tempestries use the same yarn colors and temperature ranges, creating an immediately recognizable and globally comparable mosaic of shifting temperatures over time. If the high temperature is a roasty 96 degrees, the row for that day will be Cranberry, a rich red. If the polar vortex has just come through and the high is just 11 degrees, that row will be Fjord, a cool blue green. (The illustrative names of the yarn colors are an additional delight.)

I'm a hybrid science/art person already, plus an avid knitter, so I couldn't be more excited by this project. I finished my first Tempestry last winter; I chose 2017 in Cooksburg, Pa., the year and place where my husband and I got married. I even knitted in a little silver thread for our actual wedding day; with an 84-degree high, it was a lovely row of Papaya.



photos The Tempestry Project

People all over the world are making these Tempestries, assembling a global mosaic of shifting temperature patterns, row by wooly row. It's gratifying to be part of a connected global network of fiber artists putting their energy toward raising awareness, and I found that the mindfulness of knitting and sitting with this global challenge helped me process my own feelings about it.

A single Tempestry is meaningful on its own as a snapshot, a moment in time, a commemoration. But a collection of Tempestries reveals change over time. What if we had a whole slew of Tempestries for one place? Would we visually see the shift, as models predict for Philadelphia, to a hotter, wetter world?

Throughout 2019, the Schuylkill Center coordinated a collection of Tempestries that shows daily maximum temperature data over several years for Philadelphia. I

had the pleasure of coordinating 37 volunteer knitters and crocheters from across the region to create this collection, which shows the city's daily high temperatures every five years from 1875 to 2018. We are lucky to have this nearly 150 years of data collected daily by the Franklin Institute, and maybe even luckier to have so many makers who dedicated their skills and time to memorializing the data in vibrant, colorful yarn.

Our monthly climate

knitting circle meetings at the Schuylkill Center over the spring and summer were generous, therapeutic, lively gatherings that brought us together to direct our craft toward a cause that mattered to us all.

The collection will be on long-term display at the Schuylkill Center starting in December 2019 to educate about how climate change is impacting our region. A smaller collection with Tempestries spaced every 20–30 years will be available to lend to other organizations for educational purposes and display at events, festivals, or exhibitions.

We'll be previewing the project at the Philadelphia Museum of Art on Wednesday, Nov. 13, and officially opening the exhibition at the Schuylkill Center on Thursday, Dec. 12. We hope you can join us.

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**WHERE:** Center on the Hill  
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**INFO:** Light refreshments provided

Program is FREE  
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**Presenter:**  
 Vishal Saxena, MD

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# Mindfulness Can — and Should — Be an Everyday Thing

by Esther Wyss-Flamm and Rachel Kriger, Weavers Way Health & Wellness Committee

**T**WO MINDFULNESS PRACTITIONERS — one a mind-body coach and yoga instructor, the other an acupuncturist — met at a local café to chat about how mindfulness is trending in our community. They shamelessly riffed off the breakthrough Shuttle column *Vegan Alert!* to offer a peek into the minds of two mindful people.

**R:** Esther, how did you start getting into mindfulness?

**E:** Well, this means going way back to a much simpler time in life, before marriage and children. I served as a Peace Corps volunteer in Niger, West Africa, and found myself totally overwhelmed teaching classes of 50 or more rowdy eighth graders in stark classrooms without chalk or textbooks. At the time, I taught myself to take five deep breaths before entering the room, and to give myself a few minutes each morning to sit in silence, paying attention to the moment. I had no idea there was a word for this. And even now, I tell myself that mindfulness is essentially a catchword for doing something that rises up naturally inside of us, if we allow it: I let myself intentionally drop into life. This quiets the mind and body and builds up inner trust. What about you, Rachel?

**R:** I also came to mindfulness after having already practiced it as a lifestyle while working as an organic farmer. I had to be mindful of nature and my body to have the stamina to farm well all day. When I was learning to be an acupuncturist, we had a class that taught practices for being mind-



ful of our bodies, words, actions and thoughts. The basic premise was that when we go through life mindlessly, it can lead to dis-ease. When we can choose our way of being no matter the circumstances, we enhance our wellness. It's

tough; it takes practice. I know you have been practicing mindfulness for a while, Esther.

**E:** I'm not someone who can change overnight, but from years of on-and-off practice I am noticing a more profound and compassionate commitment to my own and others' fundamental well-being. I can feel that I am more antsy when I don't practice and more open when I do. I might not meditate daily, but mindfulness shows up in the moments of everyday life when I recognize and interrupt patterns, like when I move too fast, feel impatient, judge myself and others, or get irritated at small things. Right now I'm noticing that this is sounding a lot like that *Vegan Alert* column in the Shuttle. What's up with that? Are we trying to say that mindfulness is like veganism?

**R:** I suppose there are similarities. To be a vegan you would certainly need to be mindful about food choices. But you could probably be a mindless vegan. Chinese nutritional theory holds that without eating meat, one could become "blood deficient" and feel weak, tired and spacey. So maybe



all vegans are mindless. But I want to be mindful not to make overarching generalizations. Best to ask the vegans and send them for some acupuncture. What else would people want to know about mindfulness?

**E:** We're approaching the end of the year, and lots of holiday gatherings are being planned. What a great time to develop some mindfulness skills to manage difficult family situations — like when I pull a tray of burned cookies from the oven just as my hypercritical sister arrives, or when my nephew runs away just as Grandma goes in for the hug.

Learn more about how to approach this time of year in a mindful and healthy way at our workshop later this month.

*Rachel Kriger, L.Ac. and Esther Wyss-Flamm, PhD, E-RYT will lead "Mindfulness for the Holidays: A Roadmap to Sanity" on Tuesday, Nov. 16, from 6:30 to 8 p.m. at Healing Arts Studio, 15 West Highland Ave, 2nd floor in Chestnut Hill.*

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## The Energy Co-op Marks 40 Years with Celebration, New Initiatives

**T**O COMMEMORATE FOUR DECADES of energy innovation, The Energy Co-op will host its 40th Anniversary Celebration on Wednesday, Nov. 6, 2019, at WHYY on Independence Mall, 150 N. 6th St., Philadelphia, where it will welcome Weavers Way as guest of honor.



Weavers Way members can purchase tickets to the event at a discounted price of \$35. “Whether helping families heat their homes during unexpected price spikes or dealing with concerns about clean air, climate change or hydraulic fracking, The Energy Co-op’s nonprofit cooperative model has allowed us to pursue novel solutions to energy problems and consumer needs,” said Ronald Fisher, who joined the organization as executive director earlier this year. The cooperative has addressed energy issues faced by Philadelphians since 1979. It was founded by Weavers Way in Mt. Airy to source reliably affordable heating oil to its members during an oil embargo by Middle Eastern nations. In 1999 it was the first supplier in the Delaware Valley to offer renewable electricity sourced from wind turbine. And in 2014 it became — and remains — the only regional supplier of renewable natural gas sourced mainly from landfills.

“Our cooperative structure gives us the flexibility to test new ways to confront energy issues, whether old or new, often before for-profit corporations can justify committing capital or resources,” Fisher said. “And many of our thousands of members expect us to do just that.”

