

SUNDAY, OCT. 27

4-6 P.M.

A ZERO WASTE EVENT

THE WALDORF SCHOOL
OF PHILADELPHIA

6000 WAYNE AVE.



LIGHT DINNER BUFFET

AGENDA

PRESIDENT'S WELCOME & REPORT	4:30
GENERAL MANAGER'S REPORT AND Q&A	4:35
PRESENTATION BY MARK PINSKY, AUTHOR OF "ORGANIZED MONEY"	5:05
AUDIENCE Q&A	5:15
CAKE & COFFEE (SERVED TO GUESTS)	5:25
PRESENTATION BY LOCAL VENDOR AND Q&A	5:35



Community-Owned,
Open to Everyone

The Shuttle

SEPTEMBER 2019

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 47 | No. 7

The End of Chilly Philly Ice Cream

by Coleman Poses, for the Shuttle



Ilene and Coleman Poses

IN 1995, SHORTLY AFTER RETURNING from a family trip to the southwestern United States, I read that Breyers Ice Cream, founded right after the Civil War in the Richmond section of Philadelphia, was leaving the city for a more modern facility in Framingham, MA.

I grew up near the Breyers plant in Southwest Philly. For me, Breyers was the epitome of what ice cream manufacturers refer to as a "Philadelphia style" ice cream — made without eggs. But for those who had spent decades in the city, Breyers was more than that.

If a tourist purchased a vanilla ice cream cone from a shop that sold either Bassetts or Breyers ice cream, they might look in disgust at the tiny specks in the product they received, thinking that dirt

(continued on page 21)



Banana field in Ecuador

photo by Erik Fagerstrom

Produce Chief Sees the Appeal of Fair Trade Bananas After Trip

by Erik Fagerstrom, Weavers Way Ambler Produce Manager

IN JUNE, I HAD THE PLEASURE OF visiting El Guabo, Ecuador with representatives from Equal Exchange, Four Seasons, our main produce distributor, and other grocery cooperatives with the goal of connecting the whole banana supply chain.

To be honest, when I opened the produce department in Ambler I thought we were charging too much for our bananas. Faced with loads of competition, I thought we were pricing ourselves out of the market. I understood that Fair

Trade bananas cost more, but I felt that a better strategy would be to increase prices elsewhere and make up for the lower margin on this staple produce. I cannot tell you how much my opinion on that has changed. It is imperative that we tell the Fair Trade story, make people understand where their food dollars are going, and not try to pass the costs onto something or someone else.

Equal Exchange imports their bananas from Ecuador and Peru. In Ecuador, they work with Asoguabo, a co-

(continued on page 22)

GLEC Crab Fest will Celebrate 10 Years and a Huge Turnaround

by Connie Bille, for the Shuttle



Guest enjoying "finger food" - not just crustaceans! — at Crab Fest 2018.

NORTHWEST PHILLY'S PRIDE AS A cradle of religious freedom and social justice is evident in its institutions — places like Johnson House, which played a role in the pre-Civil War abolitionist movement, and Freedom Square in central Germantown, site of the first anti-slavery protest in 1638. This year, the community is celebrating the 10th anniversary of an institutional gem — Germantown Life Enrichment Center at 5722 Greene St.

GLEC's celebration is all the more remarkable considering that 11 years ago, the building (formerly the YMCA of Germantown) was closed after a flood in the recreational part of the facility. Soon after, the YMCA of the USA revoked its charter after 137 years of community service. But against all odds, the "Y" members

(continued on page 21)

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

PHILLY GROCERY
Co-op Day

★ SATURDAY, OCT. 19 ★

COLLECTIVELY CO-OPS
SUPPORT 500
LOCAL VENDORS
WITHIN 100 MILES!

LOCAL VENDORS • SAMPLING • MUSIC • RAFFLES

CO-OP CRAWL: Visit other area food co-ops and win prizes!

REFER A FRIEND: If they join on Co-op Day, you get a \$25 EasyPay Credit, and they get new member swag!

Editor's Note



by Karen Plourde, Editor, Weavers Way Shuttle

IT'S A WARM, MID-AUGUST THURSDAY AS I write, while the second-to-last of our Grill Fests takes place at street level in Mt. Airy. Families are outside enjoying an easy dinner and listening to a guitar duo playing oldies. Neighbors are hanging out. All in all, it's a chill scene.

Hopefully, none of those gathered are thinking about the shootings that plagued El Paso, TX and Dayton, OH earlier in the month. Maybe even the police shooting and standoff in the Tioga section of the city the night before seems far away.

They're enjoying a peaceful evening outdoors, as they should — as everyone should. No one should have to dive for cover while doing their shopping, sitting on their stoop, or attending a religious service. No matter where you stand on the gun debate, I think we can agree on that much.

We spend a lot of column space in the Shuttle on environmental scourges and dangers, and rightly so. But gun violence in this country is another scourge that degrades our environment. Webster's first definition of "environment" is "the circumstances, objects or conditions by which one is surrounded." Our nation's conditions and circumstances with regard to gun violence vary from place to place and incident to incident. But the undercurrent of dread is never far away. That has to change for the sake of our society.

"This is not a Democratic or Republican issue," David Hogg, a survivor of the 2018 Marjory Stoneman Douglas High School shooting in Parkland, FL, said in a recent interview with Mother Jones. "This is an American issue that we have to work to solve together."

The Parkland survivors continue to do their part: Late last month, they unveiled a gun control platform that would ban assault-style weapons, raise the minimum age for buying firearms, create a national gun registry, and require gun owners to pay for new licenses every year. Each proposal will likely be met with opposition from the gun lobby, and yet, they soldier on.

We would do well to follow their example.

What's in Store at Weavers Way



Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

All Wellness and Good

Beekeepers Naturals products can give a lift on busy days. And cannabis-free CBD remedies show up Next Door.

Trying to shake off summertime fog? Skip the caffeine and opt for bee-fueled aids from **Beekeepers Naturals**. Their B.Lxr Brain Fuel (\$16.49) uses royal jelly, ginkgo biloba and bacopa monnieri to nourish the brain and give the user a mental boost. Their B-Powered superfood honey (\$16.49) blends royal jelly, bee pollen, propolis and raw honey to energize your body and activate your mind. And their Propolis Throat Spray (\$13.99) fights germs and combats free radical damage during periods of stress.



For those who are curious about CBD remedies, but don't want to risk cannabis showing up on a drug test, Next Door now offers a line of dietary supplements from **Emerald Health Biocenticals** (\$30.99-\$39.99). Their vegan softgel formulas are made up of a blend of non-cannabis herbs and botanicals, along with added ingredients like Echinacea, saffron, curcumin, and magnolia bark. Five Endo formulas — targeting mood, brain function, inflammation relief, lessened anxiety, and improved sleep — are available in the Hill.

Finds at the Farm Market

Clean up prettily with Stone Cottage Industries soaps.

Tucked away in a cabinet in the right front corner of the market are **Stone Cottage Industries** soaps, made in Mt. Airy. The bars (\$5.99/ea.) are made by the old school cold process method in small batches with herbs and essential oils and packaged minimally with labels and art paper. They're available in fun scents like lemon poppy seed,



chai infusion and mint chocolate chip, with new blends coming out regularly. They also be found Next Door and at Across the Way.

Going On in Grocery

Fermented nibbles from Fishtown. And a tea-powered energy drink from Venice Beach.

The refrigerated sauerkraut/kimchi/pickled veggie section in Ambler now includes selections from **Fishtown Ferments**. Owners Tim Kirkland, Eric Iacone, and Mike Landers met while working at Martha in Kensington, where Mike is still fermentation director. The stock on Butler Avenue includes kraut, Napa and white kimchi, and beets. Prices range from \$7.49-\$9.49 for a 15 ounce jar.



Wash down your pickled snacks (or whatever else you choose), and get a healthy boost from **Tea Riot** tea energy drinks (\$3.49), recently added to the beverage cases in

Ambler and Chestnut Hill. They rely on natural tea caffeine and botanicals and contain no added sugar.

Merch, Actually

Extra fun recycled bags from Blue Q in Ambler.

Saving the Earth is admirable, but to do it in style? All the better. **ww**— coin purses, pencil cases, zipper pouches and shopping bags in two sizes — are now available in the front of the store's general merchandise section in Ambler. They're made of 95% post-consumer material and feature retro, brightly-colored designs with snarky sayings that will make many of us look cooler than we are. The company also donates 1% of the profits from sales of the bags to environmental causes around the world. Prices range from \$4.99-\$11.99.



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.



SLICE IT

DICE IT

SERVE IT

Apples

Kieran McCourt, Weavers Way Ambler

Best For Eating or Fresh Culinary Use:

- Cameo, Cortland, Empire, Fuji, Gala, Stayman, Piñata, Granny Smith, Jona- varieties, Honeycrisp, Golden Delicious, Braeburn

For Applesauce:

- McIntosh, Ginger Gold, Jonathan, Jonamac, Cortland, Mutsu, Golden Delicious, Liberty, Braeburn, Macoun, Cameo, Stayman, Fuji

Pro Tip #1: For a more interesting applesauce flavor profile, variety is the way to go.

Pro Tip #2: Think about adding apple to fall soups, like a squash soup, for added sweetness or acidity.

For Baking & Cooking:

- Apples need to be crisp enough to retain their shape and texture, and sweet but tart enough to stand up to sugar, pastry, or even roasted meats.
- Granny Smith, Jonathans (Jonathan, Jonagold, & Jonamac), Honeycrisp, Braeburn, Cortlands, Gala, Pink Lady, Mutsu.





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

ALERT!

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

This month, Norman and Jeannine discovered local vegan eats along Germantown Avenue in Mt. Airy and taste-tested the popular Spurrito!

J: What did you think of the Spurrito from the food truck PaperMill - Home of the Spurrito?

N: Pretty big and spicy.

J: Was it everything you hoped for?

N: I opted out of the avocado and wish I hadn't.

J: Avocados are expensive — it would've been an extra dollar.

N: But it would have toned down the spice and added a creamy texture.

J: Perhaps not getting it allowed for more room in your belly to eat at Milo — The Meeting House in Mt. Airy, the new vegan bar and restaurant.

N: How were your tacos at Milo's?

J: I would say pretty damn good and a unique pairing.

N: How did "pretty" become an adjective for "damn"?

J: How did "pretty" become an adjective for "big"? You love semantics.

