

LOCAL AUTHOR TO SPEAK ON PROGRESSIVE INVESTING METHODS AT FALL GMM

by Karen Plourde, Editor, Weavers Way Shuttle



Weavers Way member and Chestnut Hill resident Mark Pinsky, who recently coauthored a book that explores ways progressives can build a people-focused financial system, will be the featured speaker at the Co-op’s Fall General Membership Meeting at the Waldorf School of Philadelphia Sunday, Oct. 27 beginning at 4 p.m.

Pinsky is the president of FiveFour Advisors, a strategic consulting firm that consults with purpose-driven companies on ways to finance and advance their missions. He coauthored “Organized Money: Progressives Can Leverage the Financial System to Work for Them, Not Against Them” (The New Press) with Keith Mestrich, president and chief executive

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The Shuttle

OCTOBER 2019 Since 1973 | The Newspaper of Weavers Way Co-op Vol. 47 | No. 8

Philadelphia Port Reps in Congress Hold Off On Blocking Cocoa Made With Forced Child Labor

by Jacqueline Boulden, for the Shuttle

DEMOCRATIC U.S. REPRESENTATIVE Dwight Evans is among members of Congress seeking to address concerns about forced and child labor used to harvest cocoa in West Africa. Some reports have stated children are forced to work 100-hour weeks and are subjected to physical abuse.

Evans traveled to West Africa in August, where he said he “met with the First Lady of Côte d’Ivoire and other top officials to discuss trade, including cocoa issues.” In a written statement, Evans added, “While there is still room for improvement, I am encouraged by the progress Côte d’Ivoire has made in recent years to reduce child labor and get children into classrooms instead.”

The Ivory Coast is the leading producer of cocoa, supplying about a third of the world’s total. Major chocolate-producing companies, including Mars, Nestle, and Pennsylvania-based Hershey’s, get their cocoa from the Ivory Coast.

Evans said he will continue to advocate for further reductions in child labor, but he would not say whether he agrees with two U.S. Senators who recently called on the Department of Homeland Security “to ensure the U.S. is not complicit in indentured child labor in the cocoa sector.”

(Continued on Page 22)

CO-OP DAY ON AIR AND IN PRINT



Food Shelter Public Relations photo

General Manager Jon Roesser waxes poetic about co-ops.



John Carr, Merrymead Farm



Caitlin Orr, Philly Bread



Danielle Jowdy, Zsa’s Ice Cream

Co-op Day has gained the attention of multiple media outlets in the Philadelphia area, including 6ABC, which will feature us on FYI Philly. The cameras came into our Mt. Airy store where local vendors from Merrymead Dairy, Philly Bread and Zsa’s Ice Cream spoke about the positive impact of co-ops on their businesses. Watch out for both print and air coverage of Co-op Day this month!

Jyoti and Farms Build on Decades of Cooperation

by Elizabeth Starrantino, for the Shuttle

IF YOU STOPPED INTO JYOTI INDIAN Bistro on Germantown Avenue in Mt. Airy this summer, you may have noticed a special Indian salad on the menu. And if you decided to add those greens to your meal, you might have noticed a sticker on the container indicating some of the produce inside came from Weavers Way Farms. That little sticker tells a big story of a decades-plus partnership, a micro-economic food chain and a commitment to giving back and building community through food.

Jyoti Indian Bistro owner Anuj Gupta’s family’s relationship with Weavers Way goes back years.

“I was probably a teenager at most when the Co-op started carrying my parents’ [Jyoti brand] shelf-stable prepared Indian foods,” Gupta recalled. “They were one of the first non-South Asian grocers in the region to do so. The connection with Weavers Way was really important to their growth as a business. I speak for my parents when I say how grateful we are that the Co-op continues to carry their products and to give them great shelf space.”

When Gupta came up with the concept for a fast casual Indian restaurant under the Jyoti name, Mt. Airy made the most sense as a location.

“Weavers Way had been carrying the products for so long that there was such name and brand recognition in the area,” Gupta said. “The restaurant has

(Continued on Page 3)

PHILLY GROCERY CO-OP DAY SATURDAY, OCT. 19

Vendors • Specials • Info on Co-ops • Raffles • New Member Swag
SEE BACK PAGE FOR DETAILS!

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



IN THE ABSENCE OF A GREAT BIG THING to Write About this month, I offer the following items:

- Marsha Low, our devoted Eco Tip correspondent, did my heart good when she promoted the value of natural (a/k/a “lazy”) gardening (p.17). Let your herbs go to seed and they’ll come back the following year, she wrote. Leave your dead flowers and seed heads for food for the birds over winter. So while my neighbors line up their yard waste bags every weekend, I’ll fill a bag every now and then and feel less guilty — until spring approaches and I’m scrambling to make room so I can plant. Thanks, Marsha — honest.
- Be sure to allot some of your Shuttle reading time to Beth Starrantino’s page one story on Reading Terminal Market General Manager Anuj Gupta, who’s in partnership with our farms to use some of their greens and cucumbers in the salads available at his other venture, Jyoti Indian Bistro in Mt. Airy. Gupta’s parents started Jyoti Natural Foods, a line of shelf-stable vegan and vegetarian Indian foods, when he was a boy, and the Co-op was one of the first outlets that wasn’t a South Asian market to carry them. It’s a wonderful piece on interconnectedness across generations. As Farm Manager Nina Berryman puts it, “It’s such a neat full circle...we have this little microeconomic circle of really keeping our dollars local.”
- Lastly, this skittered across my screen from New Hope Network: the Pledge Against Plastic shared among attendees at the Influencer Summit at Natural Products Expo East that took place in Baltimore in mid September. It lists such items as requesting drinks without straws, refraining from buying takeout coffee unless it’s in a refillable mug, and getting takeout without single-use condiments or cutlery. Some I do, others I need to work on. The link include this warning: By the year 2050, there will be more plastic in the ocean than fish. Yipe. Take the pledge at <https://view.ceros.com/new-hope-network/pledge-against-plastic>.

Catch you in the pages next month.

The Shuttle is published by
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Association.

Statement of Policy

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

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

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

Advertising

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

What’s in Store at Weavers Way



Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Going On in Grocery

New Halloween treats in the Hill and Ambler. And desserts from Brittany’s Natural.

It’s time to load up on snack-size sweets for the ghouls and goblins who’ll come a-knocking on October 31 — and the grownups who’ll be greeting them. For inspiration — and a couple alternative options — check out the front display near the registers, where you’ll find 27-count packages of **Tony’s Choclonely** individually wrapped milk caramel sea salt chocolate pieces for \$9.99. Their products are produced without slave or child labor.

Food allergy sufferers, fear not: There are treats for you, too. **Enjoy Life** dairy-free dark chocolate and rice milk chocolate squares are gluten-free, kosher, vegan and halal certified. Eighteen-count packages of each are \$6.99.

In Ambler, the “Scary Good Snacks” front endcap features the Tony’s and Enjoy Life selections. In addition, the bulk section has displays of **Ocho** organic chocolate variety packs (22 wrapped pieces) for \$7.99, and **Endangered Species** dark chocolate bites (12 wrapped pieces) for \$4.69.

“Eh, candy,” you say? Treat yourself for real with a deluxe dessert from **Brittany Natural Foods**, available in the front grab ‘n’ go case in Ambler. The Bethlehem-based maker of wholesome convenience foods offers six-ounce containers of chocolate mousse, tiramisu and pudding made with organic milk and cage-free eggs for (\$3.59 and \$3.99)



The Daily Deli

The Hill adds cheeses from Vermont and a Finnish specialty from Wisconsin.

The cheesemongers at our Chestnut Hill store have made room in the case for two selections from **Jasper Hill Farm** of Greensboro, VT. Alpha Tolman (\$26.99/lb.) is Alpine-inspired and has a buttery flavor that gets bolder and meatier as it ages. Landaff (\$24.99/lb.) is a traditional Welsh-style cheddar with a natural rind. The pieces of both in the case tend to be a third of a pound or less.



Also new and from 1,093 miles west is **Carr Valley** bread cheese (\$6.99 for a six-ounce package) from LaValle, WI. It’s the cow’s milk version of a Finnish cheese snack made with reindeer milk. Like halloumi, it can be grilled or sautéed, or just warmed up in the oven or microwave.

Bakery Bites

Behold — bulk cookies in Mt. Airy. And a famed Brooklyn cheesecake now based in South Jersey.

One of the best additions to the small-but-plentiful bakery section in Mt. Airy is the lineup of bins of bulk cookies that make up part of the roll/bagel/croissant section. Selections include Swarthmore’s **My House** oatmeal cherry and chocolate chip cookies (\$10.99/lb.), fig bars from

HAVE YOU SEEN THIS?



If you’re looking to move away from rainbow-colored dish soap in plastic bottles, head to our Chestnut Hill store and try out Tandi’s Naturals solid dish soap (\$3.69/3.5 oz. bar). It’s made without sodium laurel sulfates, and the packaging is minimal. Tandi’s is an extension of Christina Maser candles of Lancaster. Thanks to member Michael Meng for the suggestion!

Metropolitan Bakery (\$1.69/ea.) and vegan chocolate chip cookies from **Crust of Roxborough** (\$11.99/lb.). Paper bags are located above the roll of plastic bags for your convenience.



For more than 60 years, **Junior’s Cheesecake** was a pillar of downtown Brooklyn, expanding to two locations in Manhattan as well as Foxwoods Casino in Connecticut. Although their diner-style restaurants remain in those locations, four years ago they moved their baking operation to Burlington, NJ. As a result, their cheesecakes can now be found in Ambler.



