

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

PART 2

Still Considering? An Info Session's the Place to Start

by David Woo, Weavers Way Leadership Committee

In the 1970s, our founders decided that term limits would apply to the Board of Directors. I've wondered why when I first joined, since turnover results in a loss of institutional memory when directors are term limited and must leave board service for at least a year before being allowed to run

again. In my Board service, I've come to learn that this historical limit has benefited the Co-op with new and fresh ideas, since it requires new leadership to step up and serve.

There have been glitches in the past where there were many board slots, but not many candidates and board direc-

RUN FOR
OUR BOARD
2020

(Continued on Page 22)



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The Shuttle

JANUARY-FEBRUARY 2020

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 48 | No. 1



Wellness Team

Introducing Our Wellness Team — A Marriage of Nutrition and Overall Health

by Bettina de Caumette, Weavers Way Outreach Coordinator

OVER THE PAST FEW YEARS, YOU may have noticed a lot of events being offered by the Co-op's Neighborhood Nutrition Team on topics like gut health, medicinal herbs and zero waste living. Maybe you sat down with a nutritionist for a free consultation in one of our stores. Perhaps you were among the many hundreds of people who attended workshops on breathwork, mindfulness or back pain led by our Health & Wellness Committee.

These programs are all a function of our Membership & Outreach department. Developing workshop streams like these in collaboration with Co-op members sustains our commitment to education and member engagement.

This year, we're consolidating all of our health and wellness programming under one comprehensive umbrella. Our Neighborhood Nutrition Team is merging with the Health & Wellness Committee to become the new Weavers Way Wellness Team, a single body of more than 16 wellness workshop leaders representing a wealth

of experience. Together, they will offer yet more opportunities to learn about cooking and nutrition while also delving into whole body wellness themes, fitness practices and complementary approaches to well-being. They'll reference a wide spectrum of schools, tools and techniques, offering hands-on, practical learning and inspiration.

Workshops at Weavers Way help create a kind of information commons. When members get involved by giving or attending workshops and other events, we support more informed decision making and encourage more responsible consumerism. Often, we even make new friends! And in the Co-op community, there's a lot of knowledge to be shared.

In this issue Michelle Stortz writes about the power of laughter and Nicole Schillinger gives recommendations for a heart-healthy diet. And stay tuned for a whole year of similar Wellness Team events across all our locations. May the year ahead be a great one for everyone, full of learning, resilience and sharing!

(More on the Wellness Team on Page 13)

The Co-op's Role in Improving Our Food System

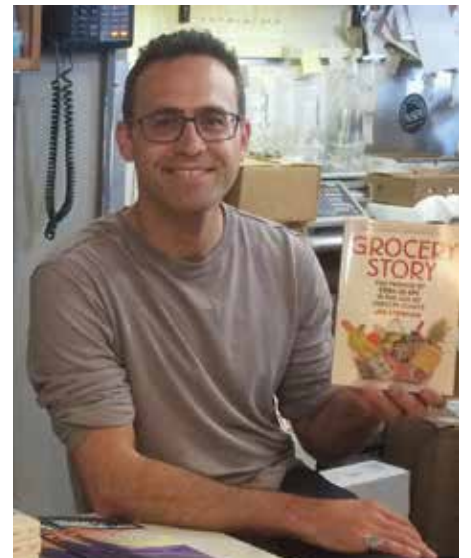
Editor's Note: The following are excerpts from "Who Owns Your Grocery Store?", Jon Steinman's article that appeared in the Dec. 6, 2019 online edition of Yes! magazine.

by Jon Steinman

I SPENT 13 YEARS INVESTIGATING EVERY facet of the food supply. It led me to the conclusion that the grocery store is the most influential force shaping food, the planet, and our health. So I wrote a book about it, bought a tour van, and took the book on the road. The message I'm sharing is that it's time to pay a lot more attention to who owns the grocery stores where we shop.

We have invested considerable energy over the past decade into deepening our understanding of how and where food is grown and who grows it. Organic food has exploded into a \$50 billion industry in the United States. Farmers markets are thriving. But there remains a cavernous gap in the effort— where we buy our groceries. If 10% of our weekly food budget is spent at a farmers market, what about the other 90%? It's almost certainly being invested in a grocery store. So what are we investing in?

If it's The Fresh Market, you're investing in Apollo Global Management—a firm that includes the former Blackwater in its portfolio. If it's Trader Joe's, you're investing in Aldi Nord—a German multinational grocer. If it's Whole Foods, you're investing in Amazon and lining the pockets of the wealthiest person on the planet. The trajectory of grocery consolidation suggests you're investing in what will likely become



photos by Karen Plourde

Author Jon Steinman signing his book "Grocery Story" in Mt. Airy for an afternoon last May.

an acquisition by one of a handful of hungry grocery giants.

It All Started with Walmart

After Walmart's explosion into grocery in the late 1990s and early 2000s, waves of grocery mergers and acquisitions followed, leaving only a handful of grocery giants operating in any one geographic area. As I traveled through the eastern states this past spring, it became clear few people are aware of the com-

(Continued on Page 6)

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



CALL ME A FOOL, BUT I'M DETERMINED to find bright spots in the new year, even as aggression flares in the Middle East, Australia continues to burn, and other incidents of random sadness leave us shaking our heads. It's just too dang early to give up on the new decade.

Fortunately, a couple of the bright spots are in these pages, including Betsy Teutsch's story on the expansion of the Mt. Airy Buy Nothing Facebook group (p.16) that took place last year. In a departure from the way Buy Nothing groups usually evolve (remember, this is Mt. Airy), they gave their members a choice of three different groups to join, still based in the same general area. Hurray for self destiny!

If you haven't heard of Buy Nothing groups, do yourself a favor and search for one nearby. Not only do they give people a chance to give away things they no longer need to local folks who actually want them, but their greatest value may be in altering the acquisition mentality that leaves us all with way too much stuff.

Meh, you say? How about this: Legendary WRTI-FM DJ Bob Perkins (a.k.a. "BP with the GM" or "Good Music") returned to the airwaves in December after a four-month absence to recover from a stroke. The 86-year-old's self-programmed shifts are a mix of vocals and jazz gems from the '50s and beyond. Anytime the state of the world puts you in the dumps, give a listen: He's at 90.1FM Mondays through Thursdays from 6-9 p.m. and Sunday mornings from 9 a.m.-1 p.m.

Still skeptical? One more, and then you're on your own. Page 23 of the current Shuttle features a Co-op love story: David Cameron and Diana Bayless, who met in Ambler's produce section almost two years ago. The afternoon of our interview, Dave popped the question in that same spot, placing Diana's ring inside a pitted avocado. She said yes, and there was much rejoicing.

Catch you in the pages in March.

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

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

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

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

Advertising

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

What's in Store at Weavers Way



Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Bulk & Beyond

Beguile your licorice lover with Zot organic berries and "stones."

Laces, allsorts, twists — there's lots of licorice out there, and some isn't that good. But **Zot** organic chewy licorice "stones" and berries, now available at The Incredible Bulk in Mt. Airy, will make you forget the unfortunate chewy candy choices in your past. The stones are like grown-up Good 'n' Plenty; the berries, a snappier version of gumdrops. The berries are \$21.99 a pound; the stones, \$24.99.



Not interested in climbing aboard the licorice train? How do maple bourbon pecans strike you? They're the latest offering on Carpenter Lane from Hollister, CA's **Marich Confectionery**, and go for \$12.99 a pound.

Bakery Bites

A new Saturday bagelmaker in Mt. Airy. And find Lost Bread Co. loaves and more in Ambler.

Mt. Airy shoppers who miss Elkins Park's **Roling's** bagels on Saturdays can perk up at the news that **Bart's Bagels** of West Philly will soon be filling that void. They pride themselves on their handmade, kettle-boiled bagels and simple ingredients, and they'll be priced the same as the Fill-a-Bagel varieties: 89 cents each.

Another West Philly bakery, Michael Dolich's **Four Worlds**, recently upped its delivery of pizza dough to our Northwest Philly stores to five days a week. Their edible canvases are \$3.49 each.

Meanwhile in Ambler, whole grain breads, rolls, and pretzel shortbreads



from Olde Kensington's **Lost Bread Co.** are generating some buzz. Their selections include Pane de Tavola (a rustic, Italian-style loaf), seeded milk buns (white, with a hint of sweetness), Seedy Whole Grains, and table bread (a dense, grainy batard).

All Wellness and Good

Field Day's right-priced hair and body products land in Ambler. And new shampoo bars at Next Door and Across the Way.

Lots of folks want to get away from big-name bath and body products that are loaded with parabens, phthalates, and synthetic ingredients, but doing that can hit your wallet extra hard. Not so with the **Field Day** line of hair and body care formulas, which now occupy several spots in Ambler's wellness section.

Sixteen-ounce bottles of their body wash are \$5.99, as is the same size container of their shampoo and conditioner. The shampoo, body lotion, and conditioner are available in five varieties (including fragrance free), and there are three types of body wash on the shelves. The hand soap comes in three scents; a 16-ounce bottle is \$4.99.

In other hair care news, Next Door and Across the Way have added to their lines of shampoo bars. Shoppers in the Hill can try **Moon Valley Organics** herbal shampoo moisturizing bars, based in Deming, WA. Their website states that their four-ounce bars (\$5.99



each) will yield twice as many washes as a bottle of shampoo.

In response to customer requests for more shampoo bar options, Across the Way has added **HIBAR** shampoo and conditioner bars to its shelves. They're \$10.99 each for a 3.2-ounce bar, are wrapped in a paper box, and are cruelty free. The shampoo bars are available in two types: Moisturize for dry, thicker hair, and Volumize for thin, frizzy hair.



Going On in Grocery

Mom's Organic Munchies offers healthy nibbles for kids and sweet treats for grownups.

After bowing out of Chestnut Hill a few years ago, Freeport, ME's **Mom's Organic Munchies** has returned with a bigger presence in Ambler. Their two-packs of truffle cakes in two flavors, single Skinny Mint and pecan shortie cookies, and three flavors of Kids Munchies contain no gluten, dairy, casein or refined sugar. Find the cookies (\$3.49/ea.) in the front grab 'n' go case, and the truffle cakes (\$6.99/ea.) in the refrigerated bakery case; the Kids Munchies (\$4.99/3.2 oz.) are located in the baby/cereal aisle.



Kieran McCourt, Weavers Way Ambler

Why dried?

