

# Paper Bags Are Problematic; Reusables Are the Way to Go

by Valerie Glauser, for the Shuttle

WHILE IT IS GOOD NEWS THAT THE CITY OF PHILADELPHIA and some suburban areas have banned single-use plastic bags and are now offering paper bags instead, this isn't an ideal situation. In many ways, paper bags are still detrimental to the environment, and this also goes for the new recycled bags available for free at the Co-op.

First of all, new paper bags cost the Co-op more than \$20,000 a year. Yes, you read that right. Those funds could otherwise be a major boon to such programs as Food Moxie or could be put toward farm equipment for the Co-op's farms. Or they could be used to fund the grants the Environment Committee provides to organizations working toward a greener community.

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photo by Valerie Glauser

A stash of free used paper bags (top shelf) available at the end of the cash register station in Mt. Airy.



Community-Owned,  
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## Working Toward Equity on the Co-op Board

by Jason Henschen, Chair, Weavers Way Board of Directors Ad Hoc Equity Committee

IN THE EARLY SUMMER OF 2021, Weavers Way's Board of Directors established an ad hoc equity committee to identify ways to integrate its commitment to equity principles with our work as fiduciary and strategic leaders who are committed to the long-term health of the Co-op. The following is an update on the progress of the work we've undertaken as part of this commitment.

We first want to recognize the ongoing work of Weavers Way's established Racial Diversity, Equity and Inclusion Advisory Committee, which was founded by members to advance racial DEI throughout the Co-op. Our board-level committee strives to complement and strengthen DEI's efforts from our perspective of policy governance.

Our ad hoc equity committee was formed to ensure that an equity-informed perspective is integrated into board deliberations, decision making, capacity building and strategic planning. This sets a tone for prioritizing equity concerns at all levels of the organization.

If you haven't spent your free time lately poring through the "Board of Directors" tab on our website, you will be happy to know that our board membership reflects a diversity of backgrounds — race, gender, economic background, age, identity. We are proud of this di-

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# The Shuttle

NOVEMBER 2022

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 50 | No. 9

## Updates and More at the Fall GMM

by Karen Plourde, Editor, Weavers Way Shuttle



photo by Chris Raines

A current and future member get settled for the start of the meeting

A crowd of about 90 Weavers Way members gathered on Oct. 15 at the Farm at Awbury Arboretum in East Germantown to enjoy a light meal, socialize and get an update on Co-op happenings — including the progress of the Germantown store — at the fall general membership meeting.

While this was the second in-person GMM since the COVID-19 pandemic, the virus managed to make its presence felt in the absence of General Manager Jon Roesser, who contracted Covid earlier in the month and had to miss his first GMM in 14 years.

Prior to the start of the official meeting, which took place on a mild, clear fall afternoon, attendees munched on appetizers supplied by the Co-op's Prepared Foods department and circulated among

the information tables representing Food Moxie, the Co-op's Board of Directors and many of its committees, including the Diversity, Equity and Inclusion Advisory Committee, Environment Committee, Plastic Reduction Task Force, New Economy Incubator Committee and Food Justice Committee.

### Farmer Jawn's Origin Story

The meeting kicked off with a presentation from Christa Barfield, the founder of Farmer Jawn, an urban agriculture hub, retail space and educator with sites in Elkins Park and Mt. Airy, who was introduced by Weavers Way Farms Manager Nina Berryman.

A native and current resident of Northwest Philly, Barfield spent 10 years working in health care. She started as a unit clerk on the maternity floor of a hos-

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New Timelines,  
**BIGGER DEALS**  
for Our In-Store  
**SALES**

by Karen Plourde, Editor, Weavers Way Shuttle

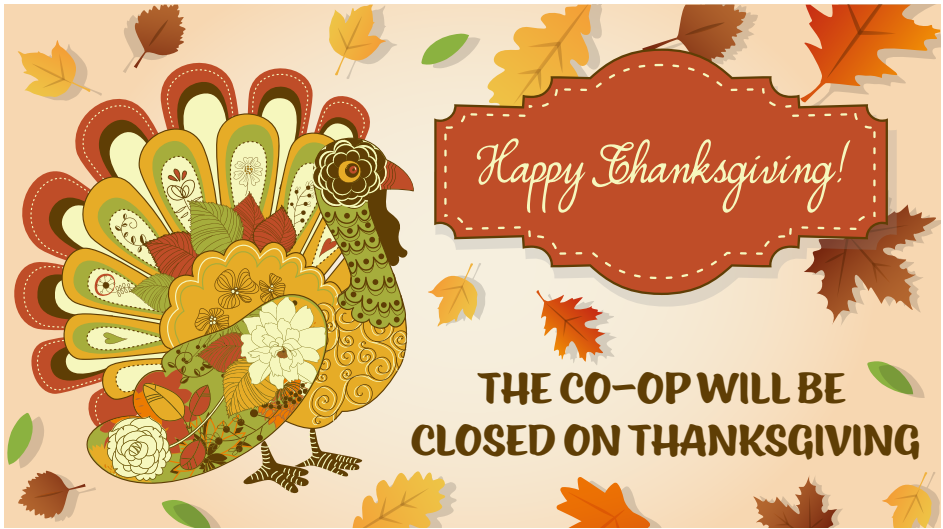
IF YOU'RE A SUBSCRIBER TO THE Weavers Way eShopper or have shopped in our stores lately, you may have noticed signage and flyers with the logo reading "Co-op Finds" and/or "Weekly Specials." What's going on, and what have we done with the Fresh Deals?

"This Month's Co-op Finds", which debuted Nov. 2, is a set of specials, many of which come from local and small producers, that are available in all stores and go for a month at a time. In contrast, Fresh Deals, which aligned timewise with National Cooperative Grocers' Co-op Deals, generally lasted for two weeks. According to Weavers Way Retail Director Jess Beer, the change was made to give the Co-op more time to negotiate pricing with local vendors and other purveyors and promote the specials properly.

"A two-week turnaround is just a short timeline," she said. "So by expanding most products, except for produce, to the monthlong [format], we are able to have more time to get really cool stuff into the promo period."