Kieran McCourt, Weavers Way Ambler

- It’s the inactive/pasteurized form of *Saccharomyces cerevisiae*, more commonly known as “brewer’s yeast.” While its active strains ferment grains into beer or leavened bread, nutritional yeast can’t and won’t.
- It’s nutty, a little bit cheesy and often a dietary supplement for those on a plant-based diet. Toss over cooked pasta, or mix into your go-to pesto recipe.
- For the first timer, try it out on a bowl of fresh popcorn. (If you’re air popping, the flakes may struggle to stick, so mix in a bit of oil or butter if desired and toss.)

In colder months, it can be used as the main flavor of a dairy-free “cheese” sauce for mac & cheese.

For the holidays (or during the week), it’s a powerhouse for an animal-free gravy: Combine vegetable broth, soy sauce or tamari, a little Dijon mustard, nutritional yeast, and your thickener of choice (flour, cornstarch, arrowroot, etc.), and you’ll have a plant-based topping for protein or your favorite starch.

Nutritional Yeast





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

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

This month, Norman and Jeannine talk veganism at fast food chains and ponder the beginnings of the organic food movement.

J: With the state of the world today, we're all going to hell in a bucket.

N: A bucket of fried chicken!

J: It better be a bucket of vegan Kentucky Fried Chicken.

N: I read the Atlanta KFC sold out their batch in five hours, which consisted of Beyond nuggets and wings. Of course, we don't know how much they started with...

J: I'm sorta surprised they launched it in Atlanta.

N: I don't know how they decide. I'm surprised they never came out with a humanely raised chicken option before launching a vegan product.

J: Well, aren't those just marketing words that mean nothing?

N: No, there are rules, such as a certain amount of room to move freely, free range, no antibiotics, and there are a few competing certifications.

J: I'm playing devil's advocate. If in the end an animal is slaughtered, how is that humane?

N: Because there are more humane ways to slaughter than other ways — like controlled atmosphere killing, which is supposed to be more humane than electric immobilization and throat slitting.

J: Perhaps jumping on the vegan train is their cash cow, considering the rate at which veganism is trending.

N: Very likely. Plus, it's probably easier to create vegan chicken than grow humanely raised chicken.

J: And possibly cheaper?

N: Remember, you are starting out with pea protein.

J: But not when you buy the final product. It is a bit pricey.

N: Looks like Beyond Burgers are twice the price of regular burgers, but the industry is still in its infancy. Prices will probably come down with supply and demand and as competitors arise. In

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

Email veganalert@weaversway.coop to share your experience.

the case of KFC, people are going for the taste and texture and it almost doesn't matter what the core product is.

J: So people just like the taste of fried food and grease.

N: Apparently KFC customers do.

J: I admit that I enjoy Gardein nuggets on occasion.

N: And I love my potato chips. Do you think we will see vegan steakhouses any time soon?

J: It wouldn't entirely surprise me, being that there already are vegan butchers that exist such as the Herbivorous Butcher in Minneapolis. I bought their cheese at V Marks the Shop vegan grocery in South Philly.

N: Why would a butcher have cheese?

J: I suppose they're also a deli.

N: Speaking of deli, growing up we ate a lot of lunchmeat. One of my favorites was tongue. I had no idea that tongue was an actual tongue of a cow.

J: That sounds pretty disgusting. But I also ate a lot of lunchmeat like ham and liverwurst, which I was always embarrassed to eat at lunch in elementary school.

N: Why?

J: I guess other kids thought liverwurst was gross and not many others ate it.

N: Did you like it?

J: Yes, I really did enjoy it. It was a strange concoction that my parents made: liverwurst, American cheese, cream cheese, with mustard on white bread.

N: Doesn't sound kosher.

J: Well, I was raised Catholic, so kosher didn't cross our minds.

N: So we both ate organ meats in our childhood. Maybe that was the beginning of the "organic" food movement for us.

Recommendations:

- San-J orange sauce
- Louisville vegan jerky
- Uptons Naturals alternative meat products

WEAVERS WAY FARM DINNER

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Jyoti and Farms Build on Decades of Local Food Cooperation



Photo by London Faust

Anuj Gupta

been up and running for six years now on Germantown Avenue, and its success has built upon the connection established with Weavers Way.

A couple years after the restaurant opened, it started offering the special salad during the summer.

"When the idea for the salad came around, I was in conversation with Glenn Bergman, who was then the general manager of Weavers Way," Gupta said. "At the time, I was the executive director of

Mt. Airy USA and Glenn and I had a very close working relationship."

Through Glenn and a nearby Mt. Airy USA project, Gupta came to know Food Moxie and Weavers Way farms. And he started buying "kale and cucumbers and kohlrabi and anything else we could access through the farms" and mixing it with the organic kidney beans processed at the Jyoti plant in Sharon Hill. The co-branded salads were then sold in the restaurant.

Gupta saw the co-branding as a way to highlight an important local institution and to support the farm. It was also an opportunity to give customers something a little different. And it was delicious.

"To get kale and cucumbers from a mile away — it's like getting entirely different produce," Gupta said. "The kale grown on the farm is just exceptional."

"It's such a neat full circle," said Nina Berryman, Weavers Way farm manager. "Even though we don't buy the exact salad from Anuj that has the Weav-

ers Way cucumbers or kale or kohlrabi, we do buy the Jyoti products at both the Weavers Way stores and the farm market. So we have this little microeconomic circle of really keeping our dollars local."

The Weavers Way partnership is far from the only way Gupta is building local community through food, however. He is currently the general manager of Reading Terminal Market and has launched a variety of projects, many supported by the Knight Foundation, to connect communities around the city.

One such project, Breaking Bread, Breaking Barriers, has Reading Terminal working with the University of Pennsylvania, the City of Philadelphia Commission on Human Relations and the Hebrew Immigrant Aid Society of Pennsylvania to identify communities that didn't know each other or had some conflict.

"In our first round of 'Breaking Bread, Breaking Barriers' programming, these communities came to the market and worked together to teach each other

(Continued from Page 1)

staples of their cuisine," Gupta explained. "They started to understand each other through cuisine, and then they sat down and ate together and a facilitator from the city helped with dialogue."

Then everyone came back for a second dinner intended to strengthen the bond formed during the first interaction.

"I think what we established was that in an age of tension and division, people can still find a sense of shared humanity," Gupta said. "They had more in common than they thought."

After a successful first round of programming, Gupta, the market and their partners created a second round of Breaking Bread, Breaking Barriers programs in parks around the city. In June, he was named one of seven Public Spaces Fellows by the Knight Foundation. The fellowship comes with a \$150,000 grant, and Gupta is still exploring ideas for the funding, including designing a Breaking Bread, Breaking Barriers program for children.

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FOOD MOXIE

We dig what we eat.

We Got a USDA Grant: How Should We Use It?

by Lisa Mosca, Food Moxie Executive Director

IN LATE JULY, WE WERE EXCITED TO LEARN THAT we are a 2019 USDA Farm to School Planning Grant recipient. This will help Food Moxie staff — along with partners Weavers Way Farms, W.B. Saul Agricultural High School and Martin Luther King High School — plan for increased farm-to-school activities.

We’ve been brainstorming different ways to use the grant money. We could purchase tools to help with harvesting and/or coordinate volunteer gleaning efforts with willing local farms, with the harvested produce coming to school cafeterias for free or at a lower cost. In addition, we want to identify and decrease infrastructure barriers to purchasing more local foods, such as the lack of refrigeration or adequate space to wash produce. As part of this effort, we hope in the near future to be able to get farms into the Philadelphia School District vendor system. Lastly, we want to improve curriculum opportunities with students, and create workforce development opportunities that also involve agriculture (think workshops that provide certifications that will build student resumes and improve their job prospects).

Food Moxie is excited to work with our partners in 2019/2020 to create a farm-to-school action plan that matches each school’s needs. If you are a cooperator interested in supporting these activities, please check out opportunities to volunteer under Food Moxie cooperator shifts or contact us through info@foodmoxie.org.

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Photos Wayne Morra



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Shoppers Can Reduce Undercharging of Produce

I RECENTLY DISCOVERED THREE WEEKS in a row that I’d been undercharged for a produce item at the Chestnut Hill store. That discovery led to email conversations with management, and I thought some of what emerged was important to share with the whole Co-op community in the interest of us all.

Undercharging can occur if the correct sticker is missing from organic produce. Or someone might return an organic item to the non-organic spot, and a later shopper will pick it up and inform the cashier that it was not organic. Or another version of these scenarios can happen, resulting in overcharging. So stickers and location can mess things up.

If the price of an item or sticker is on top and visible when placed on the check-out counter, accurate pricing is more easily ensured. Case in point: I was undercharged both when a sticker indicating the produce item was organic was missing, and when the sticker was not on top. In addition, I was overcharged for raw milk with a reduced price because the sticker was on the far side of the bottle.

We shoppers can help by being alert to these situations. I now intend to place my organic produce close together, with stickers facing up. And if an organic sticker is missing, I’ll look for a loose one among the others or will just be ready to inform the cashier of its identity.

Lynn Mather

Cut Back on Meat Wrap

I JUST PURCHASED A BELL & EVANS chicken from the Co-op, and I’m sure it will be delicious. But I am somewhat dismayed by the type and amount of packaging (dismayed enough to write this letter), and wonder if there is a way to make the packaging of fish and meat products sold by the Co-op more planet-friendly.

