

Take the Challenge: Run for the Board

by Sylvia Gentry, Weavers Way
Leadership Committee

WEAVERS WAY IS LOOKING FOR A FEW member-owners to run for the Board of Directors of the Co-op.

With continued growth and the planned opening of the third Weavers Way store in Ambler, it is an exciting time to be on Weavers Way's Board. In addition, we are taking on a leadership role in helping other communities in the region start food cooperatives, and we are enjoying record sales and profits. With the addition of Fresh Market and Acme in Chestnut Hill, we must meet the challenges these new competitors bring. Our sales have quadrupled over the last 10 years, and this brings us new opportunities and additional challenges.

Weavers Way Board members provide essential leadership to this growing and vital effort to expand the cooperative economic model, promote the values our co-op stands for and provide healthy food options for residents of Northwest Philadelphia and beyond.

The Board operates using Policy Governance. This leadership model results in the Board using very little of its time making operational deci-

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GM'S CORNER We've Elected To Stick to Our Basic Values

by Jon Roesser, Weavers Way
General Manager

LIKE YOU, I AM RECOVERING FROM POST-Election stupor and starting to take stock of our new world. And if elections inevitably result in winners and losers, for sure one big winner has been the PA Wine & Spirits Shop, at least the one around the corner from me. The staff, well, they've gotten to know me these last few weeks.

I'm coping in healthier ways too, primarily by taking a "news holiday." No news, not even KYW Newsradio, a hard habit to break. So if Sarah Pal-

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The Great Hall of the newly renovated Waldorf School in Germantown provided a suitably majestic venue for the Fall General Membership Meeting. At left, GM Jon Roesser displays a proposal for the interior of the Ambler store.

Robert Leslie Smith photos

Members Hear Financial News, Ambler Update


by Mary Sweeten, Editor,
Weavers Way Shuttle

THE FINANCIAL STATE OF WEAVERS Way is good—considering—and work to open a third Co-op store in Ambler is coming together, General Manager Jon Roesser told Weavers Way members at the Fall General Membership Meeting.

About 150 people gathered Nov. 13 at the Waldorf School in Germantown, admiring the renovation of the former St. Peter's Church and chowing down on a chili buffet masterminded by executive chef Bonnie Shuman. As at the Spring GMM, many members brought their own plates and forks, while others paid \$1 to "rent" a place setting in support of the Environment Committee's Zero Waste effort.


Board President Chris Hill acknowledged the mood, less than a week after Election Day, in his opening greeting. "There's a constant need for communities like ours, more so than ever in the future," he said. "In a world that feels a little more fragile,

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TOGETHER WE GROW

MEMBER LOAN CAMPAIGN



Thinking about making a member loan? The deadline is Dec. 9!

Member loans will constitute an essential piece of the overall funding of our third store. Your dollars stay in the local community: providing jobs; strengthening our local food system, including our regional farmers; and making Weavers Way a more resilient organization today and in the future.

We're offering two options, with a minimum of \$1,000 (no maximum!):

- 2.5% interest (per annum) for 4 years
- 4% interest (per annum) for 6 years

The simple (not compounded) interest is to be paid at the end of the loan period. Lenders must be Weavers Way members and Pennsylvania residents.

Learn more and find out how to participate — visit www.weaversway.coop/member-loans, or ask a cashier at any Weavers Way store.

What's in Store at Weavers Way

Check It Out!

by Karen Plourde, Weavers Way Communications Staff

All Wellness & Good

Queen Alaffia bags & scarves brighten up the world in at least two ways.



It's always a bonus when gifting goes beyond the giftee to benefit the world. That's the case with **Queen Alaffia bags and scarves**, which offer splashes of wearable color and can be found Next Door. They're an offshoot of Alaffia, the body-care company born in West Africa and headquartered in Olympia, WA. Queen Alaffia employs women who were formerly involved in the sex trade in Togo, and sales from the handmade, one-of-a-kind bags and scarves provide workers with ethical employment and fair wages. (What's more, Queen Alaffia scarves and purses will be 20 percent off on Wednesday Stag & Doe Nights in Chestnut Hill — which might free you up to contribute some cash to Alaffia empowerment projects. See alaffia.com/donations for info.)



If someone on your list could benefit from a better-smelling environment, consider presenting them with a diffuser from **Spa Room**, also available Next Door. Models include the **Aromafier Classic**, the **Scentifier** and **AromaScape**.

Meanwhile, Across the Way has gotten a fresh injection of fun on its shelves thanks to a delivery from **Archie McPhee**, the novelty kingdom based in Seattle. You can find everything from stocking stuffers like Instant Underpants to goofy ornaments to a unicorn-head squirrel feeder. Less wacky but still fun are games for kids of all ages, including **Yamslam**, **Ring It!** and **Battle Sheep**.



The Deli Dispatch

A chunk of local goodness from the Farm at Doe Run.



'Tis the season to put out the good stuff for family and friends who visit. Deli Managers Matt Budenstein (Chestnut Hill) and Shawn O'Connell (Mt. Airy)

suggest **Bathed In Victory Hop Devil**, a raw cow's-milk fromage washed in beer brine from Chester County's **Farm at Doe Run**. The beer, by the way, is Victory Hop Devil from Downingtown. Need a second choice? Cheeseheads Matt and Shawn also like Doe Run's **Hummingbird**, a sheep-and-cow's-milk cheese similar to a robiola. It has a thin rind and a buttery, herbaceous, milky-sweet flavor.

Bulk & Beyond

Delectables of the season from Marich. And blends for spicing your cider.

There's no shortage of chocolate goodness from **Marich** of Hollister, CA, all year long. But this time of year, there are a couple of extra-special treats that find their way into Incredible Bulk bins in Mt. Airy, including chocolate cranberries and triple chocolate toffee. They bag and ribbon up well, and of course, you'll want to taste a few yourself to make sure they're the right thing. Marich uses only Fair Trade cocoa.



With chilly weather hitting us, there are folks yearning for mugfuls of warm beverages, including apple cider. **Knudsen**, **Wildwood** and **Simply Organic mulling blends** are now available in packages upstairs to dress up that drink. With dashes of cinnamon, anise, cloves and citrus peel, they'll nudge out the Grinchiness and make room inside for a splash of holiday spirit.



Goings on in Grocery

The Hill has a sleighful of sweet treats that are sure to please.

What's your go-to taste of the season? Eggnog? Gingerbread? Peppermint? Chances are you'll find it featured in the holiday goodies in either store. Here's a sampling of stock in the Hill: **Oebel stollen**, **Taza chocolate bars** and **Mexicano discs**, **Valentino pumpkin spice panettone** (and the original version from **Bella Famiglia**), **dark- and milk-chocolate gelt** from **Divine**, and **Anthony Berg mini chocolate "bottles"** filled with fan-favorite liqueurs.

There's plenty more where those came from — for now. Once holiday products are gone, they usually can't be reordered. So if you see something, pick it up now. Hee haw and Happy Holidays from all of us.

kplourde@weaversway.coop



UUH Outreach: A Small Nonprofit That Makes a Big Difference Locally

by Roberta Balsam, for the Shuttle

LET THE GIVING SPIRIT SPREAD LIKE A virus, infinitely touching the lives of people you may never meet, across boundaries you may never cross, in ways you may never imagine."

— Artist Matt Hogan

THIS SENTIMENT EXPRESSES THE POWER of the Unitarian Universalist House Outreach Program's annual holiday food drive, which is part of our broader mission to help Northwest Philadelphia residents aged 60 and over to remain independent in their own homes and community.

The UUH Outreach Program was created in 1999 by a private endowment as a free service to the Northwest community. Eligibility criteria are deliberately inclusive: 60-plus, living independently in our service area. That's it. We are about including people, not ruling them out.

The Unitarian Universalist principles of recognizing the inherent worth and dignity of every person, and of jus-

tice, equality and compassion in human relations are foundational to our work. Our neighborhood nurse, Sue Wortman, and our social workers, Laurie Laskey and myself, provide information and assistance to our clients on a variety of issues such as decision-making support, access to entitlement programs, health promotion, free blood-pressure screenings, our small client-assistance fund and our annual holiday food drive — which is where YOU come in.

We started our food drive in 2005; that year, we were able to distribute a few bags of groceries to our neediest clients. We were encouraged by how the small act of delivering groceries during the holiday season had such a large impact on the people we served. We took photographs of the delighted recipients as we unpacked bags of groceries and brought some special goodies into homes where sometimes even basics were unaffordable.

Every year, our food drive has expanded. Last year, Weavers Way agreed to be a collection site. With the Co-op's help and the help of our other community part-

DONATE

Collections boxes will be at both Weavers Way stores through Dec. 22.

Smaller serving size and reduced sodium items are preferred. Unitarian Universalist House Outreach helps older adults remain in their homes.

UUH photo

ners, we were able to deliver 250 bags of groceries to people "aging in place" within our wonderful Northwest community.

The efforts of the UUH Outreach Program are touching older adults in the Northwest community in profound ways. This is well expressed in the words of a past recipient, who said, "How beautiful is an unexpected kindness."

Please help us continue to reach people in need by making a generous donation to our food drive as you shop, or a

cash gift directly to our organization. Every penny donated to us goes directly to our clients, the older adults in your community. And if you would like to take your "giving spirit" a step further, consider volunteering to help get the food donations sorted, packed and delivered.

For more information about UUH services or to volunteer, contact Erika at 215-843-5881 or ewallace@uuhouse.org. You may also visit our website at www.uuhoutreach.org.



What's in Store at Weavers Way

5 THINGS

Five Things is a service of Weavers Way.

Because there's nothing that can't be improved by something you bought at the Co-op!

You Can Only Get at Weavers Way Mercantile

Our seasonal marketplace in The Garage at 542 Carpenter Lane features eco-conscious home goods, local handcrafts and holiday greenery in partnership with the LandHealth Institute, through Dec. 31.



1

Fauna-friendly finds — Bird houses, bat houses, worm bins, a beneficial insect hotel, even. Feeders aplenty from Nature's Way and Perky Pet.



2

Pottery & ceramics — Pickling crocks, berry "baskets," pots, dishes and more handmade at Wissahickon Pottery in Roxborough, Six Senses Clay Studio in Mt. Airy and Heirloom Home & Studio in Glenside.