The longer sale period also gives more time to introduce new products into the stores and promote them in the Shuttle, eShopper and on social media. It also makes it easier to set up introductory

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# Editor’s Note

by Karen Plourde, Editor,  
Weavers Way Shuttle



ASSORTED THOUGHTS ASSEMBLED while nursing my sadness over the Phillies losing the World Series:

- I just took inventory of the poems that are left in the Weavers Words folder, and we’re down to our last 17. In the last several months, our submissions have gone down to a trickle, and what’s left comes from our more reliable contributors.

It may be that we all have more and better ways to entertain ourselves post-COVID, and that’s why we’re rarely getting poems anymore. But whatever the reason, without fresh entries, Weavers Words will likely end its run early next year. So if you’d prefer that didn’t happen, and have ever considered submitting a poem for publication in the Shuttle, now is the time. This month’s Weavers Words is on p. 21.

- Co-op member Anne Swoyer’s story on her introduction to and brief stint as an employee at Erivan Dairy in Oregon (p.14) goes beyond the typical vendor profile and shines a light on a small operation that has been a Weavers Way mainstay for decades. She was a fan of Erivan’s Armenian acidophilus yogurt long before she stumbled onto the production facility, and her support of the product led her to encourage the deli and sandwich station manager at our Chestnut Hill store to find room for their Love-a-Neh labneh (drained yogurt with sea salt added) in the refrigerator case there (it’s now been added in Mt. Airy and may soon find a spot in Ambler as well).

Advocacy for a product may not always guarantee its success. But being able to talk to a staff member who can take your love for the item to the next level is one of those little Co-op bonuses that sets us apart from the typical Big Box Food Store.

- We now have a Shuttle honor box in front of our Germantown office at 326 W. Cheltenham Ave. If you’re over that way, stop by and pick up a copy (if you haven’t gotten yours already).

Catch you in the pages next month.

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](mailto: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](http://www.weaversway.coop/shuttle), or call 215-843-2350, ext. 314, or email [advertising@weaversway.coop](mailto:advertising@weaversway.coop). Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

## Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

### Month-Long Sales on Our Soups and Hummus

Our Prepared Foods soups are in a class all their own. And aside from the way-milder-than-usual temperatures at the beginning of the month, soup season will likely be with us for a while. So it’s good news that for the rest of November, our soup quarts are two for \$16.99 (regularly \$9.99 each). Load up on clam chowder, pumpkin apple, lentil, and any of our fresh, delicious selections. The sale also extends to soups in returnable containers, but in order to get the special price, you must buy two quarts at a time.

We’re moving into serious entertaining season, and the Eagles are 8-0 as I write this. So when you’re assembling your Thanksgiving appetizer selections, Game Day snacks, etc., be sure to include our Prep Foods hummus, which is on sale for the rest of the month for \$4.99 a pound (regularly \$6.49). Now’s the time to upgrade from supermarket hummus to the small batch good stuff.



### A New Lineup of Spices Rooted in Equity



Diaspora packaged spices and blends, now available in all our stores, were founded in 2017 by then-23-year-old Sana Javeri Kadri. She wanted to build a spice company that equitably compensated Indian and Sri Lankan spice growers, who have been underpaid by traders for centuries.

The company pays its 150 farm partners six times more than the commodity price and sources 30 single-origin spices from them. For the rest of the month, Diaspora products are two for \$20 (regularly \$11.99 each). You must buy two jars to get the sale price.

### Reusable Silicon Bags Give 1% to Help the Planet

Stasher reusable bags were founded by Kat Nouri, a mom with a background in designing and developing silicon textiles who wanted to reduce the number of single-use plastic bags her family was using. She came up with self-sealing premium silicon bags and “bowls” (which are really two and four-cup bags that can stand on a flat surface) that don’t degrade over time and can be used in the freezer, dishwasher and microwave. Through the end of the month, Stasher sandwich bags and bowls are 20% off. The bags are \$9.99 each (regularly \$11.99) and the two-cup and four-cup bowls are \$11.99 and \$17.99 each (regularly \$14.99 and \$21.99). The company pledges one percent from its sales each year to nonprofits working to protect the planet.



### Make Your Spaces Glow With Candles from Manayunk

Kiera, a resident of Manayunk and one of the newest members of the Co-op’s Vendor Diversity Project, has connected with us to produce Luminous soy-based candles housed in eight-ounce tins. They’d make nice add-ons for the candle lovers on your list, and at two for \$20 (regularly \$13.99 each), you may be able to set one aside for yourself. You must buy two candles to get in on the sale price.





# SLICE IT DICE IT SERVE IT

## Time to Take Stock



by Kieran McCourt, Weavers Way Ambler

Homemade stock is easy to make and is a great way to use nearly all the parts of an animal and vegetables. Soups, stews, sauces, demi-glace and gravies are never far off if you’ve got a good stock handy.

There are a few technical differences between stock and broth, even though almost all the ingredients are the same.

- Stocks are generally made with animal bones and aromatic vegetables that are simmered for several hours. No salt is added.
- Broths are generally made with animal meat and aromatics, are simmered just long enough to cook the protein and are seasoned with salt.

The liquid left over after poaching a chicken breast is a broth. Bone broth of paleo dieting fame is actually a stock (alliteration makes for a better buzz phrase).

Aromatics are a key element to stock. There are the obvious Big Three: onions, carrots and celery. With those alone, you’re more than ready. But also consider bay leaves (fresh or dry); soft-stemmed herbs like parsley, cilantro and dill; the stiff green tops and fronds of fennel, and garlic (a few crushed cloves or a whole head trimmed and cut in half). Don’t forget the cracked pepper.

#### Out-of-the-Box Additions

- Dried or roasted mushrooms can add umami to a vegetable or beef stock.
- Dried seaweed can be added to fish and vegetable stocks to add another layer of savory depth.
- Miso can be stirred in to give an earthy flavor to plant-based stocks.

Omnivores, remember to save your bones. If you have roasted chicken or turkey for dinner, freeze the carcass in a zip-top bag until you have a few. Or

save bones from bone-in breasts or thighs; these can be supplemented with additional bones like chicken backs, feet and necks from your butcher.

For pork or beef-based stocks, you will have to buy the bones on their own; roasting raw bones will add additional flavor. For a fish stock, ask your butcher for fish heads. Additionally, shrimp shells can be sautéed until pink to make a quick stock.