The chicken in question was seated on not one, but two, styrofoam bases, with a plastic tag on its wing. Then it was wrapped in not one, but three layers of plastic wrap. I felt guilty having to throw away all of this unnecessary packaging and thought to myself, this is but one chicken! How much styrofoam and plastic wrap are Weavers Way customers having to throw in the trash every time we buy meat or fish? Can anything be done to improve these packaging methods?

Sue Davis

SHUTTLE LETTERS POLICY

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

Look Out for Lyme Disease

by Brenda Malinics, for the Shuttle

ONE OF THE MOST FASCINATING books I have ever read is “The Little Killers” by Wyatt Blassingame. This quote appears at the beginning of the book:

“Fleas have destroyed cities more completely than atom bombs. Mosquitos have conquered not only nations, but civilizations. The louse has killed more soldiers than all the bullets of the world.” This book was written before Lyme disease appeared on the scene.

Pennsylvania has the highest number of reported cases of Lyme disease in the United States. The infection has become one of the most common diseases in the country, with over 300,000 people affected every year. (Although everyone has heard about Lyme disease, few know that ticks can also carry babesiosis, tularemia, Rocky Mountain spotted fever, ehrlichiosis and the newest and most dreaded disease, powassan.)

I have had Lyme disease five times. Four of the times I got the classic bull’s-eye rash, but had I not gotten it, I would never have known that I was infected with the Borrelia bacteria. Twice I was “lucky” to find the tick chewing itself into my body. Although one can feel the smallest insect bite, tick saliva has a protein that inhibits pain, so we don’t feel them biting and burrowing into our skin.

Symptoms of Lyme disease include rash, headache, nausea, weakness, neck stiffness and fever. Unfortunately, these symptoms are similar to common ailments, and too often doctors dismiss patients’ complaints, or misdiagnose them without considering Lyme disease as a cause.

Although Lyme can be treated with antibiotics, you must catch it early to avoid its crippling effects. Just ask John Valerio, an anchor at KYW Newsradio. His son Chris was strong, healthy and working in landscaping when his finger began to twitch. He began having neurological symptoms, saw specialist after specialist and underwent numerous tests. Three years later, Chris can’t feed himself or talk much and standing is a challenge. He was continually misdiagnosed and not tested for Lyme disease until it

was too late to recover. His family is now on a mission to educate others about the disease.

Ironically, your dog can get vaccinated for Lyme disease, but you cannot. Back in the 1990s, a new vaccine to prevent the disease was put on the market by SmithKline Beecham and was approved by the FDA in 1998. It required three doses over the course of a year.

I got the LYMERix vaccine before it was pulled off the market. Unfortunately, LYMERix debuted near the beginning of anti-vaccine mania. Patients began filing lawsuits soon after negative media reports began to surface, and eventually the vaccine was pulled from the market, despite evidence finding it was safe.

The increase in cases of Lyme disease are thought to be caused by global warming as ticks move about the country and remain active longer. Three of the five times I got Lyme disease, I was infected in the fall. Last October, I was bitten by a tick, got the bull’s-eye rash and started the treatment, only to find another tick two weeks later embedded in my arm. I spend a lot of time outdoors and work with animals. I believe that it is next to impossible to prevent tick bites.

Ticks can blow in the wind and be found everywhere — in the city and in the country — not just in high grasses. Yes, it is wise to cover up when walking through the woods, but it is next to impossible to see a deer tick in its tiniest stage. Dog ticks are easy to find, but deer ticks have three stages and in the nymph stage, ticks are as small as a grain of pepper. It is important to shower within 24 hours after being outdoors, but you must scrub yourself with a washcloth. Experts say that it takes 24 hours for the tick to pass the spirochetes into our bloodstream, so we have a small window of time to get unseen ticks off our bodies.

The most important thing to remember is that if you feel lousy, do not let anyone dismiss how you feel, even if test results come back negative. Lyme disease is sinister and ticks are everywhere. Be cautious, but be your own advocate and listen to your body.

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

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Grocery Co-op Day is Coming — and We Need Your Help to Make it Great

by Jon Roesser, Weavers Way General Manager

MAYOR KENNEY HAS PROCLAIMED SATURDAY, Oct. 19 to be the first-ever Philadelphia Grocery Co-op Day, a celebration of the consumer-owned food co-ops in and around the city.

When a major public figure is prepared to herald your organization and the important work you do — especially when their progressive values are as closely aligned to the Co-op's Ends as Mayor Kenney's are — you seize the opportunity. And so Weavers Way intends to use Co-op Day as a chance to tell our story.

For starters, we want to highlight that we're part of a bigger (and growing) movement. Besides our three stores, there are four other food co-ops in the region. Swarthmore Co-op is right in the heart of Swarthmore borough. It was founded in 1937 and is one of the oldest co-ops in the country. Mariposa Food Co-op on Baltimore Avenue in West Philly started in 1972, making it a year older than Weavers Way. We also now have the Kensington Community Food Co-op, which opened earlier this year at Frankford and Lehigh avenues. And soon we'll be joined by the South Philly Food Co-op, currently under construction on Juniper Street near Snyder Avenue. Combined, the five Philadelphia co-ops have annual sales of over \$42 million and employ over 300 people.

We also want to highlight how as cooperatives we represent an alternative business model that many are unfamiliar with, but which gives communities economic independence from the whims of out-of-town corporate grocers. Oh, and that everyone, including folks who aren't member-owners, are welcome to shop in our stores.

Finally, we want to highlight the critical role that Weavers Way and the other food co-ops play in supporting the Philadelphia food shed. After decades of decline, the local food scene is resurgent. New farmers, bakers, coffee roasters, ice cream makers and a host of other food producers are breathing new vitality into the region.

These growers and producers need access to the marketplace, and co-ops provide the critical link between them and values-conscious consumers. Together, the five area food co-ops support over 500 local vendors.



**Together, the five area
food co-ops support over
500 local vendors.**



Co-op Day itself will be a fun day to shop. There will be lots of product demos (especially in Ambler, where we have plenty of room for them) and member specials throughout the stores. (Please note that in Chestnut Hill it is the same day as the Witches and Wizards Festival, or whatever they're calling it these days).

We're asking you, our member-owners, to get involved on Co-op Day in two ways.

First, bring a friend or neighbor, someone who's unfamiliar with Weavers Way, to shop with you on Co-op Day. If they decide to become a member, they'll get an awesome bag of goodies as a welcome gift, and you'll receive a \$25 referral bonus added to your Easy Pay account. Heck, bring as many friends and neighbors as you can!

Second, stop by any of our stores and pick up a Co-op Passport. Between Co-op Day and the end of October, take your passport with you and visit one or more of the other four co-ops in the region. They'll be expecting your visit and will be glad to see you! Get your passport stamped when you go and you'll get Thank You gifts for paying our co-op neighbors a visit (details will be on the passports themselves).

More than anything, as we celebrate Co-op Day and enjoy some well-earned local media coverage, we ask you to be our evangelizers. Too many folks don't know what co-ops are all about. Our alternative business model, one that is dedicated to shared prosperity and ethically conscious business practices, can play a great role in the region's economy if we can help spread the word about who we are, what we do, and why we're better.

That's worth a proclamation!
See you around the Co-op.

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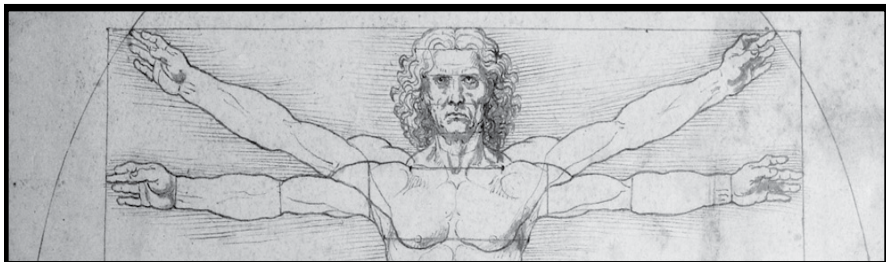
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Intercultural Group Offers Scholarships

HIGH SCHOOL STUDENTS from the Philadelphia area who are interested in studying abroad can learn about scholarships through AFS Intercultural Programs at a meeting Tuesday, Oct. 29, from 7 to 8:30 p.m. at the Weavers Way Community Room, 555 Carpenter Lane in Mt. Airy.

Scholarships available include three fully sponsored by the Department of State: Congress-Bundestag Youth Exchange, which offers full scholarships for year-long programs in Germany; Kennedy-Lugar Youth Exchange and Study, which provides full scholarships for year-long programs in countries of strategic importance to the United States; and National Security Language Initiative for Youth, which focuses on full scholarships for summer and year programs in countries where critical languages are spoken. Information is also available on the organization's website at www.afsusa.org/study-abroad/scholarships.

Families of all kinds can also host a student coming to the United States on one of these scholarships, from one of 90 other countries, through AFS Intercultural Programs. In past years, Weavers Way members in Mt. Airy and Ambler have opened their homes to AFS students from Japan, France and Belgium.

The group will have program materials available, and representatives will be happy to answer your questions. For more information, contact Libby Hahn at libby.hahn@afausa.org.



Wissahickon High School Senior Julia O. (left) with her host family in Heinsberg, Germany, last year.