- They're often cheaper than canned.
- They're full of fiber and protein, especially as an animal protein replacement.
- They help restore the soil they're grown in by fixing atmospheric nitrogen back into it.

To soak or not to soak?

- Lentils and split peas do not require soaking before cooking.
- For larger legumes and beans, soaking helps shorten the total cooking time. Soaking can also help with the, um, musical side effects of eating beans.

Pro Tips:

- Easy cooking method: Use a heavy pot (like a Dutch oven) and cook in the large oven (this heats beans more evenly and causes less scorching).

Legumes!



- For creamy beans, soak in a brine overnight — roughly a ratio of one pound of beans to three tablespoons of salt mixed into four quarts of water. Cook as directed or as required by a recipe. Be sure to drain and rinse the beans before cooking.
- Beans keep in an airtight container in the fridge for use throughout the week, or can be portioned and frozen.

The lowdown on lentils:

- They cook quickly for a fast weeknight meal, often while you're prepping other ingredients.
- Green and brown varieties maintain their shape when cooked and work great as part of a grain bowl. They also make delicious "bean" burgers, or a wonderful meatless base for Sloppy Joes.

What's in Store at Weavers Way



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

ALERT!

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

In this issue, Norman and Jeannine muse about vegan alcohol, vegan perfectionism and the Veganuary campaign.

N: Your ThanksLiving event seemed well-attended, with lots of yummy vegan food. Most of it looked homemade. Nice that you served beer. Did you check to see if it was vegan?

J: As a matter of fact, I did. Turns out Dogfish Head IPA and Sierra Nevada are both vegan. And one of my favorite bottles of champagne, Veuve Clicquot, is vegan.

N: What makes alcoholic drinks non-vegan?

J: Some alcohol is processed using gelatin, milk protein, egg white, insinglass (fish bladder), and casein. These are known as “finings”; they’re used to attract sediment, for clarity. I heard Earth Bread & Brewery uses vegan finings in their beer.

N: Do you ask when you go out to the club scene you’re so fond of a few times a week?

J: I’m not quite sure why you think I’m clubbing a few times a week, but admittedly it’s not something I tend to ask. Uh-oh, what’s that I hear? It’s the vegan

police — they’re coming for me! Did you ask the bartender when we were both at Dawson Street Pub if your beer was vegan?

N: You bought the first round.

J: Just because I bought it doesn’t mean you’re off the hook.

N: I wonder if the bartenders would have any idea. I wonder how often this comes up.

J: I actually asked at Brewers Outlet if they knew of vegan beers and they didn’t, so I looked it up. That’s how I found out about Dogfish and Sierra. I found an app called Barnivore to check what wines, beers, and liquor are vegan.

N: Speaking of vegan police, I accidentally ate some kimchi with fish sauce. I don’t know how I missed seeing it listed in the ingredients.

J: It’s bound to happen. I recently ordered veggie dumplings from a restaurant, but the dip was apparently beef broth based, which I didn’t know until I read a review of the restaurant after the fact. I guess I should inquire about all ingredients in the future to play it safe. It’s not always possible to strive for perfection.

N: You can always strive for perfection, but maybe not achieve it, unless you are the incarnation of Buddha or something. I usually strive for mediocrity; it’s much more achievable.

J: Ever hear of Veganuary? January is the month when people are inspired to go vegan for the entire month and hopefully permanently. The Veganuary

campaign expects to save more than one million animals from slaughter in January.

N: Never heard of it. Are vegans missionaries?

J: Yeah, I think a lot are. Don’t you think vegans try to push veganism on others at times?

N: I never experienced that directly. Remember, I already categorize most vegans as whack jobs, so I probably would have already avoided anyone that would have had that as a goal.

J: If vegan missionaries have their way, a whole new crop of vegans will grow this month. Veganuary has a website offering support for people to try eating vegan for a month and then throughout the year.

N: Vegan missionaries remind me of the “Curb Your Enthusiasm” episode where Larry David likens pushing one’s religion on people to pushing them to eat lobster.

J: Larry’s got a good point. In my humble opinion, leading by example is the best way to influence people.

N: You said “leading.” Wait; do you fancy yourself a leader?

J: I fancy myself as leading by example.

N: So you’re a model.

J: Except for the dumpling dipping sauce. Who’s the most vegan of them all?

N: Jordi Casamitjana, the whack job vegan, who doesn’t take a bus to avoid killing insects and other animals. He got a UK judge to rule veganism is a philosophical belief, similar to religion, which is protected under the law.

J: Winner winner seitan dinner!

Recommended products:

- Weavers Way Vegan BLT sandwich
- Weavers Way Kalamata Olive hummus
- Lotus Foods Rice Crackers
- Wakame Ramen

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

Email veganaalert@weaversway.coop to share your experience.



Join us on Tuesday, Feb. 11 from 6:30-8 p.m. (location TBD) for a vegan cookie swap hosted by the Weavers Way Vegan Meet-Up group. The group is open to all, from the veg to the veg-curious. All cookies must be vegan — no dairy, eggs or honey. Stay tuned to the Weavers Way Event Calendar for more details!



Member Discount Forum



Two member forums on discounting are left this month. If you haven’t attended one yet, please come and join the conversation. You’ll hear about what we currently offer to members, learn about discounts at other co-ops, and talk about what works and what might need improvement. RSVPs are encouraged; you can do that on our Events Calendar.

Sunday, Jan. 19, 4:30 p.m., The Parlor at Summit Presbyterian Church, 6757 Greene St., Mt. Airy

Tuesday, Jan. 21, 6:30 p.m., Ambler, location TBD

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GIVING

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FEBRUARY 11

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FOOD MOXIE

We dig what we eat.

Now’s the Time to Lay Out Plans For Spring

by Lisa Mosca, Food Moxie Executive Director

HAPPY NEW YEAR! IN LATE 2019, FOOD MOXIE WELCOMED six new (or in Liz Werthan’s case, returning) board members to their first official board meeting. They include Michael Clancy, Folasshade Laud-Hammond, Bob McWilliams, Jaime Shechtman, Bob Smith and Liz Werthan. We welcome them and their talents to the Food Moxie family.

Winter is a great time for engaging in growing, tasting, cooking and eating activities across our programs. Below are some of the winter events we’re preparing.

Work-readiness opportunities for youth:

- Our staff and board are supporting Career Day speaker activities for Saul High School students by helping recruit speakers from the fields of natural resource management, food science, horticulture and animal science.
- We’re currently recruiting a summer urban agriculture program coordinator who will supervise summer-stipended positions for youth.
- Our staff is in the process of coordinating entrepreneurial business planning opportunities for high school students.

Growing opportunities

- Staff members are developing curricula for upcoming farm and garden activities for the 2020 growing season. This includes crop planning and preparing seed orders with students.
- Winter is also the time for farmers to learn from other growers. Staff and students will participate in a number of winter farm conferences to increase knowledge around food production. We will also be hosting a number of workshops for area food producers.

Tasting and Cooking opportunities

- Staff are outlining curricula for upcoming seasonal cooking and tasting activities. Winter is a great time to focus on seasonally appropriate produce like citrus and storage vegetables (winter squash, root vegetables) in our cooking activities.
- We also like to celebrate! We are currently planning our Valentine’s Day celebrations (which include chocolate tastings), and our second annual Strawberry Festival, which will take place May 9 at Awbury Arboretum.

Our staff and board members finished up by promoting local food, cooking and gardening as a featured Eagles Charitable partner. We tabled in the Eagles Community Redzone on Dec. 9 before the Eagles-Cowboys game, handing out donated seed packets and information about Food Moxie’s and Weavers Way’s mission and how to become a Co-op member. Hundreds of people came through the Community Redzone area. Food Moxie Board Chair Tim Clair also had the good fortune to represent the partnership during a videoboard feature (see photo). Here’s to more opportunities in 2020!

AWBURY ARBORETUM

Photo by Haley Richter Photography

YOUR DREAM WEDDING VENUE

A Victorian house set in a 55-acre Arboretum

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- Ilvermorny Camp for Witches & Wizards

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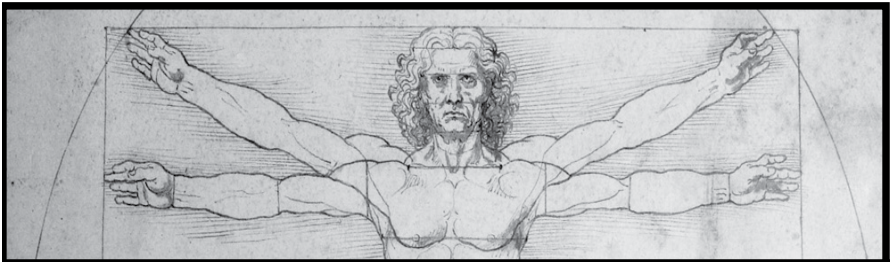


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Sunday, Mar 1, 3:00
Presbyterian Church of Chestnut Hill

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Saturday, Feb 1, 5:00

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Sunday, Feb 2, 3:00

Museum of the American Revolution

For tickets and information:

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

High Time to Unionize?

Weavers Way’s model is a “fairer, more equitable, more sustainable form of capitalism” GM Jon Roesser writes in the December 2019 Shuttle. In the interest of fairness for our hard working, under-paid employees, I have invited the United Food and Commercial Workers Union to acquaint or reacquaint themselves with our now sizable operations.

Brian Rudnick

David’s TED Talk Offers Valuable Insights

Dr. Susan David’s TED talk from 2018 on Emotional Agility offers beautiful insight as to how to live fully.

One of the best ways to be fully alive is to be connected to one’s feelings. They are the source of psychic information, which informs and influences the choices we make. However, too often, our feelings got squashed in our youth and so we live, separated from what we truly feel. Thus, we have difficulty knowing what we truly think.

Are you one of those people who conveys positivity but suffers alone on the inside? Or are you one of those people who expresses her complaints and concerns easily but doesn’t feel ‘heard’? Or are you truly happy?

It takes time and effort to regain that connection to our selves. You might ask, is it worth the effort?

In her talk, David says that being connected to our emotional selves allows us to generate the best pathway for our lives. You can access her presentation at www.ted.com/talks/susan_david.

Claudia Apfelbaum

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.

The Co-op’s Role in Improving Our Food System

panies behind the banners. The once regional chains are no longer so regional. Hannaford, Food Lion, Giant, Stop & Shop are all now subsidiaries of Ahold Delhaize, based in the Netherlands. Fred Meyer, Harris Teeter, and Ralphs are now Kroger banners. Safeway, Shaw’s, Star Market and Vons are all now part of Albertsons.