For vegetable stocks, the volume and variety of vegetables make the difference. Avoid cruciferous veggies; they can add some off flavors. Also, boiling cabbage hardly fills the kitchen with welcoming scents.

If you really want an alternative to bones in your vegetable stock, consider mushrooms. Or when it’s peak season, use sheared corn cobs.

Plant-based stocks lack the signature mouthfeel of rendered collagen-turned-gelatin from animal bones. But you can replicate the taste by adding starches, pureed cooked onions and agar agar. To substitute the missing fat, add a few good glogs of a neutrally-flavored oil.

Vegetable stocks may only require 30 minutes to an hour or so on the stovetop; animal-based ones take two to 12 hours on a slow simmer. This can be turned into a hands-off project with a slow cooker, or the time can be cut down by using a pressure cooker.

After straining and allowing the stock to cool, you can keep it in the fridge for a few days. Stock can also be frozen. Pour it into quart-sized jars, zip-top bags or ice cube trays for easy use as needed.



# A Short-on-Time Guide for Hosting a Lower-Stress Thanksgiving

by **Teresa Price, for the Shuttle**

**D**ON'T LOOK NOW, BUT IT'S ALMOST THE HOLIDAY season. Now that we're back to the new normal, most of us will be hosting, or at least will be expected to bring a dish to a family gathering.

Planning Thanksgiving dinner can be stressful with all the food to prepare and people to manage and accommodate, but I'm here to help. I have 40 years of holiday hosting and meal prep experience, and I have a plan to help you stress less and enjoy more of the holidays. So buckle up, Buttercup!

### Pre-plan Prep: Get Your Mind Right

Ask yourself: What is my intention for this meal? Planning a holiday meal or family gathering is an event and has many moving parts. You'll need to be realistic and create your guest list with your physical space, budget, time and mental and physical health in mind. Be honest about the time, energy and funds you'll need to host a meal for the number of guests you're inviting. If you can't host or cook, that's ok, but let people know now so they can make other plans.

### Alternatives to Hosting a Large Meal

- Scale things down and have an intimate meal.
- Invite guests for drinks and desserts only.
- Ask guests to bring a side dish. But understand that will require more coordination and potentially cause issues because you can't control the quality, taste or temperature of the food. Also, someone may not be able to bring a dish but will show up, anyway.

### Menu Planning Made Easier

Create a menu with your guests in mind. If you know a lot of them have special dietary needs, try to modify the recipes and keep the special dishes labeled and put to the side.

By the time you read this, Thanksgiving will be less than two weeks away, so if you're having turkey and have room in your freezer, purchase yours ASAP. Plan your cooking schedule so that your turkey, sides and desserts are done by serving time. The ideal menu should have two proteins, three to five sides (one carb-heavy and the rest veggie), two desserts, and water, iced tea or punch in addition to whatever alcoholic drinks you're planning to serve.

Don't be afraid to order precooked or catered items, especially if you haven't mastered cooking an essential item or you're hosting a large group. Most grocery stores have catering menus and holiday cooking down to a science. Some offer vegan entrée options, and most have breakfast items available if you have family staying with you.

This year, I'm planning to order a rotisserie chicken or fried turkey. I suggest you ask guests to bring shareable non-alcoholic beverages or desserts; be specific if you want a certain brand or type. Just in case, have a cake and pie on hand for backup.

### Guest List Tips

Hopefully by now, you have a rough idea of how many people you're expecting for Thanksgiving so you can finalize your shopping list. Ask the grownups to include all the children who are coming and their ages. Specify if they can bring a guest and if pets are allowed. Also, ask guests to make you aware of any food or other allergies.

### Food and Supplies Master List

Check your herbs, spices and extracts to see what's fresh, low or needs to go. Inspect your supply of pots, pans, baking dishes, plates, cutlery, etc.; you may be surprised by what you might or might not have. Make your



nonperishables list first, including dishes and silverware, table decorations, etc. Decide if you'll need to buy, borrow or rent tables, chairs, etc. or use disposable plates and cutlery. I'd also pick up take-home containers (I prefer compostable or disposable foil containers with a lid). If you plan to use disposable plates, buy different sizes for the meal and desserts.

Your master shopping list should include spices, extracts, containers and food prep items like foil, parchment, wax paper and all the ingredients for your menu. But don't purchase fresh veggies like greens, carrots and celery until Thanksgiving week. Keep the master list and menu on the fridge or another central location. Take a picture in case it gets lost.

Double-check containers and pans for prep, cooking and serving and all the items and equipment needed. Dinner day isn't the time to find out you don't have any knives, or the blender or hand beater isn't working.

You can use your fancy bakeware, but if you're expecting a lot of people, opt for large foil pans and line them with parchment paper if you're worried about aluminum exposure. If you're using warmers or chafing dishes, skip the parchment paper.

Make and freeze your pie crusts the week before Dinner Week.

### Map Out and Stage Your Space

Stage the room you're planning to use for the meal as if you have guests. If you have a small space, let people know. Make sure you have enough room for social distancing and outside or overflow space. Add hand sanitizer to your list and be prepared for guests who request to-go platters.

Other COVID-conscious options include limiting the number of people you invite, staggering mealtimes, offering to-go platters or offering dinner and dessert-only invites. If you can't accommodate a lot of people, don't cram them in; think about your guests' safety and comfort. If guests are planning to drop by, encourage them to bring their own bags for their to-go containers.

You need to plan how you're going to serve the food. Buffet style is best, as long as parents put together the plates for the kids (to cut down on food waste). Have your serving and sitting plan ready with some extra chairs (if you have them).

### Tips for the Week Of

Set your dinnertime and final guest list based on confirmed RSVPs. It might be helpful to send a group text to let unconfirmed guests know that they are free to

stop by for dessert. Know there will be people who may show up early; they can help set up. Latecomers can get a dessert or to-go plate if there are any leftovers.

Modify the menu based on the guest list if you notice some need special accommodations, and let your guests know if you can accommodate them so they can plan accordingly. I'd send a final reminder and call if you have the time to confirm RSVPs. Pick up the perishables.

Make a schedule based on cooking times — meats normally take the longest but think about food safety and oven size. If your oven can't cook your meat plus 1–2 other side dishes, you may have to make them the night before. Each side will take 45 minutes to an hour or more to prep and cook.