In addition to the 40th anniversary celebration, The Energy Co-op is launching two new initiatives. It is expanding its renewable natural gas program in Philadelphia with a members-only pilot, and it expects to open the program to all customers in the PGW service territory in the coming months. The cooperative currently supplies RNG in PECO’s service territory.

Then, beginning later this fall, The Energy Co-op will partner with the Energy Coordinating Agency, another Philadelphia-based nonprofit that administers high-quality energy conservation, community education and energy efficiency services. Through ECA, The Energy Co-op will offer members one of the most comprehensive energy audits available, together with energy-efficiency products and services.

“We have innovated in the energy supply arena for 40 years,” said Fisher. “Now, as part of celebrating those successes, we’re looking to help our members, whether residences or businesses, use less energy and reduce waste and costs.”

Tickets for The Energy Co-op’s 40th Anniversary Celebration are available at [www.eventbrite.com/e/the-energy-co-op-40th-anniversary-tickets-69297254955](http://www.eventbrite.com/e/the-energy-co-op-40th-anniversary-tickets-69297254955). Weavers Way members should click the “Enter promo code” link in the pop-up and enter WVECAP in all caps. When you do, the \$65 regular early-bird price will become \$35. Then enter the number of tickets desired and check out.

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## Philly’s Co-ops Are a Boon to the City

(Continued from Page 1)

ties for people to get involved...and repair...generations of racial and economic injustice.”

State Rep. Chris Rabb, a Co-op member in whose district the Mt. Airy and Chestnut Hill stores are situated, reinforced Roesser’s comments about how co-ops contribute to community wealth building. “We’re talking about tens of millions of dollars,” he said. “We’re talking about good, family-sustaining jobs in and for the city....This is a great day, and this is really the culmination for me of why I serve.”

Annette Griffin, board president of the Philadelphia Area Cooperative Alliance, touched on the city’s long history of hosting and supporting cooperative businesses, and she credited the area’s food co-ops with helping other co-ops get off

the ground. “They have modeled for us, time and again, our practice of Principle 6 of the International Cooperative Principles: Cooperation Among Cooperatives,” she said.

Roesser’s fellow general managers — Mike Richards of KCFC, Lori Burge of South Philly, and Mike Litka of Swarthmore, also spoke.

“We’re really excited to be part of the growing cooperative food economy here in Philadelphia and to be able to provide our community with access to local healthy food, provide jobs to the local neighborhoods, and really try to be a welcoming space for a very challenging part of the city,” Richards said. “I really am excited to be here and be part of this journey.”

**DID YOU KNOW?**  
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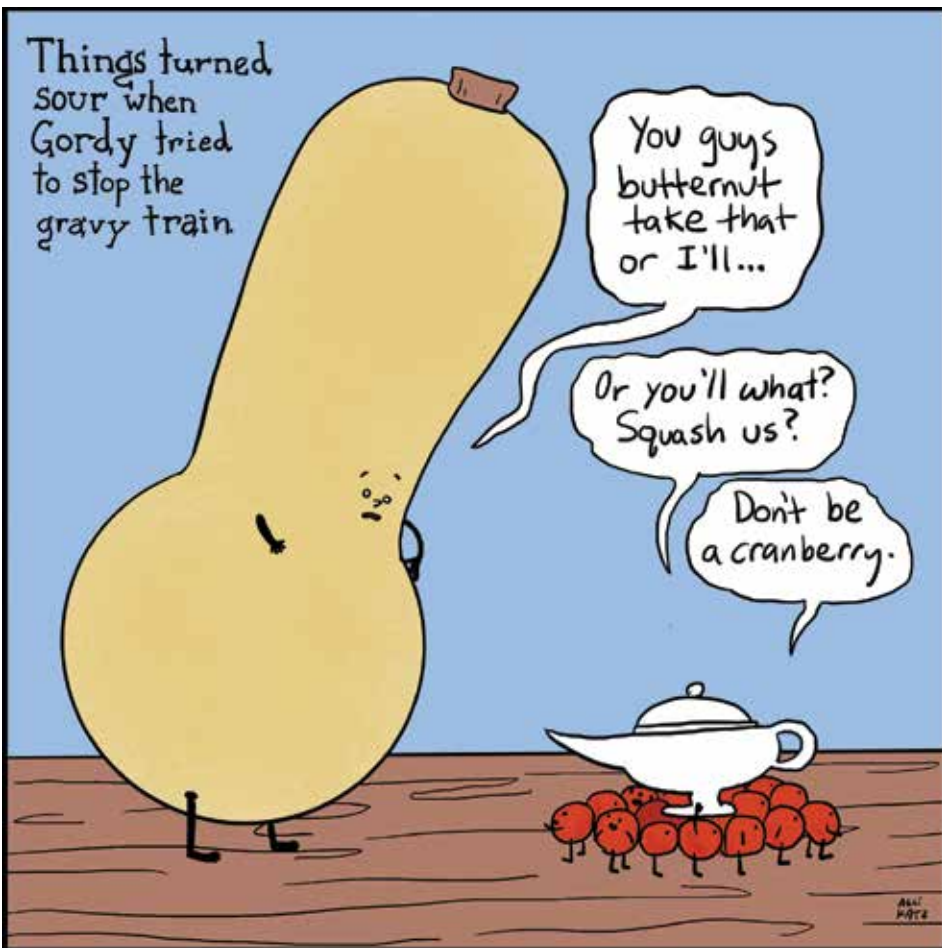


Illustration by Alli Katz

**'Witness For the Prosecution' Takes the Stand at Stagecrafters**

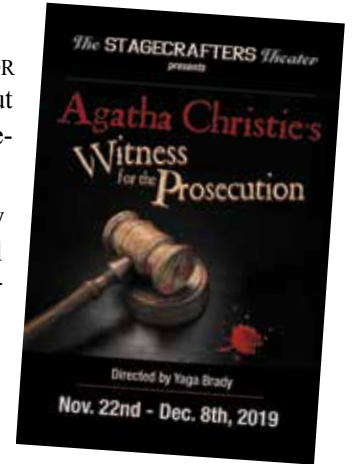
AGATHA CHRISTIE'S THRILLER "WITNESS FOR the Prosecution" is next up for Chestnut Hill's Stagecrafters Theater for three weekends beginning Friday, Nov. 22, through Sunday, Dec. 8.

The play is based on a Christie short story written in 1925 that details the trial of Leonard Vole, a young man accused of the brutal murder of a wealthy older woman who changed her will in his favor. The work is acclaimed by critics and audiences alike as an incomparable courtroom procedural.

Performances are Thursdays, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. There will be no performance on Thanksgiving, Nov. 28. A "Meet the Cast and Director" Q & A session will be held following the performance on Friday, Nov. 29.

Tickets are \$21 online (no service charge) and \$25 at the door. Tickets for Thursday evening performances are 2/\$32 online and 2/\$35 at the door. Discounts are available for students with a valid ID, seniors over 65, industry members, and groups of 15 or more.