With the exception of some areas of the country where fierce grocery store battles are playing out, we eaters are generally at the mercy of one of a few giants. In rural communities and many urban neighborhoods, there might be just one option available.

“Well, that’s capitalism for ya,” some will say. But grocery stores are not just some other business; rather, they bear tremendous social and economic responsibilities.

Take human health. Studies show that the common cold, diabetes, and heart disease can be prevented, curtailed, or managed through the foods we eat. What responsibilities have we placed upon these grocers? What have we done to ensure all people are provided access to healthy, risk-free food in their neighborhoods? Not much. We’ve left the health implications of our grocery stores in the hands of market forces.

The Grocer’s Imprint on Food and the Economy

A grocer’s economic role is also deserving of scrutiny. Ten years ago, it was nearly impossible for local food producers to get their products on the shelves of a major national chain operating nearby. Whereas some progress has been made in this regard, there remain many producers who continue to face substantial barriers when trying to access the shelves of their regional grocers. These barriers throttle local economic development and diminish the wider social benefits that extend from the presence and growth of local businesses.

For the last century, grocers have also been shaping the food system. With only a handful of grocers dominating any one region or nation, they have effectively acted as gatekeepers to the foods that will and won’t make it to market.

How might a grocer’s commitment to our community be sustained for generations to come? I believe it comes down to who owns your grocery store. It should come as no surprise that the most locally-owned grocer is most likely to be the most accountable and responsive to the community it serves.

As long as our neighborhood grocer is privately owned, any assurances of long-term commitment are precarious. Just as closures of chain stores are commonplace, so too are closures of independent, locally- owned grocers.

Acquisitions are also a risk to the future of the grocery stores in our neighborhoods. Community consultations are not required, despite the enormous repercussions at stake. If it’s a change in ownership, the unique characteristics that may have set a store or chain apart often erode into the culture of the acquiring chain. The accountability and commitment to the community often goes with it.

In August of last year, Musser’s Markets, with three locations in Lancaster County, was acquired by Giant. In 2015, Chicago’s Mariano’s, with 44 locations, was acquired by Kroger. The culture change at Mariano’s is not going unnoticed. An August 2019 article in Crain’s Chicago Business magazine reads, “Is Kroger ruining Mariano’s?”

Where Food Co -ops Come In

So where can eaters find greater assurance in the future of their grocery stores? Food co-ops. There have been zero instances of a food co-op in America being acquired by a chain grocer. Why? It would first require a vote by the co-op’s thousands of shareholders. There are examples of food co-ops closing, but any decision to change the ownership is made by the people who would be most affected by the decision: eaters and workers. Community consultations on the future of neighborhood grocery stores are built directly into the cooperative model of ownership.

Consumer food co-ops spread ownership out to however many people want to join. There are no limits to who can become a shareholder, nor how many shareholders can co-own the store. Better yet, no one shareholder has any more

(Continued from Page 1)
voting power than another. So co-ops democratize the economy.

We’ve generally placed any business or service that a community deems ‘essential’ into a different category of oversight and expectations. Public transit, public libraries, drinking water and the like are generally stewarded by public agencies and institutions.

Co-ops are, effectively, public institutions. They build accountability to the community into the ownership model. They allow the public to steward the food system from the grocery store.

While a food co-op may be a for-profit business, they operate far more along the lines of a nonprofit business. Every dollar of profit generated at a co-op is channeled into improving the business or is returned to shareholders in the form of dividends proportional to the level of purchases a shareholder made over the previous year.

As a shareholder of a food co-op, I’ve received checks as low as \$10 to as high as \$50 at the end of the year. The grocer is essentially saying to its customers, “Sorry, we charged you too much this year, here’s how much we overcharged you.”

A food dollar spent at a co-op doesn’t end with the distribution of profits. The head office is almost always located directly inside the store. As a result, the co-op creates more full-time positions. Marketing, human resources, finance, and outreach managers are located within the community.

Today, 230 co-ops operate over 300 locations in the United States. Another 100 are in various stages of development. Of the 144 new food co-ops that have opened in the past 11 years, 72% of them have weathered the challenging grocery retail climate and have remained open. All types of communities, including those in designated food deserts, are turning to this model of grocery store ownership to secure a more promising future for their communities.

Jon Steinman is the author of “Grocery Story: The Promise of Food Co-ops in the Age of Grocery Giants” (New Society Publishers)

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In A Time of Changing Grocery Fads, Co-ops Can Be Islands of Stability

by Jon Roesser, Weavers Way General Manager

AS OWNERS OF A GROCERY STORE, YOU MAY BE interested to know that industry experts — their opinions are multitudinous and voluminous, and on occasion, they are even correct — believe we are in a period of “disruption.” I’d say it’s more of an “evolution,” but when an industry with \$6 trillion in annual sales experiences change, all of us should probably pay attention.

New players are getting into the game. Grocers are experimenting with new formats. Product mixes are shifting to accommodate consumer tastes. And in an industry with an overabundance of competition and razor-thin profit margins, everyone is struggling to figure out how to set themselves apart from the pack.

The evolution of the grocery biz is apparent here in Philadelphia. And whether you find recent changes exciting or troubling depends largely on your vantage point.

Philadelphia is not a “food desert,” as defined by the USDA. (If you live more than one mile from a supermarket, the USDA considers your neighborhood a food desert. Congratulations.) There are neighborhoods that lack healthy and affordable food options, and certainly too many Philadelphians are food insecure, which is a topic for a different column. But there are lots of places to buy groceries in our city.

In Center City and the affluent neighborhoods that surround it, you’ll find much of the grocery industry’s disruption. Here, food retailers are killing each other to garner and protect their piece of the action. Whole Foods has two stores; so does Trader Joe’s. There are four Heirloom Markets, a Sprouts, and a bunch of independent operators. Competition in and around Center City will only increase in the years ahead. Consumers will have lots of options.

Outside Center City, the battlewagons of the city’s grocery industry are its conventional supermarkets: 16 Acmes, 14 Shop Rites, seven Fresh Grocers, and a few Giants and IGAs thrown in for good measure. These

stores serve the city’s working class, using more or less the same model they’ve used for the past several decades.

The conventional markets are being squeezed by a wave of new arrivals. There are now five Walmarts and 11 Targets in the city, many with full-blown grocery stores within them, but all devoting at least some space

“Everyone is struggling to figure out how to set themselves apart from the pack.”

to food. Aldi, the German discount grocer, now operates nine stores in the city, and its principal competitor, Lidl, just opened its first (with more on the way).

Increasingly, many city residents, especially in the poorest neighborhoods, are buying their food at dollar stores: In Philadelphia, there are 20 Dollar Generals, 19 Family Dollars, and 18 Dollar Trees. At dollar stores like these, product offerings tend to be limited, with fresh and whole foods often crowded out by processed junk.

Looming over all these changes is Amazon. More and more frequently, consumers are turning to Amazon for non-food items they used to buy at grocery stores: paper towels, diapers, laundry detergent and the like. And now Amazon wants your food dollars, too.

But Amazon has already made the decision that it cannot dominate the grocery industry with its on-line platform only. Food isn’t like books or shoes. People want to smell, squeeze, and taste before they buy.

When it comes to grocery shopping, the senses still matter.

So for the first time in its history, Amazon is investing heavily in brick-and-mortar shops. First they bought Whole Foods. Now they are experimenting with Amazon Go, a check-out free convenience store (look out, Wawa), and have announced a new chain of conventional markets to compete with the likes of Acme and Wegmans. With near limitless resources and a corporate culture obsessed with rapid growth, they’ve got the industry on edge.

So the times are indeed changing.

Of course, in considering all these changes, we cannot forget about Philadelphia’s amazing independent food retailer scene. Reading Terminal Market is still going strong. Highly successful farm markets such as Head House Square and Clark Park are just the top examples of dozens of farm markets that operate throughout the city. There are specialty shops such as Claudio’s and DiBruno Brothers, and an abundance of ethnic markets such as Rieker’s, H-Mart, and Netcost.

And above all, there are the co-ops. Weavers Way’s two city stores are joined by Mariposa Food Co-op in West Philadelphia, Kensington Community Food Co-op on Lehigh Avenue, and, opening soon, the South Philly Food Co-op at Snyder and Juniper.

The co-ops are a reminder that a community that owns its grocery store is protected from the fickle whims of an industry in flux. Corporate chains will come and go. Amazon will sell you groceries until it decides it doesn’t want to anymore. But a co-op — as long as it’s well run — can approach disruption with the serene confidence of knowing our shoppers own the place.

Some things never change.

See you around the Co-op.

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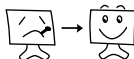
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Joanne Davis

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Women’s Clothing “Bazaar” Set for Feb. 2 at GJC

The Women’s Clothing Exchange at Germantown Jewish Centre is both an annual community and charitable event and a giant bazaar featuring all kinds of women’s clothing and accessories. This year it will take place on Sunday, Feb. 2 from 11a.m. till 1p.m. in the Marcus Auditorium of the center at 400 W. Ellet St. in Mt. Airy.

Every year, women in the community are asked to donate any clothing and accessories that are in good condition, but which they no longer use. These donations are collected at GJC the week before the event. This year, that will be January 27-31.

Women from all over the city pay \$20 to “shop” for shoes, sweaters, coats, and other personal items. The atmosphere is festive, with music and a private place for trying on clothes. This year, the proceeds will be used by GJC to support its work with POWER, an interfaith organization committed to implementing systemic change for the betterment of PA communities.

All the leftover items following the event are donated to Whosoever Gospel Mission in Germantown. For more information, contact Genie Ravital: geniebud@gmail.com



Shoppers, Juice Up For Free in Ambler



EV owners can get a real charge out of our Ambler store, now that the Co-op has installed a pair of EV chargers near the store’s front entrance. The Level II EVSE charging stations are available to the public, Co-op members and employees at no cost. As part of the Driving PA Forward Level 2 EV Charging Rebate Program, Weavers Way will receive \$10,000, or 80 percent of the \$12,000 installation cost, plus \$500 from PECO.

photo by Steve Hebden

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RNG: The Not-So Notorious Alternative to Fracked Natural Gas

by Georgia Mae Lively, Member Services Associate, The Energy Co-op

NOT ALL NATURAL GAS IS CREATED EQUAL, AS YOU MAY know if you’ve done any research on drilling and fracking. Renewable Natural Gas, or RNG, is an alternative product that eliminates many of the environmental risks associated with conventional natural gas. And The Energy Co-op can help you make the switch at your home or business.