You need to start prepping the night before The Big Day. Make sure your turkey has thawed in the refrigerator.

Schedule tip: Add all the cooking times and set your cooking time accordingly, making sure you add an extra hour. For example, your dinner time is 4 p.m., and your meat takes four hours to cook, but you have five sides to prep and cook. You need to start cooking no later than 7 a.m., because it may take at least nine hours to cook and get dressed.

### A To-Do List for the Night Before

- Season meats and make the desserts.
- Chop all veggies and put them in containers or zip-lock bags.
- Set up tables and chairs and decorate the table.

### Dinner Time and Cleanup

- The sweet spot to serve dinner is between 3:30–5 p.m. Cleanup helpers and lingerers can stay a few hours longer — maybe until 7 p.m. or so.

### Turkey Day Game Plan

- Take your shower and plan your outfit before you cook.
- If you have a turkey or other large piece of meat, cook it first while you prep your sides. Use a timer and list the time on your master list to keep track of the various cooking times.
- Prep multistep dishes like mac and cheese and mashed potatoes.
- Lean into your sense of humor, accept help when it's offered and breathe! You'll get through this; you always do.

*Teresa Price is a writer, educator and Weavers Way working member.*

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FOOD MOXIE

We dig what we eat.

Cooking up Community and Healthy Eating at Hope Kitchen

by Kim Fleisher, Executive Director, Food Moxie


SINCE 2009, FOOD MOXIE (A.K.A WEAVERS WAY COMMUNITY PROGRAMS) has been providing gardening, farming and culinary arts education at Stenton Family Manor in East Germantown, which is one of the largest emergency housing facilities in Philadelphia. Our garden there was the first educational garden in the country for families experiencing homelessness. It also improves the nutritional value of meals for residents by providing fresh produce for the kitchen.

Hope Garden is a half-acre farmette, outdoor kitchen and greenhouse located behind the shelter. Our staff offers year-round programming to residents, including a garden club for children ages 5–17, Little Sprouts for two- to five-year-olds and Hope Kitchen for adult parents and caregivers.

Hope Kitchen is a gardening and culinary program focused on eating fresh and seasonal foods, nutrition and developing foundational cooking skills while preparing and enjoying healthy meals together. Hope Kitchen graduates also receive Fresh Start kits once they transition to permanent housing. The kits come with everything needed to continue cooking at home, including pots, pans, knives, measuring cups, a cutting board, a reusable shopping bag and an appliance of the graduate’s choice.

Recently, we checked in with the staff of Stenton Family Manor to see how they felt about the partnership with Food Moxie. Tambra Hall, youth services coordinator, said she appreciates and values the partnership.

“We can sit and talk about things, and we make better plans for our families to give them the best experience while they are experiencing homelessness,” she said. “Its better quality, fresh food as opposed to eating stuff that is high in sodium and high in sugar, because, as we know, many urban people suffer from



All photos are Courtesy of Food Moxie

Claire Lasky, Antoine Fowler and Elaine Holton inside the greenhouse at Hope Garden.

diabetes and high blood pressure. The programming gives them the knowledge to either fix what is wrong or just prevent it from happening altogether. It is really one of the better partnerships that we have.”

Ms. Williams, another Stenton staff member, said she values the food education the families get through Food Moxie.

“I think that it prepares them for when their homeless experience ends and they go into their own homes,” she said. “They have knowledge about food and how to prepare it that can help

(Continued on Next Page)

Awbury

Arboretum

HOLIDAY

FARM PARTY

AND GREENS SALE

SUNDAY

DECEMBER 4TH

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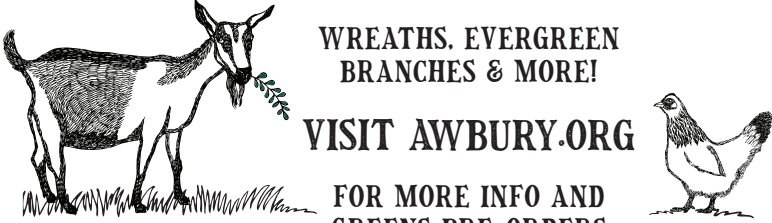
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FOOD MOXIE



Artrese Irving, Terence Franklin and Antoine Fowler at Hope Garden.



Artrese Irving-Fowler digs in a raised bed at Hope Garden



From left, Ms. Malika, Ms. Tamera Hall, Artrese Irving, Antoine Fowler and Terence Franklin prepare vegetables in the outdoor kitchen at Hope Garden.

(Continued from previous page)

them nourish their children, versus not having the education and just giving them corner store food and junk food. They have the value of learning about gardening, growing their own food and preparing it. And I just think that is a beautiful thing.”

Mr. Nelson, a Stenton case worker, said the program steers residents toward healthy food options, even though those may not be the ones they want to pick initially.

“Sometimes when we go to the restaurant, we want the not-so-healthy choice,” he said. “Based on the exposure y’all gave them in this program, it will help them have a salad when they go to the restaurant and not just

the unhealthy stuff. A lot of the food you prepare out there [at Hope Kitchen] is stuff they never even thought to do a year ago. I like the response of the consumers; I haven’t seen them frowning. Everyone is enjoying the new creations they make. I’m really pleased with that.”

In the spring, Hope Kitchen participants started working on a cookbook that features their own recipes.

“The impact that Hope Kitchen has made on these families has truly been tremendous,” Hall said. “Participants are excited to come outside and try different things. They’re being more creative with the things that Food Moxie staff present to them; they’re putting their own

spin on it. We don’t have to, you know, hogtie them to get them outside. Now they beat us out there and they’re really involved! They want to cook and they’re super excited about their end gift — the [Fresh Start] kit.”

On Nov. 29, National Giving Tuesday, Food Moxie will launch a crowdfunding campaign to cover the cost of a season of programming at Hope Kitchen, including Fresh Start kits for graduates. We hope you’ll chip in any amount large or small to help us meet our goal. The Louis Bonduelle Foundation has generously agreed to match every dollar up to \$3,000! Any extra proceeds will support more programming. You can learn more about the campaign at [Ulule.com/hope-kitchen/](http://Ulule.com/hope-kitchen/).