The theater is located at 8130 Germantown Avenue. For information call 215-247-8881; for reservations call 215-247-9913 or visit [www.thestagecrafters.org](http://www.thestagecrafters.org).



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# Cutting Back on Road Salts Can Keep Local Waterways Healthy

by Lindsay Blanton, Water Programs Manager, Wissahickon Valley Watershed Association

AS DAYS GET SHORTER AND temperatures get lower (like it or not!), we are getting closer to wintertime. And with the approaching season come snowy roads and icy driveways. Millions of people across the Northeast use road salts to de-ice their homes and roads, but how do they affect our waterways, and is there anything we can do to reduce its impact?

Salts are composed of ions that are bonded together, and are present in both fresh and salt water. They are a vital part of life. However, as road salt became popular as a deicer in the 1970s, we saw levels of chlorides (or dissolved salt ions) spike dramatically in our fresh water ecosystems.

As ice and snow melt in late winter and spring, chloride concentrations spike in streams and tributaries due to the runoff of road salt into the water. Chloride concentrations tend to be higher in areas with lots of paved surfaces, like highways, parking lots and driveways, because stormwater and snowmelt runoff do not have a chance to soak into the ground and filter before entering rivers, lakes and streams.

Once chlorides are present in a water body, there are no biological processes to remove them. They are not typically removed at water treatment plants because desalination technology is costly.

The full implications of these higher chloride levels have yet to be determined, but scientists who study freshwater eco-



Winter, Wissahickon Creek.

photo by Margaret Rohde

systems have found many indications that increased salt concentrations can be harmful to plants and wildlife in the watershed. Higher salt concentrations may interfere with biological processes that help organisms maintain the proper concentration of salt and other solutes in their cells, impacting the animals' survival, growth and reproduction.

At WVWA, our staff and volunteers monitor chloride concentrations in the creek to keep tabs on levels of salts in our waters, and we use this information as a tool to inform our local behavior. If you are interested in helping monitor salt in the creek, or want to get involved in raising awareness in your community, contact Alex@wvwa.org.



Willow Lake road salt.  
photo by Margaret Rohde

## HOW YOU CAN HELP PREVENT SALT SPIKES IN THE WISSAHICKON

- **Shovel early and often** during a large winter storm to minimize the need for de-icers.
- **Apply de-icers early and sparingly;** extra salt will not melt ice faster.
- **If you must use a de-icer,** sweep up the extra salt left on the ground after the snow melts. You can use it again next storm and limit the amount of chloride that gets washed into the creek after snow melts.
- **Consider using salts with beet juice additives.** Beet juice is becoming popular as an organic de-icing agent that melts ice at very low temperatures. It is less corrosive to our cars and roads than salt.

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# You Can Help Reduce the Hefty Cost of Caring For the Park

by Maura McCarthy, Executive Director, Friends of the Wissahickon



photo by Charles Uniatowski

Horseback riding

WHAT PRICE CAN YOU PUT ON THE VALUE OF Wissahickon Valley Park to the environment, to history, to tranquility? The Wissahickon, a National Natural Landmark, is a treasured resource to our community. Whether you're exploring the park with your family, walking your dog, running, cycling, horseback riding, or observing the park's wide variety of bird, mammal, and plant species, it's your destination. That's priceless.

But keeping the Wissahickon flourishing comes with a price. There are tremendous costs associated with conserving all that our beloved park has to offer. In the 1930s, the Works Progress Administration invested \$850,000 in the Wissahickon to build picnic shelters, guard houses, toilets, and trails, but today, such significant public funding is dwindling. Now more than ever, we must look to other sources to keep our programs and operations going.

Communities grow stronger when they unite around a common passion. Friends of the Wissahickon is a vi-

brant, engaged community of more than 2,500 households. Last year, our nearly 1,200 volunteers donated 12,617 hours of time in service to Wissahickon Valley Park. They, along with our generous corporate and civic partners, share a love for the Wissahickon and a commitment to conserving its many gifts. There truly is strength in numbers.

Whether support comes from reaching into pockets or for a rake to clear trails, it counts toward making FOW's work possible. In 2018 alone, FOW improved 10.33 miles of trails, cleared 122 fallen trees, replaced more than 90 fence rails, controlled 8.56 acres of invasive plants, and planted 657 native trees and shrubs. And, this doesn't include our massive Forbidden Drive Streambank Stabilization Project.

Here's what donations of the following amounts can provide:

- **\$75 installs and monitors four bird boxes.** These boxes attract species such as the Eastern bluebird, threatened by invasive nest competitors and disappearing habitat, that thrive in areas like our Andorra and Houston meadows. A \$1,000 donation funds the bluebird box program for six months.
- **\$100 supports the training of one Trail Ambassador or Crew Leader.** Our TAs host public hikes and provide knowledge about and assistance in the park, while crew leaders improve trails and restore the natural habitat.
- **\$500** provides the materials needed to remove graffiti for one day, to help keep the Wissahickon clean and beautiful for visitors.
- **\$2,500** funds the materials needed for one acre of sustainable habitat restoration by replacing invasive plants with native species, which are vital to the natural balance of the Wissahickon.

On behalf of FOW, thank you for showing how much you value where you live. Know that every time you volunteer or make a gift to support the park, you have made a direct, lasting investment in the future of the Wissahickon for future generations.



photo by Charles Uniatowski

## Join FOW on Saturday, Nov. 10 for Fall Love Your Park Day

FOW could use your help on this super Saturday service day. We're working on the Mt. Airy Avenue and Summit Avenue trails. Planting starts at 9 a.m.; meet at the Wissahickon Environmental Center House.

Registration is recommended in case of cancellation at [fow.org/event/19-fall-love-your-park/](http://fow.org/event/19-fall-love-your-park/). For more information contact FOW Volunteer Coordinator Shawn Green at [green@fow.org](mailto:green@fow.org).





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# 2

**MEMBER BENEFITS.**

# 3

**BULK FOODS.**

# 4

**CO-OP BASICS.**

# 5

**SUSTAINABLE MEAT & SEAFOOD.**

# 6

**PRODUCE.**

# Less Toil, Better Soil: Embracing No Till Practices at Our Farms

by Nina Berryman, Weavers Way Farm Manager

**W**EAVERS WAY FARMS STARTED GOING “NO TILL” AT THE END OF 2017. What does that mean? No till agriculture can more easily be defined by first explaining “tilling” — agitating the soil in preparation for planting. In the strict sense of the word, tilling is performed with a rototiller, but more broadly, tillage can be performed by other tools such as ploughs or discs. Human-powered tillage is possible with basic tools like a shovel or hoe, but most farmers tend to think of tilling as a more mechanized action. Tilling is typically used to knock down weeds, incorporate organic material, and create a fluffy, soft bed into which seeds and seedlings can be easily planted.

So no till agriculture means growing food without disturbing the soil, or at least with minimal disturbance. There is a lot of grey area here. Some farmers are “low till,” meaning they till less frequently. There are also degrees of tillage; for example, a rototiller will cause more disturbance than a spader. Some large-scale farms are no till, but they still use tractors to mow, crimp, and drill into the soil. Other conventional farms are no till but use herbicides to kill weeds rather than mechanically disturbing them.