N: I'm big on word meanings; "Spurrito," for example.

J: A Spurrito is described as a burrito-sized fresh spring roll wrapped in rice paper.

N: So they made up a word.

J: The tacos I ordered were called "Japanese Tacos." I'm thinking they were Japanese inspired and perhaps Vegenaïse was used in the ginger wasabi aioli sauce. How was your bok choy dish?

N: It was baby bok choy, which I'm a sucker for. It was pleasantly spiced with ginger and garlic, but a little sweet for my taste.

J: I think it would have been really good over rice.

N: It's interesting that a 100% vegan place opened in Mt. Airy.

J: I sure hope it does well. It's spacious inside with a lovely outside seating area. It'd be cool if they book bands frequently; I think that would help draw people into the restaurant. There's a full bar, too.

N: I noticed their veggie burger was Beyond Burger based.

J: Yes, they're quite popular. Last week, Burger King introduced nationwide the Impossible Burger on their menu. But you have to ask for it without the mayonnaise.

N: Subway is testing Beyond Meat meatball sandwiches. You have to ask for it without cheese. I wonder if the bread is vegan.

J: Everyone is aboard the vegan train. I appreciate the creativity of the menu items at Milo. My tacos consisted of tempura tofu topped with a seaweed salad and an aioli/guacamole mixture; nothing I've ever eaten before. Perhaps this is just the beginning for more vegan restaurants in Mt. Airy.

N: I'm thinking of Mt. Airy restaurants that have labeled vegan items on their menu: Earth, Grain Exchange, Fino's and Pop Pop's. How many vegans do you think are in Mt. Airy?

J: Out of roughly 29,000 people, maybe 500? I'm horrible at numbers. Looking at the trends, millennials are driving the shift to veganism and plant-based eating for many different reasons, especially environmental.

N: I wonder if the vegan whack job ratio will stay the same.

J: Why do you consider vegans whack jobs?

N: They all seem a little off. Do you ever wonder if you're perceived as a whack job?

J: I prefer "charmingly neurotic" and "creative genius."

N: I never thought of you as neurotic but now that you say it, I can see it. I wonder if vegan diets help with neuroses.

J: No. I think they only creates more neuroses.

Find PaperMill food truck by following them on Instagram @papermillfoods. Milo - The Meeting House is located at 7165 Germantown Ave in Mt. Airy.

Recommendations:

Crust Vegan Bakery individual treats (Roxborough), Amy's vegan burritos, Michele's Original Tofu Tahini & Carrot Spread (Cheltenham)



We'd like your feedback on plant-based products. Email veganalert@weaversway.coop to share your experience.

Make your Next Co-op Catered Event

A ZERO WASTE AFFAIR

by Bonnie Shuman, Weavers Way Executive Chef

GREETINGS! WELL, IT'S HARD TO BELIEVE THAT SUMMER IS COMING TO A close. Time flies like an eagle, fruit flies like bananas! Tacky jokes aside, we are now in the ramp-up in the kitchens at Weavers Way for our busiest time of year for catering.

There are probably still some out there who don't know that Weavers Way does catering. Well, we do, and I have to say, we provide excellent food at very reasonable prices. In fact, you might call our catering, Weavers Way Catering, the best-kept secret in Philly.

In keeping with the Co-op's focus on minimizing our use of plastics and other disposable packaging, we can offer a zero waste platform (think no plastic) for your next Weavers Way catered event. Rather than providing your catered food packaged in foil and plastic, we can prepare your order on our beautiful wooden or porcelain serving platters.* This not only reduces the plastic footprint, it also really makes the food stand out.

So, for your next event, let us do the work for you. We guarantee your guests will love the taste and be wowed by the beautiful presentation, all while taking a small step to reduce plastic consumption.

If you are interested and have more questions about hosting a zero waste event, please email me at bonnie@weaversway.coop.

**Member only benefit. Non-members can utilize this service with a \$100 deposit, refundable when platters are returned to Weavers Way.*



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Company's coming

Check in the stores and online at www.weaversway.coop/catering for our menu of **Rosh Hashanah** specialities and other good stuff to put on your holiday table.



An offshoot of Weavers Way Co-op

608 Carpenter Lane
215-843-8289
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14TH ANNUAL
SATURDAY, OCTOBER 5
8 AM - 3 PM
BENEFITING FOOD MOXIE

We'll visit some of Philly's best urban farms, with a focus on endangered farms and gardens & strategies for safeguarding them

TICKETS: \$35 (Early Birds: \$30 through Sept. 28)

FOR DETAILS AND TICKETS:
www.foodmoxie.org/2019-urban-farm-bike-ride/

TITLE SPONSOR

So Long, Summer and Welcome Back, Fall

by Lisa Mosca, Food Moxie Executive Director

AT FOOD MOXIE OUR SUMMER PROGRAM MODULE just wrapped up. The culminating event for the Teen Leadership Corps summer program was the Gather for Good youth conference at Awbury Arboretum, which welcomed 50 guests.

At Garden Club, over 40 children enjoyed seasonal delicious and healthy summer snacks, including the tomatoes, eggplant and peppers we planted in growing spaces. While on garden walks, they took in the amazing aromas of lemon verbena, lavender and mint. They enjoyed helping us with watering, along with hearing stories related to seasonal fruits and vegetables and artwork associated with these themes.

Martin Luther King High students visited the MLK Garden during travel training and helped us water and mulch with salt hay. In between chores, they snacked on healthy summer fruits and seasonal veggies. Meanwhile, Hope Kitchen provided 12 delicious scratch-cooking classes to adult caregivers using seasonal ingredients.

Looking ahead to fall, we are putting a call out for members interested in earning Co-op work shift hours for helping with some of our program and other needs. If you are interested, you can find our shifts on the Member Work Calendar under FOOD MOXIE.

Tickets are now on sale on our website for our annual Seed to Supper farm-to-table fundraiser on Thursday, Sept. 19 from 5:30-8:30 p.m. at Awbury Agricultural Village; proceeds benefit our programs. Next, gear up for the 14th Annual Urban Farm Bike Ride on Oct. 5.

We are excited for our fall program module to begin. We'll be highlighting fall crops through growing, tasting and eating experiences with Saul, MLK and Stenton learners. Thank you to all the Coop members who support making these programs happen in the Northwest community.

Fall at Morris Arboretum



Learn Something New this Fall!



Fall Family Weekend, Oct. 5 & 6



Scarecrow Walk - Oct. 4-31



Enjoy Fall Color



100 E. Northwestern Avenue · Philadelphia

For more information:
morrisarboretum.org

The Board & Staff of the Awbury Arboretum Association invite the public to join us for our First Annual

Autumn Social

SUNDAY
9.29.19
2pm - 4pm

Celebrate the past year at Awbury and learn more about exciting new developments. The Social is free to attend and refreshments will be provided.

Visit www.awbury.org
for more info and to RSVP.



The Francis Cope House | One Awbury Road | 19138

An offshoot of Weavers Way Co-op

FOOD MOXIE

from SEED to SUPPER



a farm to table event

Delicious farm-to-table menu by Weavers Way Co-op, featuring fresh herbs and produce grown on Food Moxie and Weavers Way Farms, paired with wine by Moore Brothers Wine Company

September 19, 2019, 5:30 to 8:30 p.m.
Agricultural Village at Awbury Arboretum
6336 Ardleigh Street (parking on Ardleigh Street)

Honoring

Laura Morris Siena, FOOD MOXIE Board Chair
Tambra Hall, Partner at Stenton Family Manor
Stephanie Johnson, Weavers Way Staff



RSVP by September 6, 2019
\$100/ticket
\$75/Young friend (30 years and under)



All proceeds raised from Seed to Supper benefits the children, parents, and students who learn and teach us about growing, cooking, and eating nutritious food.

Thank you for your support of FOOD MOXIE's work.

THANKS TO...

- Seed to Supper and Urban Farm Bike Ride sponsors
- Philadelphia Eagles Charities
- Philadelphia Foundation
- East Mount Airy Neighbors
- GreenTree Foundation
- Seybert Foundation
- Christopher Lindback Foundation
- Triskeles Foundation
- Dolfinger-McMahon Foundation
- Windmill Foundation



For Their Support!

RAISE YOUR FORK



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L·E·T·T·E·R·S

No Vape Pens Here

I HAVE NO PROBLEM WITH THE CO-OP carrying CBD oil to be taken orally or used topically. But for the health and wellness stores to sell vape pens in any form — on display at the counter by the register, no less — could inadvertently be interpreted as condoning vaping in general.

I realize this is not the Co-op's intention, but one can see how it could look that way. And while vaping may be less harmful than smoking, it's certainly addictive, and it may be quite harmful; it's too early to know for sure.

I would recommend that the Co-op not take the risk of appearing to support vaping and remove the vape pens from the health and wellness stores.

Natasha Kassell, VMD

Story Was Sexist

THE ARTICLE ON FOOD INSECURITY by Keith Brown on behalf of the Food Justice Committee in the July/August issue of the Shuttle ("Food Drives Help, But Can't Fully 'Strike Out Hunger'") contains a very odd, definitely gratuitous and possibly sexist phrase. In the second paragraph, Brown states, "These charitable organizations, largely staffed by women, are lobbying businesses for donations and conducting food drives throughout the region."

I fail to see what gender of people staff organizations has to do with food insecurity at any level. What possible role could gender play in procuring the resources necessary to feed the one in five Philadelphians who face food insecurity every day?

Sara Hertz

Keith Brown's response:

SARA RAISES THE IMPORTANT QUESTION of what gender has to do with food insecurity in Philadelphia. And although I did not have space to unpack that idea in my previous article, it does warrant further discussion.

My colleague and I recently finished analyzing 41 interviews with leaders of the anti-hunger community in Philadelphia. Of that group, 32 were women and nine were men. The staff at these organizations are also disproportionately made up of women.

We found that many leaders of anti-hunger groups simply do not have the time to lobby for progressive political changes when they are confronted with regressive policies such as cutting the SNAP program. We heard from many women who tirelessly work to provide food to people in immediate need, compete for a limited amount of grants and fellowships, and conduct fundraisers to sustain their organizations. This incredibly important work results in a great deal of stress and very little pay.

On the other hand, the city, state, and federal officials who need to respond to the one in five Philadelphians who face food insecurity are disproportionately men. They are overwhelmingly the demographic group who is advocating for regressive policies that would further destroy our social safety net for those most in need.