TOGETHER  
— WE —  
GROW

MEMBER LOAN CAMPAIGN

Help Raise \$1 Million  
by Investing in Your Co-op

Weavers Way is working hard to open a new location in Germantown at 328 W. Cheltenham Ave, a former Acme Market. This store will serve a rapidly growing membership and provide healthy and local foods to the neighborhood. The plan is to open in the summer of 2023.

Through Member Loans, Co-op members can invest in the Co-op and support this exciting endeavor!

With a minimum of \$1,000 (no maximum):

- 2.5% interest for 4 years
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Simple, not compound, interest to be paid at the end of the loan period.

[www.weaversway.coop/member-loans](http://www.weaversway.coop/member-loans)

As part of the Co-op’s efforts to reduce our use of single-use plastic, customers can purchase certain items in reusable containers.

There are a variety of containers available, with different deposits required.

Total Containers by Department  
(as of this month)

Store	Prep	Deli	Bulk	Produce	Grand Total
Ambler	2,120	109	449	872	3,550
Chestnut Hill	1,992	185	275	0	2,452
Mt. Airy	1,545	214	1,297	0	3,056
Totals Sold	5,657	508	2,021	872	9,058
Deposits Refunded					6,123
Return Rate					68%

How the Container Refund Program Works

1. Look for labels with a CRP logo on our shelves.
2. Buy the item – the cost of the container is tied to the product.
3. Once it’s empty, wash the returnable item and take it to the Co-op; you’ll get the cost of the container refunded.
4. Spread the word to family and friends, so they can help save the Earth, too!

Deposit Cost Per Container

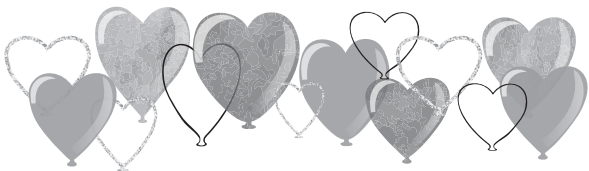
Products Packed	
\$2	Soups Cut Fresh Fruit (Watermelon & Pineapple) Bulk
\$2	Bulk, Grab and Go Soups Prepared Foods Shredded Cheddar, Olives
\$3	Green Beans Brussel Sprouts
\$4	Baby Spinach Micro-Greens

Note: DO NOT WRITE ON OR STICKER CRP containers.

A program run by Echo Systems with support from the Weavers Way Plastic Reduction Task Force.



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



And Now...A Weavers Way Love Story  
(circa 1980)

I was looking for a new apartment in the Mt. Airy area and knew I could trust the ads on the beloved Weavers Way bulletin board — a literal bulletin board at the back of the store near the cashier’s line that was covered in push pins and papers.

A colorful cutout of a home with the artistic touches of an elementary school-aged child and “Germantown, Third Floor to Rent” lettering caught my eye. I also happened to overhear an adult customer say to his friend, “Yeah, we’ve decided to rent out the third floor.” After sizing up the lively sign and the likely landlord, I decided to make the inquiry on my rotary phone once I got home.

I was offered a time to tour the entire third floor, which consisted of three large, sunny rooms and a full bath with a clawfoot bathtub, with the proprietor and his six-year-old. I immediately fell for this beautiful space and the \$175-a-month rent. “I’ll take it!” I said and moved in within weeks.

Within one month, we began sharing dinners together in the communal kitchen; when you know, you know. I fell in love with the landlord and his daughter, became a tenant in the entirety, and married him one year later. Every March 28, I count my blessings for the Co-op’s bulletin board, which sparked our lifetime journey together.

—JoAnn Mulready-Shick and Stephen M. Shick, together 42 years+,  
thanks to Weavers Way

SHUTTLE LETTERS POLICY

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

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You can also make the switch in our Member Center. After logging in, go to “My Message Board”, click on “Update The Shuttle Delivery Preferences”, and click on your selection on the next screen. Thanks for doing your part!



Working Toward Equity on the Co-op Board

(Continued from Page 1)

versity, but we recognize that this is not enough; we need to leverage it in order to focus our work through a dedicated lens of equity.

Earlier this year, the board dedicated one of its two annual retreat days to addressing issues relating to equity and our responsibility as a governing body. It was facilitated by a DEI expert from Columinate, a consulting cooperative that the Co-op works with regularly.

As a result of that retreat, we drafted a statement that we feel embodies the commitment and priority that our board dedicates to equity in its work. The statement started out as a document with existing roots in our ad hoc committee and

was later crafted by the board. At our September meeting, we adopted it as one of our guiding statements by a unanimous vote.

The statement below is available to the general public in the board section of the Weavers Way website, to the membership in our online portal and within the board’s Policy Manual.

YOU too can be a part of this work! Board elections take place every spring, and we’d love you to consider running and joining. Until then, may we all continue to deepen and strengthen our own individual commitment to equity.

In order to realize the mission and vision of the Weavers Way Cooperative Association, we, the Board of Directors, recognize the imperative to address equity throughout our organization, from membership and governance to management, staff and community relations.

We define equity as fair and just treatment, access and opportunity for participation and advancement for all people. Our understanding of equity acknowledges that there are systemic advantages and barriers built into society and, therefore, built into our Co-op. Our vision of equity includes welcoming people from diverse backgrounds, areas of expertise and experiences into the greater Co-op community as members, neighbors, shoppers, employees, vendors and community partners. Our vision includes making sure that everyone’s voice is heard, valued, supported and nurtured. We believe equity fosters an environment where diversity and inclusion can thrive.

We seek to instill equity throughout our organization and in the communities where we live and do business. This commitment helps to distinguish Weavers Way from traditional grocery stores and furthers our mission to operate a sustainable, cooperative, triple-bottom-line business. As representatives of the membership, the Board works with the General Manager to define, monitor, and evaluate the Co-op’s equity strategy, and we continually review the Co-op’s Bylaws, Policies and Ends – its governance tools – to uncover inherent biases and to move us toward a visionary institution that can participate in and contribute to creating a more equitable society.

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# Jon's column will back next month, Happy Thanksgiving!