### Why is no till good for the soil?

Because that is what nature does. Productive ecosystems all around us grow plants and yield food in forests and meadows without tillage. Well, the soil in a forest is actually tilled — the tillage is just happening slowly thanks to diligent worms and insects. From a farmer’s perspective, no till is good because it builds soil resilience by preserving soil structure. Soil that has more structure holds more moisture during a drought. It won’t wash away as easily when there is too much rain. It’s home to more soil biota, and biodiversity equals resilience.

But the soil-related topic that I get most excited about in the context of no till is weeds. Given the billions of seeds that are in the soil, the network of weed roots, not to mention all the new seeds that are blowing into the farm, compared with the number of hours in the day, we will never be able to pull all the weeds before they go to seed and drop even more weed seeds back into the soil. So our approach to weeds now involves mulching and reducing the amount of weed seed we bring to the surface of the soil by disturbing the soil less. Do we still have lots of weeds on our farms? Sure do! Ask any cooperator who has dutifully pulled weeds for their entire cooperator shift this summer. But we are seeing progress.

To see no till agriculture firsthand, make some time this fall to visit our farms. We’ll also need help with spreading leaf mulch on our beds, which has become a huge part of our no till system. Keep an eye out for farm shifts on the Co-op’s Work Calendar as well as requests for volunteer help in November and December in the ENews.

[nberryman@weaversway.coop](mailto:nberryman@weaversway.coop)



photo by Hannah Holby

These beautiful baby greens were seeded in soil that was not tilled. You can see the remnants of a previous crop that is dried up as mulch in the pathway



photo by Hannah Holby

A thick application of leaf mulch in the fall benefits the soil for the upcoming season.



photo by Nina Berryman

Landscape fabric is one way to help keep weed pressure down on the farm. Transplants are planted in holes that we burn through the fabric. The fabric lets some water and air through, but limited light and it is a physical barrier to weeds growing. Landscape fabric can be reused year after year, as opposed to similar but more disposable plastic mulches.

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**WEAVERS WAY BRAND VITAMINS AND SUPPLEMENTS**

## Boosting Health and Well-Being with Herbs and Spices

by Beth Chiodo, Weavers Way Neighborhood Nutrition Team

THE EARLIEST DOCUMENTATION from ancient civilizations points to the use of herbs and spices to enhance everyday life. They protected and preserved food, added flavor, and provided a wide variety of health-giving and medicinal uses to their communities. Today, many of us are interested in using herbs and spices but might not know exactly how.

Herbs refer to the leaves of a plant and are often used in cooking. Spices, on the other hand, refer to other parts of the plant, like the berries, seeds, bark, roots, etc. Herbs and spices are powerful antioxidants and can be used in so many ways to improve our health. Here are a few you can use starting today.

Cinnamon is a familiar spice frequently used as an ingredient in many different types of recipes and baked goods, especially at this time of year. (Pumpkin spice anyone?) In addition to being tasty, cinnamon also has potent antioxidant properties and may help reduce inflammation. It is also known for its impact on reducing blood glucose levels. The compound responsible for these effects is called cinnamaldehyde. Ceylon cinnamon is the type recommended for these health benefits. You can find it in supplement form in the wellness departments at Weavers Way. Try adding cinnamon to oatmeal, pumpkin muffins, or scones. I drizzle my beets and squash with olive oil, a little maple syrup, cinnamon, salt, and pepper (yes, all of them) and roast them for 45 minutes at 400°. They're absolutely delicious!

As we move into the fall months, I can't get enough sage. This herb literally gets its name from the Latin word *salvere*, meaning "to save." Current research suggests that sage may play an important role in improving brain function and memory in individuals with Alzheimer's disease. Sage is a delicious addition to roasted winter squash. It pairs beautifully with sweet potatoes, butternut squash, pumpkin, and so many others. Drizzle the leaves with olive oil and roast them along with your squash for a real treat.

Thyme is another herb I really like to cook with this time of year. Thyme is one of the primary herbs in my favorite butternut squash soup recipe. It's part of the mint family and is known for its antibacterial properties. Thyme is used to treat acne, and may have a beneficial effect on blood pressure. I love



to roast thyme with my vegetables or throw a sprig or two in my soups and let it impart its flavor while the soup simmers (You can remove it before serving.) Thyme may also be effective at boosting mood.

Another herb I use a lot this time of year is rosemary. It contains the active ingredient rosmarinic acid, which may suppress allergic

responses and nasal congestion, and is anti-inflammatory in nature. Rosemary is delicious roasted on potatoes and it also goes really well in marinades. Rosemary leaves can also be steeped in boiling water and made into a tea.

As we all strive to be more connected to the earth and to improve our health in a natural way without pharmaceuticals, herbs can play an important role. Make it your goal to try one new herb this week and see all the different ways you can use it.



### What the Team Has in Store

'Tis the season to begin incorporating more herbs into your daily life to promote holistic health and wellness. The Neighborhood Nutrition Team will host the ever-so popular DIY Fire Tonic workshop in Mt. Airy, along with a workshop on herbs for everyday wellness in the Ambler Cafe.

### Neighborhood Nutrition Team Open Hours at Weavers Way locations:

- Tuesday, Nov. 5, 4-6 p.m. - Chestnut Hill
- Tuesday, Nov. 12, 4-6 p.m. - Mt. Airy
- Tuesday, Nov. 19, 4-6 p.m. - Ambler

### WORKSHOPS

See listings on Page 16, or visit [www.weaversway/coop/events](http://www.weaversway/coop/events).

## Have Fun While helping Repair the World at "Bali to Bala"

by Laura Cohn, for the Shuttle

THIS NOVEMBER AND DECEMBER, VISITORS FROM throughout the Delaware Valley and beyond can see a raw space transformed into a colorful art show and craft bazaar when "From Bali to Bala" returns to Chestnut Hill Nov. 1-Dec. 24.

The seasonal pop-up shop, which I have curated for over 23 years, is located at 8532 Germantown Avenue. It's set up to recreate an authentic Indonesian shopping experience and features tables and shelves, fabrics, bamboo, and lights that showcase glorious Indonesian handcrafts and treasures for sale, along with my own contemporary batik paintings.

Each item is handpicked during my annual trips to Indonesia. There, as a fluent Indonesian speaker, I meet with craftspeople, share tea, learn about their families, and buy crafts that are rarely seen in our country.

I am strongly committed to introducing Indonesia to a broader public and educating them about this land and people through special events, most of which are free. This year, "From Bali to Bala" will feature Indonesian dancers, a slideshow on Borneo and its orangutans and rainforest, a documentary about palm oil plantations and their impact on Indonesia's natural beauty, an Indonesian cooking demonstration and feast, a Gamelan concert, a show of my own slides reflecting my years of travel to Indonesia, and much more.