Instead of ignoring the gender disparities in the anti-hunger community, I think it is something we need to talk about more.

Further Flying Atonements

I APPRECIATE SANDRA FOLZER'S thoughts about taking the environmental damage caused by airplane flights seriously ("Before You Fly, Consider Your Carbon Footprint," July/August, 2019). The New York Times article she mentioned leads to others in the Times that voice similar shifts in thought about travel.

When our conscience allows us to take a flight, can we do something to offset the damage that she well documents? There are great organizations that will plant trees, which are carbon sponges, among their many other gifts. There are other organizations that preserve forested land.

A small amount of research has led me to these groups:

Cool Effect (cooleffect.org): Specifically offsets your carbon footprint to "wipe away the baggage of carbon pollution," according to their website;

One Tree Planted (onetreepanted.org): Each dollar you contribute pays for the planting of one tree. They use a variety of trees in a single space;

New Jersey Conservation Foundation (njconservation.org): Expands forest land near us;

Natural Lands Trust (natlands.org): headquartered in Media

Probably such a donation will not completely offset the single flight damage as Sandra describes it, but it will help. Not all of us are visionary radical activists, but we can all do better, and must.

Thanks, Sandy, for your work.

Kate Pourshariati

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 less and may be edited. The Shuttle reserves the right to decline to publish any letter.



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 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

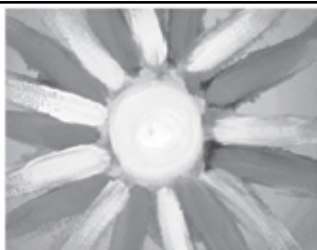
Members and shoppers will actively participate in the life of the Co-op and community.

END 6

The local environment will be protected and restored.

END 7

Weavers Way will have a welcoming culture that values diversity, inclusiveness and



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GM'S
CORNER

Consumers Hold the Key to Taking Child Labor Out of the Chocolate Industry

by Jon Roesser,
Weavers Way General Manager

DAVE BARRY ONCE WROTE, “YOUR HAND AND your mouth agreed many years ago that, as far as chocolate is concerned, there is no need to involve your brain.” Given his popularity, I’m guessing this isn’t an example of his best work. In any case, Barry’s a humorist, so this is intended to be funny.

Sadly, chocolate’s no laughing matter, and here at Weavers Way we are committing to taking whatever steps we can to raise awareness about the dark side of the chocolate industry. (I know; more preaching from the Co-op! Trust me — I don’t like it any more than you do.)

In June, the Washington Post published a report that has shed stark new light on the use of child labor — often under conditions of indentured servitude and out-and-out slavery — on West African cocoa farms, the source of two-thirds of the world’s cocoa supply.

As reported by the Post, the use of child labor in the cocoa harvest is “epidemic” and therefore the odds are “substantial” that a chocolate bar purchased in the United States is the product of child labor. Most of the kids are assigned the most difficult and dangerous work: clearing fields with machetes, spraying pesticides, and hauling sacks of harvested cocoa beans, often weighing 100 pounds each.

The chocolate industry, like most industries these days, is dominated by a handful of global conglomerates, including Hershey’s, Mars, and Nestle. Most of these companies have been pledging for decades to eliminate “the worst forms of child labor” from their cocoa supply.

Progress has been, um, slow. And to be sure, a major reason is corporate indifference. According to the Post, an industry with annual revenue in excess of \$103 billion has spent less than \$150 million over the past 18 years on efforts to eradicate child exploitation. Given

the magnitude of the problem, that’s shameful.

When issues related to child labor in the cocoa industry were first given widespread coverage two decades ago, Big Chocolate lobbied heavily to avoid government regulation of the industry. They succeeded in convincing everyone that through their own voluntary efforts, they could eradicate the problem. It was a snow job. Multiple deadlines have been missed, and the consequences to the industry have been nil.

But it would be inaccurate to lay 100% of the blame on the industry galoos. The governments of West African nations such as Ivory Coast and Burkina Faso have essentially zero incentive to commit resources to the problem. The region’s pervasive abject poverty means options are limited. And the cocoa sup-

“ **Progress has been slow. And to be sure, a major reason is corporate indifference.** ”

ply chain — in the Ivory Coast alone, there are literally hundreds of thousands of cocoa farms, most under 10 acres — is extremely difficult to monitor.

Ultimately, blame must be laid at the feet of consumers. Despite increasing awareness of the industry’s problems, consumers still want cheap chocolate. And cheap chocolate starts with paying cocoa farmers the lowest market price for their harvest. The solution to the child labor issue is to pay farmers more, and that will only happen when consumers are willing to pay more for the final product.

So long as the overwhelming majority of consumers continue to refuse to allow ethics to enter into their consciousness when making their food choices, children will continue to suffer.

Here at the Co-op, we only sell chocolate that’s been certified Fair Trade by a third party, an imperfect

solution but one that ensures participating farmers are paid a premium for the cocoa that is above the standard market rate. Of course that means our stuff costs a little more, which is the price of fairness. (Oh, it also tastes better!)

But while we only sell Fair Trade certified chocolate bars, plenty of products on our shelves — from breakfast cereal to ice cream — contain chocolate as an ingredient, and the sourcing of that chocolate is (often) not disclosed by the producer.

We recognize this as a problem, and so this month we will be sending a letter to our vendors on behalf of you, our 9,500 member-owner households, expressing to them our collective concern about this issue and urging them to take the necessary steps to ensure the chocolate they use is Fair Trade certified. We will print a copy of this letter in the October issue of the Shuttle.

We will also use our various methods of communication to bring this issue to the attention of as many people as possible. In the next issue of the Shuttle, we’ll report on what steps are being considered by members of Congress and federal regulators since the Post story was published.

In the end, real change will only come when the number of consumers willing to pay more for what is essentially a luxury item reaches critical mass. As consumers, we must allow ethics to be a factor when making our food choices. Failure to do so is a blemish on our society.

When it comes to chocolate, it’s time to start using our brains.

See you around the Co-op.

jroesser@weaversway.coop

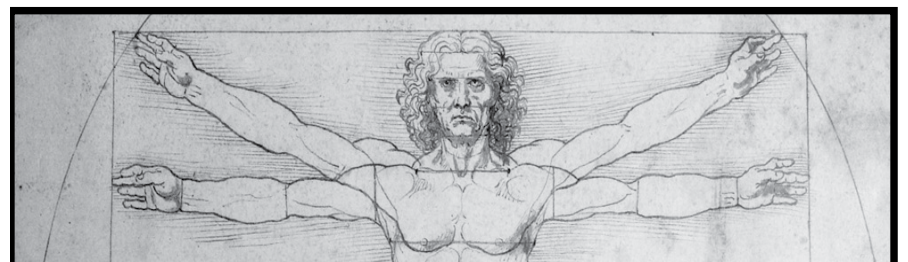
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Not Much Middle Ground for Dog Owners on Leash Laws

by Lisa Pinyard, for the Shuttle

EVERYONE HAS A DIFFERENT PERSPECTIVE on what brings happiness to dogs. Park rangers and police officers are mostly concerned with the safety of people and their dogs, while dog owners are more emotionally invested in the individual needs of their pooches.

In the city, the two sides can and do butt heads over the Philadelphia dog leash law, which requires all dogs to be on leashes no longer than six feet while they're being walked. Pennsylvania law, meanwhile, states that all dogs "must be under control and must not be allowed to run at large." The state law seems to imply a leash, but does not state that a dog must be on one.

In Pennsylvania state parks, a rule from the state Department of Conservation and Natural Resources states all pets must be on a leash. There are only a couple of exceptions, including assistance dogs.

Craig D. Walter, chief ranger of Fort Washington State Park, relayed by email that rangers are on a daily patrol throughout the park by vehicle and on foot to ensure the safety of all park visitors.

"When a ranger sees a violation of the rules and regulations, each incident is handled on a one-to-one basis through explanation and education of the rules regarding pets," he added.

Now Leashing (Or Not)

In Carpenter's Woods on a sunny August day, two labradors — one yellow, one black — are happily playing. They are also off their leashes.

"These animals need running — they need to run," said one owner, who asked not to be identified. "It keeps them strong and keeps them healthy. If we were in Prospect Park in Brooklyn, they have a time of day in which dogs can be off leash. I would be happy to obey the law, but I think the law is not balanced enough."

"The birders feel like the dogs mess up the ground birds nesting," he continued. "I suppose that's possible, although I have had a number of big-time birders tell me the big problem is feral cats and people who let their cats run."

The owner of the other dog cited their need to explore as a reason to take them off leash. "Dogs evolved to be human companions, but they are sort of this bridge between a wild animal and a domesticated animal," she said. "They, like us, enjoy having freedom."

The owner added that she calls her dog back when she sees other dogs on leash and people walking. "I think it's important to be considerate of other people," she said.

The arguments supporting keeping dogs on leash are equally strong among their owners. "Max is a very aggressive dog," said Val Gieseey of Mt. Airy about his Labradoodle-type dog. "We would never let him off leash."

"He's a rescue," added Will Gieseey, a co-owner of Max. "He's scared of kids, scared of strangers, scared of other dogs. But once he gets used to you, he'll love you."

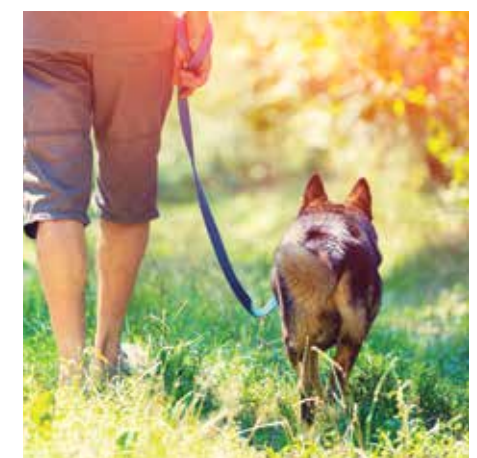
Encountering dogs off leash with Max can make for some tense moments for the Gieseys.

"Another dog will try to come up and interact with him in an innocent way, but when he acts aggressive towards them there is no one to pull their dog back," Will said. "So it turns into a disaster. I prefer it if no one has their dog off a leash."

Will thinks Max isn't the only dog with these kinds of issues, which is why he supports Philly's leash law. He also believes the law leaves no wiggle room and should be followed by all.