Rosencrantz and Guildenstern Live On at Old Academy in East Falls

OLD ACADEMY PLAYERS WILL PRESENT ITS 522ND PRODUCTION, "ROSENCRANTZ AND GUILDENSTERN ARE DEAD," an absurdist, existential tragicomedy by Sir Tom Stoppard, November 1, 2, 8, 9, 10, 15, 16, and 17, 2019 at the group's theater on Indian Queen Lane in East Falls.

The play, which debuted in 1967, won the 1968 Tony Award for Best Play. Acclaimed as a modern dramatic masterpiece, it is the inventive tale of Hamlet with two hapless minor characters, Rosencrantz and Guildenstern, suddenly finding themselves thrust to center stage. As the bewildered duo stumble their way in and out of the action of William Shakespeare's classic drama, they become increasingly out of their depth as their version of the iconic story unfolds.



Stoppard is one of the most internationally performed dramatists of his generation, and has written prolifically for TV, radio, film and stage. He co-wrote the screenplays for "Brazil," "The Russia House," and "Shakespeare in Love," and has received an Academy Award and four Tony Awards. His work covers the themes of human rights, censorship and political freedom.

The production is directed by Sarah Labov and features Brendan Sterling as Rosencrantz, Brian Jedinak as Guildenstern, Chuck Mueller as Player, Brittany Fauzner as Ophelia, Carl Heine as Claudius, Jamaal White as Polonius, Lauren McCardel as Gertrude, Nick Ware as Hamlet, and Norman Burnosky, Adam Landon, Robert Ruelan, Rafael Schneider and Ina Louise Thomas as Tragedians.

Show times are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Parking for all performances is free. Ticket price is \$20 per adult, \$10 per student with valid ID. Buy tickets online at www.OldAcademyPlayers.org. Group discounts are also available; call 215-843-1109 for more information and tickets.

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* Source: The American Academy of Family Physicians

WHEN: Tuesday, October 15
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WHERE: Center in the park
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INFO: Light refreshments provided


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David Cohen, MD

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- Knee Pain — Tuesday, November 12

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As You Age, Be Sure to Adjust Your Food Routine

by Jennifer Hall, Weavers Way Health & Wellness Committee

NUTRITION PLAYS A VITAL ROLE IN our health, and as we age, it is natural for our bodies to have different nutritional needs. It is important to be aware of these changes and adjust our diets accordingly. They include changes in metabolism, bone density, digestion and sensory input.

Is your metabolism slowing down?

The body’s resting metabolism tends to decline with age. We are no longer little kids with seemingly endless energy reserves. With the decrease in activity level, our energy requirements decrease, and we need to eat less. Research suggests that our body’s ability to absorb and utilize nutrients becomes less efficient, and so our nutrient requirements increase. The challenge then becomes consuming as much or more nutrients while eating fewer calories. A solution is to focus on quality, not quantity. This means eating more nutrient-dense foods and fewer empty-calorie foods.

Most empty-calorie foods are highly processed and contain added fat and sugar. These are the foods that many of us love: sweets, soft drinks, chips, fried foods and alcoholic drinks that contain few or no nutrients.

So what should we be eating? Aim for the foods at the perimeter of your typical grocery store: fresh fruits and



vegetables, whole grains, fish, lean meat, dairy and some of the healthier prepared foods.

Are your bones cracking when you stand?

Around the age of 30, bone density diminishes in men and women, causing them to become more fragile. Even though bone density declines at that age, most people don’t start thinking about osteoporosis and osteoarthritis for another 10-15 years.

But paying attention to your health early can avoid problems later. The nutrients that support bone health include calcium, vitamin D, potassium and protein. Calcium-rich foods include milk; yogurt; fortified dairy-free milk; dark, leafy greens and beans. If you’re not out in the sun enough, you might need to take a vitamin D supplement. The current recommendation is 600 IU a day

until 70 years of age and if you’re over 70, 800 IU per day. To achieve your recommended 4,700 mg of potassium, consume plenty of bananas, potatoes, prunes, squash, lima beans and spinach.

Upset tummy or slow digestion?

Our digestive system is responsible for breaking down the food we eat into components the body can use. As we age, our digestive system may become less efficient due to poor diet and lifestyle choices as well as different medications we have taken. This inefficiency can lead to constipation, poor immune function and dehydration.

It’s important to hydrate properly. Water is the most important nutrient, as it serves many essential functions. As we age, our thirst signals aren’t as loud as they used to be and it’s easy to become dehydrated. Adequate fluid and fiber intake, along with physical activity, can combat constipation and dehydration. Keep a large water bottle handy and sip from it throughout the day.

Can you taste your food?

Sensory changes that occur with age include a decline in sight and peripheral vision, hearing, smell and taste. These changes don’t come all at once, but they can affect nutritional intake and overall health. If food does not smell or taste good, it most likely will not be eaten. Or

more salt may be added to food, possibly leading to hypertension. Instead of increasing salt, add herbs and spices to foods. You can also roast or sauté vegetables instead of boiling them, add fruits to bland foods like oatmeal or plain yogurt, top salads with crispy onions or nuts and purchase produce that’s in season for the best flavor.

On Tuesday, Oct. 15, from 6 to 7:30 p.m., the Health & Wellness Committee is sponsoring the workshop “Healthy Aging and Nutrition.” You can hear from nutrition experts on the above topics, learn specific foods for common conditions and get suggestions for healthy changes that work with your lifestyle. The workshop is free and will take place at Sage Integrative Health Center, 538 Carpenter Lane in Mt. Airy.

Jennifer Hall, MS, is a nutritionist and health coach who is committed to supporting her clients’ health goals by using evidence-based nutrition and functional medicine to achieve a healthy lifestyle.



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New Economy Committee to Introduce Micro Loan Program at GMM

by George McNeely, Weavers Way New Economy Incubator Committee

THE WEAVERS WAY NEW ECONOMY INCUBATOR Committee has helped to guide the Co-op’s efforts to encourage our local economy for over eight years. From the beginning, we have sought to pursue new applications of the cooperative model as employed by the Co-op. Our best practices focus on the value of social capital and assure that goods and services are created and delivered with the greatest equitability and community autonomy, and with the least environmental impact.

The committee’s initiatives include:

- Helping found the Northwest Philadelphia Solar Co-op, which supported dozens of neighbors in installing solar panels on their homes at reduced prices;
- Launching the Germantown Farmers’ Market last year to bring good local food to central Germantown;

- Collaborating with Germantown United CDC to establish a free revolving loan fund that would allow for the preservation and/or restoration of historically significant facades of buildings along the Germantown commercial corridor.

On October 27 at the fall General Membership Meeting we will launch our new Free Loan Association for Germantown no interest, no fees micro-loan program. Information will be distributed and will also be available on the FLAG website at www.PhilaFLAG.org.

Our committee has worked hard to pursue new applications of worker owned and operated enterprises. We also dream about establishing a cooperative commercial kitchen that will support the development of local food products.

We welcome your input and involvement. Contact Acting Chair Lynne Brown at lynneebrown@verizon.net.

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LOCAL AUTHOR TO SPEAK ON
PROGRESSIVE INVESTING METHODS

(Continued from Page 1)

officer of Amalgamated Bank, the largest majority-owned union bank in the country.

The book, due out Oct. 8, details how progressives can take their money away from conservative financial institutions and put it to lasting social use. Pinsky and Mestrich advocate for a “financial systems literacy” campaign to raise capital from impact investors, socially responsible investors, philanthropists and other progressive investors to disrupt conventional financing systems. They also explain how the members of co-ops can contribute to a socially responsible local economy.

Pinsky’s appearance is being orchestrated by the Co-op’s New Economy Incubator Committee, a relative newcomer to the committee lineup. The group seeks to identify and develop best practices for fostering a local economy in greater Northwest Philadelphia.

Waldorf School of Philadelphia is located at 6000 Wayne Avenue in Germantown. For more information on the GMM, consult the Co-op’s Calendar of Events at www.weaversway.coop.

LIGHT DINNER BUFFET

AGENDA

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



New at Mt. Airy Nexus

Local musician and yoga teacher Sonni Schwartzbach has joined Mt. Airy Nexus as community manager. She previously served as program director for Mt. Airy Learning Tree. Contact her at sonni@mtairynex.us.

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October 2019

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 - The Science of Scary - October 20
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- ambler.temple.edu/TUAevents



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Considering Solar Panels for Your Home? Here’s What I Learned

by Betsy Teutsch, for the Shuttle

SOLAR PANELS HAVE, QUITE STEALTH-ily, gone mainstream. While the present administration is turning the clock back to maximize fossil fuel consumption and pollution, many countries, as well as lots of states and municipalities, are thankfully doing the opposite. This has driven demand, and solar prices have dropped. The great news is that over the years, solar panel efficiency has soared. Hence, those going solar generate more electricity at reduced costs per panel.

I have been pining for solar panels since Ronald Reagan took Jimmy Carter’s off the White House, but it was never economically sensible. However, I am delighted to say that on October 7, a solar array, expedited through Solarize Philly, will go up on our roof.

Next month I will describe the actual process. In the meantime, here are some FAQs.

If solar panels keep dropping in price, shouldn’t we wait a few more years?

There are a few answers to this excellent question:

- Labor is the biggest component of a solar array installation, and while the cost of the panels themselves are dropping, labor costs are not.
- There is a federal 30 percent Solar Investment Tax Credit, for 2019 solar purchases. This credit drops in each subsequent year by a few percentage points, until it is phased out in 2022. There may be a drop in solar panel prices, as well as increases in efficiency, but they are unlikely to offset the loss

of the tax credits.

- Climate change mitigation requires big changes from all of us ASAP.

Is purchasing a solar array a good investment?