3

Wonderful woodcraft — Planters, benches, accent tables and smaller items by Ken Marini and Michael Farren in Mt. Airy.



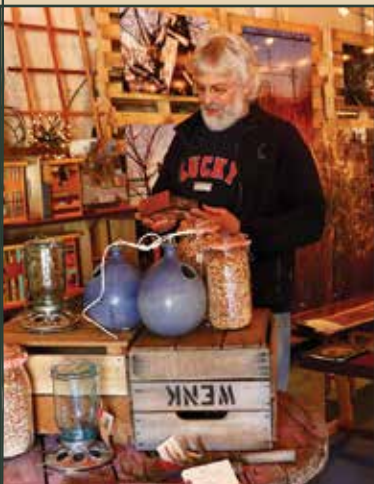
4

Ready-to-fill — Bottles and jars for your homemade creations, from Kilmer, Bormioli and Down to Earth, as well as canning kits for the ambitious homesteader.



5

Candles & soap — From The Benevolent Bee in Bala Cynwyd and Thankful Sage Farm School in North Philly. (Stop by and say hi to Stephanie from Benevolent Bee, your hostess at The Mercantile, along with Weavers Way's own Bettina de Caumette!)



WEAVERS WAY

MERCANTILE

HOURS: TUESDAY-SUNDAY, 11 A.M-7 P.M.
[CLOSED MONDAY]



Savor the Season

BEEF

NATURALLY RAISED

Bottom Round Roast	reg. \$6.79 lb	\$6.49 lb
Rump Roast	reg. \$7.59 lb	\$6.49 lb
Bone-In Rib Roast		\$13.99 lb
Stew Meat	reg. \$6.99 lb	\$6.49 lb
Filet Mignon Steak or Roast	reg. \$24.99 lb	\$22.99 lb

POULTRY

Bell & Evans Cornish Hens	\$5.99 lb
Naturally Raised Whole Turkey	\$2.69 lb
Order online at www.weaversway.coop	
Koch Natural Boneless Turkey Breast	\$6.99 lb
D'Artagnan Rohan Duck	MP
Duck Breasts	\$16.45 lb

SEAFOOD

Live Maine Lobsters	1¼ lb lobsters for steaming or broiling. Pre-order only.	MP
Frozen Canadian Lobster Tails	4.5 oz tails.	MP
Mexican Shrimp	Large wild shrimp from a co-op of shrimp boats that operate out of Mazatlan, in the state of Sinaloa. Premium quality and free of additives!	Large \$14.19 lb Jumbo \$16.99 lb
Black Pearl Shetland Island Atlantic Salmon		\$15.29 lb

Mussels, oysters in the shell or jar, crabmeat or any filet, steak or whole fish can be pre-ordered.

HOLIDAY HAM

All Natural Spiral Cut Ham	\$5.99 lb
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Our Phenomenal Party Platters

Antipasto ✨ Classic Shrimp Cocktail ✨ Deli Meat & Cheese ✨ Ducktrap Nova ✨ Smoked Fish
Fresh Mozzarella & Tomato ✨ Fruit & Cheese ✨ Grilled Vegetables
Mediterranean Feast ✨ Dolmas & Hummus ✨ Veggies & Dip

To place an order, please call:

Chestnut Hill 215-866-9150

Mt. Airy 215-843-2350

catering menu available exclusively at Weavers Way Chestnut Hill

HOT HORS D'OEUVRES

MINIMUM ORDER 15

Coconut Shrimp	Sweet Chili Dipping Sauce	\$2 EA
Grilled Polenta	Wild Mushroom Ragout	\$2 EA
on request		
Mini Potato Pancakes	Sour Cream & Chives	\$2 EA
Mini Crab Cakes	Tartar or Cocktail Sauce	\$3 EA
Mini Spiced Chicken Quesadillas		\$2 EA
Lollipop Lamb Chops	Garlic Tahini Sauce	\$3 EA
on request		
Mini Spring Rolls	Cilantro Chutney	25 for \$10, 50 for \$20, 100 for \$40
on request		
Mini Potato Samosas	Cilantro Chutney	25 for \$10, 50 for \$20, 100 for \$40

SLIDERS

Vietnamese Pork	Spicy Asian Slaw	\$3 EA
on request		
Black Bean Burger	Vegan Spiced Aioli	\$3 EA
Pulled Chicken Barbecue	Classic Slaw	\$3 EA
Classic Black Angus Burger	Cheddar	\$3 EA
Classic Turkey Burger	Smoked Gouda	\$3 EA
Mini Corned Beef Reuben		\$3 EA
Grilled corned beef, sauerkraut and melted Swiss and Russian on rye.		

SKEWERS

Chicken Satay	Peanut Dipping Sauce	\$2 EA
Stuffed Dates	Goat Cheese, Wrapped in Bacon	\$2 EA
Gochujang-Marinated Grilled Shrimp		\$3 EA
Teriyaki-Sesame Salmon		\$3 EA
Chili-Glazed Cocktail Meatballs		\$2 EA

COLD HORS D'OEUVRES

MINIMUM ORDER 15

CROSTINI

Smoked Salmon	\$3 EA
Red Onions, Capers & Dill Cream	
House-Roasted Filet Mignon	\$3 EA
Pickled Onion & Horseradish Cream	
Wild Mushrooms & Leeks	\$2 EA
Truffled Goat Cheese	
🍷 Eggplant Caponata	\$2 EA

PHYLLO PASTRY CUPS

Curried Mango Chicken Salad	Cashews	\$2 EA
Salmon Mouse	Dill Pickled Cucumbers	\$2.50 EA
Herb Goat Cheese & Pickled Beets		\$2 EA
Ricotta, Leek & Parmesan		\$2 EA
Smoked Trout	Salmon Caviar	\$2.50 EA
Greek Feta, Spinach & Pine Nuts		\$2 EA

SIDES

on request		
Roasted Seasonal Vegetables		\$8.99 LB
on request		
Roasted Cauliflower & Fennel		\$12.99 LB
on request		
Grilled Seasonal Vegetables		\$8.99 LB
Cheddar-Chive Twice-Baked Potatoes		\$6.99 LB
on request		
Broccoli Rabe	Garlic & Red Pepper	\$8.99 LB
Maple Whipped Sweet Potatoes		\$6.99 LB
Mashed Potatoes		\$6.99 LB
on request		
Roasted Brussels Sprouts		\$10.99 LB
Leeks & Shiitake Mushrooms		
on request		
Roasted Asparagus, Artichokes & Hazelnuts		\$12.99 LB
on request		
Wild Rice		\$10.99 LB
Butternut Squash & Cherries		

SALADS

MINIMUM ORDER 12 PEOPLE

Caesar Salad	\$4.95 PP
Crispy Romaine, Grilled Chicken, Aged Parmesan, Herb Croutons, Caesar Dressing	
Kale Caesar Salad	\$3.50 PP
Sun-Dried Tomatoes	
✔ Mixed Green Salad	\$3.50 PP
Tomatoes, Cucumbers, Chickpeas, Carrots, Peppers, Red Cabbage & Balsamic Vinaigrette	
Spinach Salad	\$3.50 PP
Bacon, Toasted Walnuts, Red Onion, Dried Cherries & Balsamic Vinaigrette ✔ on request	
Wedge Salad	\$3.50 PP
Crispy Romaine, Bacon & Chunky Blue Cheese Dressing	

ENTREES

MINIMUM ORDER 12 PEOPLE

Honey Walnut-Crusted Lamb Chops	MP
Mustard Sauce	
Roasted Filet Mignon	MP
Whole side only	
Marinated Hanger Steak	\$19.99 LB
Chimichurri Sauce	
Brandy-Glazed Boneless Pork Chops	\$16.99 LB
Orange Pistachio Chicken Breast	\$18.99 LB
Grilled Lemon-Oregano Chicken	\$18.99 LB
Chicken Piccata	\$18.99 LB
Whole Salmon	\$20.99 LB
Cucumber Scales, Sour Cream	
Cucumber Sauce	
Salmon Fillet	\$20.99 LB
Chef's Choice Topping	
Lump Crab Cakes	\$7.99 EA
Tartar or Cocktail Sauce	
Panko-Crusted Pollack Fillet	\$16.99 LB
Korean Vegetable Pancakes	\$10.99 LB
Mushroom-Leek Risotto Cakes	\$5.50 EA
🍷 Black Bean Burger	\$5.50 EA
Spinach-Parmesan Stuffed Portobello	\$14.99 LB
🍷 on request	
🍷 Peanut-Crusted Tofu	\$10.99 LB
Asian Dipping Sauce	
🍷 Grilled Asian Eggplant	\$7.99 LB
Scallions & Peppers	
Three-Cheese Polenta	\$6.99 EA
Black Bean & Corn Salsa	
Chickpea & Butternut Squash Pancakes	\$10.99 LB

LASAGNA

MINIMUM ORDER 1/2 PAN (SERVES 12-15)

Beef \$65 Turkey \$60 Vegetarian \$55

on request
V = vegan PP = per person MP = market price
We use Bell & Evans chicken and Aspen Ridge natural beef.



What's in Store at Weavers Way

Local Vendor Spotlight

Valley Milkhouse Creamery

by Matt Budenstein, Weavers Way
Chestnut Hill Deli Manager

WE ARE LUCKY TO BE ALIVE FOR THE local cheese movement! In the not-so-distant past, most U.S.-made cheese came from factories in the Midwest. Now South-eastern Pennsylvania and the surrounding area has exploded, with a plethora of creameries coming into existence in just the last 10 years, and you can find almost any style of cheese being made within 100 miles of here.

One of my favorite newcomers is Stefanie Angstadt of Valley Milkhouse Creamery in Oley, Berks County.

After leaving a position in the financial world, Stefanie decided to follow her passion and try her hand at cheesemaking. While looking for a place to get started, she met the owner of Covered Bridge Farm and quickly discovered that his farm was situated on the same exact land her German ancestors settled 300 years ago.

Located only 50 miles northwest of Philadelphia, Stefanie's creamery is situated in the heart of some of the most fertile land in our region. Covered Bridge Farm is made up of multiple independently owned operations that also includes a CSA, an organic tomato farm and a farmstand that sells products from a dozen Oley Valley producers.