## Turkey Roasting Tips

- Remove the giblets from turkey cavities after thawing. Cook separately.
- Set oven temperature no lower than 325°F.
- Place turkey or turkey breast on lower rack in a shallow roasting pan.
- For even cooking, bake stuffing in a separate casserole dish, versus in the bird. Use a food thermometer to check the internal temperature of the stuffing. The center should each 165°F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time. Separate wet and dry ingredients, and chill wet ingredients (butter/ margarine, cooked celery and onions, broth, etc.) until ready to prepare. Mix wet and dry ingredients together just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches 165°F.
- Whole turkeys should be cooked to 165°F. To check for doneness, insert a food thermometer in the thickest part of the inner thigh without touching the bone.
- Turkey breasts should be cooked to 165°F. Insert a food thermometer in the thickest part of the breast to check for doneness.
- Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.

## Turkey Roasting Timetable

Oven times are approximate and will vary. Always use a meat thermometer to ensure the correct internal temperature of 165°F has been reached.

325°F oven temperature

### Unstuffed

- 4–8 lbs 1.5–2.75 hours
- 8–12 lbs 2.75–3 hours
- 12–14 lbs 3–3.75 hours
- 14 –18 lbs 3.75–4.25 hours
- 18–20 lbs 4.25–4.5 hours
- 20–24 lbs 4.25–5 hours

### Stuffed

- 6–8 lbs 2.5–3 hours
- 8–12 lbs 3–3.5 hours
- 12–14 lbs 3.5–4 hours
- 14–18 lbs 4–4.25 hours
- 18– 20 lbs 4.25–4.75 hours
- 20–24 lbs 4.75–5.25 hours

## Turkey Thawing Instructions

### TO THAW TURKEY IN THE REFRIGERATOR:

Keep the turkey wrapped and place it in a pan. Let it stand in the refrigerator roughly 24 hours for each 5 pounds. Large turkeys should stand in refrigerator a maximum of 5 days. The giblets and neck, which are customarily packed in the neck and body cavities of frozen turkeys, may be removed from the bird near the end of the thawing period. If desired, the giblets and neck may be refrigerated and reserved for use in giblet gravy.

### TO THAW TURKEY IN COLD WATER:

Make certain that the turkey is in a leak-proof package or a zipper-seal plastic bag. This prevents bacteria in the surrounding environment from being introduced into the food, and prevents the poultry tissues from absorbing water. Change the cold water every 30 minutes. Approximately 30 minutes per pound of turkey are required for thawing. After thawing in cold water, the turkey should be cooked immediately.

## Heating Your Prepared Holiday Foods

Preheat oven to 350 degrees F.

**Mashed Potatoes:** Place in a casserole dish, cover with foil; heat in oven for 20 to 30 minutes.

**Maple Glazed Yams:** Place in casserole dish, cover with foil; heat in oven for 15 minutes. Remove foil; bake an additional 5 minutes or until top begins to crisp.

**Stuffing:** Place stuffing in a casserole dish in oven uncovered for 15-20 minutes. Add broth if stuffing seems dry.

**Mushroom Walnut Loaf:** Place walnut loaf on a cookie sheet; cover with foil. Heat in oven for 15 minutes. Remove foil and bake an additional 5 minutes.

**Roasted Root Vegetables:** Spread vegetables onto a cookie sheet in oven for 10 minutes.

**Green Beans:** Place in a sauce pan with 2 tablespoons of water. Cover and heat on stovetop on low.

**Gravy:** Place gravy in sauce pan. Heat on stovetop until bubbling. Simmer until ready to serve.

### Reheating Plated Meals in Microwave

Remove cranberries and bun from the plate and set aside. Pour gravy over selected items and heat in microwave for 1 ½ minutes on high.

Additional time may be necessary depending on the power of your microwave. Add in heating time in small intervals if desired.



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Paper Bags Are Problematic; Reusables Are the Way to Go

(Continued from Page 1)

According to eHow, paper bags have been an American staple since they were invented in the late 1800s. While they have long been touted as an environmentally friendly alternative to plastic, they take a lot of water and energy to produce and don't break down easily in landfills.

In "Taking Aim at All Those Plastic Bags," published on April 1, 2007, the New York Times reported that paper bags generate more air and water pollution and require more energy to produce than plastic ones. The bags also take longer to degrade than many people believe and take up more space in landfills.

One paper bag takes one gallon of water to make, in addition to the fossil fuels that run the machines that make the bags. They are made of pulp from trees that have been dried for at least three years. The pulp is cooked under intense pressure and heat, and is then washed, bleached, colored and turned into kraft paper, which comes from the German word for "strong." This paper is then formed, cut and glued into the shape of a bag.

It's more costly to transport paper bags, which are heavier than plastic ones. The extra weight adds up significantly when you consider that millions of bags are being shipped over long distances, usually by diesel-fueled trucks.

Unlike the polyethylene version, paper bags will eventually break down. But if you're concerned about saving the environment, reusable cloth shopping bags are the environmentally optimal choice.

Do you sometimes forget your reusable bags? Check out the tips members of Weavers Way's Environment Committee use to make sure they always have their reusable bags with them when they shop:

Joan Martini: I keep bags in the closet near my door. I generally have at least one spare in my trunk for unplanned stops at the Co-op or other stores. I also own several light-

weight, washable bags that are easy to stash in a handbag or pocket.

Kathleen Geist: I have a zip-top insulated bag I got at another grocery store, and I keep that packed with my tote bags and mesh bags for produce. I add any bulk containers I need for that shopping trip, along with any returnable containers. I hang it from my door while I check my grocery list, and grab it as I go out the door. I also keep one tote bag in the car that I use when I go to the pet store, CVS or any other store for small items.

Bonnie Hay: I attach one or two Chico bags to my purse with small carabiners; that way I'm never without a bag for shopping if the opportunity presents itself. Since they're on the outside of my purse, the bags make a good reminder. I keep larger, more substantial bags in my car. In one of those, I keep reusable containers with tare amounts for easy bulk foods use and smaller cloth reusable produce bags that I can use when I shop.

As soon as I empty my reusable bags, I put them on the doorknob of my front door. The next time I go to my car, I take the bags with me and put them in the back seat or trunk.

