

Interested in Becoming One of the Board's Fantastic Four?

PART 1

What To Know Before You Sign On

by Lisa Hogan, Chair, Weavers Way Leadership Committee

ON JUNE 1, 2020 FOUR EXPERIENCED MEMBERS WILL leave the Weavers Way Board of Directors and four new members will begin their three-year terms. Voting in our annual spring election cycle will take place throughout April.

Current issues of import to the Board include the Co-op's financial strength, maximizing the potential of our discounting structure, increasing staff wages, developing the diversity and involvement of our membership, our role in the community,



(Continued on Page 9)



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Open to Everyone

The Shuttle

DECEMBER 2019

Since 1973 | The Newspaper of Weavers Way Co-op

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Sales of 'Seconds' Are First Rate for Our Farms

by Nina Berryman, Weavers Way Farm Manager



photo by Lauren Todd

A selection of seconds from Weavers Way Farms.

IT ALL STARTED WITH SWEET PEPPERS. One August afternoon years ago, we were harvesting peppers and sorting out the ones that had a few blemishes, making them unsellable at full retail price. The pile of "unsellable" peppers was getting pretty large and we thought to ourselves, "You know, these are still pretty good peppers...maybe someone would want to buy them at a lower price." We started selling "seconds" peppers at our farm market and it was a win-win-win: customers loved the lower price, we farmers loved selling more product,

(Continued on Page 6)



photo by Kathleen Casey

Weavers Way SPHR Human Resources Manager Janet Potts pitches in to help unload one of our turkey trucks. The Co-op sold almost 1,000 fresh turkeys this year.

Micro-Loan Fund Aims to Provide Non-Traditional Financing

by Lynne Brown, Weavers Way New Economy Incubator Committee

IN HIS REMARKS AT WEAVERS WAY'S Fall General Membership Meeting on Oct. 27, Mark Pinsky, author of "Organized Money: How Progressives Can Leverage the Financial System to Work for Them, Not Against Them," basically told those gathered to "put your money where your mouth is." This is also the message our New Economy Incubator Committee is sending with its launch of a micro-loan fund that will help entrepreneurs and small businesses in Northwest Philadelphia.

In case you missed the presentation about the micro-loan fund at the GMM, here's a thumbnail sketch: the NEI is partnering with the Free Loan Association for Germantown and Germantown United Community Development Cooperation to offer small loans to those who need money for business purposes but may not be eligible for traditional financing. Instead of providing conventional forms of capital, a potential borrower would only need what we call "social capital"—proven connections with their

(Continued on Page 21)

Digging In to Care for Trees

by William Hengst, for the Shuttle



photo by CM Raines

Yard tree planting in Ambler

INTERESTED IN LEARNING HOW TO care for trees? There's a program — and a class — for that.

The Pennsylvania Horticultural Society manages Tree Tenders, a tree-planting program in Philadelphia and the other four counties in southeastern Pennsylvania, with the help of neighborhood volunteer groups. The program includes a nine-hour course that trains volunteers in tree biology and identification, planting techniques, pruning, and maintenance, as well as recruiting and organizing community tree-planting groups.

Tree Tenders groups identify locations and then organize events to plant trees. These events are typically held each April and November, depending on demand. Eligible locations for planting include berms next to sidewalks, private front yards, school and church grounds, public parks, and riparian areas. They are active in Ambler, Germantown, Chestnut

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



Editor's Note



by Karen Plourde, Editor, Weavers Way Shuttle

THE NEW YORKER'S NOV. 26 EDITION ("The Food Issue") is worth hunting down. It includes an article by Alexandra Schwartz on Brooklyn's Park Slope Food Co-op ("Bounty Hunters") that will leave veterans of our Co-op nodding in recognition (if not agreement) and newbies wondering if we're like Those People. My vote is No — mostly.

Like Weavers Way, Park Slope got its start in 1973 as a buying club. Like Park Slope, Weavers Way sometimes fixates on terminology, although not to the degree that Park Slope does. I can't picture someone jumping on the intercom at any of our stores to correct a person who uses "customer" rather than "shopper," though we do prefer the second term. Blame that response on New York, er, intensity.

At 17,000 members (and one 6,000 square foot store), Park Slope is the biggest food co-op run on member labor in the country. Members — all members — are required to work a two-hour, 45-minute shift every four weeks (think about that, working members). They do everything from unloading trucks to ringing up groceries to counting cash. Miss a shift, and you'll have to compensate by working two. Fall far enough behind on your work requirement, and your shopping privileges are suspended. And they check IDs at the door.

Along with these stringent work requirements (and partly because of them), Park Slope has a reputation for low prices — 15 to 50% less than at a conventional grocery store. It would be great if Weavers Way could make that same claim, but committing to that would come with a price.

Schwartz, a member, admits that she loves Park Slope in all its crowdedness and odd organization. (Mt. Airy shoppers, nod here.) She enjoys her Sunday morning cashier shifts, where she can ask shoppers about what they've bought and how they prepare it.

And that's really the nut of it — people (strangers, really) interacting over food. It's a value we've lost and could use to recover, wherever we call home.

Catch you in the pages next year.

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

Weavers Way members are welcome to submit articles (about 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community.

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

Advertising

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

What's in Store at Weavers Way



Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Going on in Grocery

'Tis the season for 'nog and holiday sweets.

Attention, 'nog fans — here's the lineup for the season:

- **Merrymeade** (Lansdale) Cow's milk, all stores. Pints and quarts in Ambler and Chestnut Hill; quarts only in Mt. Airy
- **Organic Valley** Cow's milk, quarts, Ambler and Chestnut Hill
- **So Delicious** Coconut milk nog, quarts, Ambler and Mt. Airy
- **Silk Soy** nog, quarts, Mt. Airy
- **Califia Farms** Almond milk nog (48 oz.), Chestnut Hill



The collection of holiday-themed treats is extensive and varies with each store. Look for cookies and chocolate-covered graham crackers from **Mi-Del**; chocolate-covered pretzel crisps from **Snack Factory**; Fair Trade milk and dark chocolate gelt from **Divine**; dairy-free chocolate from **Enjoy Life**, and FairTrade chocolate with seasonal spices and extras from **Tcho**, **Chocolove**, **Theo**, **Lake Champlain**, and more. Be advised that all are in limited supply, and that selection will decrease as Christmas and Hanukkah get closer.



Finds for the Furry & Feathered

Good pups deserve jackets from **The Worthy Dog**. And 'tis time for **Paw Thaw**.

These are the days when a pooch's fur by itself doesn't always keep away the cold. Fortunately, Across the Way in Mt. Airy now carries jackets from **The Worthy Dog** of Lewis Center, OH (\$27.99-\$32.99). There are softshell, nylon, and reversible fleece styles available in solid color and plaid patterns; the softshell and nylon jackets are lined with fleece.



For the snowy and icy weather that is sure to come, Across the Way also now has **Pestell** Paw Thaw biodegradable ice melter in two sizes — a 25-pound bag for \$13.99 and a 12.13-pound jug for \$11.79. It's formulated to melt ice without causing discomfort to Woofie's paws and is less harmful to grass, trees, and other vegetation than standard ice melt.



Lastly, the excitement of the holidays (not to mention fireworks on New Years Eve), might leave your fur baby feeling a little extra anxious. Help them unwind with **Super Snouts Hemp Company's** THC- and grain-free calming hemp chews or Isohemp or Phyto organic, raw hemp oil. A 4.5-ounce jar of the chews is \$31.99, but if you're looking to do a test drive, an eight-count tube is available for \$6.99. A one-ounce bottle of Phyto in four strengths ranges in prices from \$14.99-\$63.99; the same size bottle of Isohemp in two strengths ranges from \$20.99-\$34.99.

The Daily Deli

Gourmet nibbles from around the globe to give — to others or to yourself.



The Deli Squad in Chestnut Hill has upped its appetizer game for the season. There are new cheddars in the case from **Beehive of Utah** (\$4.99 for a four-ounce wedge), in two flavors, and **Sea Change** from **Mystic Cheese Company** of Groton, CT. The latter is a stracchino-style cheese with an external blue rind and a buttery, mild flavor.

For a touch of sweetness, consider a gift tin of hand-baked shortbread (plain and two flavors available) from **The Fine Cheese Company** of Bath, England or a jar of chutney or preserves from **Le Bon Magot** of Princeton, NJ. Their line of small-batch spreads is available in three varieties for \$8.99 each.



Relax and order a cheese platter from Weavers Way Deli.

SLICE IT

DICE IT

SERVE IT

Pomegranates

Kieran McCourt, Weavers Way Ambler

Buying tips: Look for fruits that feel heavy for their size. The heavier it is, the juicier the arils will be. The tougher the outer skin, the better.