"Walking around, it's stated," he said. "It has an impact on other animals that are not under control. I mean, it is not one of those debatable rights."

Lisa Pinyard is a member of the front end staff at Weavers Way Mt. Airy



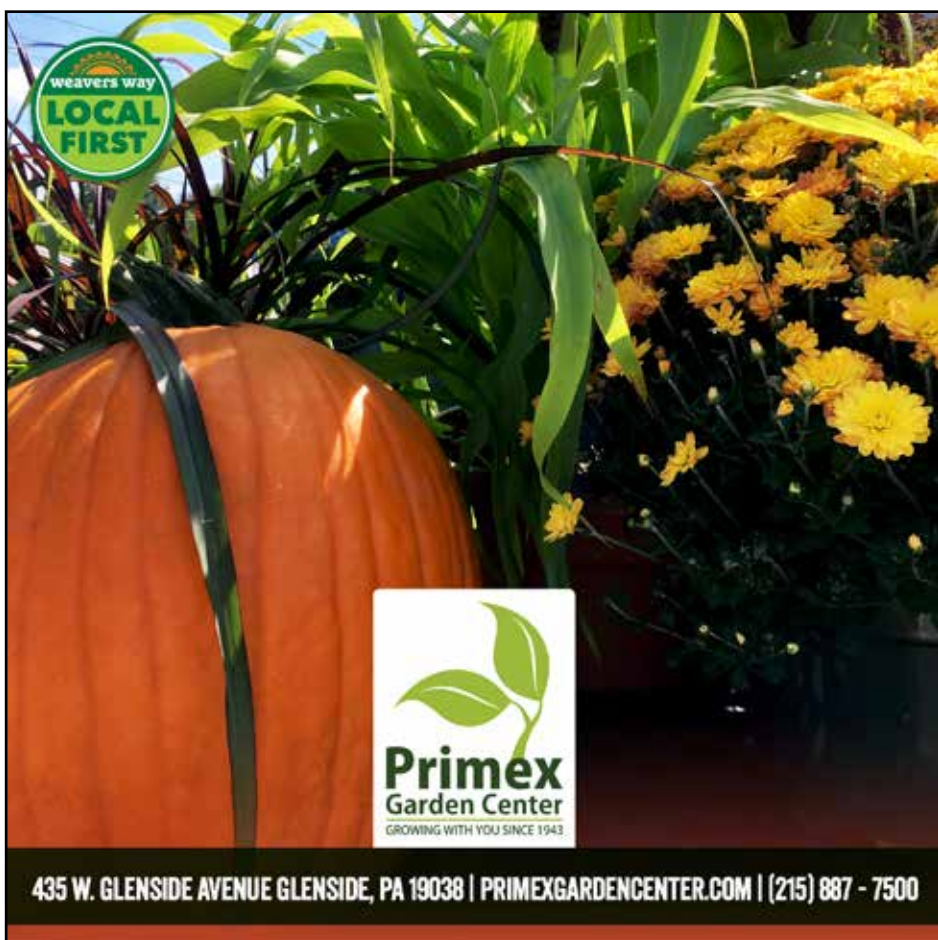
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Exercise and a Safer Home Can Help Your Balance

by Joanne Fagerstrom, for the Shuttle



AS WITH MANY ASPECTS OF OUR health and fitness, balance is something we take for granted — until it becomes a problem. Somehow it just sneaks up on you, maybe when you're trying to sit down to put your pants on, or using the arms of a chair to get up. Perhaps you've limited your activities because of a fear of falling.

Many systems in the body contribute to our sense of balance, but like a muscle, balance can be strengthened with various exercises. Additionally, many falls can be prevented with interventions such as medication management and home modifications. A multi-pronged approach is your best bet.

Time to Take a Balance Test

There are several methods used to test balance, but one of the easiest is to time how long you can stand on one leg. Stand near a sturdy object for safety (such as the kitchen counter) and raise one foot. Count how many seconds you can remain still while balancing on one leg. For each decade of life, there are statistical norms, but aiming for 30 seconds regardless of your age is a great goal.

Easy Exercises to Boost Your Balance and Confidence

Exercises done while standing are best. Stand near a sturdy object for safety, raise one leg (bent at the hip and knee), and slowly swing it forward and back.

If you need to hold on as you do this, see if over time you can lighten your grip. Gradually try to use just one hand. Eventually, experiment with not holding on at all.

Next, imagine you are standing in the center of a large clock that's drawn on the floor. While standing tall, slowly move your right foot from the 12 to the 6, touching on each number as you go, and return. Repeat this with your left leg. Work toward being able to do this leg clock exercise while hovering your foot over each number.

Lastly, practice getting up and down from a seated position without the use of your hands. There are many opportunities to do this every day, and it will strengthen your legs. Many studies have shown that weak legs are a major risk factor for falls.

Make Your Home a Safer Place

Most accidents occur around the house, especially the bathroom. Installing grab bars, using non-slip mats or adhesive strips inside the tub and on the floor, and considering using a shower seat can all be very helpful. Removing clutter from the floor, placing pet food bowls out of walkways, fixing loose (or absent) stair rails, and addressing poor lighting will also go a long way toward having a safer home.



Talk to Your Doctor About Medication Management

Several medications can cause dizziness, drowsiness, or lower reaction times, such as those taken for sleep disorders, anxiety, high blood pressure, or chronic pain. These side effects can intensify as we get older, and taking multiple medications increases the risk. Speak with your doctor to get a better understanding of how you can lower your fall risk.

It's Never Too Early to Start

According to the Center for Disease Control and Prevention, falls are the leading cause of injury and death among Americans over 65. Our sense of balance is highly trainable; find ways to practice in everyday activities. Now is the time to start balance training in order to stay steady in later years.

Joanne Fagerstrom, PT, CFP, has more than 40 years of experience as a physical therapist and is the owner of Mindful Physical Therapy, LLC in Wyndmoor. She will be offering a Weavers Way workshop called "Better Balance" at her studio Tuesday, Sept. 17.

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Mt. Airy's Own Ice Cream Maker Will Scoop No More

(Continued from Page 1)

had somehow infiltrated the container. But Philly cognoscenti knew that those were vanilla bean seeds. Over the last 20 years people from all over the country came to see those specks as a symbol of the ice cream's authenticity, not realizing that they were once a "Philadelphia thing" exclusively.

Ice cream in Philadelphia also provided opportunities for certain disenfranchised groups to excel. Nancy Johnson of West Philly received a patent for the first modern, hand-cranked, "artificial (ice cream) freezer" in 1846. African Americans sold excellent ice cream from street carts. The confectioner Augustus Jackson, also African American, became wealthy from ice cream he sold from two stores in South Philadelphia.

But Breyers' closing extended beyond its cultural effect on the city. Two hundred people lost their jobs at a time when Philadelphia was bleeding 10,000 jobs annually.

After trying unsuccessfully to get various unions, non-profits, and others to fill this void, in the late 1990s, we reluctantly began Chilly Philly with the launch of a single flavor: Philly Vanilly. Within three weeks, we were given our first lesson in the rapidly changing world of food economics. Many of the markets that we had approached would only accept deliveries from one distributor – Jack & Jill, a company that had no desire to take us on as a client. In fact, no distributor wanted us as a client. At the same time, Chilly Willy, based in the Midwest, was suing us for trademark infringement.

All of a sudden, everything turned right side up. Jack & Jill decided to get out of the market distribution business, we entered into an agreement with Chilly Willy, and we began our relationship with Bassetts Ice Cream, which has lasted for 20 years.

Somehow, we managed to keep our company alive for two decades. During

that time, we saw the local foods movement grow and flourish. Among the beneficiaries of this movement was the ice cream industry. In addition to Bassetts, a number of new companies were born – Capogiro Gelato, Little Baby's, Zsa's, Franklin Fountain – offering Philadelphians a wide selection of excellent products.

It saddens me to announce that we will be exiting the ice cream renaissance we helped to create. Although our business was profitable, our manufacturer, Nelson's Ice Cream in Royersford, has ceased production. Other attempts to find a new manufacturer have been unsuccessful.

Although you will not see our product in the frozen food section, it does not mean that we have left this world behind us. There have been great strides to keep the money that we spend within the city and its surrounding communities, but we recognize there is a lot that still needs

to be done. A quarter of the city's population lives in poverty, without the purchasing power to buy any of these great local brands. Recently, we have become involved in the Co-op's New Economy committee in the hope of building a just, sustainable, industrial base in Philadelphia. Stay tuned.

Coleman Poses is cofounder of Chily Philly Ice Cream. He and his wife, Ilene, are longtime Co-op members and live in Mt. Airy.



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'Purlie Victorious' at Old Academy Players

Old Academy Players proudly presents "Purlie Victorious," a thought-provoking satirical dramedy written by Ossie Davis, this month. The production is directed by Loretta Lucy Miller, stage managed by Kim Hess, and produced by Mary Jane Fullam.



The play tells the story of traveling preacher Purlie Victorious Judson, who returns to his small Georgia town hoping to save Big Bethel, the community's church, and emancipate the cotton pickers who work on oppressive Ol' Cap'n Cotchipee's plantation. With the assistance of Lutiebelle Gussie Mae Jenkins, Purlie hopes to pry loose from Cotchipee an inheritance from his long-lost cousin and use the money to achieve his goals.

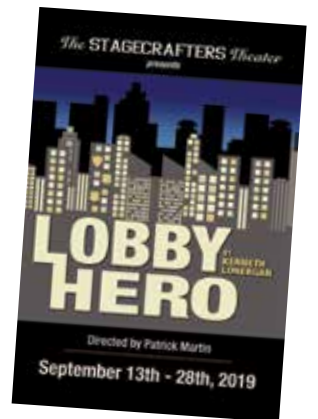
Ossie Davis was an American film, television, and Broadway actor, director, playwright, and civil activist who, with his wife, Ruby Dee, starred in "Purlie Victorious" on Broadway and in the 1963 film, "Gone Are the Days!" based on the play. In 1970, the play was adapted into the Tony-Award nominated musical, "Purlie."

Show dates are Sept. 13-14, 20-22, 27-29, at 8 p.m. Fridays and Saturdays, and 2 p.m. Sundays. Tickets are \$20 per person, with group discounts available, and \$10 per student with valid ID. For more information and tickets, call 215-843-1109 or visit www.OldAcademyPlayers.org.

Old Academy Players is a non-profit community theater located at 3544 Indian Queen Lane in East Falls.