As always, visitors can also help support several worthwhile causes. A special Indonesian dinner will help support dear friends, a Philadelphia family whose lives have been devastated due to a raid by U.S. Immigration and Customs Enforcement. Also, a portion of the proceeds from the show will go to the Orangutan Tree Project, a nonprofit that works with other non-governmental organizations in Kalimantan (Borneo) to support the orangutans and their habitat, help offset the effect of fires in that rainforest, and engage young men and women in those communities to replant native trees.

I want to help people come to love Indonesia as much as I do. Like all countries, it has its challenges, but it is a special place that is at the core of my being. I know that not everyone can travel to Indonesia, but when you visit us at "From Bali to Bala," you can feel transported without ever leaving Philadelphia. It will be worth the trip!

For information on all the fun and informative special events, workshops, demos, and more that we have planned, please check out our website: [frombaliobala.com](http://frombaliobala.com). All are open to the public.

*Laura Cohn is a Mt. Airy resident and longtime Co-op member.*

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# WEAVERS WAY WORKSHOPS



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

## 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](http://www.weaversway.coop/events/workshops). Or do it the old-fashioned way: Email [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or call 215-843-2350, ext. 118.

## 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**, 8424 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

### The Keto Diet: Unlocking the Keys to Metabolism

Friday, Nov. 8, 10-11:30 a.m.  
Weavers Way Ambler

Join working member **Seth Pollins** for the second of his four-week series of Health & Wellness workshops in the Ambler Café. In this class, Seth will explore the Keto Diet from the perspective of an average person. At its root, the Keto Diet is essentially a "metabolism hack" that aims to transform your body from a sugar-burning to fat-burning state. Whether you try the Keto Diet or not, learning about it — as well as the mechanics of ketosis and metabolism — can equip you with the knowledge to transcend the fad and improve your day-to-day health. Free.

### Save-the-Planet Upcycling/Recycling: Paper Cards with Artist Mindy Flexer

Tuesday, Nov. 12, 6-7:30 p.m.  
Mindy Flexer Art School  
5225 Greene St., Germantown

In this sustainability art workshop, adults and children are invited to join working member and local artist **Mindy Flexer** as she teaches how to turn old paper into cards and envelopes for the holidays or any other purpose. Attendees can make postcards, fold-over cards with envelopes, or cards that pop up, fold up, or turn into mini-books. Feel free to bring old calendars, greeting cards, magazines, wrapping paper, or other interesting paper you would like to give a new life, or use what's on hand. Free.

### Neighborhood Nutrition Team Workshop: DIY Fire Tonic

Wednesday, Nov. 13, 6:30-8 p.m.  
Sage Integrative Health Center  
538 Carpenter Lane, Mt. Airy

Learn how to make delicious DIY Fire Tonic with everybody's favorite raw foodie, **Dorothy Bauer**. She'll lead a how-to workshop on making your very own hot,

sweet, and zesty recipe. Fire cider can be taken straight by the spoonful, added to juice, or splashed in your homemade recipes. The tasty combination of vinegar infused with herbs is an especially pleasant and easy way to boost natural health processes, stimulate digestion, and get you nice and warmed up on cold days. Free.

### Five Exceedingly Simple Hacks to Improve Your Health

Friday, Nov. 15, 10-11:30 a.m.  
Weavers Way Ambler

In part three of his four-week series of Health & Wellness workshops, working member **Seth Pollins** will discuss how living a better, healthier life is not necessarily about making dramatic changes. Seth will offer five practical and unique health hacks to optimize digestion, sleep, energy, and more. Expect to leave this class inspired to make immediate simple changes. Free.

### Cooking Workshop: Vegan and Gluten-Free Curry Rice Bowl

Monday, Nov. 18, 6:30-7:30 p.m.  
Weavers Way Ambler

Do you crave a warm bowl of rice and curry on cool fall nights? If so, this is the workshop for you. Ambler food bloggers and Co-op working members **Seema Vaidyanathan** and **Reshmi Nair** will demonstrate how to prepare a delicious curry bowl. In addition to a simple chickpea coconut curry — the central part of this bowl — they'll also feature seasonal fresh cranberries in a cranberry chutney, a side of warm green bean thoran, and top it all off with microgreens and seeds. Free.

### Mindfulness for the Holidays: A Roadmap to Sanity

Tuesday, Nov. 19, 6:30-8 p.m.  
Healing Arts Studio, 15 W. Highland Ave., 2nd Floor, Chestnut Hill

Most of us approach the holiday season with excitement and trepidation. Family coming together wakes up old habits that we often too easily slip into given the slightest provocation. This workshop offers a playful roadmap out of many dreaded holiday scenarios. Health & Wellness Committee members **Rachel Kriger** and **Esther Wyss-Flamm** will present a way of looking at this time of year and enjoying the family in a way that is grounded in the science of acupuncture and mindful movement and that includes specific tools to maintain your sanity. Free.

### Neighborhood Nutrition Team Workshop: Herbs for Everyday Wellness

Thursday, Nov. 21, 6:15-7:45 p.m.  
Weavers Way Ambler

Learn how to grow herbs at home indoors! In this workshop, Neighborhood Nutrition Team member **Nicole Schillinger** will discuss herbs to grow for immune support, gastrointestinal health, mood support, and sleep. Nicole will show you how to use these herbs to make teas good for antibacterial and immune health. Bring your own favorite mug or container to taste-test a few of these drinks. Free.

### Cooking for the Cooler Months

Friday, Nov. 22, 10-11:30 a.m.  
Weavers Way Ambler

November, December, January. Outside, it's cold and dark. But inside, the kitchen is warm and inviting, and the meal lights the way — to conversation and laughter. For the final session in this four-week series of Health and Wellness workshops, working member **Seth Pollins** will offer a host of inspirational recipes, tips, and tricks to warm and lighten your wintertime cooking. Free.

MORE INFO & TO RSVP: [www.weaversway.coop/events](http://www.weaversway.coop/events) or email [outreach@weaversway.coop](mailto:outreach@weaversway.coop)



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# Air Pollution is Nothing New, But It's Still With Us

by Sandra Folzer, Weavers Way Environment Committee

IT'S EASY TO DISMISS THE SUBJECT OF AIR POLLUTION as old news, but it now causes more deaths worldwide than malaria or auto accidents. According to 2016 statistics from the World Health Organization, eight million people die as a result of ambient or household air pollution every year.

In 2016, the mayor of Paris, Anne Hidalgo, closed streets near the Seine to cars in order to make the banks of the river more pedestrian friendly. She faced a good deal of opposition, but the ban was upheld in court last year.

In Pennsylvania, the natural gas industry vents 520,000 tons of methane every year, according to the Clean Air Council. Methane at high levels causes headaches, dizziness, and vomiting. Children born near gas wells are 40-70% more likely to have congenital heart problems, and cancer rates and stillbirths are more common. Yet, Governor Wolf is promoting Restore PA, which is funded by a severance tax on gas drilling, tying the state to the gas industry for the next 20 years.

In this country, public pressure helped bring about the Clean Air Act in 1970. While it helped, decades later, air pollution still kills more than 100,000 people in the country every year, according to a report published in April in the Proceedings of the National Academy of Sciences.