Stefanie uses milk produced nearby at Spring Creek Farms in Berks County, and Dutch Meadows Dairy in Lancaster County.

With this incredibly high-quality, grass-fed milk, she creates French- and Dutch-style cheeses that suit her milk and aging facilities perfectly. Out of her wide selection, we carry:

Clover — A fromage blanc with or without herbs.

Witchgrass — A bloomy rind pyramid made in the style of a French goat cheese called Valencay.

Blue Bell — Her firmer take on a French classic blue.

We also carry her incredible hand-churned butter.

She has many more cheeses on her roster and you are more than welcome to special-order anything from her list with a short lead time. (Visit www.valleymilkhouse.com for the most current list.)

I recommend taking home some Clover without herbs and rolling it in your favorite spices. For a holiday feel, a bit of nutmeg, clove, cinnamon and allspice would do the trick. With warm bread and some hard apple cider, your family and friends are sure to feel the holiday cheer. Similarly, Stefanie's luscious butter mixed with your favorite herbs or cinnamon and sugar will impress even the most discerning guest.

Look out for her cheeses on special in December at both stores. A local cheese is the perfect thing for your holiday table.

mbudenstein@weaversway.coop



Matt Budenstein photo

Stefanie Angstadt, in yellow hat, gets an assist in the cheese room from a visitor, Philadelphia chef Elaine Gardner. That's cow's milk feta in the foreground.

weavers way

Coffee OF THE Month

BULK BEANS ORGANIC

Breakfast Blend | Breakfast Blend Dark | French Roast
Guatemalan Medium | Guatemalan French | Espresso Blend
Mexican Vienna Roast Coffee | Cafe Peru French | Love Buzz
Colombian | Ethiopian | Black Silk Espresso | Rabble Rouser
P6 May Day Blend | P6 San Fernando Meduim

Sale

\$9.99 reg \$11.99

Nov. 30, 2016 - Jan 3, 2017

EQUAL EXCHANGE

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AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES

Free Beer Tastings Every Sat 3-5 PM

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One-Stop Shopping For All Your Beverage Needs

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ingredients and a dash of
★ ★ *whimsy for 30 years.* ★ ★

Please place holiday orders by Sun. Dec. 18th

The NIGHT KITCHEN
★ BAKERY & CAFE ★

Mon-Fri 7am-7pm, Sat 8am-6pm, Sun 8am-4pm
7725 Germantown Ave ★ 215.248.9235 ★ NightKitchenBakery.com

If the weather outside is frightful

And you're wondering if the Co-op is open ... Call us!

Mt. Airy: 215-843-2350

Chestnut Hill: 215-866-9150



Editor’s Note

by Mary Sweeten, Editor,
Weavers Way Shuttle



WOW, WHAT AN ELECTION. CAN you believe all the great stuff that happened?

- Despite zillions of dollars poured by the beverage industry, voters in San Francisco, the East Bay cities of Oakland and Albany, and Boulder, CO, all approved taxes on sugary beverages. And while we’re at it, Cook County commissioners passed a soda tax — or, as the Chicago Tribune prefers, a “pop” tax — on Nov. 10.
- California voters also upheld a statewide ban on single-use plastic grocery bags. And believe it or not, in a little-noticed (by me, anyway) roll-call vote in October, the Pennsylvania House of Representatives killed a bill that would have banned stores from charging for bags. Can a do-over on Philadelphia’s single-use bag law be far behind?
- Massachusetts banned inhumane confinement of food animals. OK, that was Massachusetts. But even in Oklahoma, voters smelled a rat and dumped a “right to farm” ballot question that probably was really intended to block environmental regulation of farmers and ranchers.
- Recreational marijuana was approved in Massachusetts, Maine, Nevada and California. Even Arkansas and Florida approved medical marijuana.
- And finally, this analysis from my pals at Politico’s agriculture desk. (Love you guys!) **ELECTION CEMENTS LARGEST GMO-FREE ZONE IN THE U.S.** *GMO opponents slipped in another win Tuesday: Sonoma County, Calif., located just north of the Bay Area, passed a ban on GMO crop cultivation. . . . Added to existing bans in adjacent counties, Sonoma’s prohibition completes the largest GMO-free zone in the U.S. “Because Sonoma County connects Marin County to Mendocino, Humboldt and Trinity, the ban’s passage creates a 13,734-square-mile zone where genetically engineered plants cannot be grown, the largest such area in the United States,” the San Francisco Chronicle wrote.*

Let’s keep America great, OK?
msweeten@weaversway.coop

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

Weavers Way members are welcome to submit articles (approximately 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January.

No anonymous material will be published, and all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or letter to the editor. Submit to editor@weaversway.coop.

Articles and letters express the views of the writers and not those of 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 available at our stores, online at www.weaversway.coop/shuttle, via email at advertising@weaversway.coop or by calling 215-843-2350, ext. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.



The Shuttle is printed on 100% recycled paper.

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

Crowdfunding Campaign For C.W. Henry Schoolyard Renovation

WALKING THROUGH THE HALLWAYS OF C.W. HENRY. visitors to this vibrant K-8 Philadelphia public school see evidence of a community that goes above and beyond to create an engaging space for student learning. Artwork lines the hallways. Melodies flow from both the music room and the gymnasium. Students can be found typing away on Chromebooks, sprawled around rooms reading, Skyping with experts within their units of study or working with the farmer educator in the organic garden.

But little of this vibrancy is reflected in the broken asphalt of the lower schoolyard.

Henry parents and staff want to remedy this by creating an outdoor play and learning environment that serves the 500-member student body as well as the many neighborhood families who

use the space after school hours. To this end, we’ve set up a crowdfunding campaign, through Dec. 3, at www.crowdrise.com/c-w-henry-playground-project1. Donations to this campaign will demonstrate the community’s grassroots support as the PTA applies for grants and other opportunities for funding. The PTA is also seeking donors of matching funds, to help motivate additional contributors.

The working plan, greenlighted by the School District, includes goals to increase safety, add play structures to serve the full student body, and beautify and green the schoolyard with permeable surfacing. Information, updates, and other ways to help can be found on the PTA website: www.cwhenrypta.org/schoolyard-project.

Leah Corsover, C.W. Henry PTA Vice President

A Hearty Welcome from a 40-Year Ambler Resident

WE WERE THRILLED TO RECEIVE OUR FIRST COPY OF THE SHUTTLE IN NOVEMBER. IT is the first concrete sign that we are potentially joining Weavers Way, an organization that truly welcomes all of our people engaged in a very worthwhile cause.

I respond in particular to Larry Schofer’s thoughtful concerns about extending Weavers Way to Ambler and I wish to share a perspective.

It was only through the Shuttle that I learned about the Election Eve Community Prayer Service at Summit Presbyterian on Greene Street. I was moved to attend this gathering and met a gentleman who introduced me, and now countless others, to the beauty of Wendell Berry’s “The Peace of Wild Things,” Mark Nepo and so much more. A new friendship, a bridge to an expanded community.

Certainly, after the election, the concept of building and expanding community has a whole new meaning to those of us who care about our unity as Americans where all are welcome, respected and valued.

Ambler has been our home for 40 years and what we love about it is that we know our neighbors and all are welcome here. We enjoy gorgeous diversity and we live in harmony.

We welcome the progressive influences from our Mt. Airy and Chestnut Hill neighbors, and I pray that we are all alive to the need to expand our sense of community in the wake of so much division across the country.

Marilyn Frazier

Looking Ahead to Jan. 16, MLK Day of Service

JOIN US ON MONDAY, JAN. 16, AS hundreds of volunteers gather at the Unitarian Society of Germantown, 6511 Lincoln Drive, to celebrate Dr. King’s legacy. There will be a short worship service, and then participants will head out to participate in more than two dozen service projects in either the church or other parts of Germantown and Mt. Airy.

More details will follow in the Shuttle in early January. Questions? Contact Judi Morrow, USG liaison, at judileemorrow@gmail.com.

Please mark this date on your calendar and join us this year!

Judi Morrow

Co-op Hours Opportunity!

HAD ENOUGH STOCKING AND MOPping and bagging and wrapping? Looking for something different to fulfill your member work hours? The Mid-Atlantic Food Co-op Alliance is looking for someone or two to update our member list. The job involves making phone calls, sending emails and adding information to an existing spreadsheet encompassing about 40 food co-ops in the Mid-Atlantic region.

MAFCA is an informal group of co-ops that exists for the mutual benefit of its members and the communities where we live. Our purpose is to grow the cooperative economy, provide education about co-ops and build a sustainable and equitable system of local production, distribution and consumption of healthful food.

To learn more about the work opportunity, contact me at wasserkrug@gmail.com. And to learn more about MAFCA, visit www.mafca.coop.

Sue Wasserkrug

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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 so we can contact you 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 run any letter.

GM'S
CORNER

Post-Election, a Commitment to Our Basic Values

(Continued from Page 1)

in's our next Secretary of Defense, I won't know. Do me a favor, don't tell me.

A happy consequence of my news holiday has been getting reacquainted with my living room bookshelves. It's been fun re-reading William L. Shirer's "Rise and Fall of the Third Reich," Arthur Koestler's "Darkness at Noon" and the 1948 World Book Encyclopedia. (Remember Rhodesia?)

And last night, after perusing the shelves, I found myself flipping through my old Basic Catechism. Don't tell me you lost yours?

For you non-Catholics, Basic Catechism is the book the Church gives children preparing for First Communion. Essentially, it's a kid-friendly field guide to the Catholic universe — a how-to manual for getting into Heaven, heavy on virtues fundamental to being a good person.

Of course, the juicy parts are all about those behaviors that are sure to land you in Hell: The Seven Deadly Sins.

As I brushed up on these turpitudes, words started jumping out at me: Meanness. Immorality. Selfishness. Vindictiveness. Vainglory. Avarice. Anger.

Whoa. Sound like any recently elected presidential candidate? Turns out my bookshelves aren't a perfect refuge for how I'm feeling these days.

I started working at Weavers Way in November 2008. Those were heady times at the Co-op: Barack Obama had just been elected and the Phillies won the World Se-

ries. There was a crackle in the air. This November, a very different mood has set in.

The Co-op is, of course, non-partisan. I'm glad for that. Everyone, regardless of political affiliation, is welcome to shop at our stores. Everyone is welcome to join, too — membership at Weavers Way is open to all.