Storage: At room temperature, the whole fruit will keep for about a week, two weeks in the fridge. The arils will last five days or so in an airtight container.

How to free the arils for a recipe: Either cut the pomegranate in half or dissect the fruit into parts, working the arils free over a bowl of cold water. The arils will sink, while any of the inner membrane that breaks off will float, making for easier separation.

Ideas for use:

- Top a wintertime salad of lightly cooked hearty greens (like kale, collards, etc.) with arils. The sweet and slightly tart juice will liven up the greens and the seeds will add some nice crunch.

- Top roasted squash, sweet potatoes, brussels sprouts, or other winter time veggies with arils.

- Make a relish or salsa with arils and a medley of herbs, like parsley or mint, to serve alongside meats or other rich dishes,

- Add arils to cooked grains, like rice and quinoa or your morning porridge for a bit of wintertime brightness.

- Top desserts like cheesecakes and other sweets for a nice pop of color and texture.

Note: Pomegranates do not ripen after being picked!



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: I've always wondered who first looked at a lobster and said they'd like to eat that.

J: That could be said for most animals and creatures, for that matter. I mean, who would want to eat something covered in fur?

N: Probably the early humans saw animals eat other animals and saw there was meat inside the fur.

J: So it is just human instinct to want to eat flesh?

N: I don't know. That's why I wonder if the sight of a lobster ever made someone salivate.

J: Perhaps the early explorers traveling by sea didn't have enough food on board and decided to eat whatever popped out of the ocean.

N: Have you ever been starving hungry?

J: I think my definition and experience of starving hungry is in no way comparable to actual starvation since I've led a relatively privileged life. Have you ever experienced true hunger?

N: I don't think so. Although growing up, it seemed like I was constantly hungry but there was plenty of food. I wonder what I would do if the only food available was non-vegan. Would I eat it or starve?

J: My hunch is you probably would eat a non-vegan item after a certain amount of time.

N: Because the drive to live is so strong?

J: Partly. Plus, I'm sure the discomfort and pain of starvation would take over both physically and mentally.

N: So, at that point I'd become obsessed with finding food — a little like you are all the time.

J: Yes. Being vegan has also made me plan meals and identify vegan-friendly options I can eat when I go out. Going back to starvation, you need nutrients and energy from food to survive, so I'm sure the drive is strong.

N: Maybe if I couldn't find vegan food, that's when I would try the breatharian diet.

J: Now that's a true whack job! Sounds more like an eating disorder.

N: You don't think you could live on light and air?

J: No, I think I'd die pretty quickly. Am I allowed to drink water?

N: I'm not sure. I think some breatharians drink water and some don't. I don't know any breatharians, so I can't ask them. If you meet one, you better ask them your questions quickly.

J: Yeah, you probably don't know any because they're taking a dirt nap — although dirt is where all the precious B12 is. But thinking back to these early explorers, they could have chosen sea vegetables over the crusty lobster.

N: I heard sea vegetables are really healthy. They have this substance called fucoidan which is apparently good for all kinds of things — oxidizing cells, strengthening the immune system, metabolizing fat, aiding nerve communication, and more. But I don't know if sea vegetables have much protein.

J: Ahh — the old protein myth.

N: Guess the explorers got their protein from fish. They probably did some fishing.

J: The suffering that fish endure from being caught doesn't seem to be as prominently exposed as factory farm animals.

N: Some people think fish feel pain because they have a nervous system, sensory receptors, and display protective motor reactions. Did you ever go fishing?

J: A few times when I was little but never anything regular. I experienced more crabbing than fishing and we always let them go. Did you?

N: Yeah, my Dad loved to go fishing. Most we threw back, but if we caught a flounder my Dad would save it and eat it. I remember the fish would flop around awhile on the boat and then stop flopping. It never occurred to me they were suffering.

J: I wonder why it is that some people have less compassion or empathy toward sea creatures. They're not viewed the same as land animals or something fuzzy you can pet.

N: I guess maybe it's suffocation and the fact that fish can't run away and scream in pain. We're not aware of the suffering.

J: Well, perhaps not with smaller fish. But what

about in the case of dolphins, whales and larger sea mammals? They're also hunted in other countries.

N: Yeah good point.

J: Well, humans are the ones to decide everything. After all, we are the most intelligent species. We feed our oceans plastic and trash, which the sea creatures are consuming unknowingly.

N: Maybe we're seeding the ocean for the next species to evolve — one that can eat plastic.

J: Actually, I heard that mushrooms can break down plastic. Plus, some mushrooms are high in B12. I think mushrooms are the future.

N: Mushrooms are magic. They have special powers. Maybe we should try being mushroomivores.

J: You just keep on making up new diets. I'm all for it if it ends suffering!

Recommended products:

- Nori sheets and dried seaweed (various brands)
- Tony's Choclonely dark almond sea salt bar
- Field Roast Celebration Roast

Join us on Tuesday, Jan. 14 from 6:30-8 p.m.

at Mt. Airy Nexus for a vegan potluck hosted by the Weavers Way Vegan Meet-Up group. The group is open to all, from the veg to the veg-curious. All dishes must be vegan — no meat, fish, dairy, eggs or honey. Stay tuned to the Weavers Way Event Calendar for more details!

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

Email veganalert@weaversway.coop to share your experience.

Savor the Season

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Platters available for pickup in all 3 stores.

To place an order, please call

Ambler 215-302-5550

Prepared Foods: ext. 375

Meat & Seafood: ext. 361

Chestnut Hill 215-866-9150

Prepared Foods: ext. 209

Meat & Seafood: ext. 205

Mt. Airy 215-843-2350

Prepared Foods: ext. 375

Meat & Seafood: ext. 102

See the menus at

www.weaversway.coop/catering



Weavers Way Ambler
217 E. Butler Ave.

Weavers Way Chestnut Hill
8424 Germantown Ave.

Weavers Way Mt. Airy
559 Carpenter Lane



www.weaversway.coop/catering



An offshoot of Weavers Way Co-op

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FOOD MOXIE

We dig what we eat.

Weavers Way and Food Moxie: An Alliance That's All Good

by Laura Morris Siena

MY COMMITMENT TO FOOD MOXIE grows directly out of my belief in the cooperative enterprise as embodied by Weavers Way.

In the case of our food stores, the collective enterprise is, "How can we run a small grocery chain in a competitive marketplace, source as much product locally as we can, support a farm, and contribute to our shared community?"

That shared community includes a lot of people who don't have access to healthy food, who often haven't been exposed to how food is grown, and who really latch onto the idea of eating more healthily when they experience Food Moxie's programs.

I think it's brilliant that our Co-op is allied with a nonprofit whose work broadens our community. The partnership enables us to share our commitment to healthy food beyond ourselves and our fellow members. And it gives us the opportunity to help change people's lives.

Laura Morris Siena is an outgoing member of Food Moxie's Board of Directors and a former member of the Weavers Way Board.



FoodShare with Stenton Family Manor of fall garden bounty and rosemary oil made in collaboration with WW member and super-volunteer Margaret Guthrie.



Pumpkin Smoothies for tasting during Food Moxie Land Lab programming with horticulture students at WB Saul High School.



Harvesting herbs in Food Moxie's Garden Club with Stenton Family Manor to make herb bundles.

AWBURY ARBORETUM
Year of Citizen Science · 2020

Throughout 2020, Awbury Arboretum will be offering a variety of events to engage our community in citizen science.

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- City Nature Challenge**
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- Monarch Migration**

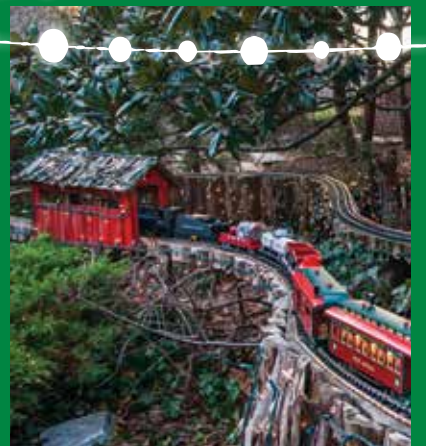
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An offshoot of Weavers Way Co-op

FOOD MOXIE



Harvest Festival MLK

Eagles Cares partnership with Food Moxie provides Eagles player appearances for a Harvest Celebration at Farm Club that includes cider pressing, a pumpkin patch, and apple tasting of local apples in support of MLK students celebration of seasonal and local healthy foods.



THANKS TO...