If you happen to forget your reusable shopping bags, both the Mt. Airy and the Ambler stores have extra free ones available for shoppers. In Mt. Airy, they're located outside the Greene Street entrance, and the Ambler store keeps a "bag library" filled with reusable bags along the front windows by the checkout area. In addition, the Mt. Airy store often keeps used paper bags at the front cash register from the baked goods that were delivered earlier in the day. And of course, there are usually several boxes of different sizes available near the cash registers at all the stores.

Valerie Glauser is a Weavers Way working member and a member of the Co-op's Environment Committee.



photo by Valerie Glauser

Forgot your bag? Borrow one from the collection outside the side entrance to the Mt. Airy store.



Environment Committee member Bonnie Hay's reusable bag setup, ready for the next shopping trip.

photo by Bonnie Hay



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# A New Product Pick, Busy Parents Love Bulk and New CRP Items

## Plastic Reduction Product of the Month

Type: Dental floss / dental picks

Brand(s): Multiple

Stores that stock it: Ambler, Next Door, Across the Way

**The Challenge:** Dental floss is typically made of nylon, a petroleum-based product that doesn't degrade. The nylon is coated with wax made of perfluorochemicals (PFCs) which are suspected to cause various health problems — a serious concern when you're using these products in your mouth. Also, the floss is often packaged in small plastic dispensers that cannot be easily recycled.

**A Greener Alternative:** The Co-op carries floss brands that come in non-plastic packaging and are made of silk or cornstarch, which are sustainable. Instead of toxic coatings, they use natural waxes to help them glide around teeth. Some varieties are sold with refillable glass containers for sustainable storage. Have you tried one of these brands? Let us know!



— Sue Landers

### Why Shopping the Bulk Section Is Magic for Busy Parents

Amid toddler tantrums, dirty baby bottles and a perpetually full kitchen sink, it can seem like an impossible task to constantly find quick, easy and healthy meals that also produce minimal waste. But there's hope!

As the mom of an always hungry two-year-old and a newly ravenous eight-month-old, I'm right there with you. Yes, I'm tired. Yes, grabbing disposable fruit pouches is incredibly convenient. But there is a better option! Bulk shopping and cooking, in which you minimize waste and know the ingredients in your food, can be easy and fun. With a bit of coordination on the weekend, the bulk section can provide you and your little one(s) with tons of options and easy-to-make meal ideas that can last for days.

So, as your toddler is threatening to use a Sharpie on the couch, and your baby is eating dog hair off the floor, you can put some leftovers in a pot and be your house hero. In a future issue of the Shuttle, I'll share some of my favorite meals to cook from the bulk section. In the meantime, here are a few reasons why you — as a busy parent — should shop in the bulk section at the Co-op:

1. Peace and quiet... really! Have you been upstairs in the Mt. Airy store? It's an oasis. It's not usually that crowded, and it's a wonderful escape from the hustle and bustle of the first floor. If you can sneak away from the kids, do yourself a favor and luxuriate in the solace of the bulk section.
2. Mix-and-match pasta. This will delight your kids.



You can buy loose pasta in the bulk section — get a third of a pound each of rotini, penne and shells — and create the most exciting batch of pasta your kids have ever seen.

3. Constant kid entertainment. Have you ever let your kids press the peanut butter grind button? It's loud and it's fun.
4. Discounts! Do your bulk shopping during a Weigh It Weekend. These happen the first weekend (Friday – Sunday) of every month, and you get 10% off all your bulk shopping if you bring your own container. Grab a pack of cloth drawstring bags (the Co-op sells them) and go to town. Bonus: Have your kid pick out a container to bring and let them choose what to fill it with!

If you got to read this without your kids grabbing the newspaper out of your hands, congratulations! I applaud you and hope to see you in the bulk section soon.

— Arielle Tannenbaum

### Philly Talks Trash: Participation Is Power

In October, the Philly Talks Trash speaker series started its second season, entitled "Participation is Power." Last year's series, cohosted by PRTF and Philadelphia Neighborhood Networks Environment Action Committee, offered monthly programs from January through July on topics ranging from food waste to plastics to illegal construction dumping.

The second season kicked off on Oct. 20 with "Your Vote Matters: 2022 Midterm Elections and the Environment." The session was led by Charles Ellison, award-winning commentator, political strategist and host on WURD. Speakers and panelists included State Representatives Chris Rabb, Malcom Kenyatta and Rick Krajewski, along with Katie Blume, political director of the League of Conservation Voters, and Tim Brown, PNN organizing director.

Now as we move beyond the election of governor, members of Congress and the Pennsylvania legislature, the series will shift its focus to other ways in which Philadelphians can act throughout the year and in advance of the 2023 races for mayor and City Council. Expect to hear from experts about such issues as city recycling, plastic bag policies, illegal construction dumping and more — and what you can do about these issues.



We hope to see you online. Consult the Weavers Way eNews and social media for details.

— Karen Melton

### Container Refund Program Update

Last month, we evaluated our Container Refund Program numbers. We look at this data weekly to see how many items are being purchased in reusable containers, and each month we evaluate how many are being returned and which store is selling the most CRP items. Across all three Weavers Way locations, we have sold 8,015 products in reusable containers and have given 5,645 deposit refunds. That's a 70% return rate — massive improvement from the 40% return rate we started with!

Each week, when ECHO Systems (the Co-op's partner that coordinates the CRP program) collects the containers from all three stores for sanitation, we are pleased to see how many shoppers are utilizing the program. By returning the containers, you help keep the units in circulation and prevent the Co-op from needing to purchase more containers. Keep it up!