But if you're shopping at Weavers Way, here are a few things you should understand:

Anyone who thinks climate change is a myth should know that the Co-op supports tough environmental regulations. Our Mission Statement explicitly says: "We work to sustain a healthy planet and promote environmentally sound products and practices."

Anyone who thinks we should build walls to keep people out should know that one of our Ends states: "Weavers Way will have a welcoming culture that values diversity, openness, inclusiveness and respect."

Anyone who thinks we should register people, or round them up and kick them out of this country should know that our Mission Statement also says: "We embrace diversity and seek to reflect that diversity in our membership."

Anyone who thinks people should be banned from entering this country because of their religion should know that our Mission Statement says we will "maintain welcoming stores which operate in an atmosphere of trust and respect."

Anyone who thinks it's acceptable to bully and belittle those who disagree with

you should know that one of the International Cooperative Principles states: "Co-operatives serve their members most effectively by working together through local, national, regional and international structures."

Anyone who thinks that the ostentatious flaunting of personal fortune and the accumulation of wealth for the purposes of self-aggrandizement are virtuous pursuits should know that we have built a dynamic, growing, sustainable business based not on profit, but on meeting the needs of our members.

I could go on.

The documents I mention — the International Cooperative Principles, the Weavers Way Mission Statement, the Co-op's Ends and even our Product Philosophy — all guide us as we run the Co-op, day in and day out. Read them for yourself at www.weaversway.coop/about. They are the foundation for why and how we do what we do.

Or maybe what we need is a Co-op Catechism, a little how-to guide for getting into Co-op Heaven (where, I hear, you can always find a parking spot, the lines are short and they never run out of apple-cider doughnuts).

And as for the next four years, we'll get through them together, cooperatively. It's what we do.

See you around the Co-op.

jroesser@weaversway.coop

Join us for a

MEMBER FORUM

Wednesday, Dec. 21, 6 p.m.
555 Carpenter Lane
(adjacent to the Mt. Airy store)



Donate to Rico's Family Through December

Weavers Way has set up an account for donations to the family of Chestnut Hill meat-cutter Rico Stevenson, who died in July. He and his wife, Tyronda, left four sons, MarQuel, Anrico, Dymere and Logan, ranging in age from 19 to 5.

Donate online at www.weaversway.coop/rico, at the register or by mail to Stevenson Fund, Attn. Finance, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119. Make checks to Weavers Way, with the notation "Stevenson Fund." Note that these are gifts, not charitable donations, and are not tax-deductible.

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FOOD MOXIE

We dig what we eat.

For Our Youth Programs & More, 2016 Was a Year of Firsts

by Jackie Schrauger,
Food Moxie Program Director

HERE AT FOOD MOXIE, WE PRIDE OURSELVES on digging deep into our programs, challenging ourselves to identify ways to enhance our offerings so they best meet the needs of those we serve. In 2016, this took the form of adding new components to our work — a year of firsts!

We hosted Gather for Good, our first-ever teen urban agriculture conference. Designed by Saul High School students from our out-of-school-time program, as well as summer interns we hosted through the Philadelphia Youth Network, the conference was a huge success. Close to 80 people spent the day talking about food and environmental justice, diving into workshops, engaging with guest speakers and sharing delicious food. This was a great chance for like-minded teens to come together to explore issues they're passionate about. We were thrilled to be joined by the Public Interest Law Center of Philadelphia, the Pennsylvania Department of Agriculture, the Philadelphia Water Department, the Attic's LGBTQ Youth Center, The Food Trust, Philadelphia Parks and Recreation, and more!

We added paid internships to Hope Farm, our program at Martin Luther King High School for young people with autism and intellectual disabilities. Since the start of summer, Kendall and Denzel have joined us at our weekly farmstand, helping with everything from setting up to selling produce. This has enabled Kendall and Denzel to take some of the skills they've developed in class and apply them



in real-world situations, while earning money and building their resumes.

We established a preteen group for Garden Club, our program for young people at Stenton Family Manor. As a result, Garden Club members ages 10 and older have gotten the chance to work on more complex projects — like pickling and operating the weed whacker — exploring age-appropriate academic concepts in the process. They've also had space to come together without their younger siblings, building community and relishing the chance to chat, laugh and spend time with friends.

We started doing home visits with Hope Kitchen families once they transition out of Stenton. Meeting in their own homes, we've helped them meal-plan and stock their pantries, and offer support as they develop into home cooks. In combination with the "Fresh Start" kit of key tools for home cooking (chef's knife, spices and spice rack, cutting boards, measuring cups and spoons, and much more) earned by all Hope Kitchen graduates, these home visits help ensure that they are able to apply what they've learned as they head into this next chapter of their lives.

To those who've supported us along the way — be it financially, through supply donations or by spending time with us — we thank you. Here's to digging even deeper in 2017!

jackie@foodmoxie.org

Denzel, left, and Kendall helped run the Food Moxie farmstand at the Chestnut Hill store this season.

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An offshoot of Weavers Way Co-op

Why I Give *Sharat Somashekara*

A LONG-TIME SUPPORTER OF WEAVERS Way and Food Moxie, I was recently asked to join Food Moxie's Board of Directors. As someone whose career has involved agriculture, food security and city greening, I was happy to join on and hope to contribute to the organization's communications, fundraising and personnel transitions.

Why do I give? It would be a massive understatement to say that some of our Philadelphia neighbors lack access to basic nutritious food and economic agency. In fact, roughly 26 percent of our neighbors live at or below the poverty line, and many more are on the edge. So many of our kids don't see a reasonable future that involves upward mobility. In light of waning federal and state support, traditional means of addressing food security and poverty more broadly require constant innovation. This is where small nonprofits such as Food Moxie fit in and play a vital role. Through programming at Stenton Family Manor, Martin Luther King High School and Saul High School, Food Moxie's crew supports and inspires students and families around food, gardening and environmental stewardship. Food Moxie Executive Director Jill Fink runs a tight ship in which all stakeholders



know where they fit in, how their contribution matters and what constitutes success.

Fully knowing that the efforts of Food Moxie and community organizations cannot stem the tide of citywide poverty, Board members, staff and volunteers nevertheless understand the immense value of contributing to the lives of individuals. When one family experiences social support, enjoys a healthy meal or engages in gardening, their potential to thrive increases.

It's not that anyone can wave a magic wand and fix systemic problems. The support provided by Food Moxie can be thought of as a single ingredient in a complicated recipe that requires years of discipline to execute, with the end goal being the growth and development of a new generation of thriving Philadelphians.

It's the Most TerraCycle Time Of the Year

TerraCycle, an international program that takes items that are difficult to recycle, is offering a 100-point bonus for all shipments received in December. Since Weavers Way very kindly turns their TerraCycle points into cash for Food Moxie, that means more money to fuel our farm, nutrition and culinary education programs!

TerraCycle is also giving extra points for Colgate Oral Care product containers, Clif Bar wrappers and Wellness Natural Pet Food bags. A complete list of what is being collected is available at the dropoff locations — Weavers Way Next Door in Chestnut Hill and 555 Carpenter Lane in Mt. Airy.



FOOD MOXIE

We dig what we eat.

An offshoot of Weavers Way Co-op

608 Carpenter Lane
215-843-8289
foodmoxie.org

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Farm Educator

MELISSA POWELL melissa@foodmoxie.org

Nutrition Educator

MERCELYNE LATORTUE mercelyne@foodmoxie.org

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The Philadelphia Cultural Fund

Photo: L. Browning Photography

The Grand Opening banner — and the welcome mat — are out at Mt. Airy Art Garage's temporary store at 6622 Germantown Ave.

Michael Albany photo



Mt. Airy Art Garage Pops Up

by Haley Velletri, for the Shuttle

DESPITE BEING FORCED TO RELOCATE AT THE END OF SUMMER 2016 to another location, the Mt. Airy Art Garage is continuing to deliver programming during this next year and a half of transition to a new permanent location. Partnerships with neighborhood organizations, schools and community members are showing us the way forward — new ways of thinking and looking at what we do and how we deepen our commitment to community and persevere in our mission. Mt. Airy USA has become a key partner, as have Lutheran Theological Seminary, Emlen and Houston schools, and a growing list of others. The future is bright!

And now we have a flagship pop-up location at 6622 Germantown Ave.! Stop by the Handcraft Gift Shop, our new hub for anyone who wishes to delight in original fine art and handcraft by local artists. We can even point out our new permanent home that will eventually be built right across the street.

We're here to tell you we are back in action, popping up all over the community this fall and winter! Looking to collaborate with other quilters or photographers? It's happening monthly at the Innovation Hub at 6700 Germantown Ave. — an awesome, creatively stimulating co-working space.

MAAG will also be hosting our eighth annual Holiday Art Market at Lutheran Theological Seminary, 7301 Germantown Ave., for two weekends — Saturday and Sunday Dec. 3-4 and Dec. 16-17, from noon till 6 p.m.

We currently have artists in residence at Emlen and Houston. We have launched the Community of Pride Mural Project, in which students will explore the question "What Makes Your Proud?" and express that visually. Our goal is to deepen a sense of community spirit and pride, using art as a means of communication. Those drawings will be incorporated into murals in each school.

Want to know more, join a class or exhibition, or help with future MAAG projects? Visit MAAG in person at 6622 Germantown Ave., or online at mtairyartgarage.org. You can also follow MAAG on Facebook, Twitter and Instagram. Track the tag #MAAGPopsUp to find out when MAAG will be near you!

Haley Velletri is a MAAG board member.

Looking Back (the Bear) & Ahead in the Park

by Erin Mooney, for the Shuttle

THE WISSAHICKON IS HEADING INTO WINTER, after a lovely fall with rich colors and warm days. At Friends of the Wissahickon, we're ready for winter, too, a time to reflect on our accomplishments of the last year and to make plans for 2017.

It was a big year for the Wissahickon Valley Park. For many, 2016 will go down as the "year of the bear." You may remember that in May, a young black bear was seen wading across the Wissahickon Creek. Wildlife officials tried to locate the bear, but it was never again seen in the Wissahickon. Days later, there were reports of a bear in Chester County, but it was not determined if it was the same animal.

We were busy that week — our Facebook page became a clearinghouse for bear-related news and FOW was quoted in all sorts of press. Our primary concern was safety — we were grateful park users were safe — but at the same time, we were able to raise awareness and educate people about bear behavior.