Today, the Trump administration is trying to dilute the Clean Air Act, along with a host of other en-

vironmental measures. Long-term studies have confirmed that breathing particulate matter shortens lives. Yet, the Clean Air Scientific Advisory Committee is questioning the science. The committee has no epidemiologists among its seven members, all appointed since 2017. The chair, Tony Cox Jr., has no background in health or medicine and has consulted for the American Petroleum Institute.

In October, Bulent Sik, a food engineer and human rights advocate in Turkey, was sentenced to 15 months in prison for publishing a paper linking pollution to cancer. "The court ruling shows that the results of a study that directly concerns public health can be hidden," he told reporters after the verdict. "This is unacceptable."

There is another cost for air pollution, which is not apparent. A 10% increase in exposure to air pollution is associated with a 1.4% increase in violent crime, regardless of race, age or socioeconomic status, according to The Economist. This study included 28% of the U.S. population.

So, what do we do? We can't rely on our politicians, though we can express our wishes. By pressuring lawmakers as a group, activists can make a difference. As Gary Fuller wrote in his book "The Invisible Killer," "It is not the invisibility of air pollution that is the problem, but its normalization and acceptance."



eco tip



## Go More Local This Thanksgiving

by Marsha Low, Weavers Way Environment Committee

I don't mean to be a Thanksgiving party pooper, but after doing some research on the huge carbon footprint of this favorite family holiday, I thought I'd share some food for thought. (Vegetarian, in my case!)

Consider how far the food you purchase for your meal had to travel to reach your plate, how you cook the meal (whether or not your electricity is generated by renewable sources), and the distance you have to travel to visit family or friends. These factors all play a part in your holiday's overall carbon footprint.

While you may not be able to do much immediately to change how you cook your Thanksgiving feast, you can lower your impact by buying as much locally produced food (the turkey and all the trimmings) as possible. Thanksgiving is the biggest travel day of the year, which means that billions of pounds of carbon dioxide get emitted over the weekend annually. If you do plan to travel for the holiday, consider taking a train if at all possible, rather than driving or flying. Or, since air travel emits huge amounts of carbon and we all need to change our habits and routines due to the climate emergency, consider only traveling every other year to visit those relatives in Florida or California. And if you're looking for a reason to avoid attending Thanksgiving this year, you can cite your concern for the environment as your excuse!

## Roesser Chronicles "A Really Solid Year" at Weavers Way

But he warned the estimated 130 members in attendance that competition facing the stores "will continue to be ferocious" with pressure from online grocery sales. (More of Roesser's fiscal report can be found on page 7 of the Shuttle.)

The success of the Co-op and how it leverages member dollars is cited in a new book and was the topic of a presentation by financial advisor and Co-op member Mark A. Pinsky. Along with Amalgamated Bank CEO Keith Mestrich, Pinsky authored "Organized Money: How Progressives Can Leverage the Financial System to Work for Them, Not Against Them," which was released early last month.

Pinsky said progressives need to stop ceding control of their money to conservatives.

"The financial system is not working for progressives," he said, "because progressives are handing money over to conservatives," in essence, funding the opposition.

Pinsky defined progressives as "anyone who is to the left of the far right."

In "Organized Money," Pinsky and Mestrich say progressives can take control of their own money with financial institutions such as public banks, and credit systems that don't rely on big bank credit cards, such as the Co-op's Easy Pay program.

Members who put money into their Weavers Way Easy Pay account receive a two-percent credit, so that a \$100 deposit into an Easy Pay account gives the mem-

ber \$2 in store value; make a \$1,000 deposit and your added store value increases to \$20.

"The money comes into the Co-op economy, and does not go into the conservative institution's economy," he said. "That's leverage — what we call money muscle."

Pinsky is telling the Co-op story to audiences around the country through his book and appearances, including presentations to sustainable investment groups. "Organized Money" is available at Big Blue Marble Bookstore in Mt. Airy and other outlets.

Representatives of the Co-op's new discount committee took the stage for a few minutes to explain how they will be

(Continued from Page 1)

assessing the Co-op's various discount programs in the coming months. Look for their surveys and notices about member meetings in December and January.

The evening ended on a sweet note: generous slices of rich, moist chocolate cake, along with a presentation by Paul Cantagallo, co-founder of Eat Nice Foods, which bills itself as "plant-based comfort food."

Cantagallo credits the Co-op for "giving local vendors opportunities to break in to area grocery stores." He said without Weavers Way, vendors like Eat Nice face difficult obstacles and competition that prevent them from growing their businesses. Eat Nice's two varieties of filled vegan pasta can be found in all three Co-op locations.

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### International Co-op Principles


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

“Delighting customers”: This was part of our trade group’s theme for 2019. Many food co-ops in the country belong to NCG, or National Co-op Grocers, the trade group of about 148 co-ops operating about 200 stores. As a consumer myself, probably the first thing I ever bought was 60 years ago, probably penny candy, likely Bazooka bubble gum. Once I learned how money and stores worked, I moved along the consumer path, and my purchases started to include things like cap guns, slingshots, pimple balls, and of course, more candy.

Throughout my consumer life, I can’t really remember ever being “delighted” by a shopping experience or product or store. Maybe I’m just hard to delight. Maybe I suffer from retail delightaphobia and avoid situations where delight could ensue from shopping, and/or deny it when it happens. I started to wonder if the NCG theme of delight was a pipe dream/slogan of marketers or should be taken seriously. Are Weavers Way shoppers ever delighted by shopping experiences? Is it materialistic to be delighted by shopping? Is there a co-op principle that could be related to delighting shoppers?

I don’t know the answer to the first question, but would think the answer to




the second question is yes, and to the third question is maybe. International Co-op Principle #3 is about member economic participation, and although the seven principles don’t mention shopping or products, they do mention transactions. So, at least for members, some kind of shopping can be inferred, with the potential for delight. Do we have members who can be delighted by shopping? Turns out we might.

It occurred to me to search the 2018 Member Satisfaction Survey for the word “delight.” In the 125 pages of the survey results, the word appeared three times in what a member wrote:

- “As a working member, I have had mixed experiences with the overseeing staff member. Most are pleasant and professional. A few are delightful.” (This member went on to complain that some staff were not so great to work with).
- “I am delighted to see Sun & Earth cleaning products, and would like to see Marcal paper products offered — 100% recycled for almost 100 years, right in Philly! (Long story, but Sun & Earth changed hands and moved


(Continued on Next Page)



**Norman Says:**

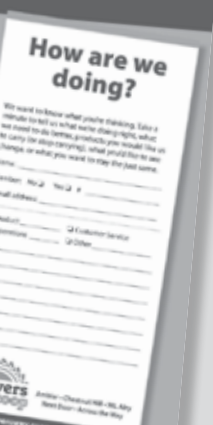
Put your suggestions right here.

**Look for the suggestion box in all three stores.**




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(Continued from Preceding Page)

from the Philly area to Ohio, which made it difficult to get some of their bulk products. We're looking for a good substitute. Marcal is also being researched.)