This depends on variables that are impossible to accurately predict. The solar energy industry makes a good case for its product being an excellent investment, but it’s hard to prove. Here are some points to consider:

- Solar installers can estimate how much electricity your system will generate. Through net metering, PECO pays you for what you produce beyond what you consume. Your payback number of years will depend on your financing situation; eventually you will own your system and then you will consume lots of free electricity every year.
- The opportunity loss or gain of purchasing a solar array instead of another investment is impossible to quantify.
- Electricity rates keep increasing, but it’s impossible to know by how much. As charges increase, so does the value of your system’s output.
- The value of RECs, renewable energy credits, is going up. They add extra cash to your pocket, but again it is impossible to know their future value.
- Data show that solar panels raise your home’s value beyond the cost of installation.
- As an investment in our planet, adding renewable energy capacity that replaces



fossil fuel consumption, is a wonderful way to allocate your resources.

What does Solarize Philly do?

SolarizePhilly.org helps locals switch to solar in the following ways:

It works with vetted contractors and matches them with customers, streamlining the process.

- They buy solar panels in bulk, taking advantage of quantity discounts, and pass the savings on to consumers.
- They manage the paperwork with PECO and the City of Philadelphia, expediting the process and making it manageable for contractors. Before this, few contractors were willing to work in Philly proper.
- They are working with the city on its program to give a rebate to all new solar purchasers, up to \$500,000. Rebates will average around \$1,000. (This is in addition to the federal SITC.)
- They help train Philadelphia school students to become solar technicians and help match them with the jobs created by these incentives.

All signs point to a climate crisis in the not too distant future. Here is an option that might work for your family and for the planet, too.

Historic House Tour Features Artists Homes



AN ARRAY OF PRIVATE ARTISTS’ residences in Germantown, Mt. Airy and Chestnut Hill will comprise Mt. Airy Learning Tree’s 10th annual Historic House Tour on Sunday, Oct. 27, from 11:30 a.m.-4:30 p.m.

The event will offer a window into the creative ways buildings have been adapted to serve as artists’ homes. Artists featured include painters, photographers and sculptors, among others. Proceeds will benefit Historic Germantown, a partnership of 18 historical houses, destinations and museums in Northwest Philadelphia, and MALT.

Tickets are \$30 in advance and \$35 on the day of the tour. They’re available by calling 215-843-6333, or by visiting <http://bit.ly/MALT-house tour>. On the day of the tour, they can be purchased at the MALT offices at 6601 Greene Street in Mt. Airy.

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WVWA Joins Forces With Others to Protect the Chimney Swift Habitat

by Margaret Rohde, Conservation Manager, Wissahickon Valley Watershed Association

SINCE 2016, THE WISSAHICKON Valley Watershed Association (WVWA) has been working to create and protect habitat for chimney swifts, a bird species in severe decline. We’ve created habitat in the form of artificial chimneys or “towers,” the first built at our Crossways Preserve in 2017. Three more were built last year at our Dodsworth Run Preserve, the Wissahickon Waterfowl Preserve, and at Fort Washington State Park.

Researchers can’t pinpoint the root cause of population decline in aerial insectivores (birds that feed by capturing insects in mid-air). It may be due to habitat loss where they breed, migrate, and winter, or it may have more to do with changes in insect populations. This year, we had the opportunity to join forces with local and distant conservation partners to study chimney swift populations and try to get some answers.

In late 2018, the state Department of Conservation and Natural Resources Wild Resource Conservation Program put out a request for projects that would investigate the causes of population decline in aerial insectivores, which since the 1950s have been declining more rapidly than any other bird species. WVWA and Powdermill Avian Research Center (based in Rector, PA, an hour southeast of Pittsburgh) received funding through the WRCF grant to study chimney swifts because they’re an ideal representative of aerial insectivores — sort of a “canary in a coal mine.” Gaining a better understanding of what factors are contributing to their decline will help shine a light on why other species, like common night-hawks and purple martins, are also decreasing in number.

There are several aspects to the grant. First, we’re trying to figure out more about chimney swift diets. To that end, we put sticky traps at the top of occupied nesting towers (applied in a way that did not pose a risk to native wildlife) at Rushton Woods Preserve, where our partners at the Willistown Conservation Trust informed us they had three towers with active nests. This will give us an estimate of the relative abundance of flying insects in an area and what species are present.

In addition, fecal or guano samples were collected from the same towers over the nesting season. The samples will go through DNA analysis this fall to see what kinds of bugs the birds were actually eating, compared to what was caught in the sticky traps. From that, we will learn if there is a difference between actual diet and available food. Quantifying this will help us learn if chimney swift declines are tied to having less food available overall, or with having only low-quality food available.

Past research suggested that swift diets shifted in response to surrounding pesticide use – they went from eating more nutritionally rich beetles or hard-bodied insects to less nutritional true bugs or soft-bodied insects as the rate of DDT application increased around them.

The last aspect of the grant is to compile pesticide use data from the U.S. Geological Survey and the Department of Agriculture and overlay it with the areas sampled to see if, and how, pesticide application might affect their diet. We’ll



Chimney Swift nestlings in a tower

Photo by Scott Burnet

also be able to learn more about the effectiveness of artificial towers in attracting chimney swifts, and what might make some sites more preferable to others. We can then better replicate those conditions to create more suitable habitat.

As part of our work with Wynco-te Audubon, our local Audubon chapter, we’re also striving to develop a registry of known nesting and roosting sites — the places that swifts depend on right now for habitat — so that they can be protected and we can further our understanding of why some sites are more desirable.

If you’ve witnessed the spectacle of hundreds (or thousands) of swifts swirling in the sky at dusk and entering a chimney, one by one, to roost for the night, you know it’s something special. These birds are worth saving, and you can help us by recording those sightings and letting us know about the places in your neighborhood used by chimney swifts. For more information, contact me at margaret@wvwa.org.



photo by Tom Johnson, Cornell Lab of Ornithology

Chimney Swift in flight



photo by Margaret Rohde

Chimney Swift tower



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Bringing the Body into Balance

by Stacia Friedman, for the Shuttle

MANY THINGS CAN THROW YOUR musculoskeletal system out of balance: taking a bad fall or picking up your groceries the wrong way, for example. Or, in my case, after spending decades hunched over a laptop, I was waking up with chronic lower back pain and my posture left a lot to be desired. Over the years, I had seen chiropractors, massage therapists and physiotherapists. But it wasn't until I consulted with Susan Deutsch, a certified Laban Movement Analyst in Germantown, that I learned how to undo the damage and rethink the way I move.

Deutsch began our session by quickly analyzing my body language. "Because of the way you have been using your body, you have put stress on your back. As a result, your bones have pulled your muscles out of alignment," she said.

After discussing my concerns and identifying my problem areas, Susan used a skilled touch technique developed over her thirty-two years of experience to unblock my body's energy flow and encourage better postural alignment. For me, the results were instantaneous. Areas that had been tense and painful to the touch suddenly softened and relaxed.

Deutsch then patiently guided my now relaxed and pain-free body into a sequence of repetitive small movements which, to my amazement, unlocked my stiff lumbar muscles and helped me relearn the proper way to sit and stand. Looking in a full-length mirror, I saw that my lower spine bulge, which I thought was a permanent deformity, had returned into normal position. She then demonstrated the proper way to go from a sitting

to standing position, letting the upper legs rather than the back do all the work. After years of doing it wrong, it wasn't as easy as it sounds. But, eventually, I got it right.

"I'm giving you a new way to live inside your body with less pain," she said, "I am helping you remember how you used to move years ago before poor posture habits misaligned your spine."

Following my first movement therapy session, I not only felt better, but was much more observant of my posture, instinctively correcting it whenever I started to slump over my laptop. While it will take several more sessions with Deutsch to hard-wire her "corrections" into my brain, I view her unique approach to movement therapy as an insurance policy against further pain and mobility issues.

A former dancer, Deutsch has an innate understanding of movement. However, it was her study of Movement analysis and therapy at Laban Institute of Movement Studies in New York City that took it to a whole new level. Laban is a 40-year-old multidisciplinary approach to movement that incorporates anatomy, kinesiology and psychology. Among Laban Institute's core values is recognition that "...being alive is being in movement, moving with greater consciousness and understanding..." Laban looks at the what, how, where, and why of all movement," says Deutsch. "It enables me to look at bodies not just anatomically, but also the way in which each individual's movement preferences say so much about them."

"My work is about re-training the body, going back to simple movement patterns you probably had and may have



Photo by Hamilton Visuals

Germantown movement analyst Susan Deutsch works with a client.

lost as you became an adult and have a less playful and mobile life. In my work with clients, we revisit developmental movement patterns, in order to re-organize the brain and body," says Deutsch, who works with people who have had brain injuries, as well as those with chronic aches and pains.

"I am passionate about teaching people ways to feel good throughout their day and night. Instead of exercises, I want to help you understand the way you use your body and how that can affect the way it feels. I want to give you ideas and imagery to operate in the long run.

"We are awake approximately sixteen hours a day. How are our bodies moving during these hours? How mindful are you about the way you are sitting? Standing? It is more than just being aware of our bodies during exercise time. We need to pay attention and find a new healthy normal for all hours," she says.

In addition to her private clients, Deutsch teaches undergraduate Movement Analysis and a graduate Laban-

based movement observation course to students working on their Master of Arts in Dance Movement Therapy. She also teaches at Circadium School of Contemporary Circus in Mt Airy. (If you've ever been to their performances, you know how attentive aerial artists must be to avoid injury.)