Harriet Dichter
Food Moxie Board Emeritus

Jeffrey Fuller
Food Moxie Board Emeritus

Laura Morris Siena
Food Moxie Board Emeritus

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Photo: Julieanne Harris

PENNSYLVANIA COUNCIL ON THE ARTS
The Philadelphia Cultural Fund

local

The Freymoyer Tree Farm, established in 1927, is situated at the base of the Blue Mountain in Berks County, Pennsylvania.

Operated by Jeremy Freymoyer, a fourth generation Christmas tree producer, the 125 acre farm produces pumpkins and hay in addition to evergreens.

The Blue Spruce are "no spray"

Douglas Fir or Blue Spruce (5' - 8')

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weavers way coop

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L·E·T·T·E·R·S

Chives Talkin'

I HAVE NOTICED A LOSS OF A SPECIFIC product at Weavers Way — dried chives. I know that I can grow them, and I can buy them fresh in the Co-op's fresh herbs section. However, dried chives have been a staple in my cupboard forever! Frontier chives have suddenly not been available for many months now, and they're not even available on the grocery shelf in the little, more expensive bottles.

I'll look in the supermarket on my next trip to see if they are there. I get perhaps 90% of my household supplies and food supplies from Weavers Way and want to keep it that way. Can you see if there is someone who can tell me what has happened to dried chives? I know that Norman will tell me in his ever-so-humorous way to grow and dry my own, but that is just not a chore on my To Do list. Anyway, I wonder if perhaps their loss is anything to do with climate change or war in the Middle East.

Barbara Granger

SHUTTLE LETTERS POLICY

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

Did you know?

You can read the Shuttle ONLINE.

www.weaversway.coop/shuttle-online

Sales of Produce Seconds

(Continued from Page 1)

and everyone was happy to reduce food waste. Scott Blunk, our compost czar, referred to this as our "bent-n-dent" department and we've harvested our peppers differently ever since.

Then in 2017, we got an email from someone at Greensgrow Farms in Kensington. They had received a grant to purchase seconds from local farms and turn the slightly ugly, but perfectly usable vegetables into value-added products for their CSA and other food access programs. We were excited to partner with them on this project and over the course of the season we sold just under \$1,000 in seconds to Greensgrow. After their grant funding ran out for that program, we didn't want a good thing to end. We thought to ourselves, "Hey, we can still do this!"

So we created a new seconds price tier at our farm market for over a dozen of the vegetables we grow. When you shop at our farm market you can find the "seconds" section where we display all the reduced price items together.

We also talked with our kitchen managers at each of our stores about working with this type of product. The response was great! Another win-win-win: the kitchens can buy more product from the farms at a lower price, the farms can sell more product to our kitchens, and our customers get more tasty items on the hot bar with ingredients from their own farms! Every Saturday, you can find a sautéed greens dish on the hot bar in the Chestnut Hill store, made from collards, kale or chard that are still delicious and nutritious, but have a few holes and won't make the cut to sell otherwise.

Since the beginning of this season we have sold \$3,381 in produce seconds. Of that, \$2,043 was sold to farm market customers, \$1,234 was purchased by our kitchens, and \$104 was sold to our wholesale outlets, such as restaurants or the cafeteria at Saul High School. And the season's not over yet. We are so happy to be reducing our food waste while also increasing our sales, and inviting our customers to be part of the solution.

nberryman@weaversway.coop



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Cooperatives Can Help Capitalism Work Better For Everyone

by Jon Roesser, Weavers Way General Manager

FOLKS, IT APPEARS THAT CAPITALISM IS IN TROUBLE. A Pew Research poll this summer found that 65% of Americans still have a favorable opinion of capitalism, but that's not too great. And the number of Americans with a favorable opinion of socialism, 42%, is on the rise. Young people are decreasingly convinced that capitalism is all their elders have told them it's cracked up to be.

Capitalism's reckoning with public sentiment is a long time coming. When the Berlin Wall came down, it signaled the triumph of the free-market, capitalist West over the state-controlled, communist East. Even communist regimes like China and Vietnam embraced the free-market model as the best path forward for economic prosperity.

Things changed in the wake of the 2008 Great Recession. Confidence in free markets was shaken. The recovery was uneven. The gap between haves and have-nots has widened. Many are convinced that capitalism only really works for the well-connected wealthy elite. In China and elsewhere, increasing economic prosperity has not reduced the government's ability to operate totalitarian states.

Responding to capitalism's growing image problem, in August the Business Roundtable, an association of CEOs from the big American corporate giants, put out a statement saying that corporations must move away from their focus on "shareholder primacy," and instead commit to benefiting "all stakeholders – customers, employees, suppliers, communities and shareholders."

Jamie Dimon, CEO of J.P. Morgan, said the statement showed the "business community's unwavering commitment to continue to push for an economy that serves all Americans." Alex Gorsky, CEO of Johnson & Johnson, said the statement "affirms the essential role corporations can play in improving our society."

Well. Guys like Dimon (who "earned" \$33 million in 2018) and Gorsky (\$21 million), have a vested

interest in burnishing capitalism's image. Sensing restlessness among the masses, the Business Roundtable has (quite wisely) thrown itself into full-scale damage control mode. One would be right to be suspicious of their motives and skeptical of their willingness to really change.

Others have proposed remedies, too. As they jockey for attention, the candidates in the Democrat



**Capitalism's reckoning
with public sentiment
is a long time coming.**



primary all offer cures for what ills capitalism. Elizabeth Warren would penalize big firms that fail to take into account the interests of their employees and their communities. Bernie Sanders would give workers an ownership stake in the companies for which they toil. Even Joe Biden, who takes a more moderate stance on this as he does on most things, wants to "save" capitalism by "reordering" it, mostly by sniffing out cronyism and improper corporate connections.

Even the Pope has chimed in. While he's called business a "noble profession," he's said that "capitalism gives a moral cloak to inequality." Next March he is convening a summit in Assisi that will explore alternatives to the free-market capitalist system. And it's a good bet that during this summit, the subject of co-ops will come up.

Contrary to what some people think, here at the Co-op we are not communists. Our cooperative ownership model doesn't change the fact that Weavers Way is a business, subject to market forces of supply and de-

mand, able to capitalize on our competitive differentiators, and susceptible to changing economic conditions.

Sit in on one of our management meetings and you'll hear us talk about things like identifying new revenue streams, growing our market share, and increasing our brand awareness.

To thrive in the ferociously competitive grocery marketplace, we must get the fundamentals right: superior food, sparkling customer service, a pleasant shopping environment, and competitive prices. Grocers who fail to differentiate themselves from the competition won't last long. Remember Super Fresh?

But while the Co-op is a business, our ownership structure allows us to behave in a way other businesses cannot. Owned by our members and governed by their elected representatives, Weavers Way operates as a business, but one that is mission driven. That mission is to operate the Co-op as a triple bottom line business: people, planet, profit.

Because our owners are not seeking a financial return on their investment, so long as we operate Weavers Way in a fiscally responsible way, we fulfill our business's financial bottom line. This allows us to elevate our other two bottom lines in a way our for-profit competitors simply cannot. So we can be more careful in ensuring our business decisions make not only good financial sense, but are beneficial to our community and not harmful to the planet.

Big, for-profit companies can crow all they want about being responsible corporate citizens, but their allegiance to Wall Street must necessarily come first.

As people sour on the dog-eat-dog, amoral (and increasingly immoral) unfettered capitalist system that benefits too few and leaves too many behind, Weavers Way's cooperative model offers the fairer, more equitable, more sustainable form of capitalism that more and more people crave.

See you around the Co-op.



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The Write Way: Healing and Transformation Through Journaling

by Dan Vidal, Weavers Way Health & Wellness Committee

IF YOU'RE ANYTHING LIKE ME, IT seems like there are a billion things that you want to accomplish, but you're not sure where to begin or how you will ever find the time. Maybe you want to get in shape, or start a diet, or complete a project, or grow your business. This can be crushing, because the more we put our dreams on hold, the more anxious, frustrated and unfulfilled we become. The new year is just around the corner, and every year many of us kick it off with fiery ambition, only to have it fizzle away into nihilistic resignation before the end of January.

Trust me, I know; I've been there. But it doesn't have to be that way! Many of us simply lack clarity when it comes to our dreams and goals. In order to hit a target, you have to know exactly what and where the target is before you can take aim. Often, we are not clear about exactly what we want to accomplish or why. This can lead to anxiety and depression and contribute to a whole host of health issues.

Fortunately, there is a fairly simple and cost-effective solution: All we

have to do is ask ourselves some simple questions.

- What exactly do you want to achieve?
- Why do you want to achieve these goals?
- How will achieving them transform you as a person?
- How will you feel about yourself afterward, and how will it change your relationships with those around you?