We launched the highly successful "All Trails Challenge," asking park users to raise money for the park by exploring all 50 miles of park trails. Over 200 people have risen to the All Trails Challenge and we've been amazed at the level of support! We'll bring it back in 2017, so plan to make the All Trails Challenge one of your New Year's resolutions!

The restored Wissahickon Environmental Center is looking fabulous. FOW received a Grand Jury Award at the annual Preservation Alliance Achievement Awards in June for the work on the WEC. The restoration included repairs to the main building and construction of a new porch, which provides a visual reference to the famous tree that once grew through its roof. The new porch also offers handicapped-accessible outdoor classroom space that greatly expands

WEC's capacity for programming.

Next year, we'll tackle some long-needed repairs resulting from erosion around the Forbidden Drive Trail. We've selected Riverlogic Solutions/AKRF to conduct the construction work and begun the permitting and design phase of this extensive project to repair three partial collapses along this popular trail in the park — near Valley Green Inn, Mt. Airy Avenue and Kitchens Lane. Stabilizing the trail to keep it from eroding further and restoring the streambank habitat will help improve the water quality of the Wissahickon Creek.

We also got into the book business with the publication of "Good Night Wissahickon," a children's book about a family exploring the



FOW photo

Wintry Valley Green Inn and Wissahickon Creek can't be far off.

wonders of the park. If you're looking for a holiday gift for pre-schoolers or their parents, it's a great gift. You can buy a copy here: www.fow.org/good-night-wissahickon.

As always, FOW is made up of people who love the park. We're grateful for your support of our work and wish you and yours a healthy, happy 2017 filled with good times in the Wissahickon. To become a member or to give the gift of membership, visit www.fow.org.

Erin Mooney is the publicist for Friends of the Wissahickon.

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The Passionate Gardener

'Organic Gardening': What Does It Really Mean?

by Ron Kushner, for the Shuttle

WHAT DOES THE TERM "ORGANIC gardening" actually mean?

Webster's Ninth New Collegiate Dictionary defines "organic" (in terms of gardening) as "food produced with the use of feed or fertilizer of plant or animal origin without employment of chemically formulated fertilizers, growth stimulants, antibiotics or pesticides." Maria Rodale, in her book "Vegetables," defines organic gardening as "using materials derived directly from plant or animal by-products to maintain soil and plant health."

Keep in mind that chemicals are not, in themselves, organic or non-organic. Many organic substances, if not most, are indeed "chemical" by definition and are used in organic gardening, including fertilizers, insecticides and fungicides. These materials are low in toxicity, also occur in nature and pose no threat to the environment if not used in excessive amounts.

A better term to describe materials that are not appropriate for organic methods would be "synthetic," i.e., manufactured. The import here is that "organic gardening" is a system that allows practitioners to proceed with actions, materials and products that are not harmful to the environment.

As the organic movement has gained popularity since the 1960s, government agencies became involved, developing regulations to assure consumers that a product for use in organic practices or stated to be grown organically was indeed organic. Now the fun begins!

The federal government, along with U.S. and global trade organizations, state governments, private regulatory boards and other organizations have published standards as to what can be called "organic." In 2002, under the U.S. Department of Agriculture, the National Organic Program came into being, and consumers started to see the "USDA Certified Organic" label. The Organic Foods Production Act of 1990 mandated the NOP. Its governing body, the National Organic Standards Board, is made up of farmers, food handlers, food processors, a retail-

er, a scientist and others. It is a marketing program within the USDA Agricultural Marketing Service.

The Organic Materials Review Institute is the national nonprofit organization that determines which products are permitted to be used in organic production. OMRI-approved products may be used in operations that are "certified organic" under the National Organic Program.

Unfortunately, there is no individual national standard and "approved" products can (and do) vary in different locations. On the up side, in most cases, the following items are now prohibited from being termed "organic":

Synthetic pesticides, herbicides and fungicides; genetic engineering or modification; irradiation of foods; and processed sewage sludge (or biosolids) as fertilizer.

Livestock must be given access to pasture. They may not be given growth hormones or antibiotics and they must be given organically grown feed.

On the down side, many organic growers feel the standards as written into law are "watered-down." Moreover, certification is expensive. For these two reasons, many smaller growers are not renewing or pursuing USDA Organic certification.

Meanwhile, large growers who are more able to afford the certification fees are using approved products and organisms without actually developing the sustainable practices smaller organic growers work hard to maintain.

So, "organic" to many people has become a legal term, defined and governed by the USDA. Meanwhile, the lower prices made possible by "Big Organic" are forcing smaller organic growers out of business.

And with more advocacy organizations getting into the act, such as the Independent Organic Inspectors Association and the Organic Consumers' Association, official organic standards remain in a state of flux.

Where does this lead with regard to the meaning of "organic gardening" at this time?

My early introduction to organic gardening came via J.I. Rodale's writings from the 1940s. He was the leading — sometimes only — advocate against the use of chemical fertilizers and pesticides he believed were destroying our environment. His support of "natural" materials and processes, including manure, compost and crop rotation, paved the way for the organic-gardening principles and practices that are ever more popular now.

For today's gardener, going organic is relatively simple. You needn't be too concerned about government definitions. Organic gardening is still (and will always be) a system where soil fertility is maintained and replenished by utilizing organic matter, compost and mulch without manufactured or synthetic chemicals. Organic gardeners take the time to understand and support the soil food web, caring for the millions of living organisms that make up a healthy soil. In his "Encyclopedia of Organic Gardening," under the section "Organic Gardening," Rodale stated: "The soil must become rich and fertile; insect parasites and predators must be encouraged. Safe measures for control are handpicking of insect pests. Encouraging birds, interplanting with crops that repel insects, planting resistant varieties. . . . Good yields, truly safe food and sensible insect controls is the answer."

Over a half-century later, every organic gardener is still following that advice.

ron@primexgardencenter.com

International Co-op Principles

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

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Seasonal Gifts for the Animals

by Brenda Malinics, for the Shuttle

DURING THIS HOLIDAY TIME OF GIVING, we should also remember the animals in our lives, domestic or wild. Each December, my resident and rescue cats get treated to additional heated beds, window seats (can never have enough of them), automatic drinking fountains, old-fashioned toys and electronic ones that keep cats of all ages entertained until the batteries go dead. One of my cats’ favorite (and thankfully inexpensive) toys is The Cat Dancer (sold at Across the Way), a piece of rolled cardboard on a stiff wire that bounces with the enthusiasm of a Broadway dancer.

With my cats warm, cozy and entertained inside, my thoughts turn to animals outdoors that are cold, hungry and thirsty. Homeless dogs and cats are even more vulnerable to freezing to death than humans because their normal body temperatures are so much higher. Animals also get frostbite and hypothermia very quickly. And sadly, because of the increase in artificial lighting everywhere around us, feral cats may never go out of estrus and are giving birth 12 months of the year, delivering kittens in snow and ice storms.

Water, in liquid form, is a real gift to animals in the winter. We tend to forget that water supplies become less available to outside animals once the temperature hits freezing. While animals can live with reduced amounts of food, they cannot live without water. A real winter lifesaver is an outside water heater (found online or in pet-stores) with specially designed water-submersion coils, or a heated water bowl to place outside during the winter. Mammals and birds both benefit.

Warm shelters are a gift for any creature in need. Go to [www:AlleyCatAllies.com](http://www.AlleyCatAllies.com)

for instructions on how to build a cozy refuge out of a purchased storage container or even a large styrofoam box like those used to ship food. Remember that cardboard boxes with blankets do not provide adequate warmth for animals. Blankets retain moisture and freeze. The best insulator in any container is straw, available at any garden center. Animals burrow into it; straw traps body heat and dries easily.

Please, please, please feed the birds. Gift them with a few birdhouses, tray feeders, misters or suet holders. You don’t have to buy expensive preformed suet cakes. You can make your own inexpensively; check online for recipes. Debris piles from garden cleanup, fallen branches and pruned limbs can provide excellent night roosting sites and shelter from the weather.

And don’t forget one of the most essential creatures on the planet — our bats. Bat boxes are an excellent and unique gift for that human friend who has everything. We need to welcome bats into our neighborhoods as they help us stay bug-free at night.

I would be remiss if I did not remind readers to remember the animal rescues and rehab centers that help care for animals, domestic and wild, throughout the year. Most are run by volunteers who use their own funds to care for the animals they take in, and get no support from the state, county or city. They are fueled by compassion and donations and are always in need of supplies, volunteers and money.

Brenda Malinics is a certified wildlife rehabilitation specialist and runs Brenda’s Cat Rescue (www.brendascatreue.com). Reach her at brendasrescues@gmail.com.

eco tip

Mulch & More:

TreeCycling Benefits Environmental Programs

by Marsha Low, Weavers Way Environment Committee



Many municipalities collect holiday trees from the curb and turn them into mulch. Unfortunately, Philadelphia is not one of them — if you put your tree out on Trash Day, it will go into the landfill. So what to do if you’re a Philadelphia resident and don’t want to trash your tree?

You could drop it off at one of the Streets Department’s Sanitation Convenience Centers. The closest is at Domino Lane in Roxborough, and if last year is a guide, likely to be accepting trees the first two weeks of January. In addition, the city sets up a couple dozen temporary Saturday Christmas tree dropoff sites. Visit www.philadelphiastreet.com/holiday for updates and details.

But wouldn’t you really rather help raise funds for local student and environmental programs? If so, plan to take your tree to the January TreeCycling event in Chestnut Hill sponsored by GRinCH (GReen in Chestnut Hill), co-sponsored this year by the Weavers Way Environment Committee.

TreeCycling 2017 is Sunday, Jan. 8, from 9:30 a.m. to 12:30 p.m., in the Sunset Avenue parking lot of Norwood-Fontbonne Academy.

The money raised (\$10 per tree) goes towards GRinCH’s Green Warrior Student program and the Environment Committee’s Community Grant fund.

Give your tree a second life as mulch while helping to raise funds for valuable community programs.



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Silencing the Scientists

by Sandra Folzer, Weavers Way Environment Committee

MY INSPIRATION FOR THIS ARTICLE was an interview I heard on public radio recently, in which Penn State climatologist Michael Mann talked about how his life had been threatened because of his research on climate change.