The Energy Co-op, founded by Weavers Way in 1979, was the first supplier to offer RNG in southeastern Pennsylvania. Choosing to heat your home and cook with RNG not only helps reduce drilling and fracking, but furthers our mission of helping Philadelphians affordably and sustainably buy, use and understand energy as we transition to a carbon-free future.

RNG, like conventional natural gas, is mostly methane. But Renewable Natural Gas, also known as biogas or biomethane, is produced through the decomposition of organic materials at landfills or wastewater treatment facilities. When processed to concentrate its methane content, it can be used by homes and businesses just like conventional natural gas. It can also be used to generate electricity and power vehicle fleets, such as buses and garbage trucks.

Waste facilities — like the landfills through which The Energy Co-op supports its RNG program — are significant sources of methane emissions, which can be 30 times more potent than carbon dioxide.



Leading the energy evolution and helping our members buy, use, and understand energy.

Using RNG in your home employs energy that would otherwise be wasted. Many landfills and other waste handling facilities capture and “flare” methane by burning it. This releases it into the atmosphere without putting its energy to use. Our RNG program creates an incentive for landfills to use their biogas sustainably by capturing it and turning it into RNG. Supplying your home or business with RNG both decreases the demand for fracked natural gas and increases the demand for landfill biogas, putting readily available resources to good use and leaving the rest in the ground.

Not only is RNG sustainable and energy efficient, it’s also better for water quality. Unlike conventional natural gas, which is accessed through drilling and fracking that causes groundwater contamination, landfill methane collects near the surface and can be accessed safely. Choosing RNG protects water quality (and by extension, public health and safety) by reducing the demand for conventional natural gas accessed through dangerous methods. RNG is also a replenishable resource because it is the result of short-term decomposition of organic materials rather than the thousands of years it takes for fossil fuels like conventional natural gas to replenish. As long as organic waste is deposited in landfills or wastewater treatment facilities, the supply of RNG is infinite.

You can find additional information about The Energy Co-op’s RNG program at www.theenergy.coop.

Looking to Kick the Winter Doldrums?

Consider Taking a Class From MALT

THE WINTER MONTHS CAN BE an inward, focused time. For some, this is a welcome retreat. But for others, winter can be lonely. A great strategy to beat the winter blues is to sign up for a class at Mt. Airy Learning Tree.

This winter, MALT has over 200 courses running — each of which offers an opportunity to connect with other community members through a common interest or shared experience. Gather with others and make beeswax candles to light up the winter nights, learn to knit, make your own pasta, or take a dance class. Learning something new in a community setting can help you go deeper into yourself as you listen to and feed your own interests while connecting with others.

The current MALT catalog is available on their website: mtairylearningtree.org.



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How Maple Syrup Flows From Trees to Your Breakfast Table

by Kelly Joslin, Community Outreach Manager, Wissahickon Valley Watershed Association

YOU'RE FAST ASLEEP WHEN A WONDERFUL aroma drifts into your room. You sit up and sniff the air. The unmistakable smell of pancakes makes your mouth water as you jump out of bed and head to the kitchen to find a stack of flapjacks. You can't wait to soak them in that sweet and sticky substance that turns pancakes into a breakfast treat: syrup!

Most of us know that maple syrup comes from the sap of sugar maple trees and that it takes roughly 40 gallons of sap to produce one gallon of syrup. But did you ever wonder where the sap comes from and what the tree uses it for?

Sap inside a tree is a bit like blood inside the human body. Sap flows through a part of the outer tree trunk known as sapwood, delivering water, sugars, and nutrients throughout the tree. Sap production begins in warm summer months through the process of photosynthesis. This creates carbohydrates that get stored in the tree as starch. The starch then gets converted to sugar in the form of sucrose that dissolves into the sap, which is stored for the winter. Scientists believe that the

sap's main purpose is to provide nutrients to new leaves as they grow. In turn, those leaves will fuel the process of photosynthesis that starts the sap production process all over again.

The arrival of spring brings the alternating freeze/thaw cycles that make the sap flow again. The rising temperatures during the day create positive pressure within the tree that will force sap out of any holes in the tree. Negative pressure develops inside the tree at night when temps drop below freezing. This creates a suction that stops the sap from flowing out of the tree. This suction force also pulls water through the tree's roots to replenish the sap. The cycle continues until temperatures stay above freezing, at which point sap will stop flowing and begin the sap production cycle anew.

WVWA's annual Maple Sugaring Festival is a chance to learn more about the natural history of maple trees and the sugaring process. We invite you to join us on Sunday, March 1 for a guided hike that ends with a sweet, tasty treat. This event sells out, so be sure to sign up early.



WVWA Maple Sugaring Festival

Sunday, March 1, noon-3 p.m., 12 Morris Road, Ambler



Guides take small groups through the woods to see the tapped maple trees and then watch it get boiled into sugar. We end the hike in the historic Four Mills Barn with hot cocoa, waffles, and maple syrup. Tours last approximately 45 minutes. Book your tour at wvwa.org.

PRICING:

WVWA Members: \$5 adult/\$3 child (12 years and under)
Non-Members: \$10 adult/\$5 child (12 years and under)



photo by David Free



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FOW Veteran Set to Take the Park Into Its Next Phase

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

Dear Shuttle Readers:

I'm excited to be taking over this column as FOW's new executive director. Although I am new to this position, I know the organization well, having served in various capacities since 2006, most recently as deputy director. Like most people who know Wissahickon Valley Park, I love the way it instantly transports you away from the everyday into the magic of the forest.

I am more than thrilled to be guiding FOW into its next phase of growth, and soon into its next century. Over the last 15 years, we have grown from a yearly revenue of less than \$500,000 to nearly \$2 million. This past year, we celebrated 95 years of stewarding the park with two fantastic events, and engaged hundreds of new friends in our conservation mission. I look forward to building on this momentum, and to the many opportunities for engagement with and for our community.

In 2020, FOW will launch its next major capital project — the restoration of



the Lower Valley Green Run and the construction of a pedestrian bridge that will be an architectural feature and the cornerstone of future fundraising. My long-term priorities include fostering diversity, equity, and inclusion throughout FOW, and providing innovative strategies for managing the Wissahickon's habitat and infrastructure. My main goal is to ensure a welcoming and ecologically healthy park for everyone. Together we can make an even greater impact on the environment, habitat, and, most importantly, the people we serve every day.

I will continue to share news about FOW's work in this column, but I invite you to hear about our plans for 2020 and look back at FOW's major accomplishments from the past year at our upcoming Public Projects Meeting, which will take place Wednesday, Jan. 29, at 6 p.m. in Cathedral Hall at Cathedral Village, 600 E. Cathedral Road in Roxborough. Register at fow.org/events.

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We're Looking For Submissions From A Few Well-Versed Poets

AT THE SUGGESTION OF LONGTIME CO-OP MEMBER LAWRENCE GELLER, we're tossing out a call for original short poetry to run in upcoming issues of the Shuttle. Here are our guidelines:

1. Poems must be written by you, and can contain no more than eight lines.
2. The Shuttle editor has the final say as to whether a poem is suitable for publication.
3. The number of poems which will appear in an issue will be determined by the amount of space available.
4. Members and nonmembers are welcome to submit.
5. Email your submissions to editor@weaversway.coop and put "Poetry submission for Shuttle" on the subject line.
6. Preference for publishing will be given to those whose work has yet to appear in the paper.

We'll wait to introduce this segment until we have a healthy backlog of pieces available. So if you're feeling inspired, record your masterpiece and submit it today!

Graham's "White Guy on the Bus" is Next Stop For Chestnut Hill's Stagecrafters Theatre

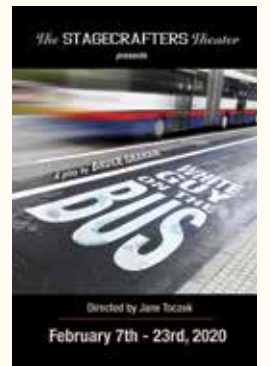
Celebrated author Bruce Graham's latest play, "White Guy on the Bus" will be the third and latest production of the 2019-2020 season at Stagecrafters Theatre in Chestnut Hill, opening Friday, Feb. 7.

The play is set in contemporary Philadelphia and involves two strangers who regularly ride a bus together and strike up an unlikely friendship. As their story progresses, an electrifying disclosure foreshadows dire consequences, and horrific, life-changing decisions are made. The play weaves a twisted web of moral ambiguity and is a perceptive commentary on racial and class inequality in America.

Production performance dates are Thursday, Fridays, and Saturdays, Feb. 7, 8, 14, 15, 21 and 22 at 8 p.m. There are two Sunday matinees scheduled for Feb. 16 and Feb. 23 at 2 p.m.

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

The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. For more information, visit www.thestagecrafters.org.



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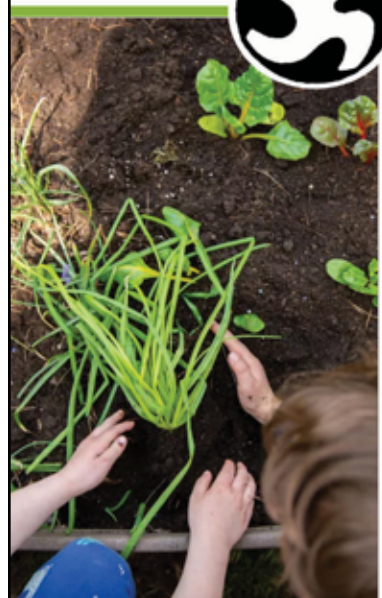
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Joining Forces for Self-Care

When It Comes to Reducing Stress, Daily Laughter is No Joke

by Michelle Stortz, Weavers Way Wellness Team

EVERY DAY IN MY YOGA-FOR-cancer work, I'm with people who are trying to take care of their bodies, quiet their minds and find some peace. So I think a lot about what it means to be healthy and happy, and lately I've been talking about the benefits of laughter.

Q: What did the duck say when she bought lipstick?

A: "Put it on my bill."

The benefits of laughter include:

- A reduction in stress hormones like cortisol and adrenalin;
- An increase in endorphins, which can reduce pain;
- A boost to your immune system;
- A reduction in tension,
- An increase in blood flow and circulation, because blood vessels open up when you laugh

Laughter changes your mindset, shifting your perspective away from worry and fear, even if only for a little while. It connects you to others, there-



by strengthening your relationships, easing your emotional load and promoting a sense of community.