Pick no more than three goals and write out your answers. This will force you to prioritize those lofty ambitions. Be as detailed as possible. The clearer your vision, the more achievable it will become. Remember, we have to know exactly what we are aiming at in order to hit the target. This exercise provides your brain with the fuel it needs to ignite your ambition and overcome the inevitable challenges and pitfalls that you will encounter.

We humans are emotional creatures. We have the ability to reason, but all of our decisions are rooted in the

lower systems of our brain that govern emotion. This is why we can't just reason ourselves into starting that diet or finishing that project — we have to feel like doing those things first.

Now that you have the what and the why, you need the how. Break down each goal into achievable tasks to be completed. Write them out. Schedule them on your calendar or daily planner. Make this a daily process. Begin each day by picking three targets that you would like to hit that day and write them down. Now plan out your day.

If you still feel like you need more guidance, there are some excellent resources out there that really streamline this process. I have personally been using the Best Self© journal for the past several weeks and haven't looked back since. Whatever journaling tools you use though, be sure that you stick with the process. If you ever get lost, all you have to do is check in with yourself and make sure that you are not only asking the right questions, but that you are open to receiving the answers.



Dan Vidal is a licensed massage therapist, certified Neurosomatic Pain Treatment Specialist, and owner of Paragon Pain Solutions in Mt. Airy. He helps patients eliminate pain by assessing their posture and creating personalized treatment plans that involve targeted massage and mindful movement practices.




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Running For the Board, Pt. 1

(Continued from Page 1)

financing of our farms, opportunities to reach those with fewer food dollars, and plastics reduction. At our monthly meetings, (which are held the first Tuesday of the month), we focus on the operations and success of our three stores and do strategic planning for our future. Additional meetings and phone conferences may be called as needed to address timely opportunities for the Co-op.

The Board requires a generous time commitment from board directors, since much of our work is done in small groups that supplement the meetings. We are looking for candidates who will use their talents, interests and knowledge of our community to represent the membership. Those who understand and respect group process serve us well. As part of your service, you'll receive education and training in board procedures.

If you are interested in serving, we require you to attend at least one Board meeting prior to running. Upcoming meetings are scheduled for December 5, January 7, and February 4. We suggest you look at minutes from our meetings on the Co-op's website to become familiar with our work.

Information sessions for candidates will be held on January 21 in Mt. Airy, January 22 in Chestnut Hill, and January 30 in Ambler. All sessions begin at 6:30 p.m.; specific locations for the sessions will be announced closer to the dates. Candidates must submit a ballot nomination by February 28 with a written statement and a photo. They will also take part in a video interview in early March.

Being on the Weavers Way Board is rewarding and greatly appreciated by the membership. As Board members we have the opportunity to share and spread the word about the cooperative model of business. There is no monetary compensation for Board services.

More information is available at www.WeaversWay.coop/board-elections.



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Digging In to Care for Trees

(Continued from Page 1)

Hill, and Mt. Airy, along with numerous other communities.

Community tree planting in Ambler dates back to 1990, when its Shade Tree Commission was established. In 2006, the Tree Tenders group was organized by local resident Susan Curry, who was inspired by her PHS training course. "I finished the course loving trees as individuals—the way they make their own food, and the kinds of threats they are vulnerable to suffering," she said in a recent interview.

Between 2006 and 2010, Curry organized several all-day planting events that drew many volunteers and volunteer organizations, including the Girl Scouts, Key Club International and the Interact Club of Rotary International. During those years, the group planted close to 1,000 trees, mostly on riparian areas in municipal parks.

A riparian area is the interface between land and a river or stream. When restored with trees, they help slow stormwater runoff and filter out pollutants from lawns, farm fields and roads.

The Ambler group's largest planting project oc-



photo by CM Raines

This year's group of volunteer tree planters in Ambler.

curred in Borough Park along Rose Valley Creek, a tributary of the Wissahickon Creek. According to Curry, this area suffered subsequent flood damage caused by two 100-year storms (Hurricanes Floyd and Irene/Lee) that destroyed many trees. After the Tenders replaced the trees, the riparian area was restored to its natural state.

Planting in riparian areas is spearheaded by the PHS

Tree Vitalize Watersheds program, which is responsible for planting over 140,000 trees since 2005 in watersheds throughout southeastern Pennsylvania. Each year, PHS awards grants to municipalities and conservation organizations to make this program possible.

Today, tree planting in Ambler is overseen by the Borough's Environmental Advisory Council. In the last two years, 162 trees have been planted as part of the "Make Ambler a Shade Better" street trees program.

According to Borough resident Jilian Sanchez, who organizes the volunteer groups, all the trees come through PHS, which buys them from growers in New England at wholesale rates. The savings are passed along to the municipality. All are

bare root trees, which have excellent survival rates, and are delivered by the borough to each location. At the time of delivery, the trees are six to eight feet tall.

Tree requests for planting next spring are due in January; the trees arrive in April. Requests should be sent to amblereac@gmail.com.

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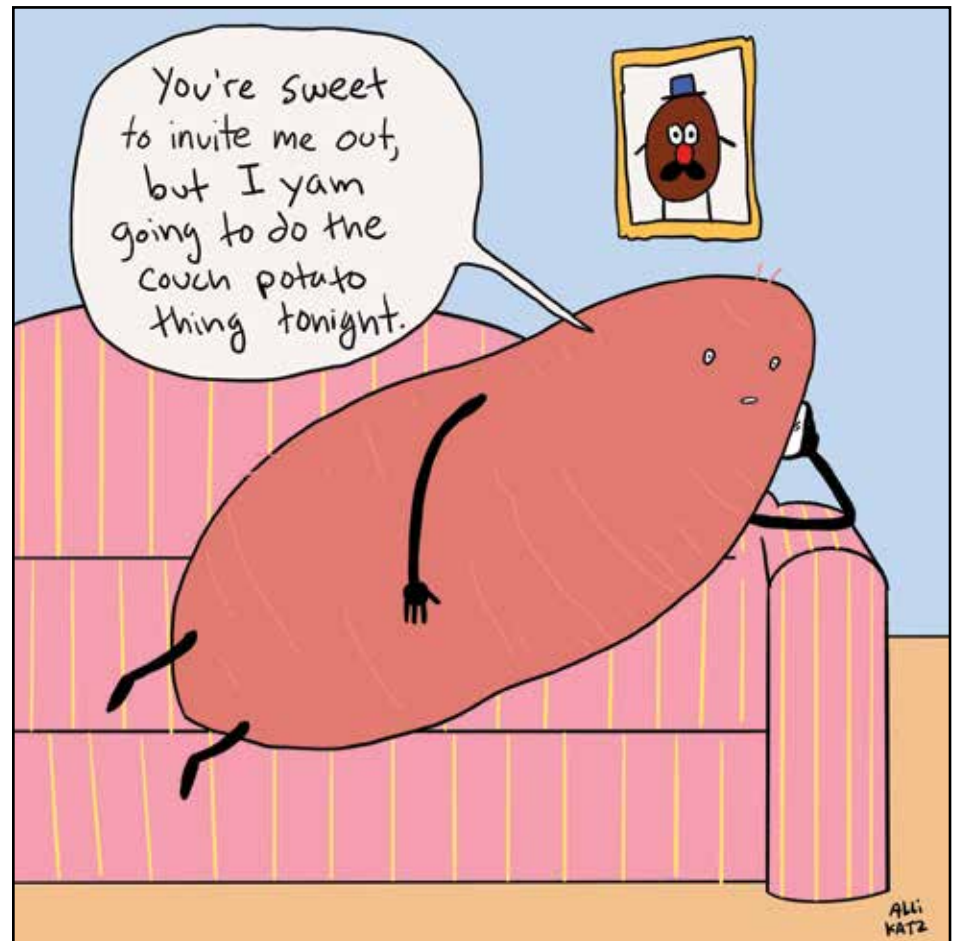
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Our Parents Were Right: Playing Outside Is Good for Us

by Gail Farmer, Executive Director, Wissahickon Valley Watershed Association

I WAS BORN IN 1975 AND “GO OUTSIDE and be back by dinner” was a common directive from my mother back then. Behind my house stood an undeveloped hill, and “The Hill” was where my sisters and I went when my mom sent us outdoors. My childhood was also filled with Girl Scouts, dance classes, and community soccer, but my best memories and my most formative experiences come from the times my mother wanted nothing more than to get me and my sisters out of her hair for a few hours.



Nature (on any scale) fires up a child’s developing brain in a way nothing else can, and the benefits last well into adulthood. Playing in autumn leaves in childhood offers a joyful play opportunity, and that rich sensory experience becomes linked with the emotions of play. When that child becomes an adult, the earthy smell of autumn leaves, the way they crinkle and crumble from touch, the colors against the ground, all carry with them positive feelings from their childhood.