It began when emails Mann and another climate scientist had exchanged in 2009 were stolen, distorted and then published on the Internet to undermine United Nations climate talks in Copenhagen. Mann subsequently wrote a book, “The Hockey Stick and the Climate Wars: Dispatches from the Front Lines” (Columbia University Press, 2012) describing the many tactics that emerged to try to silence him. He warned, “Public discourse has been polluted now for decades by corporate-funded disinformation — not just with climate change but with a host of health, environmental and societal threats.”

Mann’s “Hockey Stick” derived from a graph he made showing small changes in temperature over the past thousand years until 150 years ago when there was a sudden jump. A colleague suggested the graph looked like a hockey stick. After his study was published in the magazine Nature in 1998, attacks began on his scholarship and on him personally. He even received emails with messages like, “You and your colleagues . . . ought to be shot, quartered and fed to the pigs along with your whole damn families.”



Mann, whose latest book, published in September, is “The Madhouse Effect: How Climate Change Denial Is Threatening Our Planet” (Columbia University Press) believes the sources of the attacks were the oil and coal industry and conservative groups. “That is the life of a climate scientist today in the U.S.,” he acknowledged.

Prompted by the vitriol, in July 2016, 19 senators condemned the “#Web of De-nial” — interconnected groups funded by the Koch brothers, ExxonMobil and Peabody Coal that they accuse of misleading the public about climate change in order to protect their profits. DeSmog Blog has documented how these industries have spent hundreds of millions of dollars funding think tanks like the American Legislative Exchange Council, Americans for Prosperity and the Heartland Institute. These outfits in turn have paid for the research of a host of scientists who have discounted the role fossil fuels play in climate change.

Sad that wealthy groups are putting corporate interests over public health

environment@weaversway.coop



Malkah Binah Klein photo

A Blessed Day For the Trees

AT A UNIQUE TREE TENDERS EVENT in Germantown, neighborhood clergy and residents blessed several newly planted trees with poems, song and scripture, and then enjoyed a community luncheon at the First United Methodist Church in Germantown. The planting Nov. 19 by the Germantown Interfaith Power & Light Tree Tenders group is part of Pennsylvania Horticultural Society’s “Plant a Million Trees” campaign. Three of the trees were planted in front of two neighborhood vegan restaurants, the Nile Cafe and All the Way Live who provided the delicious food.

If you live in Germantown (or nearby) and would like trees planted and blessed next year at your house of worship, in your yard or on your sidewalk, contact Mark Smith at msmith4@gmail.com. We also welcome new members to plant with us!

Germantown IPL Tree Tenders is a project of the Philadelphia chapter of Pennsylvania Interfaith Power & Light, people of faith responding to climate change as a moral issue. PaIPL is committed to fighting climate change, improving local resiliency and building community. A special thank you to the Weavers Way Environment Committee for supporting the project with a grant.



David Fonda photo

Top, scouts from Troop 1719, with Scoutmaster Ann Perrone, read their poem, “Looking at a Young Tree,” as tree-blessers and tree-planters look on. Above, Anna Hoover, All the Way Live Cafe owner Beverly Medley, Mindy Maslin and Justice Medley get up close with one of the new trees.



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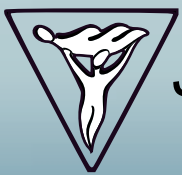
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Whose Life (and Death) Is It? A Community Health-Care Forum

by Larry Schofer, Weavers Way Education Committee

WHOSE LIFE (AND DEATH) IS IT?" an Oct. 23 forum devoted to taking control of medical end-of-life decisions, was the third in a series of such forums sponsored by a coalition of Northwest Philadelphia organizations: Weavers Way, Northwest Village Network, East Falls Village, Ralston My Way and First United Methodist Church of Germantown.

These forums grew out of a book-discussion group focused on "Being Mortal," Atul Gawande's 2014 examination of what the medical profession actually can and cannot offer at the end of life. The organizers are planning a fourth forum in the spring of 2017.

Local attorney Daniel Ross and Mt. Airy family doctor Linda Good addressed the gathering of about 60 people. Ross emphasized that everyone needs to prepare for the inevitable since none of us is immortal. He recommended that everyone prepare these documents and make sure they are easy for family members to find:

- A legally valid will.
- A durable power of attorney.
- A living will, in which you specify the medical treatment you want when terminally ill or in a vegetative state, and appoint someone to make health-related decisions when you are unable to. Copies of this document should be kept available at all times, including while traveling.
- A list of beneficiary designations for assets, such as your IRA and life insurance. These designations are

separate from your will and should be monitored so that they agree with what you desire.

Ross also explained in detail how various strategies that are publicized to "avoid probate" are in many cases inadvisable in Pennsylvania, where probate is relatively quick and simple. Such strategies include joint accounts, "pay-on-death" accounts and annuities. These strategies can make it more difficult to raise funds for expenses and taxes and often lack flexibility to address unexpected situations.

Good emphasized the need to control your own medical treatment. She quoted an essay she wrote as a medical student in 1981: "I never lose respect for the capability of my patients to make their own decisions."

There are supports for the decision-making process. Starting in 2016, physicians have been able to bill for separate end-of-life discussions, and a number of hospitals have hired staff palliative-care specialists.

To assist both family and physicians, Good stressed the importance of making your beliefs known. To that end, she urged speaking up "before, during and after serious illnesses and life-altering diagnoses," clarifying values with loved ones, and developing ethical wills, putting your values down on paper. She also recommended the educational work of the non-profit Compassion & Choices (www.compassionandchoices.org).

She closed with a discussion of medically assisted dying, which is now legal in five states — Oregon, Washington, California, Montana and Vermont.

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Work on Balance, Strength to Fight Osteoporosis

by Joanne Fagerstrom,
for the Shuttle

A DIAGNOSIS OF OSTEOPOROSIS OR osteopenia can be alarming for women and men. (Yes, guys, your bones are vulnerable, too.) Frightening statistics about disabling fractures, stooped posture and loss of independence, along with persuasive advertising, prompt many conscientious physicians to pull out their prescription pads. But consider:

No Pill Can Prevent a Fall

People take osteoporosis medications because they don't want to break a bone. But preventing falls should be the first line of defense. I wish every doctor would check their patient's balance before prescribing medication. Simply checking to see if patient can stand on one leg for 10-15 seconds could change that prescription from Fosamax to physical therapy for balance and strengthening exercises.

As soberly stated in the Journal of Internal Medicine, "Regrettably, bone-targeted pharmacotherapy has, at best, minimal effect on the incidence of fractures and on fracture-related mortality, and is associated with adverse effects." ("Osteoporosis: The Emperor Has No Clothes," 2015)

Bone Density Tests (DEXA Scans) May Be a Blunt Tool

Despite the fact that most fractures occur in people with normal bone density, DEXA scans remain the gold standard in diagnosing osteoporosis or osteopenia and the subsequent prescription of drugs. While bone density is important, it is bone quality and tensile strength (which are not measured in DEXA scans), that are the keys to fracture resistance. Moreover, DEXA manufacturers have not standardized their machines, resulting in widely varying results. (This is why you are told to always have the test in the same place.) In addition, very small changes in positioning of the hip and spine can significantly affect the outcome. The accuracy of DEXA machines may not be as good in real life as it has been shown to be in carefully controlled research settings.



Conflicts of Interest

Adriane Fugh-Bermanis is the director of PharmedOut, a Georgetown University Medical Center project that advances evidence-based prescribing and educates health-care professionals about pharmaceutical marketing practices, cautions us to ask many questions. Fugh-Bermanis reports that some research articles, even in highly respected peer-reviewed journals, are ghost-written by pharmaceutical representatives and many studies are funded by pharmaceutical companies.

In a July 2015 article in the British Journal of Medicine titled, "Web of Industry, Advocacy, and Academia in the Management of Osteoporosis," the authors discuss why change is difficult and call for academics to abandon industry ties.

Even some nonprofit organizations are sponsored by companies that manufacture osteoporosis drugs. Examples include the National Osteoporosis Foundation — Novartis (Reclast) and Eli Lilly (Forteo) — and the International Osteoporosis Foundation — Merck (Fosamax).

So what's a concerned person to do?

Exercise —The "E" Pill

It is indisputable that strengthening exercises build and maintain a stronger skeleton. As with muscle, bone will deteriorate if physical activity declines. Bones need to be stressed to be healthy! Multiple studies have shown that the long-term effects of exercise programs geared toward strengthening and improving balance show a significant decrease in falls, as well as lowered incidence of fracture, improved posture and better quality of life.

Even better news? It's never too late to start!

Views expressed in this article are those of the author; not necessarily the Health & Wellness Committee, and are not a substitute to talking to your doctor.

Weavers Way Health and Wellness Committee member Joanne Fagerstrom, PT, CFP, is the owner of Mindful Physical Therapy LLC (www.mysuperbones.com).

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Suggestions

We gave Norman
December off.

Norman Weiss has taken this month's column off, as he was obliged to devote himself in November to helping manage Weavers Way's turkey carnage business, leaving no time to figure out how to joke about the presidential election results



without offending anyone, which would be counter to his religious beliefs. His column will return when his sense of humor does.

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- Meals are an important part of any home. Having upgraded cabinetry in the kitchen or something as basic as a hanging rack for pots can change the look and feel of a kitchen.
- Families spend much time eating together. Creating a new dining area such as a breakfast nook is a wonderful renovation project. If looking to add space to the home, this could be done through a bumped-out room in the house with large bay windows. This will surely add character to the home.



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Fall General Membership Meeting

(Continued from Page 1)

this is a great community that provides kind of a foundation of hope and good work in the world.”

Food Moxie Executive Director Jill Fink summarized the successful outreach of the program formerly known as Weavers Way Community Programs to students at Martin Luther King High School and children and adults at Stenton Family Manor, the city’s second-largest family homeless shelter. Farm Manager Nina Ber-ryman reviewed another successful farm year, with increases in output, income and attendance at the farm’s signature Harvest on Henry festival. Co-op member Barb Bloomfield described the Northwest Philadelphia Solar Co-op, which seeks to in-crease home solar installations by getting group discounts, and is currently looking for 21 participants whose homes are suit-able for rooftop solar.