Besides her busy schedule as a movement analyst, therapist and teacher, Deutsch is a wife, mother, and co-owner with her husband James Hamilton of Rittenhouse SoundWorks, Rittenhouse FilmWorks and her son Matthew Hamilton's headshot photography studio MHamiltonVisuals. Yet, she somehow finds time each day to care for and ride her horse Caetano. "Caetano and I are currently studying dressage," she says. "This process makes me a more empathetic teacher and reminds me how hard it is to be a student, how hard it is to learn new things, how uncoordinated it is possible to feel or how hard it is sometimes to do a simple task when your mind and body are not on the same page."

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Get Your Nutrients From Food, Not From a Bottle

by Wendy Romig, Weavers Way Neighborhood Nutrition Team

ANTIOXIDANTS, PHYTONUTRIENTS, superfoods: these nutritional terms are widely used in supplements marketing, on food packaging and online. But are the benefits they tout hype, or are they based on scientific evidence?

Antioxidants are an important part of our daily dietary needs, yet it's common for people to have severe deficiencies in these essential nutrients. According to the National Institute of Health, antioxidants have health-promoting benefits which may lower the risk of chronic illness and counteract the effects of oxidative stress in the body. Oxidative stress results from our body's energy production pathways leading to the release of free radicals, not unlike a car engine producing toxic exhaust fumes. While free radicals naturally occur in the body, their presence can lead to changes in our DNA, cellular damage, cellular mutations and inflammation, all of which can contribute to cancer, atherosclerosis, macular degeneration and other health issues.

Antioxidants found in fruits and vegetables bind to free radicals, safely removing them from the body and protecting the cells from mutation or damage. Nutrients like Vitamins C, A, E, lutein, lycopene, and flavonoids have been widely studied over the years for their



protective, anti-inflammatory effects.

Vitamin C is most commonly associated with citrus fruit. However, Vitamin C can be found in many vegetables as well, including broccoli and kale. Studies show that Vitamin C is beneficial for heart health, in cancer treatment and improved immune function. It is water soluble and an essential nutrient in our diet, meaning the only source is through our food. Deficiencies in Vitamin C can lead to bruising, bleeding gums, poor immunity and slow wound healing.

Vitamin E is found in nuts, seeds and dark leafy greens. Vitamin E may be beneficial for eye health and heart disease, though one should be cautious with high dose supplementation, because Vitamin E can be stored in fat cells of the body. Vitamin E oil is commonly used topically to help repair damaged skin tissue. Vitamin E deficiencies can lead to neuropathies, vision issues, and muscle weakness.

Vitamin A and beta carotene are fat-soluble nutrients that are found in orange foods like carrots, butternut squash, sweet potatoes, etc. Vitamin A is most commonly associated with eye health, but also is critical in pregnancy

for fetal development. It's important to note that high doses of supplemental vitamin A can be toxic.

Lutein, lycopene and zeaxanthin are carotenoids found in a wide variety of fruits and vegetables. Evidence shows that these nutrients are beneficial for eye health, specifically supporting the macula of the eye. Some studies suggest diets rich in carotenoids may reduce the risk of cancer and cardiovascular disease.

Flavonoids are polyphenols that have significant antioxidant effects in the body and are plentiful in fruits, vegetables, coffee, chocolate and green tea. Flavonoids have been studied for their benefits in cardiovascular disease, cancer, diabetes, and brain health.

Supplementation of antioxidants can offer some benefits to health, but the first goal should always be to increase your intake of foods containing these nutrients. Eating a whole foods, plant-based diet offers an abundance of antioxidants and other health benefits including improved energy, blood sugar control, better digestion and increased well-being. It's yet another case for eating lots of veggies.

Wendy Romig, DCN, is a Doctor of Clinical Nutrition and owner of Sage Integrative Health Center in Mt. Airy. She sees patients with a wide range of chronic illnesses using functional medicine, nutrition and herbal remedies.



What the Team Has in Store

Good news! Both chocolate and coffee have health benefits but to what extent, one might wonder? Find out the answers by attending some of the exciting Neighborhood Nutrition Team workshops this month! Taste test yummy dairy free cacao treats, some dosed with CBD, learn how to make a delicious mole sauce, and discover which common superfoods pack the most nutritional charge for the body.

Neighborhood Nutrition Team Open Hours at Weavers Way locations:

- Tuesday, Oct. 8, 4-6 p.m. -Mt. Airy
- Tuesday, Oct. 15, 4-6 p.m. - Ambler
- Tuesday, Oct. 22, 4-6 p.m. - Henry Got Crops
- Saturday, Oct. 19 - Open hours will take place in all three stores from 2-4 p.m. for Philly Co-op Day.

WORKSHOPS

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

Farm-to-Table Fresh

Foulkeways at Gwynedd retirement community is based on Quaker values and stewardship of the environment. Partnerships with local food providers, on-site growing and composting and the purchasing of IDP (imperfectly delicious produce) are just some of the ways our exceptional dining experience reflects these key visions. Our creative eye towards seasonal menu selection and nutrition benefits the environment and our community at large.

Get a taste of Foulkeways at Gwynedd and visit today!



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– Jeffrey De Lawder, New Executive Chef
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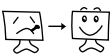
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WEAVERS WAY WORKSHOPS



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

RSVP on EVENTBRITE

WE ASK THAT YOU REGISTER EVEN IF THE WORKSHOP IS FREE.

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

GIVE ONE YOURSELF

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



WORKSHOPS ARE HELD:

- In Mt. Airy in the **Community Room**, 555 Carpenter Lane.
- In Chestnut Hill in **The Backyard**, 8424 Germantown Ave., and the **Healing Arts Studio**, 15 W. Highland Ave., 2nd floor.
- On our farms: **Henry Got Crops**, Saul High School, 7095 Henry Ave.; **Awbury Arboretum**, 901 E. Washington Lane.
- In Ambler, in **The Café** at the store, 217 E. Butler Ave., or the **Ambler Senior Center**, 45 Forest Ave.
- Other locations as noted.

HERE'S WHAT'S COMING UP

Neighborhood Nutrition Team: The Truth About Coffee and Cocoa

Tuesday, Oct. 10, 6:15-7:45 p.m.
Weavers Way Ambler

With so much conflicting evidence, it can be difficult to discern the truth about whether coffee and cocoa are healthy or not. **Nicole Schillinger** will help dispel the myths and confusions around the health benefits of each in this workshop. You'll have the opportunity to taste-test several treats and learn a few different ways to use cocoa. We'll also discuss the meaning of Fair Trade and why choosing Fair Trade Certified goods is a positive choice. Free.

Health & Wellness Workshop: Healthy Aging and Nutrition

Tuesday, Oct. 15, 6-7:30 p.m.
Sage Integrative Health Center, 538 Carpenter Lane, Mt. Airy

As we age, our nutritional requirements often need to shift to accommodate natural changes in our bodies. At this Community Wellness Team workshop, you'll hear nutrition experts discuss how nutrition can affect brain health, arthritis, heart health, and more. Learn specific foods for treating common conditions, and ways to make healthy changes that work with your lifestyle. Free.

Neighborhood Nutrition Team: Seasonal Cooking with Chocolate and Coffee

Friday, Oct. 18, 2-3:30 p.m.
Henry Got Crops Farm

Chocolate and coffee both come from beans and contain unique antioxidants that may benefit our health. Join local Registered Dietitian **Beth Chiodo** as she demonstrates how to cook seasonally using these ingredients. Learn about the different nutrients they contain and methods of preparation. Recipes and sampling included. Free.

Myths of Pet Food Formulation and the Pet Food Industry

Wednesday, Oct. 23, 6-8 p.m.
Mt. Airy Nexus, 520 Carpenter Lane
Rob Downey, CEO and President of Annamaet Petfoods, will provide insight into the variation of ingredient quality and sourcing as well as the formulation and processing of pet foods. This workshop is both informative and entertaining, and will include stories of his life with dogs and encounters with wildlife during his winters in Alaska. Free.

Neighborhood Nutrition Team: Supercharged Foods — Boost Your Health with Your Fork

Thursday, Oct. 24, 7-8:30 p.m.
Sage Integrative Health Center, 538 Carpenter Lane, Mt. Airy

While supplements can be useful for short-term use, they cannot replace a healthy diet. There is an abundance of supercharged foods that boast an array of phytonutrients shown in studies to reduce inflammation, decrease risk of cancer, improve vision, improve brain health, and more. At this workshop, you'll learn from **Dr. Wendy Romig** some of the most common superfoods and the nutritional charge they pack for the body. Free.

How to Kick the Sugar Habit

Tuesday, Oct. 29, 6-7:30 p.m.
Mt. Airy Nexus, 520 Carpenter Lane
Looking to kick your sugar habit to the curb? During this workshop, working member and certified Health & Wellness Coach **Guna Pantele** will discuss what sugar actually does in your body. We will explore why we sometimes start having sweets and can't stop. Lastly, we will deep-dive into the possibility of transforming sugar cravings, kicking the habit for good. Free.

MORE INFO & TO RSVP: www.weaversway.coop/events or email outreach@weaversway.coop



Photo by Jon Roesser

Warmer than usual temperatures for late September brought out the crowds to the parking lot of Weavers Way Ambler on Sept. 21 for an electric vehicle showcase celebrating National Drive Electric Week. Visitors had the chance to look under the hood at many makes and models of EVs and do a test drive or test ride. The day also included live music, a raffle, and a kids fun zone.