- "Hard to think of any improvements. I am sure there are inevitable internal issues, but I am absolutely delighted to have Weavers Way and recommend it all the time. With all our concerns about the environment, food production issues, treatment of the animals we eat, pesticides, etc., I feel I can shop at the Co-op and know that you all are doing your best."

So we have at least two members who, if not delighted by shopping, find some delight in the staff and Co-op's existence. And we have one member who found some delight in a product brand. So we've delighted at least one shopper in 2018, which I will now report to NCG.

#### suggestions and responses:

- s: "Why is string cheese called string cheese when it is much thicker than string, and you can't really tie anything with it, or do other things you would use string for, like fly a kite?"
- r: (Norman) We take your point. However, we did not invent this nomenclature, and sometimes a co-op has to adopt societal norms even if we disagree with them.
- s: "We need keto cookies/brownies/cupcakes. Dessert Crazy in Fairmount sells them wholesale. Those of us with diabetes & pre-diabetes will buy them even at a huge expense."
- r: (Matt, MA) We'll look into options for Keto desserts. In the meantime, we have many Keto-friendly baking supplies on the second floor! (Norman)

## “Do we have members who can be delighted by shopping? Turns out we might.”

Does anyone really need cookies and cakes and brownies? Bread baking began in 600 B.C. Before that, no one had cupcakes, and since necessity is the mother of invention, for most of human history no one needed cookies or brownies either.

- s: "The store has Ezekiel bread in the freezer. Would it be possible to include Ezekiel wraps as well? Thank you very much! Be well!"
- r: (Matt, MA) Unfortunately, our freezer space is very limited, but we would happily pre-order a case for you. See a grocery staffer for details.
- s: "Is there any chance you all (we?) could get Hampton Creek's big jars of Just Mayo back in stock? Follow Your Heart's Veganaise is the vegan equivalent of Miracle Whip, which is gross to many people... Thanks!"
- r: (Matt, MA) We had trouble with our supplier sending us Just Mayo for a while. We'll see what we can do to get it back.
- s: "We need music in the Mt. Airy store."
- r: (Norman) Please pressure Rick, the Mt. Airy store manager. He would have to agree to it. We also have to be careful, as music could lead to more delight in shopping and we don't want to get a swelled head.
- s: "New version of bulk chocolate ginger

#60293 is far inferior to the previous model, which had good chunks of crystallized ginger enrobed in good chocolate. New ones are like anemic Raisinets with a little ginger flavor. Please go back to the originals."

- r: (Matt, MA) Unfortunately this change was made by our supplier, not by our choice. We will pass along your feedback.
- s: "Can we carry No Bull burgers again? They are now gluten-free & their original & curry flavors are delicious."
- r: (Matt, MA) I'll look into it & see if we can figure out the space that would be required.
- s: "Could this location carry more options for milk in glass bottles that can be returned for a deposit? I'd like to cut back on my waste and this location only carries raw milk in a glass bottle. The other locations have whole milk and other reusable options, but I shop here. Thank you! Really love this place."
- r: (Matt, MA) Unfortunately, due to our incredibly limited refrigerated space, we are not able to offer all the products we'd like to, especially when it comes to local dairy.
- s: "Matzoh! Not gluten-free, not zero sodium, not whole wheat. Just regular matzoh. None available since Passover."
- r: (Matt, MA) Apparently, our supplier mistakenly categorized regular matzoh as a seasonal item and removed it from their normal offerings. Same thing happened with Kedem Grape Juice. We are working on getting it back to normal.
- s: "While vegan food choices seem to be on the rise, I'm a carnivore and would like to see more meat choices, espe-

cially wild. I've heard aardvark meat is low in carbs, and tangy with a hint of watermelon."

- r: (Norman) Sounds yummy. Not too many fruity meats around. Importing meat from Africa is a bit of a challenge for a little co-op chain like us, so we'd have to find an importer with other customers. Maybe a small burger or steak chain would partner with us to bring some in aardvarks. They feed on termites, so they are naturally raised, albeit not grass-fed.

I wonder if meat with a label stating "naturally raised, termite-fed" would delight shoppers?

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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.

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## Betsy Gets Solar Panels, Part 2

# Shedding Light on the Details of Getting and Living With Solar

by Betsy Teutsch, for the Shuttle

**G**ETTING SERIOUS ABOUT A solar array? The first step is determining if your home is a good candidate for solar. South or west exposure is optimal, with no tree cover. Google Earth and other online tools can pinpoint your exact location and estimate its solarization.

If you live in Philly and sign up through Solarize Philly, they connect you to a solar contractor who will require access to your PECO account. They evaluate your site remotely and come to your home with a plan, designing a system to match your electrical consumption.

While the full price of the array is due in installments, for 2019 there is a 30% credit on your tax returns when you file them. (The credit will be 28% in 2020). Financing is available through Solarize Philly and your contractor, with payments equaling about what you would have paid for your electric bills. Like a mortgage, when you make your final payment, you own the system. Thus far, the numbers show that a solar array adds to a home's value. The number of years it takes to pay for itself depends on output, consumption, and other variables; generally in 8-15 years.

When you sign a contract, the panels will be ordered. A few months later, your installation date will be scheduled. This typically takes a day, with minimal access to



Photo by Betsy Teutsch

Kiss Electric crew installing panels on Betsy's three story, steep roof.

your house. They will also install a solar inverter, which converts the variable direct current output of a solar panel into alternating current. Once the system passes inspection, PECO swaps out your meter for a reverse meter setup and then your system will be activated.

An app provides you with a tremendous amount of data about your system's output. In Philly, systems produce the most in summer when the days are longest, and the least during winter's shortest days. Sunny days in spring and fall will be the most likely to cover your

household consumption. Cloudy, rainy and snowy days still produce power, but significantly less.

Abby and Nathan Weinberg installed a solar array on their flat roof four years ago. Except for a stretch when the panels, held in place by ballasts, needed to be removed to replace their roof, they have generated about the amount of energy that was predicted. Their 5K system provides about 90% of their usage.

Nathan reports that their family discusses their array's output, which sometimes motivates them to use less air conditioning. Real-time production feedback helps them strive to be carbon neutral. Their daughter Hadassah has become a Sunrise climate activist and addressed the crowd at a recent rally at City Hall.

Patti Feuerstein and John Berger installed a large system (84 panels) in 2018. They worked with Solarize Philly and Kiss Electric, who took care of approvals, inspections, and installation. The panels aren't turned on until everything is approved, which in their case took extra time. But their summer electric bill has dropped from several hundred dollars to \$10.

Solar panels, once installed, are relatively low maintenance. The data detects a defective panel quickly and the contractor will replace it. Basically, your panels just sit there generating clean, renewable energy for 30 years or more.

On to the next eco-challenge!

*Betsy Teutsch is the author of the recently published "100 Under \$100: Tools for Reducing Postharvest Losses."*



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## STAFF CELEBRITY SPOTLIGHT

### Terry Powell

**Current job:** Front End at Mt. Airy and Across the Way

**Since when:** April, 2015

**Other jobs at the Co-op:** Produce Mt. Airy, floor Mt. Airy, POS, Finance

**Previous jobs:** He spent 25 years doing various types of clinical research in Philly and Atlanta. He also worked as a quality control analyst for a year at Peter Paul Cadbury in Hazleton.