But the bulk of the meeting was tak-en up by Jon’s PowerPoint-aided General Manager’s Report, which focused on two main topics: Co-op finances and the Am-bler expansion.

“Remember we thought fiscal ’16 was going to be very challenging? As you can see, we really had a really solid year,” with nearly \$21.7 million in re-venue compared to \$20.7 million the pre-vious year. “So overall, in terms of fis-cal year performance, the Co-op did very, very well,” Jon said, to applause.

Then he continued: “The next slide is

important, because it shows how our busi-ness is behaving — through Jan. 31, total Co-op sales growth was 7 percent — that’s crazy. But I chose that date for a reason, because that other store” — Fresh Market in Chestnut Hill — “opened Jan. 28.”

Over the next five months, to the end of fiscal 2016, the Mt. Airy store still showed sales growth just over 8 percent, but Chestnut Hill sales growth dropped from 6.5 percent to 0.87 percent.

“The Mt. Airy store continued to have awesome sales growth. The Chestnut Hill store, their sales growth slowed. They still beat prior-year sales — but as a result, overall Co-op growth slowed . . . and the one big change is we now have a big com-petitor a few blocks away,” Jon said.

The solution? “We have a strategy to improve sales, especially in Chestnut Hill, and we’ve implemented some of the aspects of that strategy already and we’ll continue to implement them over the next few months,” Jon said. In response to a question, he elaborated that Chestnut Hill is working through “two 25-page-long” sets of recommendations from the Nation-al Cooperative Grocers, the Co-op’s na-tional trade group, for revamping the pro-duce and meat and seafood departments.

Moving on to Ambler, Jon said:

- Weavers Way is close to signing the sublease on the building, the former Bottom Dollar at 217 E. Butler Ave., and still negotiating with the landowners to secure rights to the property once the sublease is over. In response to a question, Jon explained that once the sublease with Aldi, the

(Continued on Next Page)



Robert Leslie Smith photo



Crystal Pang photo

After choosing beef, chicken or vegan chili — or all three! — from Weavers Way’s kitchen, complete with toppings, salad and sides — including cornbread! — members enjoyed adult beverages and the ambience of the renovated Waldorf School while waiting for the speeches to begin.

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(Continued from Preceding Page)

- German discount grocery chain that bought the Bottom Dollar chain, is over, the building reverts to the landowners.
- Lawyers are working on a document to join Ambler Food Co-op with Weavers Way. “AFC is a cooperative enterprise just like Weavers Way except without a store,” Jon explained. “They have about 400 active members who have paid equity. They have voted overwhelmingly to do whatever is necessary” to cease being AFC and join Weavers Way.
 - As far as project costs go, the \$4.3 million budgeted breaks down to \$1.4 million for construction, \$1.6 million for equipment, and the rest for professional fees, inventory and startup costs — the latter including staff.
 - In terms of funding, the plan is for \$3 million in traditional financing, such as bank loans, with the rest coming from unsecured member loans, development grants from the state or Montgomery County, vendor contributions and cash in the bank. “We have submitted proposals to our lenders; the feedback has been very favorable but we are still waiting to hear on commitments,” Jon said.

He then opened the floor to questions.

On the recurrent electrical outages in Chestnut Hill: “What I am told is the CH infrastructure is totally antiquated and prone to problems. We have had now four non-weather-related outages in the last 14 months. We are installing a backup gas generator on the roof, and we have budgeted for one in Mt. Airy as well.”

Any plans for solar power at the stores? “Not yet. The Ambler store offers the best opportunity because of the large flat roof. But solar is costly and there aren’t as many incentives as there used to be. We’re talking to [Ambler-area State Sen. Stewart]

Greenleaf; there might be some loan money out there.”

Any plans to expand to Delaware County? “No. That doesn’t mean that we wouldn’t. . . . Delaware County is an area where we don’t have name recognition like we do in Ambler.”

Prospects for the Garage at 542 Carpenter Lane: “Since we own the building, we have the luxury of being able to just hang onto it. . . . You may have noticed it needs some work. It needs a new roof, it needs new plumbing, it needs new electric, ka-ching, ka-ching, ka-ching. . . . The Ambler project is really taking up a lot of our resources and time at the moment, as you can imagine. So for now we’re pretty content with just letting it be what it is — the pop-up store, workshops, the debate watch parties.”

And, as is traditional at the GMM, the questions turned to parking, specifically the lot behind the store in Chestnut Hill. “It is not our parking lot,” Jon reminded. “It is owned by Acadia Realty, which owns the building where Iron Hill is. . . . and right now, it’s anarchy in that lot.” He said the Co-op has joined negotiations to persuade Acadia to turn administration of the lot over to the Chestnut Hill Parking Foundation, which would install a parking-fee kiosk. Iron Hill, for one, also supports the proposal. “It’s a matter of convincing the Acadia folks to go for it,” Jon said. “It’s just not our land.”

In response to a comment from the back, he added:

“Bernadette would like me to mention that in Ambler we will have 85 parking spaces of our very own. So that will be something to get used to. We have to figure stuff out like snow plowing or what to do if we get a pothole — we never had to do that before. But that’s exciting!”

msweeten@weaversway.coop

BOARD ELECTIONS★ 2017

(Continued from Page 1)

sions. We do NOT get involved in telling the produce managers where to put the apples! Rather, the Board focuses on the strategic direction of the cooperative, engaging with members and evaluating management performance.

Being an effective Board member requires a serious commitment of time and talent. We are looking for people who are willing and ready to make that commitment. Members who are interested in running for the Board must be Weavers Way members in good standing, at least 18 years old and able to participate in Board meetings (usually held the first Tuesday of the month 11 months of the year). There is no monetary compensation for Board services.

Prospective candidates must attend at least one of our first-Tuesday Board meetings prior to running; the next dates are **Dec. 6, Jan. 3** and **Feb. 7**, all at 7 p.m. in the Common Room at Summit Church, 6757 Greene St., just down the block from the Mt. Airy Co-op.

Candidates must also attend one informational session with members of the Board Leadership Committee prior

to submitting a formal application, due Feb. 28, 2017. These sessions provide important information to help you make the decision that is best for you. All are at 7 p.m.:

Monday, Jan. 9, in Chestnut Hill: 8419 Germantown Ave., 2nd floor (across from the Chestnut Hill store)

Thursday, Jan. 19, in Ambler: 131 E. Butler Ave.

Wednesday, Jan. 25, in Mt. Airy: Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store)

In addition to the formal application, available for download from the Weavers Way website, candidates must submit a written statement and a photo, which will be published in the Shuttle newspaper and on the website, and agree to a video interview, which will be available on the members-only section of the website. Go to www.weaversway.coop/board-elections-2017 for more details.

Being on the Weavers Way Board is rewarding and greatly appreciated by the membership. If you have any further questions, feel free to contact me at sylviabgentry@gmail.com.



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3 Ingredient Sugar Cookies
• 1 stick salted butter, + 2 tsp.
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Preheat oven to 350°. Use an electric mixer to cream the butter and sugar. Stir in the flour. Form cookies into 1-inch balls and place 2 inches apart on cookie tray. Flatten, if topping with sprinkles. Bake 15-17 minutes until golden brown. *Enjoy!*

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Introducing Home Delivery & Enhanced Service in Chestnut Hill

WEAVERS WAY MEMBERS CAN now arrange home delivery from the Chestnut Hill store on Thursdays, as well as from Mt. Airy on Mondays and Wednesdays.

And this month, we're also introducing Enhanced Service at Chestnut Hill. With this program, a Weavers Way staff member will pick you up, drive you to the store and drive you home, plus help you with shopping and putting your groceries away as needed.

Here's how it works:

Home Delivery

Email or call in orders to the store you prefer.

Mt. Airy

Deliveries are Mondays and Wednesdays.
Email: delivery@weaversway.coop
Phone: 215-843-2350, ext. 309

Chestnut Hill

Deliveries are Thursdays.
Email: CHdelivery@weaversway.coop
Phone: 215-866-9150, ext. 308

Call or email your order no later than 6 p.m. the day before you would like a delivery. When leaving a voice mail, include your name, member number, phone number and address along with your grocery list. Be sure to speak slowly and clearly!

The delivery person will call you in the morning to discuss your order and arrange a dropoff time. We require a two-hour window.

We ask for a minimum order of \$15. Payment is made to the delivery person, and must be by check. Payment by credit card, SNAP or Weavers Way EasyPay house account can be arranged with advance notice. Cash cannot be accepted under any circumstances.

We charge \$7 per delivery. On orders of \$75 or over, the fee increases to 10 percent of the bill. The fee may be waived for Food for All customers.

Enhanced Service

Enhanced Service is available during regular hours at the Chestnut Hill store. To arrange a shopping trip, email or call Chestnut Hill Delivery Manager Josephine at 215-866-9150, ext. 308, or CHdelivery@weaversway.coop. Please indicate you would like Enhanced Service.

With Enhanced Service, shoppers pay at the register by their preferred method. The fee is the same as home delivery — \$7, or 10 percent of orders over \$75, with a requested minimum purchase of \$15.

Information about Home Delivery and Enhanced Service is also on the Weavers Way website at www.weaversway.coop/home-delivery

WEAVERS WAY WORKSHOPS



Workshops are free and held in **The Garage, 542 Carpenter Lane** (across from the Mt. Airy store) unless otherwise noted.

RSVP on Eventbrite

It's easy — find the item at www.weaversway.coop/events and click the link. You can also search eventbrite.com for "Weavers Way." Or do it the old-fashioned way: outreach@weaversway.coop or 215-843-2350, ext. 118.

Give a Workshop Yourself!

You'll earn three work hours. Propose a topic by contacting Bettina at outreach@weaversway.coop.

COMING UP IN DECEMBER

Cheese Pairing 101

Tuesday, Dec. 6, 7-8:30 p.m., The Garage

You bring the wine, we'll bring the cheese! Meet up with Weavers Way cheesemongers Matt Budenstein and Shawn O'Connell for some sampling and conversation in the festive atmosphere of Weavers Way Mercantile, our holiday pop-up shop! \$10; proceeds benefit Food Moxie.

Make Your Own Holiday Wreath

Wednesday, Dec. 7, 7-8:30 p.m., The Garage

Join Lizzy Holm, professional gardener and designer, to make wreaths and other holiday decorations using native plant materials. \$35 includes materials. Proceeds benefit LandHealth Institute.