You can intentionally cultivate more laughter in your life in several ways. You could set a goal of watching the 25 best movie comedies of all time or you could subscribe to a funny cat video YouTube channel. (I've spent a little too much time researching this and can attest to its effectiveness.)

You can also hang out with children and emulate their sense of play and wonder. Or spend time with your funniest

(Continued on Page 14)

Change Your Habits for a Healthier Heart in the New Year

by Nicole Schillinger-Vogler, Weavers Way Wellness Team

WITH THE STRESS of the holidays behind us, let's give some attention to the health of our hearts. Start with setting up a regular exercise plan. Make it something fun, something that you trust you can stick with, and something that stands to deliver the results you want. For example, if you currently walk to lose weight but you find it not working, think about intensifying the regimen to further fire up your metabolism.

Exercise not only helps keep our hearts strong, but it can also aid in decreasing anxiety, depression and stress. Look up classes at a local gym or community center, set a reminder on your phone and calendar to exercise, and treat it as an appointment.

Adjusting the intake of the foods you eat is also key. Start by getting rid



of all the foods in your cabinets that contain high sugar, high salt and highly saturated fats. For example, switch out potato chips, which have no nutritional value, for a bean-based chip which will offer fiber and protein. Not only does fiber in beans help lower cholesterol, but the protein source will keep us feeling fuller for a longer time.

(Continued on Page 14)





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Fire Up the New Year

In the months of January and February, the newly formed Weavers Way Wellness Team will explore themes of heart health and corresponding ideas about lightness and warmth. Join us for workshops like the multi-faceted "Fuel Your Inner Flame" led by Margaret Kinnevy, along with special guest, Tyler Case, from Mycopolitan Mushroom Company. Dorothy Bauer will show you how to make heartwarming chocolates dosed with CBD and Dr. Wendy Romig will share tools for improving your heart health.

Wellness Team Open Hours at Weavers Way locations:

•Tues., Jan. 7, 4-6 p.m. - Mt. Airy	•Tues., Feb. 4, 4-6 p.m. - Mt. Airy
•Tues., Jan. 14, 4-6 p.m. - Ambler	•Tues., Feb. 11, 4-6 p.m. - Ambler
•Tues., Jan. 21, 4-6 p.m. - Chestnut Hill	•Tues., Feb. 18, 4-6 p.m. - Chestnut Hill
	•Tues., Febr. 25, 4-6 p.m. - Ambler



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Margaret Kinnevy, RN, LAc

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The 2020 Weavers Way Wellness Team



Dana Barron, Ph.D., is the owner of Body Kindness Coaching, which supports people in developing a kinder and gentler relationship with their bodies. She teaches intuitive eating, health at every size, joyful movement, stress resilience, self-compassion and mindfulness practice.

www.bodykindnesscoaching.com



Trudi Dixon, LMT, CST, offers therapeutic massage, Reiki and somatic therapy to help relieve stress, improve self-awareness and transform ingrained patterns. These modalities support her clients through compassionate touch, empathetic listening, and attuned reflection, helping them re-connect with their body's innate capacity for self-healing.

www.livinginspiredwellness.com



Joanne Fagerstrom, P.T., CFP, is a physical therapist, Feldenkrais practitioner and owner of Mindful Physical Therapy, LLC, in Wyndmoor, where she specializes in osteoporosis, chronic pain and orthopedic conditions. She places a strong emphasis on wellness in her treatment programs, and her training in the Feldenkrais Method adds a unique dimension to her practice of physical therapy.

www.ourstrongbones.com



Jennifer Hall, M.S., 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.

For a free consultation call her at 267-973-5690.



Margaret Kinnevy, R.N., Lac., offers integrative acupuncture, qigong, dietary therapy and counseling from the Yang Sheng tradition of Chinese medicine to treat women through all stages of life. She uses a personalized and collaborative approach to mind, body, and emotional concerns, and works to restore function, flow and immune system health.

www.heartmindwellness.com



Rachel Kriger, M.Ac., Lac., is a pediatric and adult acupuncturist and a life cycle ritual consultant practicing in Mt. Airy. She seeks to help people of all ages feel more ease in their lives physically, mentally, emotionally and spiritually.

Set up an appointment at
www.PointsOfReturnAcupuncture.com



Diane McKallip is a certified personal trainer based in Chestnut Hill. She has been in practice for almost 40 years and specializes in working with older adults and dancers, and in injury prevention.

www.dianemckallip.com



Wendy Romig, D.C.N., is a Doctor of Clinical Nutrition and owner of Sage Integrative Health Center in Mt. Airy. She sees a wide range of chronic health issues, and employs functional medicine, nutrition and herbal medicine in her work.

www.sageintegrativehealth.com



Michelle Stortz, C-IAYT, ERYT500, M.F.A., is a certified yoga therapist specializing in cancer and chronic illness. She works in numerous medical settings in the Philadelphia area and enjoys designing custom yoga programs that anyone can do regardless of ability. Michelle also teaches meditation, drawing on both the Buddhist tradition and the mindfulness-based stress reduction curriculum. She conducts classes, retreats and private sessions.

M@MichelleStortz.com



Dan Vidal, LMT, CNS, is a licensed massage therapist and certified neurosomatic specialist. His treatment philosophy is based on the principle that the structure of the body and its function go hand-in-hand. Through the use of careful postural and gait analysis, Dan is able to design a treatment plan of targeted massage and manual therapy to correct structural imbalances that underlie many pain and chronic health issues.

info@paragonpainsolutions.com



Esther Wyss-Flamm, Ph.D., M.E.d, E-RYT, is the owner of White Flame Yoga, and is a Kripalu-trained teacher with certification in yoga for chronic health conditions. She has been teaching yoga, mindfulness, and breath practices to support individuals and groups in studio, private home and organizational settings, with a focus on stress release and connecting women to their innate vitality and power.

esther@whiteflameyoga.com



Nicole Schillinger has worked as a clinical registered dietitian for over 10 years in hospitals, nursing homes, and assisted living facilities. She is also a certified personal trainer and group exercise instructor. Currently, she directs her own private practice, The Functional Health Center (functionalhealthcenter.com), applying medical nutrition therapy to help individuals with diseases improve the quality of their lives.

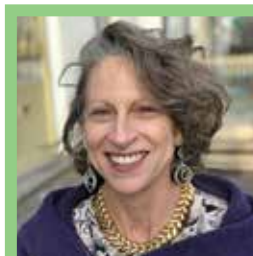


Dorothy Bauer spent most of her adult life in Berkeley, CA, with her husband, triplet sons, and a wide variety of family pets. She holds certificates from Living Light Culinary Institute, Optimal Health Institute, and Premiere Research, and mentored with renowned raw-food chef and author Elaina Love. Healthy food and lifestyle are her passion. She focuses in particular on a gluten- and dairy-free, low glycemic diet.



Beth Chiodo is an Ambler-based registered dietitian and certified wellness coach. She works in corporate wellness and also has a private practice.

www.yourperfectbite.com



Elanah D. Naftali, Dr.PH., LMFT, SEP, is a body-based psychotherapist who specializes in helping clients recover from trauma and find more satisfaction in their relationships. She's trained in nutrition and the health sciences, mindfulness and yoga, sex therapy, and marriage counseling.

elanah.naftali@gmail.com



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Reducing Stress, Daily Laughter Is No Joke

(Continued from Page 12)

friends, people who like to laugh and see the humor in everyday life.

Aside from intentional actions, you can also be mindful when laughter happens spontaneously. We're hardwired for negative bias, which means we spend more mental energy on what's wrong than what's right. You can rewire your brain for happiness by noting when joy is happening — Oh, I'm laughing! This is a pleasant moment.

Another approach is to start shifting your mindset by smiling more. Not fake smiling, real smiling. Notice the effects of that on yourself and others. Smiling moves you away from negative thoughts and stress and helps you cultivate more positive moments. And it releases the feel-good neurotransmitters, dopamine and serotonin.

Try being playful. Don't take your-

self too seriously; laugh at your foibles. Shake up your sense of self by letting your inner silliness have more air time. My close friends would tell you that I'm good at this practice.

You can also join a laughter yoga club. Yes, it's a real thing — they practice simulating laughter by working the diaphragm and soon they are really laughing.

Think of this pursuit of laughter and joy as a serious prescription for healing. Don't laugh it off (pun intended) as silly and inconsequential — give it value. Healing is not just about your ailment going away, but about achieving a vibrant state of peace, contentment, and joy. Take your laughter more seriously!

What did the green grape say to the purple grape? "OMG! Breathe! Breeeathe!"

Change Your Habits for a Healthier Heart

(Continued from Page 12)

Foods high in saturated fats are everywhere — in cafes, restaurants, and in many of our homes. I educate patients every day on disease reversal and prevention. The number one food that I see contributing to high saturated fat intake is cheese. We all love it, but it does nothing for your arteries except clog them. If you are one of many Americans addicted to cheese, think about how you can reduce or even eliminate it from your diet. Use avocado as a spread for creaminess on sandwiches and in salads.

Another heart-healthy change you can make for the new year is to eat more plants. When plant protein replaces animal protein, heart disease can be reversed. You don't need to become vegan; just commit to making more meatless meals in 2020. Instead of firing up the

grill for some beef or chicken, fire up the oven for some roasted beans and veggies. Instead of eggs at breakfast, have some oats topped with flax, nuts, and fruit or toast smeared with avocado. During these winter months, you might even want to clean out your pantry and make an all-veggie soup. Use up your broths, canned veggies, frozen veggies, spices and any grains you already have on hand. Your heart will thank you.

Make 2020 a year of stemming the rise of heart disease stats. Feel better and function better — it's not as hard as you think! The Weavers Way Wellness Team is here to help. We look forward to seeing you at many talks, workshops, and demos on how to have a healthy and happy new year.

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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

Wellness Team Workshop: Fuel Your Inner Flame

Tuesday, Jan. 21, 6-7:30 p.m.

Mt. Airy Nexus, 520 Carpenter Lane

Learn to lose the chill forever in this multi-faceted workshop. Sip and sample medicinal and surprisingly delicious mushroom brews concocted by **Tyler Case** from Mycopolitan Mushroom Company and discover the variety of plants that can stoke the internal flame. Weavers Way Wellness Team member **Margaret Kinnevy** will also recommend the best outdoor clothing for keeping warm during the winter months, and she'll explain why this matters for your overall health. Free.