A growing body of research in early childhood development is revealing the critical connection between this type of exposure to nature and the developing brain. Children who spend immersive time playing in nature tend to be less anxious and better able to focus, and to have fewer health issues and more emotional resilience than children who don’t. Nature play allows children to choose their own adventure, based on the amount of challenge and risk they feel ready to take on at any given time. Should I walk across that log? What will happen if I balance these three sticks? I want to move this tree stump; can I carry it myself? Do I need help to move it? Experiences like these teach children to build awareness and confidence in their abilities and decision making. We want our children to have lots of these experiences before they become teens and begin making decisions with more consequences.

When I think back to my childhood, The Hill dominates my memories. In reality, I probably spent less time on The Hill than I did at soccer, Girl Scouts, and dance. It is the power of nature play, linking rich sensory experiences with high emotional stimuli, that makes my childhood experiences on The Hill loom large in my memory. Every child needs a special nature place, big or small, that meets them where they are and gives them what they need. And every adult needs to have that special nature place in their heart, connecting them with feelings of peace and joy, whenever they might need it.

Live in Philadelphia and want to find nature near you? Visit naturephl.org

Live in Montgomery County and want to explore Wissahickon Valley Watershed Association’s nature preserves and trails? Visit wvwa.org.



photo by Alison Feldman

Jack Feldman birding at Four Mills Reserve.



photo by Scott Tantino.

Exploring the trail together.



photo by Scott Tantino

Running across the stepping stones.



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Maura's Moving On, But Leaving FOW in Capable Hands

by Maura McCarthy, Executive Director, Friends of the Wissahickon

ON THE THIRD FRIDAY OF EVERY month for the past three years, I led Executive Director hikes in the Wissahickon. I became "Maura the Explorer" as I guided visitors through the woods, talking about what they were seeing and pointing out recent improvements that Friends of the Wissahickon had made to the area. I started doing these hikes because, after spending so much time in the office, I missed being outdoors, and I loved exploring and sharing our wonderful park with people who loved it as much as I did.

These memories are among the many reasons that deciding to step down as Friends of the Wissahickon's executive director to assume the same position at Fairmount Park Conservancy was so difficult. But my decision to make this move was made easier by the fact the Conservancy's work overlaps so strongly with the mission and values of this community that I respect and admire. And my new role will enable me to continue working with FOW on an even greater scale, while expanding the work I've been doing for the past 13 years on a citywide scale.

I am grateful to the Weavers Way community for recognizing the value of the tremendous natural resource we have in our own backyard and for putting their heart and soul – and their hands and backs! – into sustaining it. It's like there's a huge Venn diagram overlap between FOW and Co-op members, and an even bigger one of the value systems between these two groups.

Seeing through our true era of partnership with the city, getting a signage system installed in the Wissahickon, embedding the values of watershed stewardship in the community at large are all projects I had only hoped to accomplish. But the strong association with friends like Weavers Way helped make them a reality. I will personally continue to support the fine work at the Co-op, and I know that our partnership will continue into the future.

I am thrilled to be able to pass on the executive director baton to my friend and colleague Ruffian Tittmann, FOW's deputy director since 2017. She joined FOW in 2006 as development director, just a year after I started, and we have worked hand in glove on all of our major Wissahickon Valley Park improvement projects. So we won't miss a beat in the transition of leadership and continuation of FOW's work, which is especially important as we look to our century of service in 2024.

Ruffian shares my love for our urban wilderness and watershed, and is more than ready to continue engaging the community in FOW's stewardship. I cannot think of anyone better suited for and qualified to assume this role. Stay tuned for her columns in future issues of the Shuttle.

Happy holidays and a healthy New Year. See you in the Wissahickon.



Photo credit: Charles Uniatowski

"Maura the Explorer" leads one of her hikes in the Wissahickon.

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Holiday Food Drive Continues To Be Fruitful


by Roberta Balsam, UUH Outreach Program

THE UUH OUTREACH Program's annual holiday food drive is a beacon of hope to our clients — adults 60 and over living in Northwest Philadelphia. We launched it in a modest way in 2005, and were encouraged to see how our small acts of delivering groceries during the holiday season could have such a large impact on the people we served.

With the money that was donated, we were able to bring some special goodies into homes that struggle to keep stocked with the basics. Every year since then, our food drive has expanded to include more people. We now have the wonderful support of neighborhood organizations, schools, and community businesses that have agreed to collect food for us. Last year, with the help of our partners and the 37 volunteers who helped with sorting, packing and delivering, we were able to distribute 377 bags of groceries to older adults aging in place within our Northwest community.

Please help us to continue to grow by making a generous food donation as you shop at the Co-op or a cash donation directly to our organization. Every penny donated goes directly to our clients.

If you're interested in doing more, consider becoming a volunteer to help us get the food sorted, packed and/or delivered. Or if you know of a site that would be willing to collect for us, give us a call at 215-843-5881. If you are a working member of the Co-op, you can earn hours by volunteering with us; there are food drive-related jobs posted on the Member Work Calendar.




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 WEAVERS WAY BRAND VITAMINS AND SUPPLEMENTS

Navigating Healthy Holiday Eating

by Nicole Schillinger Vogler, Weavers Way Neighborhood Nutrition Team

WELL, IT'S THAT TIME of year. Halloween candy has already started contributing to the weight gain of the winter season. Over the next two months, you'll be bombarded with parties, high-calorie foods, and alcohol. These are just some of the factors that can lead any of us to put on five pounds or more during this season.



Holiday weight gain is one reason your weight creeps up year after year. The best advice is to change your mindset. Don't expect to lose weight — instead, focus on not gaining weight. For success, keep a regular exercise pattern and healthy diet during this time.

Here are a few tips for staying on track and maintaining, not gaining, while still enjoying some of your favorite dishes:

- Never go to a party hungry. The temptation of the variety of foods can derail people with food sensitivities, blood sugar issues, and heart health issues. The morning before a party, fill up with a good, high-protein breakfast, and then have a nice soup or salad for lunch. The fiber and protein will help keep you full, and you won't overindulge.
- Survey the entire table before you take any food. Decide which foods are worth eating and which you can ignore, and then stick with that decision. Why waste calories on foods that don't bring you pleasure?
- Eat your calories, vs. drinking them. Stick with light beer, wine, and champagne instead of punches, eggnog, and mixed drinks, which can have up to 500 calories per cup.
- Drink water between every alcoholic drink. This will keep you hydrated, and you'll drink fewer calories in the end.
- Watch your portion sizes. Don't cover your plate completely

with food, and don't feel like you have to clean the plate, either.

- The more veggies, the better — that is, if they're not smothered in butter, cream, and cheese.

What if you're the cook or need to bring a dish with you? No sweat. Here are some great ways to alter a recipe to make it healthier — and most partygoers won't even know you made a change! If the recipe calls for:

- Milk — replace with a dairy-free milk so those with lactose intolerance can still enjoy your dish.
- Butter/oil — replace with applesauce or mashed banana in baked goods.
- Eggs — replace with flax eggs. Combine 1 tbsp. ground flax seeds with 3 tbsp. water, then let sit for 5 minutes. This equals one whole egg in a recipe.
- Sour cream — replace with Greek (thicker texture) or plain yogurt.
- Sugar — replace with stevia. One cup of sugar should be swapped for 2 tsp. powdered stevia or 1 tsp. liquid stevia.

Rethink and revamp your menu items. For example, make apple crisp instead of apple pie. Top it with tons of spices, sunflower seeds, and gluten-free oats for a crunchy, fiber-rich dessert. Make mashed cauliflower instead of mashed potatoes — less carbs and calories. Roast sweet potatoes with coconut oil, stevia, and cinnamon instead of loading with butter and brown sugar. There are so many ways you can make this holiday time healthier for you and your family and friends!

Happy holidays from Nicole Schillinger Vogler RD, LDN, Personal Trainer.



What the Team Has in Store

Holiday season has arrived and the Neighborhood Nutrition Team is here to help you navigate the season so you can make healthy choices and still enjoy yourself! Join Neighborhood Nutrition Team member Dorothy Bauer for a deliciously festive workshop on healthy desserts that you'll want to make for guests. As always, the team will be on hand to answer any nutrition or health concerns in all three stores.

Neighborhood Nutrition Team Open Hours at Weavers Way locations:

- Tuesday, Dec. 3, 4-6 p.m. - Ambler
- Tuesday, Dec. 10, 4-6 p.m. - Mt. Airy
- Tuesday, Dec. 17, 4-6 p.m. - Chestnut Hill

WORKSHOPS

See listings on Page 16, or visit www.weaversway/coop/events.