DID YOU KNOW?
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www.weaversway.coop/shuttle-online

The Shuttle



Who are you running for?

The Senior Adult Activities Center of Montgomery County is hosting its 9th Annual **Outrunning Senior Hunger 5K and Fun Mile** on November 2nd to support its two senior centers, inter-generational art center, and the largest Meals on Wheels program in Montgomery County. Proceeds benefit Montco seniors like Sally, who depend on Montco SAAC's art programming and daily nutritious lunches to not only remain independent, but to remain empowered and engaged.

Register at RunSignUp.com or at 45 Forest Ave, Ambler PA 19002
Questions? 610-275-1960 / montcosaac.com

Cell Phones Are Safe? Hold On !

by Sandra Folzer, Weavers Way Environment Committee

CELL PHONES HAVE BEEN DEEMED safe by the Food and Drug Administration. But I have my doubts.

The FDA, in a statement released in early May, stated that “The weight of scientific evidence does not show an association between exposure to radiofrequency from cell phones and adverse health outcomes.” They added, “Additional research is warranted to address gaps in knowledge, such as the effects of cell phone use over the long term and on pediatric populations.”

Earlier this year, the National Cancer Institute conducted a review of research on non-ionizing radiation. They concluded that the studies have not shown clear evidence of a relationship between cell phone use and cancer, but that researchers have reported “some statistically significant associations for certain subgroups of people.”

This statement should not be interpreted to mean there is no risk for cell phone use, only that the research is inconclusive. A 2016 study by Grell, Frederiksen, Shutz et al found “a statistically significant association between the intracranial distribution of gliomas (malignant brain tumors) and the self-reported location of the phone.”

In August, the Chicago Tribune did their own study to see if cell phones emitted radiation beyond the legal limit set by the Federal Communication Commission. They tested 11 models from four companies using accredited labs, and found that most phones exceeded the legal limit. The iPhone 7, for example, measured more than double what Apple reported to the federal regulators. The FCC standards were set in 1997 using the typical amount of use at that time for a 200-pound man. Today, phone use is far greater, with the average time spent on cell phones clocking in at more than three hours each day.

Radiation is measured by specific absorption rate (SARS). You can learn the SARS rating for your phone, but according to an article published in late August on the FCC website, “There is considerable confusion and misunderstanding” about what the rating means. They say

the SARS score reflects the worst-case situation for that particular phone but doesn’t say how much radiation occurs with normal use. Thus, a phone which has a high SARS score but low radiation during normal usage might

be better than another phone with a lower SARS score but more radiation during regular use.

Cell phones have been updated to make them safer. Antennas — where most of the radiation is emitted — have been moved inside the phone at the bottom, farther away from the ear. This is important since every millimeter matters with radiation.

Here are some precautions you can take when using your phone:

- Use a hands-free headset or select the speaker setting rather than holding the phone next to your ear. This is especially important when the power is low.
- Don’t keep your phone in your pocket; put in a bag instead, or use a belt clip.
- Text whenever possible.
- Keep your phone use under 30 minutes at a time.
- When not in use, lay your phone a short distance away.
- Don’t sleep next to your phone or other devices.



eco tip

With Garden Cleanup, Less Is More

by Marsha Low, Weavers Way Environment Committee

Gardening is a lot of work. But it turns out that many of the things people do are unnecessary and even detrimental to plants and wildlife in their landscapes. That’s why what I call “natural” gardening (some may call it “lazy”) can end up saving you lots of time and may also help endangered pollinators and other wildlife.



In my Eco Tip last month, I wrote about allowing your herbs to flower, thus attracting and helping bees and other pollinators thrive. For annual herbs, the next step for the natural gardener is to allow them to go to seed. Once that happens, the seeds drop, root themselves, and new plants start to grow.

This is the approach I take with cilantro. Because it likes cool weather, it’s best to plant it in spring. Any plants that are not harvested then grow to about 2 ft high and develop profuse small white flowers. Once the seeds mature, they drop and reseed new plants, right in time for the cooler weather of late summer and fall. So there’s no need to replant — it’s done for you!

Another dreaded task for the gardener is the fall cleanup. Leaves are raked from lawns and out of beds (or blown by leaf blowers, which are major polluters – see the Eco Tip in the June 2019 issue), bagged or heaped in piles, and left at the curb for collection, while dead flowers and seed heads are pruned and removed. But it turns out that the critters in our gardens need the organic matter (leaves and other garden debris) to overwinter, and the seed heads of dried flower heads provide food for birds.

The leaves in our garden beds also provide a natural mulch, a protective blanket in winter, and food for your soil as the plant material decomposes. Leaves on your lawn can be pulverized and left there as a natural fertilizer if you have a mulching mower. Alternatively, they can be passed over a few times with an ordinary mower, then placed in the compost or bagged to be used on the pile in summer, when brown matter is in short supply.

So save time and work. You’ll see your garden and the wildlife that visit it thrive with the “natural” approach!

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Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

GREETINGS AND THANKS FOR WRIT- ing. As usual, suggestions and re- sponses may have been edited for brevity, clarity, and/or comedy. In addition, no idea, concept, issue, remark, phrase, de- scription of event, word, or word string should be taken seriously. This also ap- plies to the previous sentence.

Since fake news is in the news a lot, I wanted to share some of the fake news I see on a routine basis, typically known as “marketing.” I recently got a market- ing blurb for a new line of pizza from Field Day, which positions itself as the house value brand for natural food stores (like the 365 brand at Whole Foods). The Field Day marketing message includes language about how their products are simple and use few ingredients. Below is their marketing blurb followed by the in- gredients on one of their new pizzas (ital- ics mine):

Field Day: WILDLY SIMPLE
We believe in where our food comes from

Our goal is to fill your home with a wide selection of value-priced items that you can use and feel good about every day. Our harvest of Non-GMO, organic and quality products is delicious and genu- inely simple. We take a less-is-more ap-

proach with our ingredients and packag- ing. No confusion, just what you need. That’s Field Day.
Field Day Uncured Chicken Pepper- oni Pizza

INGREDIENTS: Water, wheat flour, low moisture part skim mozzarel- la cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), organic uncured chicken pepperoni: no nitrates or nitrites added except for those naturally occurring in cultured celery juice powder and sea salt (organic chicken, sea salt, or- ganic cane sugar, organic spices, organ- ic paprika, cultured celery juice powder, organic rosemary extract, organic garlic powder, lactic acid starter culture), to- mato paste (tomatoes), organic soybean oil, contains 2% or less of seasoning mix (organic cane sugar, salt, organic tapioca syrup solids, organic onion powder, or- ganic spices, organic cheddar cheese [or ganic milk, cultures, salt, enzymes], oil

(Continued on Next Page)

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(Continued from Preceding Page)

of anise), organic cane sugar, leavening (encapsulated sodium bicarbonate [sodium bicarbonate, palmitic acid, palm oil], monocalcium phosphate, corn starch), yeast, corn starch, sea salt, sugar, salt.

I count about 24 different ingredients. This is the execution of “genuinely simple.”

The other marketing claim I see a lot is “certified compostable,” mostly on packaging. Sometimes the items are fiber-based and sometimes they’re plant-based plastic. All of the fiber-based items I’ve seen to date that claim to be “compostable” yet can withstand liquid without getting soggy, have a coating that renders the package compostable in theory only, not in practice. You need specialized equipment to compost it, which no one that I know of has or does. This is true for 100% plant-based plastic items, too. Even if you had the equipment, you probably wouldn’t use it for this stuff, as it takes months to compost, and you wouldn’t tie up the equipment that way; you’d use it for shorter cycle composting like food and paper waste.

That these items are made from bagasse and other fibers or plant resins (bioplastic) is the main environmental advantage. They may be better on the production end since they are not petroleum based, but they are still landfill on the disposal end (and unlike some plastics, are not recyclable). I think for truly sustainable eating, we have to eliminate all disposable packaging and utensils; people can just dip their hands into buckets of food.

“People can just dip their hands into buckets of food.”

ets of food. It works for many primates and is the most natural form of eating. The Paleo diet should include this part of eating to be a truly Paleo diet.

suggestions and responses:

- s: “So disappointed that you stopped stocking Liberte lavender yogurt, the best!”
- r: (Matt MA) Unfortunately, Liberte lavender is no longer available to us. I’m not sure if Liberte discontinued the flavor or if our distributor did; it was not our decision to drop it.
- s: “Please consult the Chestnut Hill street fair schedule before agreeing to a fall festival date in Mt. Airy. Both stores are inaccessible to shoppers today because of large street fairs that significantly limit access for shoppers. Please avoid this in the future!”
- r: (Norman) Excellent point and sorry this happened. Planning for the Mt Airy Village Fair usually starts in March and there are a variety of factors that go into picking the date, including not overlapping with other neighborhood events, holidays, organizers’ availability, etc.

We’ll see if we can find out more about other neighborhood events in 2020 and avoid overlap if possible.

- s: “The bulk section is great, but what about bulk bins for essentials like water and oxygen? The carbon footprint is very low and without them we will surely perish.”
- r: (Norman) The bulk bin for water is the Wissahickon Creek. We sell filters that sift out the goose & fish excrement, dead insects, and auto drippings. We tried selling bulk oxygen, but couldn’t find a bulk bin that allowed it to be scooped. We can cool it down to liquid phase, but we don’t really do bulk frozen, except blueberries in Ambler.
- s: “Why are there so few suggestions this month?”
- r: (Norman) Suggestions Book suggestions have been dwindling over the years. Maybe everyone is happy with everything so there is nothing to suggest. Maybe writing with a pen is becoming a lost art. Maybe people don’t want to take the time. Maybe we should switch to a social media platform.