Get Spicy in the Kitchen

Monday, Feb. 10, 6-7:30 p.m.

Weavers Way Ambler

Instead of ordering takeout or dining out this Valentine's Day, spend the evening at home with your loved ones cooking a delicious meal using warm spices. The duo from @Sisterhoodofspices, working members **Reshmi and Seema**, will share the special properties that some common spices have as we learn to use them to cook up popular Indian dishes. Free.

Wellness Team Workshop: Chocolate for Heart Health

Wednesday, Feb. 12, 6:30-8 p.m.

Mt. Airy Nexus, 520 Carpenter Lane

Come be one with chocolate! Join **Dorothy Bauer** as she demonstrates how to make yummy dairy- and gluten-free, low- to no-glycemic index, remarkably quick and easy cacao treats for your personal stash or for your special Valentine. There will be many flavoring options, and a special cameo on CBD dosing. Don't say NO to chocolate — learn how to embrace all its benefits and deliciousness. Free.

Great Backyard Bird Count with WVWA

Saturday, Feb. 15, 9-11:30 a.m.

Wissahickon Valley Watershed Association, 12 Morris Road, Ambler

In partnership with the Wissahickon Valley Watershed Association, join birdwatchers of all ages and from all over the world as

we create a real-time snapshot of where birds are for the Great Backyard Bird Count. Afterwards, we'll make DIY bird-feeding treats that you can bring home for the birds in your yard. Delicious refreshments will also be provided. Free for WVWA members and children under 12; \$10 for non-members.

Wellness Team Workshop: Nutrition for a Happy Heart

Tuesday, Feb. 18, 6:30-8 p.m.

Sage Integrative Health Center, 538 Carpenter Lane, Mt. Airy

Cardiovascular conditions are among the top health concerns in the country. Elevated cholesterol, high blood pressure, heart attacks, and strokes have become commonplace in our society as lifestyles increasingly shift toward high levels of stress, inadequate exercise, and nutritionally imbalanced diets. Weavers Way Wellness Team member **Dr. Wendy Romig** will discuss important tools for improving your heart health using food, herbal medicine, and lifestyle modifications. Free.



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

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Northwest Philly Buy Nothings Let Members Have a Voice in Group’s Expansion

by Betsy Teutsch, for the Shuttle

NORTHWEST PHILLY HAS BEEN FERTILE GROUND FOR THE Buy Nothing Project. Facebook Buy Nothing groups are organized by geographic boundaries, with active participants in Germantown, Mt. Airy, Chestnut Hill and adjoining suburban areas. There are now thousands of Buy Nothing Groups around the world, all following more or less the same formula and rules.

When Buy Nothing Groups exceed 1,000 or so members, they sprout into smaller, hyper-local communities. This contracts each group’s footprint, which is good for the environment, and facilitates face-to-face neighbor connections. But when the Mt. Airy Buy Nothing admin team announced their group would be split up, there was massive pushback.

Aquitia Harley and Carolyn Rahe, devoted managers of the sprawling local Buy Nothing community, worked to come up with logical subdivisions. Their idea was to split into East Mt. Airy, West Mt. Airy and Cedarbrook. Mt. Airy exceptionalism was quickly touted: how could they even think of this? It was building on the redlining history of realtors!

Heated Facebook discussions ensued. Harley listened, and devised a solution unique in all of the Buy Nothing Project. She divided Mt. Airy into three groups. Anyone in 19119, plus a little bit of 19144, has a choice of either being in their local group (East Mt. Airy or West Mt. Airy) or plain old Mt. Airy, which includes East and West. It worked.

Buy Nothing members offer food, tchotchkes, tools, furniture, equipment, and random weirdness to each other. The project is not a charity; rather, it is an attempt to build community by pooling individual resources in lieu of buying stuff. However, there have been numerous occasions when members have requested items for specific situations.

One member, hosting an African refugee, realized her guest would be arriving in Philadelphia in the fall without any winter clothes. Within a day or two, judging by the 30-plus responses on Facebook, her asylum seeker was completely outfitted. The village delivered.




Mary Weston, a Philadelphia public high school teacher, recently shared a gratitude post, thanking the community for responding to her request for books to create a class library.

“Thanks to these donations, I begin every class with a 10-minute silent reading period where students can read any book of their choosing... Over the course of the day I see nearly 100 different students, so a well-stocked library is a must. For many of my 10th graders, this has become their favorite part of their day. They have literally cheered and gasped when I’ve brought in new books, and wait lists form for the most popular titles. I have seen reluctant readers latch on to reading for the first time, and ask to take books home or keep reading after the 10 minutes has ended. One student told me that this was the first time he ever finished a book that he wasn’t required to read for school. From the very bottom of my heart I want to say thank you to my amazing neighbors.”

To join a Buy Nothing Group, simply search “Buy Nothing” on Facebook, and your neighborhood or zip code. The options generally come right up.

Betsy Teutsch, a local author, is a new admin of the West Mt. Airy Buy Nothing Group, because she just couldn’t resist it.



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Don't Mourn; Make Some Changes: Mother Earth Needs Your Help to Get Better

by Sandra Folzer, Weavers Way Environment Committee

ELEVEN THOUSAND SCIENTISTS declared a climate emergency in an open letter to the journal BioScience last November. That should stop anyone in their tracks, but you can find a way to make a difference. The scientists identified key factors that contribute to climate change, including overpopulation, meat production, tree loss, fossil fuel consumption, and airplane travel.

I am assuming you are as concerned about climate change as I am and often feel powerless. But each of us makes a difference. This list is to inspire you, not depress you. Any change in the right direction helps.

Eat Less Beef and Dairy

If cows were a country, their emissions would be greater than those of the European Union; they're responsible for 14.5% of global emissions, according to a recent report from the United Nations Food and Agriculture Organization. Four pounds of beef contribute to global warming as much as a flight between New York and London. This is what the average American eats every month.

A third of all agricultural water use goes toward raising livestock. One-third of arable land is used to grow feed, and forests are destroyed for grazing.

Science magazine says the most powerful act you can do is to give up beef and dairy. I love my yogurt and cheese, but will try to cut down. I am too weak to give up dairy entirely.

Recycle Clothing

If you're like me, you love the bargains of rummage sales. Wearing used clothing is a sign of economic pride. It's

not like third grade, when you had to wear your sibling's hand-me-downs.

The clothing and shoe industry contributes 8% of global climate impact, greater than all international flights and maritime shipping trips, according to CBS News. The World Wildlife Federation reports that a cotton t-shirt takes thousands of gallons of water to produce. France has outlawed destruction of unsold non-food stock, and requires environmental and human rights concerns be addressed in the manufacturing, according to Forbes.

Waste Less Food

Take a look in your refrigerator, and make sure to use leftovers before they become unappetizing. The UN FAO says that 1.3 metric gigatons of edible food is wasted every year, while 795 million people suffer from malnutrition.

Luckily, some landfills are capturing methane emissions to use for energy. Beginning in January 2020, Philadelphia residents will be able to purchase renewable natural gas from landfills. Go to the Natural Gas Shopping website or to Philly's own The Energy Co-op to apply.

Cut Back on Airline Travel

If you want to do your part to dial back climate change, reduce your airline travel. As I mentioned in a previous article, a flight from New York to Los Angeles shrinks the Arctic ice by three square meters, or 32 square feet for one person.

Traveling by cruise ships is worse; they emit three or four times more carbon dioxide per passenger mile than planes, according to the Daily Telegraph. Traveling by train is your best option, using



weavers way co-op Environment Committee

90% less energy than planes.

Repair Appliances

Usually it is more expensive to repair an appliance than to buy a new one. Still, try to repair when possible. Unfortunately, planned obsolescence is common in the United States.

As of 2021, EU manufacturers will have to improve the repairability and service life of appliances; laptops and smart phones will be covered later. The EU estimates that up to 167 terawatts (167 trillion watts) of power would be saved annually by 2030 by making this change, according to BBC News.

Plant More Trees

Researchers conclude that the most effective solution to mitigate climate crisis is to plant trees. According to a study in Science magazine, planting 500 billion trees could remove about 25% of carbon from the atmosphere.

Finally, here's an action you can take that makes a difference! Alternately, you can volunteer to plant trees with a Tree Tenders group. Contact Mindy Maslin of the Pennsylvania Horticultural Society at mmaslin@pennhort.org

Another option is to volunteer or donate to the Philadelphia Orchard Project, which supports 62 community orchards and has planted over 1,200 fruit trees. Contact them at www.phillyorchards.org.

Do what you can. Mother Earth desperately needs your help.

eco tip



Layer Up and Turn Down the Thermostat — Your Wallet and the Earth Will Thank You

by Marsha Low, Weavers Way Environment Committee

In our neck of the woods, we can't get by without heating our homes this time of year. But there's a question of how much heat we really need to be comfortable.

We all know that keeping your thermostat set high during the winter is bad for the environment and hard on your wallet. This year, challenge yourself to setting your thermostat a few degrees cooler than you're used to, and find other ways to keep warm. Dressing in layers helps.

It's also helpful to maintain moist, humid air in the home. Humid air is much warmer than drier air (as we all know, since we suffer through hot, humid summer days!). Because indoor air in winter is typically dry, try these ways to raise the humidity: Cook more meals at home, make tea and other beverages, purchase and use a small humidifier for your bedroom, and air dry your freshly laundered clothes.

This last tip is a favorite of mine, because it saves energy, prolongs the life of your garments (since using the dryer wears them out), and adds moisture to the air. And since indoor air is so dry during winter, your clothes will dry pretty quickly. So layer up and enjoy some tea — perhaps while cozying up with a good book!



ENVIRONMENT COMMITTEE SEEKS GRANT APPLICATIONS

WEAVERS WAY ENVIRONMENT COMMITTEE will be accepting grant applications in the new year.

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

We look forward to hearing from you.

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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR WRITING. As usual, suggestions and responses may have been edited for brevity, clarity, and/or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word, or word string should be taken seriously. This also applies to the previous sentence.

You may have seen a line of frozen foods in our and other natural food retailers called Sweet Earth (currently stocked mainly in our Ambler store). Sweet Earth was acquired by Nestlé in 2018, following what's become a familiar path of a natural food product brand: Create a reasonably healthy and decent tasting product line, find a way to get it manufactured and distributed on a broader basis, enjoy some sales success, then sell the company to one of the giant food companies and make a few million in the process.