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Go online at [Eventbrite](https://www.eventbrite.com) or RSVP via the Events Calendar, www.weaversway.coop/events/workshops. Or do it the old-fashioned way: Email outreach@weaversway.coop or call 215-843-2350, ext. 118.

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- 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

Make Your Own Holiday Wreath

Saturday, Dec. 7, 6-8 p.m. and Sunday, Dec. 8, 6-8 p.m.

Weavers Way Mercantile, 542 Carpenter Lane, Mt. Airy

Create a festive winter wreath for your home this season! We'll be combining fresh-cut live evergreens and seasonal foliage, plus ribbon and natural embellishments, to craft a lush 12" wreath. **Marisa Keris** of Farmer Lady Flowers will demonstrate how to get started and offer assistance. All materials will be provided, but please bring your own pruners and gardening gloves — and feel free to bring any extra special additions you'd like to include as well! Light refreshments will be served. \$45 per person includes all materials. Registration is required and space is limited, so we're hosting two sessions — join us for either one!

Create a Productive, Aesthetically Pleasing Vegetable Garden

Thursday, Dec. 12, 6-7:30 p.m.

Mt. Airy Nexus, 520 Carpenter Lane

Are you looking to get more from your outdoor space? Join working member, Backyard Eats founder, and Master

Gardener **Chris Mattingly** to learn the ins-and-outs of creating a raised bed garden. Chris will cover several topics, including choosing an ideal location, constructing a tranquil but productive space, keeping out unwanted critters, and more. Free.

Weavers Way Wellness Team: How to Eat Healthy and Lose Weight in 2020

Thursday, Jan. 9, 6:30-7:30 p.m.

Weavers Way Ambler

Weavers Way Wellness Team member **Nicole Schillinger** will cover effective weight loss

strategies — not just a fad diet or a quick fix that will result in the body weight increasing after you stop. She'll also review factors that affect weight loss including toxins, stress, sleep deprivation, and lack of exercise, and discuss ways to make small changes toward successful and sustained weight loss in 2020. Free.

Weavers Way Wellness Team: DIY Fire Tonic

Tuesday, Jan. 14, 1-2:30 p.m.

Weavers Way Ambler

Learn how to make delicious DIY Fire Tonic with everybody's favorite raw foodie, **Dorothy Bauer**. Fire Tonic is a popular herbal folk remedy. 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. Fire Tonic can be taken straight by the spoonful, added to juice, or splashed in your homemade recipes. Free.

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Give the Earth the Gift of a Plastic-Free Holiday

by Sandra Folzer, Weavers Way Environment Committee

PLASTIC IS FOREVER. LET THAT FACT SINK IN. You say, “but I recycle,” which is often meaningless. Since China now is not accepting most of our plastic waste, it ends up in the landfill or in our oceans.

Recycling is mostly a feel-good activity. In the United States, we leave 32 million tons of plastic waste in our landfills and waterways yearly, which contributes to more than 270,000 tons floating in the ocean. Plastic pieces outnumber sea life six to one in the North Pacific Gyre off the coast of California. One million sea birds and 10,000 marine mammals are killed each year from the plastic you and I throw away. We are responsible for their deaths, whether or not we admit it.

Picture your festivities this holiday. What do you see? It’s likely you and yours will be unwrapping presents, creating mountains of gift wrap, cards, ribbon and packaging materials. Wouldn’t we be kinder to our fellow creatures if we wasted less, especially plastic, during the holidays?

Below are some suggestions, some of which are from the Plastic Pollution Coalition:

1. You’re probably going to use real plates, cups and utensils when entertaining. But what about family and friends? Can you convince them to avoid throwaway containers? About a third of our solid waste is made up of food containers and packaging. Also, avoid plastic straws, which are one of the most common items found on beaches.
2. Avoid gifts in plastic clamshells/oyster packaging, which will likely head directly to the landfill. Find gifts that are unpackaged, or give “experience” gifts instead. Avoid overpackaged items. Remember, you’re buying the packaging along with the gift.
3. Online gifts usually arrive in multiple packages with bubble wrap or styrofoam peanuts. You can request minimum packaging at some stores. If you end up with unwanted packaging, you can donate it to mailing stores.
3. Use newspaper, recycled paper or even fabric to wrap gifts. Instead of plastic, use twine or cloth ribbons to secure the wrapping. I use the comics pages.
4. Avoid plastic decorations like “fake snow,” which is made from finely ground polystyrene, a possible human carcinogen and environmental pollutant that lasts forever. Use real garlands over plastic.



5. Buy toys made of wood and other natural materials for children instead of plastic. Keep in mind that plastics contain chemicals like phthalates and bisphenol A, which are harmful endocrine disruptors. Plastic can be absorbed by our bodies; 93% of Americans test positive for BPA.

6. When you purchase your non-plastic item, tell the clerk beforehand that you don’t want a sales slip if you don’t need it. Sales slips are not recyclable because they are coated with plastic BPA or BPS.

7. If you’re giving clothes, choose natural fibers like linen, cotton, silk or wool over synthetics. Polyester, rayon and nylon fabrics are made of thousands of tiny, plastic microfibers. Almost 2,000 microfibers from one piece of clothing go into our water system each time it is washed. It’s best to give or trade gently used clothing.

8. Give baked goods and homemade gifts without using plastic wrapping.

9. Refrain from purchasing unnecessary plastic. Some beauty products like face wash can contain around 300,000 plastic microbeads, which end up in streams and oceans. If the item says “ex-foliant” or “scrub,” it contains plastic microbeads. Most cleansers, face and body washes, and even some deep-cleaning toothpastes contain plastic beads as well. Check individual websites for ingredients.

Most important, spread the word to family, neighbors and friends. They may not realize the harm they cause to marine life when they use plastic freely.

I wish the United States was as forward-thinking as Rwanda. There, it is illegal to import, produce, use or sell plastic bags or packaging except for hospitals and pharmaceuticals. Worldwide, more than one million plastic bags are used every minute. While 15 African countries have some kind of ban on plastic bags, they don’t enforce them. Rwandan children are taught in school not to use plastic bags and to appreciate the environment. People can be fined up to \$19,000 or spend as much as four years in jail for selling or manufacturing plastic.

Every piece of plastic that was ever made still exists in some form today and much of it is killing or injuring birds, turtles and other marine life. Eventually, it hurts us, too.

Have a Happy Plastic-less Holiday.

eco tip



This Year, Try to Give Minus the Wrapping

by Marsha Low, Weavers Way Environment Committee

It’s December, and that means holiday cheer. Whether it be Hanukkah, Christmas, or Kwanzaa, Americans like to celebrate with gift giving. With that comes gift wrap, which includes wrapping paper, tissue paper, and gift bags—most of which is not recycled, or can’t be, and ends up in landfills. Approximately 4.6 million lbs of wrapping paper is produced annually in the United States, and about half of it ends up in landfills.

A lot of the paper you think might be recyclable isn’t, because it’s lined with plastic. Paper with glitter is particularly harmful for the environment and wildlife, because glitter is made from small particles of plastic that ultimately end up in the oceans, harming marine animals that ingest these small specks. Over time, the buildup of these specks in the animal can be fatal.

Even paper without plastic is not an ideal item to recycle, because it’s thin and often full of ink, which makes it difficult to extract fibers from it during recycling. This creates extra sludge when the paper is processed.

Giving up gift wrap can be a financial boon as well, because Americans spend over \$12 billion dollars on it every year. That’s a lot of money for something that’s designed to be torn off a present and tossed away in less than a minute!

For those of us who just can’t give up the idea of wrapping gifts, consider using brown paper saved from packaging. If you like decorations on your gifts, you can decorate with a sprig or two of rosemary or evergreen, or a stick of cinnamon. And we can all consider giving gifts that aren’t things, but experiences, such as tickets to concerts or plays, spa packages that include massages or facials, or coupons to restaurants. No gift wrapping required, and gifts of experiences are often more enjoyable than physical objects.

Happy (and hopefully giftwrap-free) Holidays!

Environment Committee to Start Seeking Grant Applications Next Month

Weavers Way Environment Committee will be accepting grant applications in the new year.

If your group would like to apply for a small grant, (\$100-\$500), download an application and guidelines on the Co-op’s website or pick up a paper copy at one of the stores after January 10, 2020. We are giving preference to those applications which address climate change.

We look forward to hearing from you.