Stagecrafters 100th Season Kicks Off with 'Lobby Hero'

Stagecrafters Theater begins its tenth decade of producing notable plays this month with "Lobby Hero" by Kenneth Lonergan. Jeff, a young, good-natured guy who cannot tell a lie, lands a job as a night-shift security guard at a Manhattan apartment building. He hopes to finally get a taste of stability in his life but ends up in the middle of a complicated situation involving his new boss and two neighborhood police officers. What transpires is bittersweet, funny, and deeply thought-provoking.



Lonergan (b. 1962) is an American film director, playwright, and screenwriter who began his career with the screenplay for the comedy "Analyze This" (1996). Theatrical success came with his early plays "This Is Our Youth" (1996) and "The Waverly Gallery" (1999). "Lobby Hero," written in 2001, was nominated for the Drama Desk Award, Outer Critics Circle Award, and Olivier Award, all for Best Play. It had an extended run at the John Housemen Theatre that year and enjoyed a successful revival on Broadway in 2018.

Performance dates are Sept. 13-14, 19-22, and 26-28 at 8 p.m., and Sept. 15, 21, and 22 at 2 p.m. Tickets are \$21 online (no service charge) or \$25 at the door. Discounts are available for seniors, students with valid ID, industry, and groups of 15 or more. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. For more info and tickets, call 215-247-8881 or visit www.the-stagecrafters.org.

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Part 4 of 4

FJC Eyes a Bigger Piece of the Discount Pie for Food for All Participants

by Susan Bloch, for the Shuttle

PERHAPS YOU'VE SEEN ARTICLES FROM THE FOOD Justice Committee in the past three editions of the Shuttle. We've been engaged in ongoing conversations about the importance of improving access to stores since 2013. Those conversations led to the creation of the Food for All program in January 2015.

Food for All participants benefit from reduced membership fees of \$5 per year and shopping discounts of 10%. Working members in FFA may add this 10% to their 5% working member discount. Qualified members receive SNAP, EBT, WIC, TANF, Medicaid, General Assistance, or Military Disability benefits. To apply, go to <http://www.weaversway.coop/articles/food-for-all>, or call 215-843-2350, ext. 119 to schedule a confidential application meeting.

In 2018, over 200 households were enrolled in FFA, and 150-160 of these shopped every month. Several FFA members were interviewed recently, and they overwhelmingly appreciate the discount, which makes it possible for them to buy more at the Co-op. At the same time, we learned that many shoppers (including many people who would qualify) are not aware of FFA's existence.

We would like to increase the FFA member discount from 10% to 20%. Discussions with Co-op management are in the works, but we've come up with two ideas for funding the increase.

1. Top It Off Program (TIP)

The Co-op already sponsors Giving Twosdays, where shoppers may donate to Food Moxie and other non-profits at checkout once a month. With the Top It Off initiative, shoppers can choose to round up their order total to the next dollar. The funds collected would go into a pot to pay for an increased FFA member dis-



count. Members we have spoken with are strongly supportive of this initiative.

2. Opt Out Program

Working members and senior members could choose to donate their discounts to a fund that would help to increase the discount for FFA participants. Although there is quite a bit of support for this initiative, we've discovered that some members are attached to their discounts. We have not yet surveyed to explore this question more formally.

We encourage members to reflect on how and why the discounts are important to them. For many, the discounts represent welcome savings. For others, it's a reward for being a working member, and a reflection of ownership in the Co-op.

Taking the Community's Pulse

In January, FJC held a member forum to open the conversation about how Co-op members view FFA and our proposed changes. About 80 people attended, conversation was spirited, and many expressed a high level of concern about affordable access to healthy food, as well as interest in being part of the change. As a re-



photo credit

Attendance at the FJC Ice Cream Social in June sign on to help.

sult of this forum, several attendees joined FJC.

In June, we sponsored an ice cream social in the backyard behind the Chestnut Hill store. Turnout was great, and volunteers dished out Chilly Philly ice cream, which was donated by the Poses family, local owners and longtime Co-op members. We also offered a vegan frozen dessert option donated by the Co-op. Our intent was to talk with shoppers one on one to gauge their willingness to participate in our proposed enhancements to the FFA program. Shoppers we spoke with were supportive of our initiatives.

The Food Justice Committee and Food For All Task Force are continuing their work to bring the Top It Off and Opt Out initiatives forward. If you would like to attend a meeting, share your thoughts, or get more information, contact us at foodjustice@weaversway.coop.

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Celebrating a Near Century of Conservation: the FOW Continues to Love Where it Lives

by Maura McCarthy, Executive Director, Friends of the Wissahickon

IN 1924, A GROUP OF CONCERNED PHILADELPHIANS came together after a damaging winter storm and raised thousands of dollars over the next decade to plant native trees, shrubs, and wildflowers in Wissahickon Valley Park. They were the first Friends of the Wissahickon.

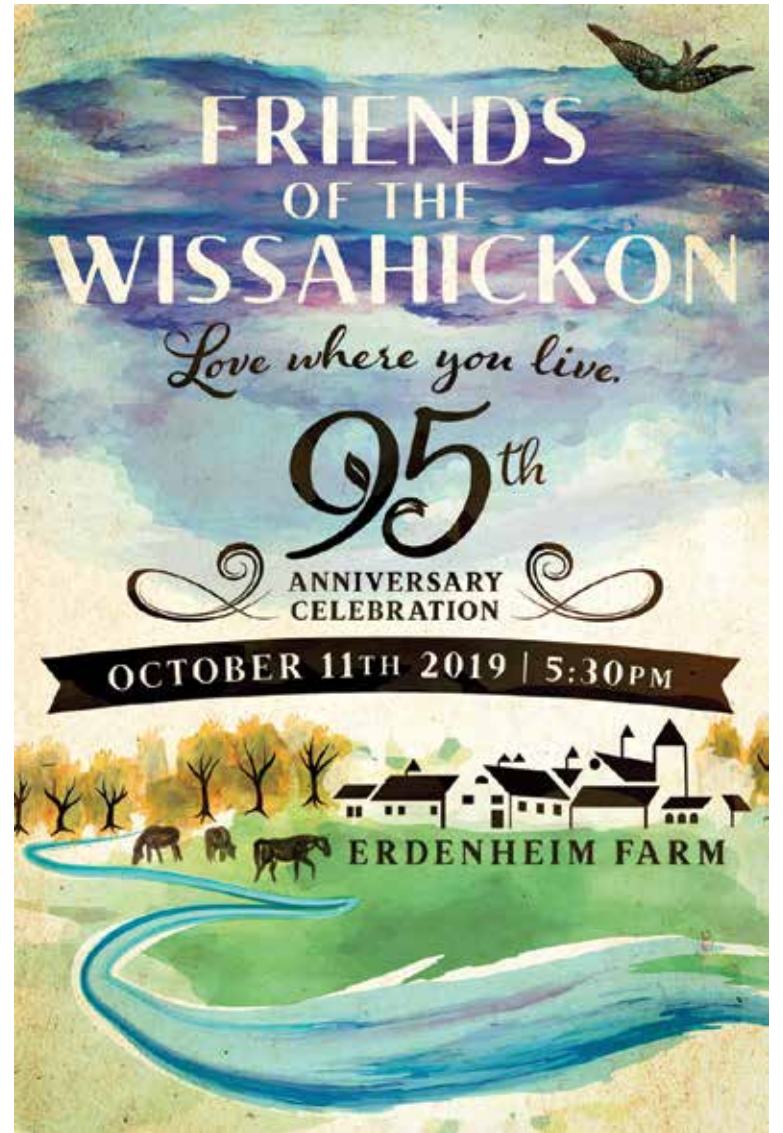
This year, FOW marks 95 years of park stewardship. Our once small group of dedicated citizens has evolved into a vibrant, engaged community of more than 3,000 members and neighbors, along with corporate and civic partners. Thanks to the tremendous outpouring of support from this growing network of friends, the Wissahickon Valley and waterway is stronger than ever. Our founders would be proud that their legacy of civic responsibility and environmental activism ensured the beauty, history, and habitat of one of Philadelphia's great resources continues.

FOW's special year culminates with our "Love Where You Live" 95th anniversary celebration on Friday, Oct. 11 at Erdenheim Farm in Whitemarsh and Springfield townships. This location is particularly fitting given its significance as a green space and the critical environmental role it plays. Erdenheim Farm embraces a portion of the Wissahickon Creek and forms part of the greenway system that begins at the creek's source in Montgomery Township and extends

south through 11 municipalities to the Schuylkill River (the final seven miles of the creek flow through Wissahickon Valley Park.) A working farm, Erdenheim Farm is owned and preserved by Peter and Bonnie McCausland. They granted easements for the construction of public trails on the perimeter of several tracts, which enabled the completion of the Montgomery County Green Ribbon Trail linking Ft. Washington State Park and Wissahickon Valley Park. The easements also connect the Township trail system.

We will be honoring two individuals who have been essential to the fulfillment of FOW's mission: Past President Cindy Affleck will receive our long-standing Wissahickon Award, and Philadelphia philanthropist David Haas will receive FOW's inaugural Founders Award. Funds raised from the anniversary celebration will support our mission to... "conserve the natural beauty and wildness of the Wissahickon and stimulate the public interest therein."

We are grateful for the support of current sponsors: James Corner Field Operations; Skelly & Loy Engineers; Bryn Mawr Trust; Mitchell, Sinkler & Starr investment advisors; Aqua Pennsylvania; Glanzmann Subaru; UBS Financial Services; The Nature Conservancy, and McFarland Tree, Landscape & Hardscape Services.



Join us for a festive farm dinner and dancing to celebrate this momentous occasion as we look forward to a century of service for our beloved Wissahickon. For ticket information, visit www.fow.org/event/95thanniversary/ or contact Sarah Marley at marley@fow.org.



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Group to Tackle Social Isolation in Those Over 60

by Claudia Apfelbaum, for the Shuttle

IN THIS ERA OF BABY BOOMERS retiring, divorcing, becoming widowed, etc. the experience of social isolation is a major social problem. It is so significant that the English government has taken note and created a Ministry of Loneliness.

In this country, efforts are being made, mostly by social service agencies, to help counter people's experience of social isolation by offering social activities and groups. Still, many people slide by, disconnected. A friend shared with me that a man died in his neighborhood—a fairly social place—and no one came to his funeral because the man was relatively new to the community and had not made friends with anyone. My friend felt terrible that he had never reached out to this man and invited him over for a cup of coffee. Social research informs us that the simple act of neighbors talking over fences to one another is a small but significant way to counter social isolation.