Working Toward a Zero Waste Home and Garden

Thursday, Dec. 8, 7-8:30 p.m., The Garage

Join us for an informative evening with Alisa Shargorodsky, Weavers Way's very own Zero Waste consultant. She'll present the global context of our waste systems, then get down to DIY body care recipes, the "zero waste grocery shopping experience" and much more.

Understanding Micronutrients in Your Food

Tuesday, Dec. 13, 7-8:30 p.m., The Garage

Clinical nutritionist and herbalist Wendy Romig will explain the important role micronutrients play in digestion, immunity and more. Learn what foods are nutrition powerhouses and how understanding nutrition can be wonderfully empowering for you and your family.

Medicinal Plants

Wednesday, Dec. 14, 7-8:30 p.m., The Garage

Get to know your local native and "exotic" plants and their medicinal benefits as well as their aesthetic value in the garden from Dorene Reggiani, a professional gardener and herbalist living in Germantown. You'll go home with valuable knowledge of the local flora and enough dried elderberries to prepare a pint of elderberry syrup for colds and flu. \$20 includes materials. Proceeds benefit LandHealth Institute.

Let's Get Spicy! All About Herbs and Seasonings

Tuesday, Dec. 20, 7-8:30 p.m., The Garage

Herbs and spices have the power to transform food, and your health too. Learn about flavor profiles and how they can enhance your home cooking with Food Moxie Nutrition Education Associate Mercelyne Latortue. Leave with a marinade to spice up your meals at home!

DIY Plant Basketry Using Invasive Vines

Wednesday, Dec. 21, 7-8:30 p.m., The Garage

Learn to create a beautiful and rustic basket from invasive urban vines by from LandHealth Institute's Rachael Griffith, an enthusiast for useful plants and urban forager. \$10 includes materials. Proceeds benefit LandHealth Institute.

Film Screening: "Can You Dig This?"

Tuesday, Dec. 27, 7-10 p.m., The Garage

Join Food Moxie for a screening of a documentary about the transformation and greening of South Los Angeles. The film follows the lives of several of South LA's local residents as they share their stories of strength, perseverance and hope! For more info about the movie: canyoudigthisfilm.com.

Getting Creative with Vacant Lots in Philadelphia

Wednesday, Dec. 28, 7-8:30 p.m., The Garage

Vacant lots may seem empty, but they are full of potential. How to use them to regenerate the urban landscape and restore vitality to the surrounding community? One idea is to transform them into native plant nurseries, providing city residents and park systems with a source for native plants. LandHealth Institute founder Scott Quitel explains.

ALL THE DETAILS: www.weaversway.coop/events



Shopping Spree

Members of Pack 1855 at Our Mother of Consolation School descended on the Chestnut Hill store last month. It was Cub Scout business for Ethan Ravasco, Michael Gallagher, left and right in photo at left, Gabe Dumenigo and Chip Amuso, left and right below. They were buying ingredients for a den cookout to compete their Cast Iron Chef pin. Thanks to Cubmaster Peter Amuso for the pictures and the explanation.





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MEMBER BENEFIT

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COOPERATORS OF THE MONTH

Tim & Anissa Mitchell



Joined Weavers Way: October 2016
Live in: Manayunk
Day jobs: Tim's the director of maintenance at the Germantown Cricket Club. Anissa works in the card service department of Ardent Credit Union downtown.
Why they joined: The family (they have a son and

a daughter) switched to a healthier eating regimen, including going all organic and buying meat and eggs from local farms, in part to give Tim a drug-free way to combat chronic back pain. They started out shopping at Whole Foods, but were encouraged to check out the Co-op by a GCC member.
Why they became working members: Anissa: "Part of it was the 5 percent discount. I mean, obviously it's worth it if you're going to shop [for] all of your groceries here... But when we joined, it's not just 'I'm a member here.' It's 'What can I contribute to it?'"
Co-op jobs: They completed their hours by working at the Harvest on Henry farm festival. Tim also helped set up the lighting for Weavers Way Mercantile.
Favorite Co-op products: They're among the legion of fans of The Incredible Bulk. They also enjoy Amy's soups, Wholesome Dairy raw milk and dates rolled in coconut.
A little Co-op love: Anissa: "I came over with my daughter to get a couple groceries. I get up to the register, I open up my pocketbook and I don't have my wallet. And I was like, 'No! It's like 7:45, you guys are closing... And the lady behind me pulls out her debit card, pays for my food, and she said, 'I don't even want to worry about this until after the holidays.' And that was pretty amazing."

— Karen Plourde

STAFF CELEBRITY SPOTLIGHT

Nell McBride



Title: Assistant grocery manager, Weavers Way Mt. Airy
Since when: May 2015
Education: Bachelor's degree in Journalism from Boston University and a master's in Food, Culture and Systems from New York University. As part of her master's, she also earned a certificate from the French Culinary Institute of New York.
How she got here: She and her husband, Paul Cantagallo, joined Weavers Way shortly after moving to Mt. Airy in 2014. (He's a native of Bucks County, and writes briefs for a law firm in Center City). At the time, she was a prepared-foods buyer for the Whole Foods store in Wayne. "I had to be there at 4:45 in the morning — it was a nightmare." She left six months later and was hired at the Co-op a short time later.
Past work: For a year and a half, she was operations manager for Local Roots, a Cranford, NJ, group that includes two restaurants and a farm.
A snapshot of her job: "There are tons of things going on, and you have to keep track of them all... we were talking about all the products we carry, and having to have this knowledge of all of them...[it's] chaotic."
What she likes about the gig: "I don't think I could sit at a desk day after day — I get pretty tired of that — and I do like to move around. When I was operations manager at the restaurant group, I got to be involved in so much, everything from sourcing meat to hiring and orienting staff. I get the same variety here. It's not the same thing day in, day out."
Outside pursuit: She and Paul make and market Eat Nice, a vegan pasta that comes in two flavors of ravioli — their version of ricotta and meaty walnut. Their products are available in both Weavers Way stores, and recently found a spot on the shelves in Mom's Organic Market.
A little Co-op love: "I was really attracted in the beginning because of the values of the Co-op. This place has a whole life to it; it's not just a grocery store. What keeps me now is the people I work with. It feels like a pretty supportive place to work."

— Karen Plourde

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

Weavers Way Board

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

The Board meets at 7 p.m. on the first Tuesday of the month. December's meeting is Tuesday, Dec. 6, in Mt. Airy, in the Common Room at Summit Church, 6757 Greene St.. The next meeting is Tuesday, Jan. 3, 2017.

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.

2015-2016 Weavers Way Board
President: Chris Hill
Vice President: Joshua Bloom
Treasurer: Emmalee MacDonald
Secretary: Lisa Hogan
At-Large: Megan Seitz Clinton, Larry Daniels, Joyce Miller, Joan Patton, Linda Shein, Laura Morris Siena, David Woo.

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www.weaversway.coop Mt. Airy main number: 215-843-2350	contact@weaversway.coop Chestnut Hill main number: 215-866-9150
Mt. Airy 8 a.m.-8 p.m. 559 Carpenter Lane	Chestnut Hill Monday-Saturday 7 a.m.-9 p.m. Sunday, 8 a.m.-9 p.m. 8424 Germantown Ave.
Across the Way 8 a.m.-8 p.m. 610 Carpenter Lane 215-843-2350, ext. 276	Next Door 9 a.m.-8 p.m. 8426 Germantown Ave. 215-866-9150, ext. 221/222

HOW TO REACH US

General Manager Jon Roesser, ext. 131 jroesser@weaversway.coop Finance Manager Susan Beetle, ext. 110 sbeetle@weaversway.coop Purchasing Manager Norman Weiss, ext. 133 normanb@weaversway.coop Marketing Director Crystal Pang, ext. 121 cpang@weaversway.coop HR Coordinator Danielle Swain, ext. 132 hr@weaversway.coop Facilities Manager Steve Hebden, ext. 128 steve@weaversway.coop	Membership Manager Kirsten Bernal, ext. 119 member@weaversway.coop Outreach Coordinator Bettina de Caumette, ext. 118 outreach@weaversway.coop Mt. Airy Store Manager Rick Spalek, ext. 101 rick@weaversway.coop Chestnut Hill Store Manager Dean Stefano, ext. 212 dstefano@weaversway.coop Executive Chef Bonnie Shuman, ext. 218 bonnie@weaversway.coop Farm Manager Nina Berryman, ext. 325 nberryman@weaversway.coop	Next Door Manager Amira Shell, ext. 220 ashell@weaversway.coop Mt. Airy Wellness Manager Lisa Whitlock, ext. 114 lwhitlock@weaversway.coop Pet Department Manager Anton Goldschneider, ext. 276 petstore@weaversway.coop Grocery (MA) Kathryn Worley, ext. 140 worley@weaversway.coop (CH) James Mitchell, ext. 217 jmitchell@weaversway.coop Prepared Food (MA) Dave Ballentine, ext. 102 dballentine@weaversway.coop	Deli (MA) Shawn O'Connell, ext. 109 soconnell@weaversway.coop (CH) Matt Budenstein, ext. 209 mbudenstein@weaversway.coop Meat, Poultry & Seafood (MA) Dale Kinley, ext. 104 dale@weaversway.coop (CH) Valerie Baker, ext. 205 vbaker@weaversway.coop Produce (MA) Jean MacKenzie, ext. 107 mackenzie@weaversway.coop (CH) Mike Herbst, ext. 211 mherbst@weaversway.coop Floral Buyer Ginger Arthur, ext. 317 floral@weaversway.coop
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Weavers Way Welcome Meetings

We encourage new members to attend one orientation meeting. Learn all about our cooperative market, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities around the world. Meet staff and other member-owners and share in some refreshments and conversation. Bring your questions, your curiosity or your experience with other co-ops. Working members will receive two hours of credit for attending. We look forward to meeting you!

Attend a Weavers Way Welcome Meeting, Get Two Hours Work Credit!

Meetings start at 6:30 p.m.

RSVP to:

outreach@weaversway.coop or 215-843-2350, ext. 118.

NEXT MEETING: Wednesday, Dec. 15
Community Room, 555 Carpenter Lane
(adjacent to the Mt. Airy store)

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