Quilt Raffle By Former Teacher to Benefit Student’s NGO in Antigua

by Betsy Teutsch, for the Shuttle

TEACHERS STRIVE TO INSPIRE THEIR STUDENTS AND THEY DELIGHT IN staying in touch with them once they leave their classrooms. Extra points are given if a student goes on to do something impactful, and a teacher can revel in that success. Amy J. Cohen, a social studies teacher at Julia R. Masterman School in Spring Garden, is that teacher. And Oak Lane native Katie Korsyn, now 29 and the director of Sueños, a small nongovernmental organization she started in Antigua, Guatemala, is that student.

But Cohen, now retired from teaching, does more than revel. She has not only mentored Katie, a Masterman alum, but also started the group Friends of Sueños, which directly supports Korsyn’s burgeoning NGO in its mission to educate and uplift street children and their families by giving them supervised education and extra-curricular opportunities.

To support the work of Sueños (which means “dreams” in Spanish), Cohen’s neighbor Susan Saxe has stitched a magnificent quilt which will be raffled off next month. You can see the quilt and talk with Cohen about the project at High Point Café, 602 Carpenter Lane, Saturday, Dec. 21, from 9 a.m.-2 p.m.

Tickets are \$25 each and can be purchased on the Sueños website (suenosgt.org) prior to Dec. 21. Click on Donate and choose “quilt raffle” from the drop-down menu.



This one-of-a-kind pictorial art quilt was inspired by the work of Sueños and pays homage to themes and techniques of Central American folk art. Colorful prints are pieced and appliqued to create scenes of everyday life, similar to the traditional arpilleras of the region.

Each appliqued feature symbolizes some aspect of the Sueños story. The sky contains both the Sun and Moon because “sueños” means “dreams,” not just the dreams of the night and the imagination but daytime, real-world dreams, goals, and aspirations. The birds and butterflies represent the many species that inhabit and migrate freely between Central and North America.

Contents and care: 45” x 60”, 100% cotton top and backing, machine pieced and quilted with an all-natural cotton and bamboo batting. Machine wash and dry.

Susan Saxe, Quilter

International Co-op Principles

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

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.

As I'm writing this, Weavers Way staff is busy stickering the 967 turkeys our shoppers ordered for Thanksgiving, probably totaling about 17,000 pounds. Assuming 40% of a whole bird is edible, that's about 6,800 pounds of turkey meat being eaten by Weavers Way households this week. I found online that the average American eats about 2,000 pounds of food per year, or about 5.5 pounds a day. This seems like a lot of food moving through the food system and, ultimately, our bodies and the waste stream. With the turkeys, Weavers Way shoppers are sending about 10,200 pounds of inedible turkey bone and skin into the waste stream before even one bite is eaten and even one calorie or gram of protein and other nutrients is added to the eater's own internal supply.

Naturally, most foods result in some waste — even the most sustainably grown and nutrient-dense products: apple cores, banana peels, bean and seed pods, etc. It's interesting to note that it seems vegetables have less waste. (You don't have to peel romaine lettuce, kale, or tomatoes and such.) Plus, plenty of veggies can be eaten with the peel on; in fact, in



many cases, peels pack a lot of nutrients and fiber.

Of course, you kind of have to “peel” a turkey (or any meat) to eat it, resulting in, for most of us, trash. Turkey bones are theoretically compostable, but because they require anaerobic bacteria to break down the protein — which can result in smells, bugs, and attracting rodents and other animals — you have to be set up to do it with specialized containers that both prevent animals yet supply enough ventilation for the breakdown to happen. For most households, this means bones and skin are going in the trash.

With genetic engineering progressing apace, and given our interest in minimizing waste, scientists are working on genetically engineering turkeys to have skin and bones that are made from recyclable plastic, hopefully #1 coded, so all that will be needed in the future is a quick rinse to get the fat off, and into the blue bucket it will go. Incidentally, if you've ever wondered what happens to all the feathers from the poultry industry, many

(Continued on Next Page)

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Norman Says:

Look for the suggestion box in all three stores.

Suggestions?



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Please place your comment cards here!

How are we doing?

We want to know what you think. Take a minute to fill in what we're doing well at, what we need to do better at, and what you would like to see us change or do differently. What would you like to see us do better at? Please write in the box below.

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(Continued from Preceding Page)

are rendered and ground up to become animal feed for ruminants and, surprisingly, an ingredient in fertilizer for organic gardens.

suggestions and responses:

- s:** “Can bread be split to buy half loaves?”
- r:** (Jenna MA) Yes, bread can be split in half loaves. You can always pre-order a half loaf so it’s ready for pick-up on your preferred day.
- s:** “Can people please be mindful to place their baskets on the counter provided?”
- r:** (Norman) People mindful? This is Philadelphia, not Denver. Look at all the trash on the sidewalks.
- s:** “Can you ask Roling’s to send more small challahs? There are lots of whole wheat that don’t seem to go by 5 p.m. Friday. Perhaps less whole wheat, more small raisin.”
- r:** (Jenna MA) Yes! I will adjust my order to reflect these changes. Thanks for your suggestion!
- s:** “Oatly’s whipped cream. Had it in Sweden and it’s delicious.”
- r:** (Norman) We’ll send one of our trucks on a foraging mission to Sweden. We’ll need a few handy cooperators to build a ferry — sign up on the work calendar. We can use some of the wood left from our Ambler store construction.
- s:** “Can we get Obi probiotic, organic root beer soda?”
- r:** (Norman) Haven’t seen a supplier that serves our area yet.



It’s interesting

to note that it

seems vegetables

have less waste.



s: “Cauliflower crusted pizza”

r: (Norman) So much of society has changed recently and is continuing to change every day. Many traditionalists have contacted us pleading for Weavers Way to honor classic traditions and eschew things such as vegan cheese, oat whipped cream, and cauliflower pizza crust. By definition, pizza crust can only be made with leavened dough. Cauliflower is not an ingredient in dough, and you can’t leaven cauliflower, at least not in this country, not without an Act of Congress or Executive Order. There are some things that, even as politically divided as we are today, we can all agree on, or at least have a supermajority on, dough ingredients not including cauliflower is one of them. However, like any dissident in a free country or co-op, you are free to express your opinion utiliz-

ing public speech, a free press, and hiring lobbyists.

- s:** “We keep running out of soft pretzels on Saturday, real bummer.”
- r:** (Norman) Speaking of dough and traditional foods, soft pretzels are a Philadelphia icon of what started out as a recipe traded by a hobo for a meal. We’ll try not to run out, and if we do, we’ll have an acceptable substitute, like cauliflower soft pretzels.
- s:** “Amaranth Brownie taste like Play-Doh.”
- r:** (Norman) FYI, Play-Doh is not real dough, though it does contain wheat and salt like many edible doughs. Although non-toxic, it is not food and should not be eaten. Not sure why you ate it. Amaranth Brownies, although apparently not a pleasing flavor for you, would nevertheless be a healthier choice. FYI, Amaranth Bakery is a gluten-free bakery in Lancaster, PA. Oddly, none of their products contain Amaranth, a pseudocereal once prized by the Aztecs, who neither knew nor cared about it being a gluten-free food.

Did you know?

You can read the Shuttle ONLINE.
www.weaversway.coop/shuttle-online

Dining for Women Set to Eat and Meet on MLK Day

THE WEAVERS WAY AMBLER CHAPTER of Dining for Women welcomes all to learn about the group at a gathering the evening of Martin Luther King, Jr. Day, Monday, Jan. 20 at the Free Library of Springfield Township.

Dining for Women is a global giving circle founded in 2003 that is dedicated to transforming lives and eradicating poverty among women and girls in the developing world. With more than 450 chapters in the United States, DFW has invested more than \$7 million and impacted the lives of 1.2 million people worldwide.

The group meets each month in member homes to enjoy a potluck dinner and learn about each month’s designated charity. Attendees donate what they want (as little as \$5 on up) to the grantee. For January, the grantee is GAIA Vaccine Foundation, a Providence, RI-based organization that collaborates with West African physicians and provides support for prevention-related clinical activities in the region. The foundation’s mission is to reduce the incidence of infectious diseases that disproportionately affect women and their families in the developing world and to promote the development of globally relevant, globally accessible vaccines.

The Free Library of Springfield is located at 8900 Hawthorne Lane in Wyndmoor. More information on Dining for Women can be found at www.diningforwomen.org. To sign up to attend the January meeting, or for further information, contact Carrie Eisenhandler at ceisenhandler@comcast.net or 215-872-2536.



WEAVERS WAY ENDS

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

AS A RESULT OF ALL WE DO:

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

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Micro-Loan Fund Aims to Provide Financing

(Continued from Page 1)

community through places of worship, labor unions, community groups or neighbors who are willing to vouch for them. Additionally, there are no fees or interest to be paid by borrowers, so their money can go back into their businesses and the community.