I run Overcoming Isolation, a group in which people over 60 can explore their challenges with social relationships and develop social skills. It is also a place to talk about personal life issues in a safe environment. Participants give and re-

ceive support, feedback and information from one another.

Here are some quotes from participants about the impact the group has had on their lives:

"I experience that my comments (in the group) are well-received. This makes me more comfortable with talking in all kinds of social settings."

"I feel more comfortable with myself."

"The idea I had, which was that people would not want to be bothered with what I had to say, is much diminished."

"I now feel like I'm part of the human race."

Overcoming Isolation meets twice a month on Thursdays from 2-3:30 p.m. in Germantown. For more information, contact me at claudialistens@gmail.com or 215-317-8855.

Claudia Apfelbaum, LCSW, has a private practice in Northwest Philadelphia, where she sees individuals and couples. Her website is: www.ClaudiaListens.com

UUH Outreach to Celebrate 20 Years of Service to the Elderly

by Roberta Balsam, for the Shuttle

THE UUH OUTREACH PROGRAM IS in its 20th year of providing in-home services to older adults in Germantown, Mt. Airy, and surrounding neighborhoods. The board and staff will mark the occasion with a celebration on Wednesday, Sept. 25 at Cliveden of the National Trust in Germantown.

Outreach, a free program supported by the Lycoming Fund, began as an extension of the former Unitarian Universalist House nursing home. While the nursing home closed in 2010, Outreach continues to carry forward its mission of assisting older adults in living safely with dignity.

Since 1999, we have provided direct support to over 900 older adults, more than 300 of whom continue to be served today. One of Outreach's larger projects, our annual food drive, has benefited from the assistance of many Weavers Way members, who have donated, sorted, and delivered food to clients in their homes. Over the past dozen years, we have solicited and distributed more than \$74,000 in client assistance funds for utility bills,

medical expenses, grab bars, roof repairs, and home safety improvements—but the need is much greater.

All proceeds from the anniversary event will go directly to Outreach clients in need of assistance with home maintenance, home safety, and home repairs.

We are a small neighborhood program with a mighty impact, and we look forward to serving our community for years to come. If you have an interest in joining our efforts to help older adults live safely and independently, please call 215-843-5881 or visit our website: www.uuhoutreach.org. There, you will find information about our organization and our upcoming event, including opportunities to serve as a sponsor.

All of us at Outreach are so appreciative of our clients, our partners, and our community, and we are fortunate to be able to continue our meaningful work.

Roberta Balsam is social services supervisor at UUH Outreach.



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Shopping the Co-op for Great and Healthy Deals

by Dorothy Bauer, Weavers Way Neighborhood Nutrition Team

AT WEAVERS WAY, THERE IS NO SHORTAGE OF GOOD deals to be had, with affordable food in particular ripe for the picking — pun intended!

Within the Co-op, we offer weekly specials and monthly deals. You can find flyers and pamphlets containing these deals prominently displayed in each store. I invite you to incorporate these finds into your weekly and monthly shopping trips; these savings, along with member discounts, add up.

I always keep an eye out for discounted produce and bakery items when I'm in the stores. Don't forget to check the freezer for marked-down fish and meat as well. Most departments have clearance items, sometimes with savings as high as 75% off — those bright red sale stickers indicating the discount sing, "Come to Momma!" If you need or want to save money, familiarize yourself with the discount bins and baskets. Each store has its cache, so get to know them and work it, baby!

Now that you're a savvy shopper, with coupons in hand, remember to keep your eye on the prize. You're ready to navigate the stores with a new focus and intention. When it comes to produce and perishables, only buy what you can consume while it's still fresh. If you see ripe fruit marked down, way to go! But be sure to consider if you have the time and space to process it, even if it's half off or more. If your purchase ends up in the compost or trash, that's a bit counterproductive on the budget front.

We can't rely on finding ALL our purchases in the discount bins, but if you shop for fresh food that's local, it will likely be less expensive than something shipped in from who knows where. Let your menu-planning be directed by the seasonal offerings in the produce department. You should al-

ways have a good selection of fresh veggies and greens on hand and make friends with the less expensive choices. For example, I always have a bunch of collards in the fridge for wraps, or red and green cabbage as well. They both keep for a while and are a quick and nutritiously dense way to make a visually appealing, mouth-watering, and super-fast lunch, breakfast, or dinner!

Challenge yourself to be creative with something new (and preferably inexpensive!) each shopping trip. Our talented department heads work hard to keep our shelves and cases stocked with the freshest options and the best values. Take advantage of their efforts — consider getting out of your comfort zone and trying something new!

If you own a spiralizer and it's not earning its keep, dust it off and see how much fun you and the family can have. A potato peeler, grater, food processor, or mandolin also will work. There's nothing better than an appetizing mound of nearly instantly obtained oodles of zoodles (a.k.a. zucchini pasta) and a quick sauce for a feast that's ready in less than 30 minutes.

Another good method for saving money is preparing staples — for a day or two or the whole week — ahead of time. It may take some due diligence at first, but once you get in the habit of making a few basics (dressings, sauces or pates) and having them on hand, the panic of "OMG, what are we going to have for dinner tonight?" will go away.

Don't have time to wash all those greens? This is where I consider a tub of organic, triple-washed greens a fair compromise in time/money management. A cabbage or romaine leaf serves as a perfect edible bowl to fill with greens and whatever you have on hand — just drizzle on a dressing and dig in!



What the Team Has in Store

Back to school season isn't just for the kids! This September, the Neighborhood Nutrition Team will inspire you with delicious and easy lunch box ideas, provide you with tips on eating healthy on a budget, share tricks and tips for expanding children's palettes and create sandwich wraps using fresh greens.

Neighborhood Nutrition Team Open Hours at Weavers Way locations:

- Tuesday, Sept. 3, 4-6 p.m. - Ambler
- Tuesday, Sept. 10, 4-6 p.m. - Henry Got Crops
- Tuesday, Sept. 17, 4-6 p.m. - Mt. Airy
- Tuesday, Sept. 24, 4-6 p.m. - Ambler

WORKSHOPS

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

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Get a taste of Foulkeways at Gwynedd and visit today!



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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. Or do it the old-fashioned way: Email 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

Neighborhood Nutrition Team: DIY Sandwich Wraps with Greens

Tuesday, Sept. 10, 4-5:30 p.m., Henry Got Crops Farm

Looking for a quick, healthy replacement for sandwiches and subs? At this fun demo led by Neighborhood Nutrition Team Member **Dr. Wendy Romig**, you'll learn about the benefits of green wraps, which will increase your fiber count as well as lower your intake of simple carbs. You'll also sample a few great options for getting your greens while enjoying the convenience of a wrap. Free.

Neighborhood Nutrition Team: Eating Healthy on a Budget

Tuesday, Sept. 17, 3-4:30 p.m., The Community Room at Weavers Way Mt. Airy
Eating healthy doesn't have to be expensive! Join Neighborhood Nutrition Team member **Nicole Schillinger** as she reviews each food group and explains the best cheaper options to buy. She'll also tell you how to stock your house with healthy but more cost-efficient items. Free.

Health & Wellness: Many Roads to Better Balance

Tuesday, Sept. 17, 6:30-7:30 p.m., Wyndhill Professional Center, 8200 Flourtown Ave., #14, Wyndmoor

Physical therapist **Joanne Fagerstrom** will discuss evidence-based strategies to improve your balance and help prevent falls. You will have the opportunity to test your balance and learn how your score compares to age-based norms. Simple and effective exercises will be demonstrated and practiced, and important tips for improving the safety of your home will also be reviewed. Free.

Neighborhood Nutrition Team: Get Your Lunch Box Groove On!

Friday, Sept. 27, 10-11:30 a.m., Weavers Way Ambler

We'll help you put together a lunch that's as easy as learning your ABCs. In this workshop, you'll learn how to prepare meals that are nutritiously packed with fresh and local produce, color, crunch, texture and flavor. Come join in the fun with Neighborhood Nutrition Team member **Dorothy Bauer**. Free.

Neighborhood Nutrition Team: Tips for Picky Eaters

Saturday, Sept. 28, 11 a.m.-noon, Weavers Way Ambler

Are you struggling with a picky eater? Are meal times difficult at best? Join Neighborhood Nutrition Team member **Beth Chiodo**, RD and mother of three, with your little ones to discover tips and tricks for expanding little palates. Learn about introducing new foods and the role that texture plays. Help your little ones explore different tastes and textures through samples provided! Free.

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Reduce Your Carbon Footprint By Trimming Your Food Waste

by Sandra Folzer, Weavers Way Environment Committee

THESE DAYS IT'S EASY TO FEEL POWERLESS. THE WORLD is changing so rapidly that it's hard to know what you can do to make a difference. Well, there is one fairly easy action you can do to benefit the earth — cut down on your food waste.

One tenth of global emissions are caused by food waste, so what you throw in the trash matters. When food is thrown in the trash, it gives off carbon emissions as it decays in the landfill.

Think of events you have frequented, from weddings to picnics to parties, where good food fills the waste bins. Then think of the millions of people in the world who are malnourished. You may not be able to do much to reduce starvation, but you can monitor your own eating habits better to reduce carbon emissions from food waste.

Here are a few suggestions:

- Buy only what you can use before it spoils.
- Freeze leftovers or bread for future use.
- Don't buy large amounts of food that you can't use, even if it's on sale.
- Don't fill your refrigerator so full that you can't see what's there.
- Plan your menus to use what you already have in your refrigerator.
- Don't take expiration dates too seriously. They may signify the date by which food must be sold, not eaten.

In the United States, as much as 40% of food is wasted because consumers buy too much. In developing countries, the waste is more likely due to farm inefficiencies or poor storage.

Much of food waste happens even before it gets to stores. Food rots in the fields or isn't stored properly and is wasted during production. If you include the fuel to run the farm machinery, transportation and other factors, the amount of emissions due to food waste increases. Deforestation is sometimes included in the waste because forests are cut down to raise

food that may never be eaten. If we include all these factors, food waste accounts for a quarter of global man-made carbon emissions.



to improve storage techniques. For example, rice storage bags in the Philippines cut losses there by 15%. Training farmers and creating farmer cooperatives lead to more efficient food production.