The thing about social media is that it is 100% dependent on electricity, usually from a battery which is usually charged by the power grid, often fueled by fossil fuels. Compare this to writing on paper, which uses no external power, just human energy that comes from food. A lot more organic and longer lasting.

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

AS A RESULT OF ALL WE DO:

END 1 There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.

END 2 Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.

END 3 There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.

END 4 Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op’s long-term vision.

END 5 Members and shoppers will actively participate in the life of the Co-op and community.

END 6 The local environment will be protected and restored.

END 7 Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.

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MT. AIRY VILLAGE FAIR 2019

Community Sustains Their Efforts To Produce Another Low-Waste Fair

by Alisa Shargorodsky, Weavers Way Zero Waste Consultant

THE MT. AIRY VILLAGE FAIR IS AN INCREDIBLE display of community, and one of the ways that’s demonstrated is in the work we do to embody sustainability by going zero waste. We have a few key members who come forward to help with planning and to make sure we can get this massive job done.

We also get cooperation in this effort from food trucks. All of the food vendors sign a zero waste agreement stating that they will omit any disposables and only use compostable wares to sell their food. Almost everyone participates, which is why we are able to generate such an unbelievably small amount of waste.

This year, we generated 77 pounds of trash, 190 pounds of compost and 51 pounds of recycling for an event that typically draws 4,000 people. There is some waste generated by the Weavers Way grill that can be avoided, and this will require a little additional planning going forward. My hope is that next year, the grill manager will connect with me so that we can see what can be done regarding the waste from rolls that come in plastic bags. This can be avoided by purchasing rolls from Amo-

roso’s in cardboard flats that they will take back. We also have the ability to make our own hamburger patties and sausages. This would drastically cut down on grill waste.

We were super impressed with the Plastic Reduction Task Force and their T-shirt bag-making table. Arielle Tennenbaum, PRTF committee member, said many of the participants were excited about the project, “... from little kids practicing how to tie knots, to teens looking for a cool upcycled accessory, to adults wanting to upcycle memorable shirts. It was wonderful and fun and we had so many awesome conversations about reducing plastic. I’m looking forward to seeing the bags in action at the Co-op!”

We are really grateful to the community for being patient with the time lag in cup accessibility; we will definitely be ordering more cups for next year. Also, it was wonderful to see so many people understanding the process more and more and providing kind feedback.

Please know that we could not pull this off without our dedicated volunteers and participants. See you next year!



Photo by Ellie Seif



Photo by Ellie Seif



Photo by Ellie Seif



Photo by Ellie Seif



Photo by Ellie Seif



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Photo by MR Meng



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Photo by Rivkah Walton



Photo by Rivkah Walton



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Photo by MR Meng

Philadelphia Port Reps in Congress Hold Off On Blocking Cocoa Made with Forced Labor

(Continued from Page 1)



In a letter dated July 12, 2019, Democratic Sens. Sherrod Brown of Ohio and Ron Wyden of Oregon asked homeland security “to instruct Customs and Border Protection (CBP) to use its authority ... to investigate and block cocoa imports made with forced labor from entering the U.S. market and, where appropriate, pursue criminal investigations related to the use of forced labor to produce goods being imported into the United States.”

In a July 29, 2019 post on the International Labor Rights Forum titled, “Forced Child Labor in Cocoa; Twenty Years of Failure,” ILRF Executive Director Judy Gearhart said the letter from Sens. Brown and Wyden “is exactly the wake-up call the chocolate industry needs.”

Gearhart said a series of exposes in 2000 and 2001 brought to light the use of child labors in cocoa production, but since then, “the cocoa traders and chocolate manufacturers have taken their own sweet time experimenting with a hodgepodge of community investment projects, rather than making a binding commitment to put an end to the problem. It is time to disrupt business as usual.”

Rep. Evans’ district includes most of the Port of Philadelphia but ends just north of Pier 84, which describes itself as “the premier coca import facility in the USA.” Pier 84 is in the Fifth Congressional District represented by Democratic Rep. Mary Gay Scanlon. Scanlon did not respond to repeated calls and emails requesting a comment.



September 25, 2019

Dear Weavers Way Vendor,

I hope you are enjoying the beauty of the changing seasons.

You’re receiving this letter because you may supply the Co-op with products that contain chocolate. As you may know, a recent story by the Washington Post has raised new alarms regarding the entrenched issue of child labor in the West African cocoa harvest.

While the Post story largely covered issues that have been well known for some time, its coverage of children as young as 10 years old performing dangerous work, often in a state of indentured servitude and outright slavery, has highlighted the need to accelerate reforms in the chocolate industry.

Here at Weavers Way, we only sell chocolate bars that have been given a Fair Trade certification by an independent third party, or produce using similar non-exploitive labor practices. We do, however, also sell many products in which chocolate is an ingredient, and the source of that chocolate is often not disclosed on the packaging.

We recognize that sourcing chocolate with third party certification will not solve this complex, pervasive problem, but it is an important step forward. We also recognize sourcing third party certified chocolate may result in increased cost; we, as consumer-owners of the Co-op, are prepared to pay more for products that contain ethically responsible chocolate.

So on behalf of our 9,500 member-owner households, I urge you to consider taking whatever steps you can to ensure the chocolate you use has some form of third party Fair Trade certification.

As a consumer-owned business, we firmly believe in giving consumers the information they need to make informed decisions regarding the products they buy. Consequently, when it comes to eradicating child slavery in the chocolate industry, we believe it will ultimately be consumer sentiment that brings about the real, permanent change that’s needed.

In the meantime, retailers, food producers, and wholesalers also have an important role to play. We are obligated to ensure that while operating our businesses profitably, we do no harm to humanity.

I’d be delighted to speak further about this issue and talk about possible ways we can collaborate in making change happen.

Thank you for considering our request. We look forward to continuing our mutually beneficial business relationship.

Sincerely,

Jon Roesser, General Manager

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STAFF CELEBRITY SPOTLIGHT

Drew Hay

Job: Meat/poultry/seafood manager, Weavers Way Ambler

Since when: He was hired for the department in November, 2018 and promoted in July.

Age: 30

Where he's from and lives now:

Olney, with his fiancée, Jada, and their three children: daughters Zhakayf Abraham, 12, and Drew Abraham, 3, and son Cameron Abraham, 8. They are expecting a third daughter, Peyton, in January. He also has a stepdaughter, Aubrey Ava, 3.

How he got to Weavers Way: He started training as a butcher at age 19 at Young's Deli in Olney. He worked there for three years, then applied to Shake Shack and got hired as a team member for their store at 30th & Chestnut streets. He later transferred to their 20th & Sansom Street location, and eventually became a supervisor, opening a store for them in Bridgewater, NJ. But after five years there, he missed working in the meat industry, and saw an opening for the meat cutter job in Ambler online.

Thoughts on the job: "My biggest challenge was going from delegating worker to worker to delegating manager to worker [but]...with my resources and the help I've got around me, it makes my job easier."

Favorite Co-op products: He's a big fan of the bulk section, particularly the chocolate-covered pretzels and bulk nuts.

Thoughts on the Co-op: "I think it's great. To have people buy into something they actually support as far as their everyday living...to know that they invest in that...it's amazing to see people highly involved in their day-to-day shopping."

—Karen Plourde



COOPERATOR OF THE MONTH

Christian Fassbender

Joined Weavers Way: Late 2017, after the Ambler store opened

Lives in: Flourtown, with his wife, Jennifer, and sons James (12) and Will (9)

Current jobs: Christian runs his own painting business and is a certified strength and conditioning coach. Jennifer is program director of Invest Health, a collaboration between the Robert Wood Johnson Foundation and Reinvestment Fund that helps to develop new strategies for improving the health of residents of low-income neighborhoods.

Why they joined: "To be part of a locally-owned store that has a feeling of community...you enjoy seeing the same people, talking to the same people."

Why they're working members: [We're] trying to contribute to the success...It draws you closer, having a connection. There's no doubt about that."

Co-op job history: He's helped out with \$4 Friday dinners. Jennifer has done shelf stocking and James has done a shift or two as well.

Favorite Co-op products: Cheeses, Prep Foods selections, seafood, Zsa's ice cream sandwiches. They're regular attendees at \$4 Friday dinners. Christian estimates they do 30-40% of their shopping at the Co-op.

A little Co-op love: "We're happy to be part of it, because of the sense of community...The good thing about being here on [\$4 Friday is] I get to see other people from the other stores and get to talk to them...you get a feeling for the good thing [the Co-op] is."

—Karen Plourde



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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. The next meeting is scheduled for **Monday, October 7, 7 p.m.**, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

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

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Treasurer: Joan Patton

Secretary: Toni Jelinek

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

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Weavers Way Mt. Airy

559 Carpenter Lane

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

215-843-2350

Weavers Way Across the Way

610 Carpenter Lane

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

215-843-2350, ext. 6

Weavers Way Chestnut Hill

8424 Germantown Ave.

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

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

215-866-9150

Weavers Way Ambler

217 E. Butler Ave.

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

215-302-5550

Weavers Way Next Door

8426 Germantown Ave.

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

215-866-9150, ext. 221/222

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Become a Member

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

Upcoming Orientations

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

Ambler Senior Center, 45 Forest Ave.
Thursday, October 24, 6:30-8 p.m.

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

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