Whether this is good or bad for society in general is a question for another time, but one thing I've noticed is that when smaller brands get acquired by large companies, often the large companies' marketing departments get involved, and then consumers start to see marketing statements made up of mostly lies, at or least, half-truths. I happened to come across a Sweet Earth Empanada at a Target, and found the package (and then the website) an interesting example of this type of marketing.

Looking at the website, you would think the ingredients were mainly sweet potatoes, garbanzo beans, green olives, and raisins. From looking at the package



front, you would think it mainly contains chickpeas, sweet potatoes, bell peppers, and harissa sauce.

Looking at the ingredients on the back of the package, we see it's not so simple. There are over 30:

Filling: Chickpeas (Water, Garbanzo Beans, Salt), Sweet Potatoes, Red Bell Pepper Puree, Roasted Onion (Onion, Canola Oil, Salt, Citric Acid, Ascorbic Acid), Sweet Earth Tuscan Savory Grounds™ (Vital Wheat Gluten, Water, Soy Sauce(2) (Water, Soybeans(2) Wheat, Salt, Alcohol(1)), Onion, Garlic, Nutritional Yeast(1), Kale, Spices, Flax Seed, Parsley, Fennel Seed, Extra Virgin Olive Oil, Red Bell Pepper, Natural Flavor, Natural Hickory Smoke Flavor), Roasted Red Bell Pepper, Olives (Olives, Water, Salt, Lactic Acid), Canola Oil, Raisins, Parsley, Spices, Capers (Capers, Water, Salt, Distilled Vinegar), Garlic, Lime Juice Concentrate, Smoked Paprika, Sea Salt, Cayenne, Pastry: Water, Whole Wheat Flour, Dairy Free Butter (Dairy Free Base [Water, Organic Butter Beans], Vegetable Oil Blend [Coco-

(Continued on Next Page)



Norman Says:

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(Continued from Preceding Page)



nut Oil and Safflower Oil], Sea Salt, Calcium Citrate, Vegan Natural Flavors, Vitamin E, Sunflower Lecithin, Konjac Root Powder, Natural Colors), Enriched Pastry Flour; (Wheat Flour, Niacin, Reduced Iron, Vitamin B1, Vitamin B2, Folic Acid), Enriched Bread Flour; (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Vitamin B1, Vitamin B2, Folic Acid), Vital Wheat Gluten, Sea Salt, Baker's Yeast, Deactivated Yeast, Canola Oil(3), Soy Flour. (1)Organic. (2)Non-GMO. (3)Non-GMO Expeller Pressed. (4)Sweet Earth Product.

FDA regulations require food label ingredients to be listed in descending order by weight. So while the website prominently lists green olives and raisins, there are more than 16 ingredients before you get to olives and raisins (including light things such as spices and nutritional yeast), which suggests the amount of olives and raisins in this product is pretty small.



Products like this

make me wonder

about their creation.



Products like this make me wonder about their creation. Traditional empanadas date back to 1520, in Catalan, Spain, and are made with fairly simple ingredients. The Sweet Earth version likely originated in a food lab, concocted by food scientists, with access to lots of ingredients, equipment, focus groups, and similar resources. How they decide to put in a pinch of raisins makes me wonder about their process. Are they adding them for some unique property raisins add to a processed food, is it a tiny part of the flavor profile, or is just so they can list raisins prominently on the package as a natural ingredient? (Interestingly, the picture looks like they're golden raisins, which are bleached, so they're not exactly natural.) It's ironic that one of the marketing statements is, "It's what's on the inside that counts." That's a statement I can agree with, since I stopped counting what's inside at 30.

suggestions and responses:

- s: "Pleased to see the compostable produce bags."
- r: (Norman) These are the first compostable bags made from Mater Bi "bio-

plastic," the first we've seen that are certified compostable in a home composting environment (as opposed to commercial composting environments, which use specialized machinery and enzymes). They are made from starch, cellulose, and vegetable oil, all renewable resources. Whether they will actually compost in your backyard depends on the specifics of your home composting environment. Composting is all about temperature, humidity, and bio-activity of microorganisms. We're going to experiment with the bags at our Saul composting operation to see what happens. All three stores are switching to these bags because even if they don't compost, they are still probably the most sustainable choice. Of course the best choice is to reuse your own bag.

- s: "Sunflower oil in bulk, good for cooking."
- r: (Norman) We did stock it in Mt. Airy; it just didn't sell well enough to justify keeping it (Chestnut Hill and Ambler do have bottled choices). FYI, sunflower oil, while having a high smoke point and being rich in vitamin E, is also high in omega-6 fatty acids, something to keep in mind if you use a lot of it.
- s: "Xylitol?"
- r: (Norman) We do stock Xylosweet brand in our Chestnut Hill and Ambler locations. It can be easily pre-ordered in Mt. Airy.
- s: "Why do we stock many species of fish but only a few of species of birds (chicken, turkey, duck)?"
- r: (Norman) We tried roasted wild-caught sparrow kabobs, but they seemed to have a very limited appeal despite having a nice flavor and texture. Maybe we shouldn't have left the heads on, or

maybe a sweeter dipping sauce would have helped. We are open to stocking more kinds of birds; if people have requests, let us know. Pigeon meat was popular before World War I.

- s: "Can we stock potato flakes in Mt. Airy?"
- r: (Norman) We already have lots of flakes in Mt. Airy; eavesdrop next time you're in line. We have Bob's Red Mill potato flakes, too.

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WEAVERS WAY ENDS

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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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A Public Forum and BYO Day: The PRTF Gears Up for the New Year

by Alisa Shargorodsky, Weavers Way Sustainability Consultant/Chair of PRTF

WHEN WE SET NEW YEAR’S RESOLUTIONS, we’re creating guidelines to improve our lives, find more joy, and take better care of ourselves and the people we love. This results in growth and increased empowerment. Individuals can do this, and so can co-ops.

I can’t speak to all of the things going on at the Co-op, but I do know there’s a massive push toward improved environmental sustainability. We can see this in small and big ways, including an almost-zero waste Mt. Airy Village Fair, new shampoo bars at Across the Way and other initiatives set to debut this year.

The Co-op’s Plastic Reduction Task Force is helping to roll out several new projects in the first half of 2020. Until we can make some announcements, we have some events and initiatives to keep you busy this winter. They include:

- **Sustainability Week, March 2-6:** This week will introduce our new official monthly discount day, BYO Day, on Wednesday, March 4. BYO Day replaces the Weigh It Wednesday events from last spring and summer. Bring your own bags/containers/jars for all of your bulk foods, and you’ll get 10% off your entire bulk purchase.

As part of BYO Day, we’ll also sell reusable bags at

a 10% discount. We encourage you to be patient with cashiers on this day, as everyone builds on the BYO habit.

- **2nd Annual PRTF Public Forum, Wednesday, March 25, 7-9 p.m.:** Last year, 80 community members came out to discuss how we can reduce our reliance on plastic at the Co-op, and we want this year’s forum to grow even more. We have a lot of opportunities for you to get involved. Location TBD.



Also keep an eye out for these ongoing initiatives:

- **Jar Library (all three stores):** Bring your cleaned-out glass jars so others in the community can use them in the bulk department. You can take a jar any time, as well. A few key rules before adding jars:

1. They must be glass.
2. They must be free of labels (Here’s a pro tip from Pamela Hipp of PRTF: Soak the jar in hot water for a few hours, then use a metal scrubby and coconut oil to remove tough labels.)
3. Make sure the lid actually fits the jar and that it is secure.
4. Tare the jar (weigh it empty) and write its weight on the label.

- **Bag Library (Ambler store only):** We know you have extra reusable bags at home, and we will happily take them off your hands. Feel free to make use of the library in Ambler, and return any bags you use to keep us stocked.

We’ll be launching a sustainability page on the Co-op’s website soon, so you’ll be able to stay in the loop. Reach out any time with questions or ideas at PRTF@weaversway.coop.



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Early Simon Comedy Is Afoot at Old Academy

EAST FALLS’ HISTORIC OLD ACADEMY PLAYERS PAYS TRIBUTE TO AMERICAN playwright, screenwriter, television writer, and librettist Neil Simon by staging his longest-running hit, “Barefoot in the Park,” this month.

Simon’s classic romantic comedy premiered on Broadway in 1963, starring Robert Redford and Elizabeth Ashley. The story revolves around young newlyweds (free-spirited Corie and sensible Paul), whose passion is tested by the problems of New York City living, an over-involved mother-in-law and an eccentric upstairs neighbor.

The show is directed by Jane Jennings and produced by Elliot Rotman and Steve Peitzman. The cast includes Bonnie Kapenstein as Mother, Marisa Block as Corie, Nolan Maher as Paul, Sam Gugino as Velasco, Michael Jeffrey Cohen as Telephone Man, and Jerry Jennings as Delivery Man.

Show times are Fridays and Saturdays (Jan. 18, 24 and 25) at 8 p.m. and Sundays at 2 p.m. (Jan. 19 and 26). Parking for all performances is free.

Tickets are \$20 per adult and \$10 for students with valid ID; they can be purchased at www.oldacademyplayers.org. Discounts are also available for groups of 15 or more.

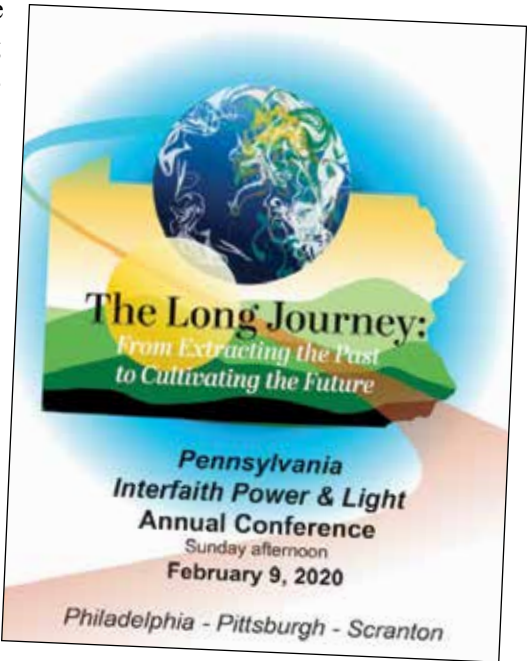


Conference at Summit to Focus on Moral Issues of Climate Change

PEOPLE OF FAITH AND ALL WHO ARE CONCERNED ABOUT CLIMATE CHANGE AS a moral issue are invited to attend the annual conference of Pennsylvania Interfaith Power & Light on Sunday, Feb. 9, from 1-5 p.m. at First Presbyterian Church of Germantown.