**Where he's from/where he lives now:** West Hazleton/West Mt. Airy, with his friends Bill and Maggie and their cat, Lolo.

**How he got to the Co-op:** He was laid off from his research coordinator job at Wyeth Research in 2009 after 20 years there. He didn't work for four or five years, and eventually moved from Center City to Mt. Airy to save on expenses. He worked as a lifestyle assistant for a family in the area for a while, then found his way to the Co-op, starting as a paid cooperator.

**Education:** He has a bachelor's in biology from Kutztown University.

**Outside pursuits:** He's an artist who taught himself to work with watercolors. He paints and makes greeting cards for family and friends.

**What he likes about the job:** "I really like talking to people, and I like the older folks who come in....I like talking to the shoppers; I know a lot of them by first name."

**Favorite Co-op products:** My House quiche, items in Mt. Airy's sandwich case (especially the chicken Caesar salad).

**A little Co-op love:** "I like the principles of the Co-op. I like the idea that we're helping the community, and we're buying local, helping local farmers and local businesses."



—Karen Plourde

## COOPERATOR OF THE MONTH

### Mike Mrozinski

**Joined Weavers Way:** Fall 2017, with his wife, Paige. They have two children, Christopher, 21, and Manya, 17.

**Lives in:** Gwynedd, Montgomery County

**Current jobs:** Mike is a community development director for Lower Providence Township. Paige homeschooled their children until two years ago, and is teaching environmental writing and gardening courses on the grounds of Gwynedd Friends Meeting, where they live.

**Why they joined:** "Prior to moving to Gwynedd five years ago, we lived right down the street, and we watched the community change...even though we moved out of town, we...frequent and feel part of the Ambler community."

**Why they're working members:** "We saw that we were increasing our purchasing here, and so we wanted to be a part of that community."

**Co-op job history:** Christopher has helped with some of the Ambler events, and Paige has participated in activities at Awbury Arboretum. Mike and Manya have done hours in the store, facing shelves and assisting on the front end.

**Favorite Co-op products:** Organic produce, crab cakes, anything bulk — especially coffee (they like Woke), pasta and maple syrup. They're pescatarians who appreciate the greater variety of choices at the Co-op.

**Thoughts on the Co-op:** "[Ambler] was in a sense a food desert for a long time, and the fact that the Co-op has not only supplied the need, but also lifted the standard of what folks can expect here...it's actually a destination."



—Karen Plourde

## 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 **Thursday, November 7, 7 p.m.**, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

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

### 2019-2020 Weavers Way Board

**President:** Josh Bloom

**Vice President:** Lisa Hogan

**Treasurer:** Joan Patton

**Secretary:** Toni Jelinek

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### The Shuttle

**Editor:** Karen Plourde  
[editor@weaversway.coop](mailto:editor@weaversway.coop), 215-843-2350, ext. 135

**Assistant Editor:** Paul Weinstein  
[pweinstein@weaversway.coop](mailto:pweinstein@weaversway.coop)

**Art Director:** Annette Aloe  
[annette@weaversway.coop](mailto:annette@weaversway.coop), 215-843-2350, ext. 130

**Advertising Coordinator:** Karen Plourde  
[advertising@weaversway.coop](mailto:advertising@weaversway.coop), 215-843-2350, ext. 314

**Proofreaders this issue:** Pam Ozaroff, Mike Barbato-Dunn, Peggy Cummings, Lisa Wallenstein

**Contributors this issue:** Lisa Pinyard, Jacqueline Boulden, Lauren Todd, Norman Weiss, Jeannine Kienzle, Kieran McCourt, Lisa Mosca, Jon Roesser, Christina Catanese, Esther Wyss-Flamm, Rachel Kriger, Lindsay Blanton, Maura McCarthy, Nina Berryman, Beth Chiodo, Laura Cohn, Sandy Folzer, Betsy Teutsch

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610 Carpenter Lane  
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### 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**  
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[www.weaversway.coop](http://www.weaversway.coop) [contact@weaversway.coop](mailto:contact@weaversway.coop)

**General Manager**  
Jon Roesser, ext. 131  
[jroesser@weaversway.coop](mailto:jroesser@weaversway.coop)

**Finance Manager**  
Susan Beetle, ext. 110  
[sbeetle@weaversway.coop](mailto:sbeetle@weaversway.coop)

**Purchasing Manager**  
Norman Weiss, ext. 133  
[normanb@weaversway.coop](mailto:normanb@weaversway.coop)

**HR Manager**  
Janet Potts, ext. 132  
[hr@weaversway.coop](mailto:hr@weaversway.coop)

**Membership Manager**  
Kirsten Bernal, ext. 119  
[member@weaversway.coop](mailto:member@weaversway.coop)

**Outreach Coordinator**  
Bettina de Caumette, ext. 118  
[outreach@weaversway.coop](mailto:outreach@weaversway.coop)

**Executive Chef**  
Bonnie Shuman, ext. 218  
[bonnie@weaversway.coop](mailto:bonnie@weaversway.coop)

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[nberryman@weaversway.coop](mailto:nberryman@weaversway.coop)

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### Ambler

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**Deli**  
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**Prepared Food**  
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**Meat, Poultry, and Seafood**  
Drew Hay  
[ahay@weaversway.coop](mailto:ahay@weaversway.coop)

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Jean MacKenzie, ext. 107  
[mackenzie@weaversway.coop](mailto:mackenzie@weaversway.coop)

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Shawn O'Connell, ext. 109  
[soconnell@weaversway.coop](mailto:soconnell@weaversway.coop)

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[jmcaliley@weaversway.coop](mailto:jmcaliley@weaversway.coop)

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### 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  
Wednesday, November 20, 6:30-8 p.m.

Check [www.weaversway.coop/events](http://www.weaversway.coop/events) for additional dates. To RSVP or for more info, email [outreach@weaversway.coop](mailto:outreach@weaversway.coop)

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# A Busy Fall Around The Co-op

## Philly Grocery Co-op Day 2019



Membership Service  
Community-owned, open to every

photos by Kathleen Casey



Food Shelter Public Relations photo  
Left to right: State Rep Chris Rabb, Mike Richards, KCFC GM, Mike Litka, Swarthmore GM, Jon Roesser, Weavers Way GM, Philadelphia Mayor Jim Kenney, Lori Burge, South Philly Food Co-op GM, AJ Hess, Mariposa Food Co-op GM, Wanda Johnson, SPFC member, State Rep. Mary Isaacson, State Sen. Larry Farnese



photo by Kathleen Casey



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photo by Kathleen Casey

## Weavers Way Fall General Membership Meeting 2019



photo by Peter Handler



photo by Peter Handler



photo by Peter Handler

## Weavers Way Farm Dinner 2019



photo by Lauren Todd



photo by Lauren Todd



photo by Lauren Todd

## Awbury Fall Festival 2019



photo by Rivkah Walton



photo by Rivkah Walton



photo by Rivkah Walton