In his presentation, Pinsky spoke about how he was inspired by Weavers Way (see sidebar) to start thinking about progressives needing to make their money work for progressive causes. The committee sees this fund as being part of what Mark is talking about — it's one way of making our money work for what we believe in.

The FLAG Micro-Loan Fund needs to grow so we can make bigger loans and have more social and economic impact in Northwest Philadelphia. You can boost the local economy and help your neighbors by making a tax-deductible contribution to Germantown United CDC, the fiscal sponsor of the fund. Make checks payable to Germantown United CDC. Note in the memo: "FLAG Micro-Loan Fund" and mail them to Germantown United CDC, c/o FLAG Micro-Loan Fund, 5320 Germantown Ave, Philadelphia, PA 19144.

If you are interested in joining the New Economy Incubator Committee or would like more information about the micro-loan fund, please email Peter Winslow at winslow@philaflag.org or go online at www.philaflag.org.

The Backstory Behind Easy Pay, As Told in 'Organized Money'

IN CHAPTER 5 OF MARK PINSKY AND KEITH MESTRICH'S new book "Organized Money: How Progressives Can Leverage the Financial System to Work For Them, Not Against Them," authors Mark Pinsky and Keith Mestrich write about the impetus behind Weavers Way's development of Easy Pay and its benefits to the Co-op and to members.

"Weavers Way Co-op, a small grocery chain in Northwest Philadelphia, paid \$425,000 on credit card fees in 2018, according to Norman Weiss, the store's purchasing manager. Writing in the Shuttle, the Co-op's house publication, he asks if 'there is a better method of offering shoppers a convenient payment method that doesn't send \$425,000 out of the co-op economy to be spent by banks and credit card processors on who knows what.'

"In the same newsletter, Weavers Way general manager Jon Roesser extols the cooperative ideal. 'Sustainable civilizations yield common prosperity,' he writes. 'As member-owners of Weavers Way, we are setting the example through our support of a cooperative enterprise that is forever working toward mutual prosperity.'

"Weavers Way's credit card fees are part of the billions of dollars credit card financial institutions and independent processing companies earn annually on transaction fees (apart from annual card membership fees). Little, if any, of Weavers Way's \$425,000 ends up supporting the cooperative movement.

"...The power of the cooperative model to blend profit and purpose, and the values of cooperatives that

put member interests before outside investor priorities is diminished as a result. That is one factor that led Weavers Way to give a big chunk of business to a friendly and supportive big bank instead of a local credit union when it was expanding its business to a new location recently. The bank offered financing on good terms and worked hard to help the Co-op. In addition to the money it will earn from the loan it made to Weavers Way, the bank is happy to attach its reputation to a much-loved community business.

"To reduce its credit card transaction fees, Weavers Way came up with an innovative solution that organized money in a different but beneficial way. It offered its members a two percent incentive to prepay for purchases through a program it calls Easy Pay: deposit \$100 in Easy Pay and receive \$102 of value. It is cheaper and preferable to pay members two percent for use of their money than it is to pay credit card companies more than two percent for theirs.

"In addition, the prepayments put a small amount of working capital into the business that might even earn a modest return for Weavers Way. And Co-op members who can afford to prepay benefit financially, at least in the 2019 interest rate environment, because they are effectively earning a higher rate on their money than they can in savings or checking accounts anywhere. Members who deposited and spent \$100 each month in 2018 earned two percent per month on their money compared to less than two percent per year in a savings account, or approximately 12 times as much."

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Visit our Wellness Department in Ambler, Next Door in Chestnut Hill and Across the Way in Mt. Airy.



photos by Brian Rudnick

Paul Cantagallo (middle) and Nell McBride of Eat Nice Foods sample the spread of vegan foods at ThanksLiving at Mt. Airy Nexus on Nov. 26. Weavers Way Programs Coordinator Jeannine Kienzle is in the background.



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STAFF CELEBRITY SPOTLIGHT

Margaret Funderberg

Current jobs: (1) Lead cashier in Chestnut Hill; (2) Weavers Way board administrator; (3) Human Resources review coordinator

Since when: She was hired for the Front End in October 2014. She started the board admin job in (?) 2016 and the review coordinator position in (?) (or vice versa).

Previous job: She was the digital media project manager at the Pennsylvania Horticultural Society for over 10 years.

Where she's from/lives now: Powelton Village/West Mt. Airy

Family facts: She has a daughter, Phoebe (23), an artist and musician.

How she got to the Co-op: She was laid off from her PHS job in 2011.

Afterward, she tended a fifth of an acre garden plot near the Schuylkill Center for Environmental Education in Roxborough, selling her produce out of a farm stand outside the University of Pennsylvania bookstore. "And then I realized I wasn't ever gonna make any money, and it might actually kill me... I felt like I wanted a job that [doesn't have] as much stress, makes me some money [and] allows me to have health benefits."

Favorite Co-op products: Tony's Chocolonely milk chocolate bars with caramel and sea salt; grass-fed and naturally-raised meats, local produce

Thoughts on the jobs: "They are all different. The review coordinator job takes a lot of attention to detail...The front end is highly customer service-related and people related...The board admin stuff is interesting...I get kind of an inside view on what's going on at the Co-op."

Thoughts on the Co-op: "It's a really interesting place...In Chestnut Hill, it is definitely a community center up there... I like being a part of that, and making people feel really welcome."

—Karen Plourde



COOPERATOR OF THE MONTH

Jeannie Gerth

Joined Weavers Way: November, 2010

Lives in: East Mt. Airy, with her husband, Tony, and their daughter, Neva (21), a dance major at University of the Arts, and son, Lucce (17), a senior in high school.

Current jobs: Jeannie homeschooled both children and is a permaculturist. She and Tony recently founded the Urban Permaculture Lab, a demonstration project.

Why they joined: She first heard about Weavers Way from friends when she was living in Center City and participating in a playgroup at Water Tower Recreation Center in Chestnut Hill. Once they moved to the area, they joined "because I wanted an alternative to the Acme."

Why they're working members: "I just think if you're going to join a co-op, you should be a working member. And plus, there's more of a sense of ownership, and you know more of the people...It helped me feel like a part of the community."

Co-op job history: She's been leading the tours of the Agricultural Village at Awbury Arboretum. She's also hosted a permaculture mashup for members.

Favorite Co-op products: She's working toward a zero waste kitchen, so she loves everything bulk. She's also a fan of Better Than Bouillon No Chicken Base, Celestial Seasonings Roastaroma tea, and the 99¢ a pound apple sale.

Thoughts on the Co-op: "I'm involved in many co-ops...so I like to have one in the neighborhood. I think the major value they have in every case is creating a local economy, and not just financial economy — a sort of social economy."

—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 **Tuesday, Jan. 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. Board members' email addresses are at www.weaversway.coop/board-directors, or contact the Board Administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

2019-2020 Weavers Way Board

President: Josh Bloom

Vice President: Lisa Hogan

Treasurer: Joan Patton

Secretary: Toni Jelinek

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

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Weavers Way Mt. Airy

559 Carpenter Lane

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

215-843-2350

Weavers Way Across the Way

610 Carpenter Lane

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

215-843-2350, ext. 6

Weavers Way Chestnut Hill

8424 Germantown Ave.

Monday-Saturday, 7 a.m.-9 p.m.

Sunday, 8 a.m.-9 p.m.

215-866-9150

Weavers Way Ambler

217 E. Butler Ave.

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

215-302-5550

Weavers Way Next Door

8426 Germantown Ave.

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

215-866-9150, ext. 221/222

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DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



Upcoming Orientations

Check www.weaversway.coop/events for information on upcoming member orientation meetings. To RSVP or for more info, email outreach@weaversway.coop.

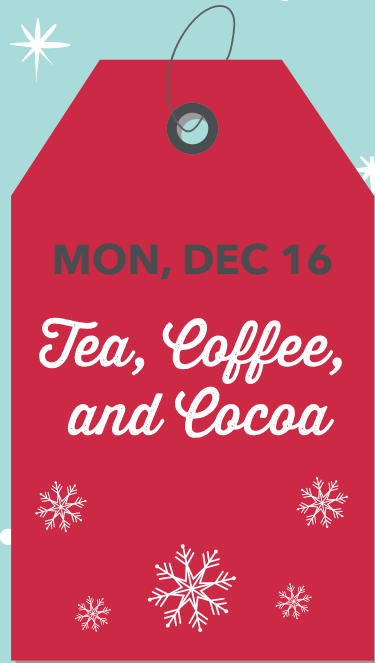
Become a Member

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

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