This year’s theme is “The Long Journey: From Extracting the Past to Cultivating the Future.” The keynote speaker for the event is Colette Pichon Battle of the Gulf Coast Center for Law and Policy, who will be speaking via livestream. She will draw connections between the fossil fuel-entwined histories of Pennsylvania and Louisiana, and explore what can be learned from each. The afternoon will also feature workshops on local issues.

The church is located at 35 Cheltenham Avenue in Germantown. Go to paipl.org to learn more and to register.





“OH, NO, I FORGOT TO SAVE THE EARTH!”
BYO BAG WHEN YOU SHOP THE CO-OP.





A SUMMER TO REMEMBER

GIVE YOUR KIDS A SUMMER TO REMEMBER AT TEMPLE UNIVERSITY’S SUMMER DAY CAMPS.

Day camps are available at Temple’s Main and Ambler campuses for kids, tweens, and teens entering grades 2 to 12. Camps are offered in June, July and August. Camp topics include (but are not limited to):

- robotics
- creative writing
- arts and crafting
- film & TV
- gaming design
- web design
- science
- acting & theater

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tiny.cc/TUweaver2020

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An Info Session’s the Place to Start

(Continued from Page 1)

tors were appointed to fill vacancies. But overall in my couple decades as a member, this system has allowed people who ran for the first time a shot at actually being elected, without having to overcome incumbent momentum. There is much pressure on the Leadership Committee to seek out and recruit candidates capable and willing to serve (who know that there is a chance the members may not elect them). We need an educated and enlightened leadership to guide this increasingly complex business to a place where our paid staff can meet our mutual needs with the efficiency we all want.

Our many committees are an excellent jumping-off point to learn about the Co-op’s culture and to be a better prepared Director who can pick up the governance duties needed to keep Weavers Way a viable and sustainable enterprise. Committee service is not a hard and fast prerequisite to run. Rather, an interest in the success of our Co-op, a willingness to learn, and an ability to clearly communicate so that our members understand you are here to serve and execute the will of the membership can get you elected.

Come to our Candidate Information Sessions:

- **Tuesday, Jan. 21** in Mt. Airy (555 Carpenter Lane)
- **Wednesday, Jan. 22** in Chestnut Hill (Chestnut Hill Community Center, 2nd floor board room, 8419 Germantown Ave.)
- **Thursday, Jan. 30** in the Café at Weavers Way Ambler

Weavers Way board members receive no compensation. They are required to attend regular monthly meetings and to serve on board committees. The amount of hours required varies from a few hours a month for at-large directors to a few hours a week for board officers. We have adopted Policy Governance as a means to waste less time and to refrain from interfering with operational and business issues. Our job is to deliberate and to outline what kind of personality and character this living entity will express to the public.

BOARD ELECTION 2020

- ✓ **Attend the Weavers Way Board meeting Feb. 4** at the Chestnut Hill Community Centre, 8419 Germantown Ave. (conference room).
- ✓ **Attend an informational session for candidates:** See dates above.
- ✓ **Submit a ballot nomination by Feb. 28** with a written statement and a high-resolution photo.

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

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STAFF CELEBRITY SPOTLIGHT

Leila Dow

Job: Part-time front end, Ambler

Since when: March, 2019

Age: 23

Where she's from and lives now: Ambler, with her parents, Lawrence and Michelle, and her twin brother, L.J. She also has two older sisters: Lauren (28) lives in Mt. Airy and is a second-year law student at Penn; Marissa (26) lives in Los Angeles and is a personal assistant for the STARZ network.

How she got to the Co-op: After graduating from Wissahickon High in 2014, she enrolled at Arcadia University, majoring in English with a concentration in creative writing. She switched her major to graphic design during her junior year, but then decided to take some time off. She worked at Alice Bakery for a while, but eventually came over to the Ambler store.

Full-time gig: She does graphics and website work as an assistant at Marvin Capps Realty in Center City.

Future plans: She's returning to Arcadia in the fall to finish her degree. Once she graduates, she'd like to work for a design company and get her own place.

Favorite Co-op products: Barbara's cheese puffs, Red's all-natural burritos, Belvoir elderflower & rose lemonade

Thoughts on the job: "I like my coworkers a lot. I like my managers. I like the vibe of the store, the customers who come in... They are — nine and a half times out of 10 — super, super nice."

Thoughts on the Co-op: "I know where everything came from; if I don't know, I can ask somebody. ...It's very easy to find help when you're in the store."

—Karen Plourde



LOVE AMONG AMBLER'S AVOCADOS



It's not every day you witness a marriage proposal in a grocery store — even at the Co-op. But some lucky shoppers got to see member **Dave Cameron** pop the question to **Diana Bayless** on Jan. 12 — almost two years to the day they met over avocados at Weavers Way Ambler.

Dave and Diana now live in the borough, but when they met in March of 2018, he was living in Green Lane. She was chatting with a woman conducting a demo in produce. "I had just walked into the produce section, and saw [Diana] across, and she caught my eye," Dave recalled. "I was casually shopping, kinda hoping to get a chance to talk to her, and we had a chance meeting over at the avocados."

Truth to tell, the Shuttle was in on the secret; Dave decided to move up his proposal date after I contacted him about an article on how they got together.

For the record, Diana was surprised and said yes. "I'm so stunned," she said immediately afterward. No word yet on a date.

—Karen Plourde

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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. The next meeting is scheduled for **Tuesday, Feb. 4, 7 p.m.**, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

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

2019-2020 Weavers Way Board

President: Josh Bloom

Vice President: Lisa Hogan

Treasurer: Joan Patton

Secretary: Toni Jelinek

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

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Weavers Way Mt. Airy

559 Carpenter Lane

8 a.m.-8 p.m. daily
215-843-2350

Weavers Way Across the Way

610 Carpenter Lane

8 a.m.-8 p.m. daily
215-843-2350, ext. 6

Weavers Way Chestnut Hill

8424 Germantown Ave.

Monday-Saturday, 7 a.m.-9 p.m.
Sunday, 8 a.m.-9 p.m.
215-866-9150

Weavers Way Ambler

217 E. Butler Ave.

8 a.m.-8 p.m. daily
215-302-5550

Weavers Way Next Door

8426 Germantown Ave.

9 a.m.-8 p.m. daily
215-866-9150, ext. 221/222

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Pet Department Manager
Anton Goldschneider, ext. 276
petstore@weaversway.coop

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



Upcoming Orientations

Ambler Senior Center

45 Forest Ave.

Wednesday, Feb. 19, 6:30-8 p.m.

Summit Church

6757 Greene St. (The Parlor)

Thursday, Feb. 27, 6:30-8 p.m.

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

Become a Member

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

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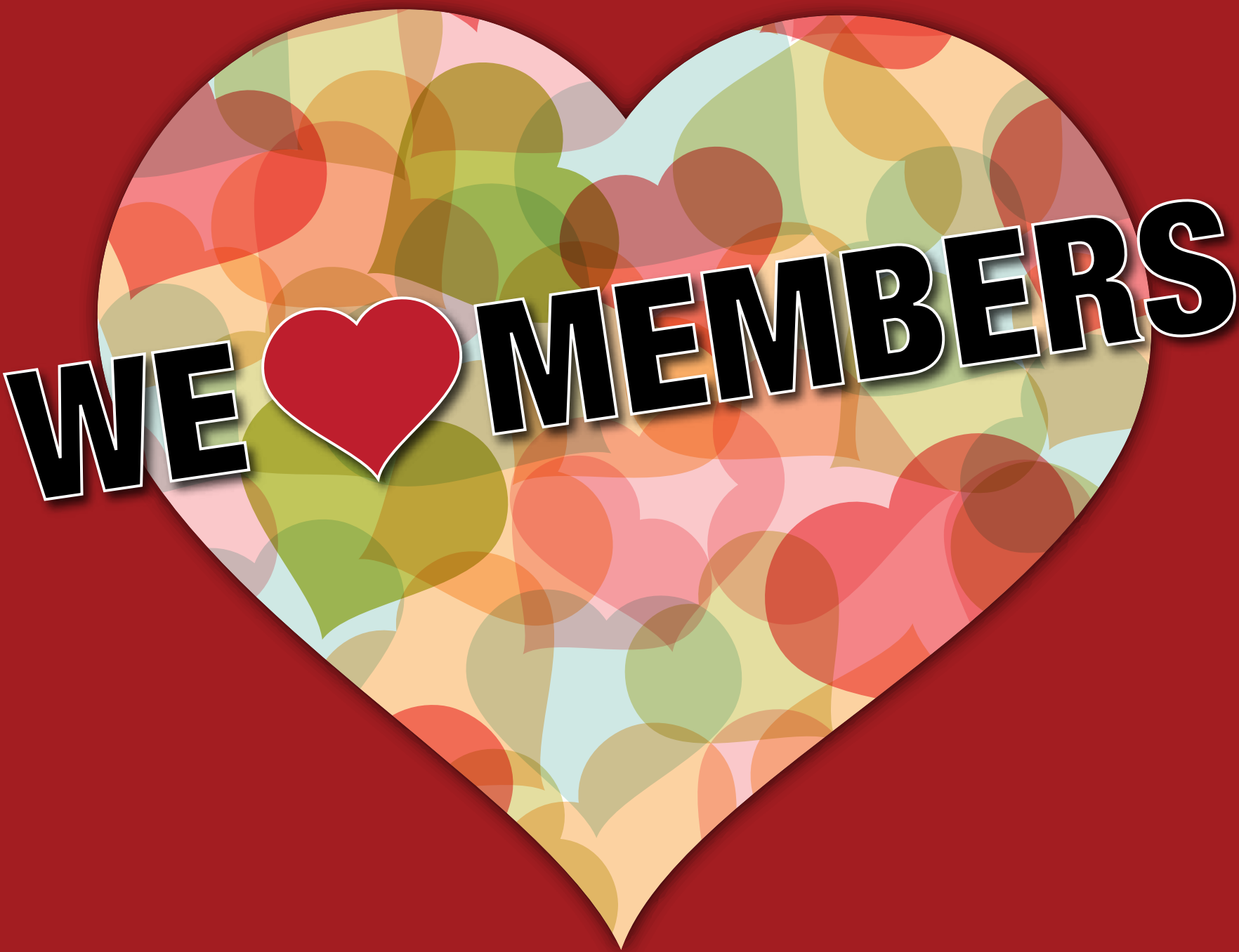
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