Since grocery stores and restaurants waste large amounts of food, consumers need to advocate for change. You can urge groceries to sell "misshaped" items for a reduced price so they are not wasted. You can ask the staff at your favorite restaurants what they are doing with their extra food; are they donating it to shelters or Philabundance? A little public pressure may create change.

There are small ways I can reduce waste when I eat out. If my sandwich comes with chips, which I know I won't eat, I should tell the server in advance not to bring them. I can suggest to the management that the servers ask ahead of time if the customer wants any extras with their meal.

I've had some good luck with friendly management around other environmental issues. After plastic straws were automatically given to every customer in a restaurant, I asked that they only be given them on request. (I happened to include a gruesome picture of a turtle with a straw piercing its nose.) Next time I visited, I noticed there was a sign that read, "If you want a straw, please ask for one."

Each of us can make a difference.

According to the United Nations Food and Agriculture Organization, the world throws away about 1.3 billion tons of food, a third of what is produced every year. That waste makes for a larger greenhouse gas footprint than all countries except the United States and China.

Not surprisingly, food waste from wealthy countries like the United States, Canada, Australia and New Zealand is 10 times that of poor regions. According to the FAO, private and public sectors need to invest in better technologies

eco tip



Do the Bees a Solid — Let Your Herbs Flower!

by Marsha Low, Weavers Way Environment Committee



We all know that bees are in serious trouble — and so are we, since we rely on them to pollinate 35% of global food production. The statistics are grim: Over the past winter, close to 40% of managed honeybee colonies in the U.S. were lost.

Still, there's a lot you can do to help bees out if you have a garden. For one thing, plant bee-friendly flowers such as asters and echinacea. Secondly, allow herbs that you grow in your garden to flower, since many species of bees (and other pollinators) love many of the flowers of herbs, including cilantro. If you allow some of yours to grow into two-foot high, shrub-like plants, they develop tiny white and profuse flowers that native bees love.

Other common herbs that attract bees once they flower are mint, oregano, basil, dill, sage, thyme, rosemary, fennel, and lemon balm. So instead of cutting off the flowers of all your herbs to encourage new growth, consider allowing at least some of the herbs to flower. You'll be rewarded by seeing and hearing bees of all sizes a-buzz!

COOKIN' GOOD



photo by Jessie Donofrio

Weavers Way Executive Chef Bonnie Shuman and Farm Manager Nina Berryman showed off Prep Foods' version of Mexican street corn salad on PHL17's Morning News with Nick Foley (far right) on Aug. 30. Viewers got a quick history lesson on the Co-op and our farms.

TANK YOU, BUT YOUR TIME IS UP

Improvements to C.W. Henry School this summer included the removal of an obsolete oil tank buried underneath the school's parking lot. According to new Principal Kate Davis, heavy rains in late May damaged the tank and water leaked into it, necessitating the removal.

photos by Karen Plourde



The crater left after the tanks removal.



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Workers from Kleinfelder Engineers secure the old oil tank to a flatbed truck

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Forest Days Branches Out to Henry School Kindergarteners

by Karen Plourde, Editor, Weavers Way Shuttle

IF IT CAN HAPPEN IN BROOKLYN, IT can happen here.

That may be the mantra of Rachel Schwartzman, director of Forest Days, an outdoor learning program that will involve kindergarteners from C.W. Henry School spending a day in Carpenter's Woods every week to supplement their classroom work this school year. Her involvement with the program began as a kindergarten teacher at the Brooklyn New School. During her 12 years there, she, fellow teachers, and her students would spend one day a week at Prospect Park, immersing themselves in hands-on, outdoor learning.

"[It became] everybody's favorite day of the week," she recalled. "The families loved it, the kids loved it, and the teachers were really excited to have this different quality of time with the students."

When Schwartzman moved to Philadelphia in 2016, she wanted to continue the program here. Kindergarteners at Wissahickon Charter School's Awbury campus in East Mt. Airy kicked off the Philly version of Forest Days at Awbury Arboretum last year. The program will continue there this school year.

Forest Days is modeled after the forest schools found throughout Europe. In those schools, young students spend every day or several days a week learning outdoors. The program is an offshoot of the Eastern Region of Forest and Nature Schools, a 501(c) 3 nonprofit. Forest school-type programs exist in the United States, but mostly in private schools.

"We're focused on trying to create a template that other public schools can adopt," Schwartzman said.



Philadelphia's many green spaces make it an ideal location for Forest Days to develop and grow. However, those spaces aren't always located within walking distance to schools.

"It [involves] figuring out how to connect to that green space when they're not walking," Schwartzman said. "That's going to be a challenge, because I'm told that the cost of buses is quite high."

To address that challenge, and pay for the program, Schwartzman started a GoFundMe page last month: <https://www.gofundme.com/urban-forest-school-philly-pilot>. The cost for one child to participate in Forest Days for the school year is \$220.

Along with giving kids valuable learning time outdoors, Forest Days also provides training for teachers. "We seek to inspire and ignite the same curiosity and sense of wonder and possibility in the teachers as we do within the children," Schwartzman wrote in an Aug. 19 email. "We want this program to sustain well beyond the years of mentoring so that the teachers are confident to continue this work on their own."

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Podcast Offers An Earful of Insights From NW Philly Folk

by Karen Plourde, Editor, Weavers Way Shuttle



Rick Mohr, host of Northwest Philly Neighbors

IT'S NO SECRET THAT NORTHWEST Philly is home to plenty of interesting people. Since March, Mt. Airy resident Rick Mohr has talked to several of them and recorded their stories for "Northwest Philly Neighbors," his twice-a-month podcast that recently marked the airing of its tenth episode.

"I've always loved learning about people — hearing their stories and finding out about their work and projects — and thought I could share that love with the

world by drawing out some of the fascinating people I've run into around here," said Mohr, a 61-year-old native of Ann Arbor, MI who's lived here for 11 years. "I wanted to give their stories a wider audience and help build connections, both for myself and within the community."

Mohr's debut guest was Weavers Way Farm Manager Nina Berryman, whom he met through another of his pastimes: calling contra dances and playing fiddle, which he's done at Harvest on Henry festivals at Henry Got Crops Farm.

"I was impressed with [Nina's] wide range of skills and her relaxed friendliness," Mohr recalled. "I wanted to hear more about her story and all that goes into making the farms run. It turned out to be a great first episode."

Subsequent shows have featured interviews with John Janick, owner of Good Host Plants, community activist Yvonne Haskins, and sports psychologist Joel Fish, among others.

"One of my main jobs is making really compelling episodes — finding people that have good stories to tell, and setting things up so that the important things they have to say get said," Mohr said.

He estimates each episode takes him about 40 hours to complete from start to finish. "I made a list, and there are at least

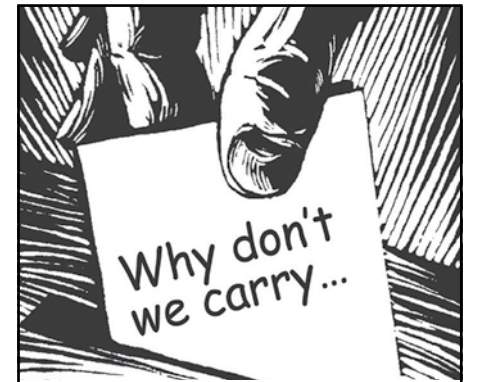
20 skills involved, from designing a logo, to researching guests, to hosting a fruitful interview, to editing the audio, to publishing episodes," he said.

Mohr's background is in IT, but he's taken a pause from that career and is a stay-at-home dad for their eight-year-old son, Evan. His wife, Chloe, is a community planner for Montgomery County.

Beyond building connections between people in the area, Mohr also wants to hone his podcasting skills. "In a way, the barrier to entry is low to do a podcast," he said. "You just have to turn on your [device] and record and put it out there. In another way, it's actually kind of high, because there are so many skills involved to do it well."

"Northwest Philly Neighbors" is available on Apple Podcasts, Google Podcasts, and Spotify. Previous episodes can also be accessed on the show's website, nwphillypodcast.net. Mohr will have a booth set up at the Mt. Airy Village Fair on Sept. 8, where he'll record short conversations with fairgoers for an upcoming episode.

"People are welcome to sit down and talk, maybe tell a Mt. Airy story, a family story, a little-known fact about themselves, or something they're enthusiastic about," he said.



Suggestions

Norman's column and the suggestions and responses section will be back next month.

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GLEC 10th Anniversary Crab Fest

(Continued from Page 1)



The crowd lines up for all-you-can-eat at Crab Fest 2018.

photos Pam Bracey

reconstituted Board leadership, volunteered countless hours to reconstruction, and restored the organization as the Germantown Life Enrichment Center.

Today GLEC provides housing for 128 low-income men, as well as after school and summer camp programs that are frequently filled to capacity. The center also includes a huge gym and pool, and offers sports, martial arts and fitness programs for adults and elders, swim lessons, lifeguard training, pool party space, a sauna, lap and recreational swimming, social events, and community meeting rooms.

The GLEC residential facility, which remained open even when the flood had closed the rest of the building, has been recognized by the city for the quality of the support it offers. Such facilities are desperately needed as the homeless population has skyrocketed. Unlike YMCAs, which no longer offer residences, GLEC has preserved this part of its mission of community service.

The GLEC recreational facility is open from 6:30 a.m.-8 p.m. Monday through Friday, 8 a.m.- 5 p.m. Saturday,

and for private events on Sunday. GLEC is unique for its partnership role in founding Germantown Community Radio on 92.9 FM. WRLG-LP broadcasts 10 hours of educational and cultural programming a week, including "Germantown Artists Roundtable" and "Vanessa's Money Hour" on Thursday, Friday and Saturday afternoons.

GLEC invites Northwest Philly neighbors to join in the celebration at its seventh annual All-You-Can-Eat Crab Festival and Auction Saturday, Sept. 14 from 7-11 p.m. The event helps GLEC to welcome children from low-income families not eligible for public assistance to use the facility and participate in its programs. Over 200 people attended the fest last year, which also features live music and dancing. For more information about the Crab Fest and the Germantown Life Enrichment Center, or to donate, go to www.glifecenter.org or call 215-844-3281.

Connie Bille is the former president of Allens Lane Art Center. She's currently a board member at GLEC and the station manager at WRFG.

Al Fresco Dinner Will Help Fund Redo of Robbins Park Education Center

Robbins Park in Maple Glen has big plans for an environmentally friendly update of its education center, and organizers are looking to a dinner in the park catered by the Co-op's prepared foods department on Sept. 14 to help fund the project.

"Raise Your Fork" will feature a seasonal menu and craft beers from Ideal Brew. Proceeds will go toward the construction of the Living Building to replace the current Cheston Center. Students from Upper Dublin High School's Project Based Learning Environmental Science Class worked on the design along with Green Building United Professionals and Re:Vision Architects of Manayunk. The students did the research and went over the steps needed to transform the center into a living building. They also met with municipal officials to learn about the building code, and what regulations might need to be overcome to bring the project to completion.

The park comprises 38 acres in Upper Dublin Township, and includes paved and wood-chipped trails through forest and meadow, a spring-fed pond, and Rose Valley Creek, a tributary to Wissahickon Creek. It had its beginnings as donated land from the Robbins and Cheston Families in the 1970s. Current collaboration with the Upper Dublin School District allows every student to go there and connect with the science curriculum.

Tickets for the dinner are \$60 per person and can be purchased via Paypal on the park's website at <https://sites.google.com/udsd.org/robbins-park/park-events>. The deadline for purchasing tickets is Sept. 7.

Emerald Ash Borer Art Exhibit Opens at Schuylkill Center

"We All Fall Down: Artists Respond to the Emerald Ash Borer" opens at the Schuylkill Center for Environmental Education, 8480 Hagy's Mill Road, Philadelphia, with a free reception at 7 p.m. on Thursday, Sept. 19. The exhibit showcases artists' responses to the highly invasive emerald ash borer beetle and its impact on our forests. The opening reception includes artist talks, refreshments, and a short, guided walk to the site-specific works on the Center's trails. "We All Fall Down" runs through Nov. 30. For more info, visit www.schuylkillcenter.org.

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Photo: Julieanne Harris

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Appeal of Fair Trade Bananas

(Continued from Page 1)



Ambler Produce Manager Erik Fagerstorm



A bunch of "perfect" bananas

photo Erik Fagerstorm

operative that does business with over 100 small farmers. These farmers are guaranteed a minimum price on each case of bananas they produce, regardless of market conditions. In addition to the income from their bananas, the cooperative farmers also earn \$11 per case from a fair trade premium. The use of this premium is decided democratically by the farmers of the cooperative. In one instance, the proceeds from the premium were used to create a health care facility attached to the Asoguabo office that the farmers and their families can use.

Asoguabo also accepts proposals for community development in areas of need. The cooperative decides which proposals can be fulfilled. For example, they installed a high-grade water filtration system for a group of people that previously only had access to contaminated water. Last year, they built a new roof on an elementary school to provide shelter for an outdoor area that can be used for assemblies and events.

I was excited to see the project firsthand. Once we arrived, we were greeted by all of the children and teachers of the school and enjoyed a short performance from each class. I couldn't help but think "All I do is order bananas from Four Seasons. Do I really deserve such a gracious round of gratitude from these people, and did I deserve to be there?" I came to understand that through the entire Fair Trade supply chain, from farmers to consumers, there are people affected in positive ways that would not be possible through commodity banana production.

By the Numbers

The average person in the United States eats about 27 pounds of bananas per year, although I know the vegans reading this will laugh at that

number. Let's say that equates to about 75 bananas per year. At Weavers Way, this will set you back about \$26.73 per year since we charge 99¢ per pound, assuming you are not a working member receiving your 5% discount. At a leading competitor, it would run you about \$13.23, assuming a retail price of 49¢ per pound. So for an additional \$13.50, you can get your banana, harvested by hand, washed, packed, inspected for quality, shipped in climate-controlled containers and ripened to your liking delivered to your store, knowing that you are supporting small cooperative farmers who take care of their community and keep their dollars spread among those in need.

So yes, we could charge less for bananas, but you will end up paying more for something else. Therein lies a big problem with the banana industry. When huge corporations slash prices on bananas, it creates massive pressure on the entire grocery industry to match it. Bananas are an economy of scale, but the money made is not being evenly distributed to the supply chain. The margins are slashed all the way down to the farmer and often, people cannot live on that income.

Grocers should not be fooling you into thinking that bananas are this magically cheap and affordable commodity. In his Shuttle column on the topic last fall, General Manager Jon Roesser wrote "This banana dilemma highlights two of our values that often are at odds with one another: our commitment to co-prosperity and protecting the planet vs. our commitment to competitive pricing."

For my part, I believe that part of our role as a co-op is to educate you about the food we sell. And given what I've seen on this trip, our banana price is fair to everyone.

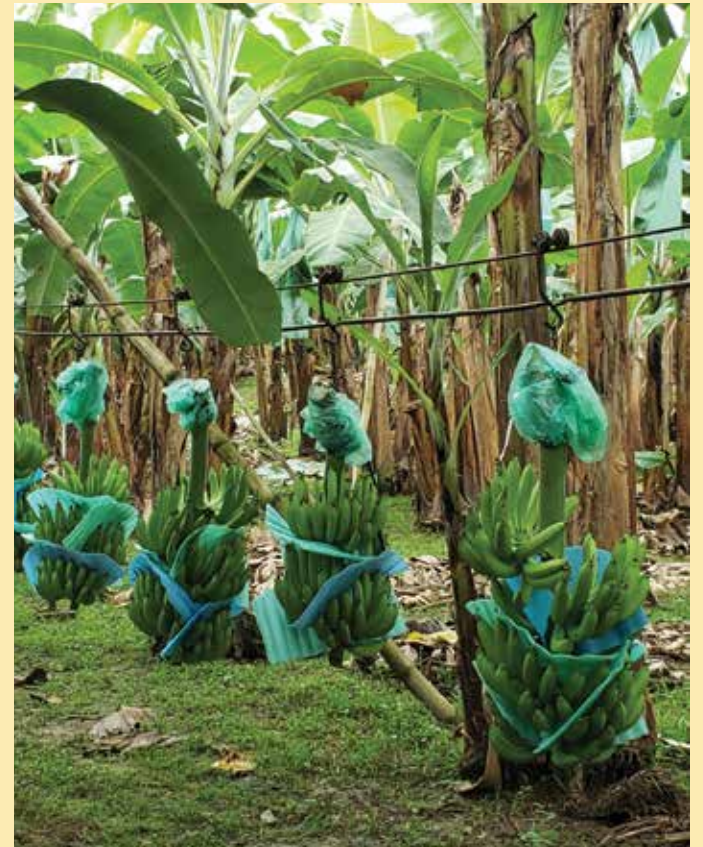


photo Erik Fagerstorm

Banana field in Ecuador



photo Erik Fagerstorm

Banana washing process.



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STAFF CELEBRITY SPOTLIGHT

Dara Washington

Job: Lead cashier, Weavers Way Chestnut Hill

What that means: She gets the store ready to open or close, deals with customer service issues, and sets breaks for cashiers.

Since when: January 2018 (approximately)

Age: 32

Where she's from/where she lives now:

Abington/Glenside, with her daughter, Janiyah (14), and son, Jalen (7).

How she got to Weavers Way: She was working at the Dunkin' in East Mt. Airy when one morning, during a blizzard, she was the only one who showed up to work and was covering the counter as well as the drive-thru. Chestnut Hill Store Manager Dean Stefano came in at 4 a.m. and stayed for a couple hours. "I thought there was something wrong with him — he kept getting all these turbo shots," she recalled. "Finally, he gave me a hefty tip, and he said, 'You're really wonderful. Come work for me.'" He gave her his card, but she wasn't actually hired until three years later.

Future plans: She'd like to earn her bachelor's degree (she's almost earned enough credits for an associate's). She's played snare drum since she was young and would like to go back to school for music production or something music related.

Favorite Co-op products: Wyman's frozen blueberries (she makes a lot of green smoothies), Alpha Foods plant-based frozen burritos, Marich bulk chocolates, organic agave gummy bears, Lambeth Grove juices.

Thoughts on the Co-op: "I love the customers that come in and shop, especially the little old ladies who are so sweet... Chestnut Hill's kind of like, not hippies, but really inclusive, and if you're different, that's fine. We're different, too."

—Karen Plourde



COOPERATOR OF THE MONTH

Tom Boyle

Joined Weavers Way: March 2018, with his wife, Mary Pat

Why they joined: "I used to shop at Whole Foods, and when the Ambler store opened, we started shopping there. As I got to know more about Weavers Way, it just made more sense to become a member and to direct our resources toward supporting [the Co-op]."

Lives in: Flourtown

Former job(s): Tom and Mary Pat worked for the Pennsylvania Office of Vocational Rehabilitation, part of the Department of Labor and Industry. He was the manager of their suburban field office, and she was a rehabilitation counselor for the deaf.

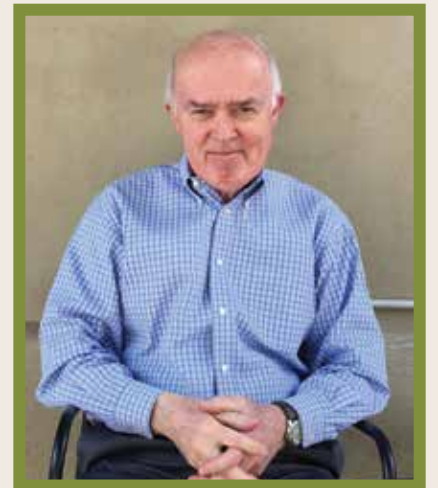
Why they're working members: "It seemed like a good way to kind of give back. I like the idea there's a working member discount... When we looked and we went to the New Member Orientation, it was like, 'This is not really that hard.'"

Co-op job history: He's helped out in the Finance Office and has done shelf tag sorting. He works all the hours for the household.

Favorite Co-op products: Artisan breads, Philly Fair Trade coffee, Erivan plain yogurt. They do about 60% of their shopping at the Co-op.

Thoughts on the Co-op: "I like the fact that unlike the large box stores, or a place like Whole Foods, you have a diverse range of products that have been manufactured or provided by small, local businesses. You're sustaining... Heck of a Cookie, those kind of places — that really are small, Mom & Pop operations. You're supporting them."

—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, September 10, 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.

2017-2018 Weavers Way Board

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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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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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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, September 18, 6:30-8 p.m.
Ambler Senior Center, 45 Forest Ave.
Thursday, September 28, 6:30-8 p.m.

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

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