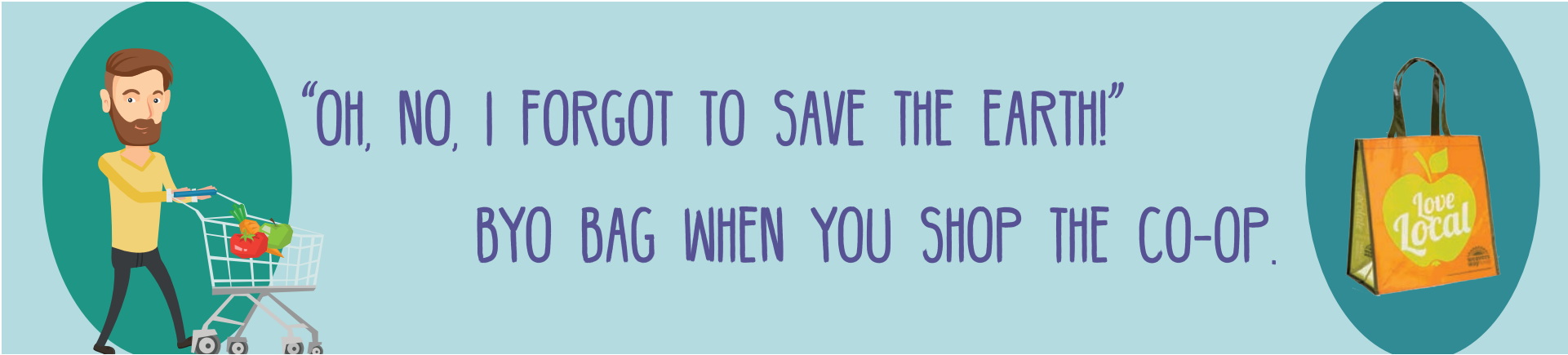
Also, please make sure there are no stickers, Weavers Way labels or markers used on the containers. We recently had to purchase several dozen lids because they had writing or peanut butter labels on them. These do not come off in the wash process, and this often means the units have to be recycled rather than reused.

Thank you to all the CRP users who return the containers fully washed and dried. According to local code, the Co-op cannot accept soiled containers because they attract vermin. We really appreciate all of you who properly utilize the program.

Lastly, we are happy to announce that we are expanding CRP to include more bulk items. You can now find reusable containers of dried cranberries, dried cherries, organic pitted prunes, Medjool dates, and almond butter in Co-op stores. We will also be testing grilled chicken Caesar salad in a \$3 deposit container with a \$1 small glass dressing jar. The kit can be returned for a \$4 return. If the jar is not returned, only \$3 will be granted for the deposit return, so be sure to return them together as a kit.

If anyone has any questions regarding this program, please email [ashargorodsky@weaversway.coop](mailto:ashargorodsky@weaversway.coop). Please include "CRP inquiry" in the subject line.

—Alisa Shargorodsky, ECHO Systems





# Reflecting on a Quarter-Century of Writing About Greener Living

by Betsy Teutsch, for the Shuttle

HAVING JUST TURNED 70, THIS HAS BEEN A SEASON of reflection for me. I’ve been a Weavers Way member for over half my life and have penned columns for the Shuttle for close to 25 years. Where are we at with my beat —namely, greening our lives? I thought it would be fun to catalog wins and losses.

I’ve focused on individual, household and communal-level initiatives to shrink our carbon footprints, a concept that was barely coined at the turn of the millennium. The inconvenient truth (thanks, Al Gore) is that the climate crisis is accelerating. The good news is that solutions have also proliferated. The race will not be won without massive changes in government policies and global cooperation. However, our efforts have combined to make a difference.

How has it gone? My personal goal to grow vegetables has never materialized. We moved to a sunnier house in 2010 but tended the smallish trees on the property and planted more. The trees thrived and completely dashed my gardening — there is nary a sunny spot to be found on the property.

On the other hand, it’s now easy to buy local produce. Local farming was barely a thing 25 years ago, but since then there has been a wonderful expansion in local urban agriculture. Weavers Way runs two farms, CSAs dot the neighborhood and expanded community gardens and farmers markets have taken off. This is a big win for the Earth and for eaters.

Incandescent light bulbs were the norm when I started writing about environmental issues. We lived through the age of CFLs (ugh!), and now it’s all LEDs all the time. Let’s work on dimming the lights — LEDs use way less electricity, but now we contribute to light pollution.

Remember FreeCycle? It launched in 2003, and NWPhillyFreeCycle came on the scene (thanks, Meenal Raval!) that year. It’s been joined by numerous online sharing and secondhand selling groups like Buy Nothing, Facebook Marketplace and Craigslist. We still over-consume and throw out obscene amounts of stuff. But the secondhand market is robust, which extends the life



Betsy, circa 1990s, when she first started cranking out her sustainability column for the Shuttle.

of material items and encourages people to share rather than buy.

Biking is another personal failure; I never took to riding in hilly Mt. Airy and parking my bike as needed. However, I managed to localize big parts of my life and love waving my free SEPTA pass, which I was awarded upon turning 65. Sometimes, I combine hopping on the H bus with running an errand or take the Chestnut Hill West for two or three stops.

GPS has upgraded the bus travel experience, because it provides fairly accurate information about when the next bus will arrive, which is crucial to planning. Oc-

asionally I manage to go a few weeks without driving my car, which causes a new problem: a dead battery!

Composting, a virtuous activity, eludes many of us; I confess to household failure there. Bring on outsourcing: Bennett Compost now performs this service. We share a bucket with my neighbors, all small households who also bombed in our individual composting attempts.

Appliance efficiency gets better each year. When we replaced an old refrigerator, our electric bill dropped by a shockingly noticeable amount. Super-efficient induction cooktops and heat pumps for water heating, HVAC and drying clothes will soon take over the market, thanks to all the subsidies in the Inflation Reduction Act. Without loss of function, increased efficiency allows us to do more with less. That’s a big win for all, since efficient appliances don’t just consume less; they also cost less to run.

Electric cars were cartoon material at the turn of the millennium; now more curbside vehicle chargers are showing up in many places. In future elections, the price of gas will be less of an issue!

Recycling remains a thorn in our collective side. Kudos to the Weavers Way Plastic Reduction Task Force for educating us and facilitating solutions to decrease the amount we consume up front, instead of relying on expensive post-consumer systems that really don’t work as intended. Because we now order so much online, we are increasing the volume of waste without coming up with good systems for reusing it. Shame on us.

My biggest eco-commitment was investing in a solar array on our house, though it hasn’t gone as smoothly as expected: The installers went out of business and our inverter has failed twice. But every day when I check the app and see the clean, green energy we generate, it cheers me.

Writing this column continues to be a great joy. Preaching about environmentally-responsible behavior is largely a waste of ink, but reading about what neighbors are doing can have a big impact. If you have a story to share, let me know! [bpteutsch@comcast.net](mailto:bpteutsch@comcast.net).

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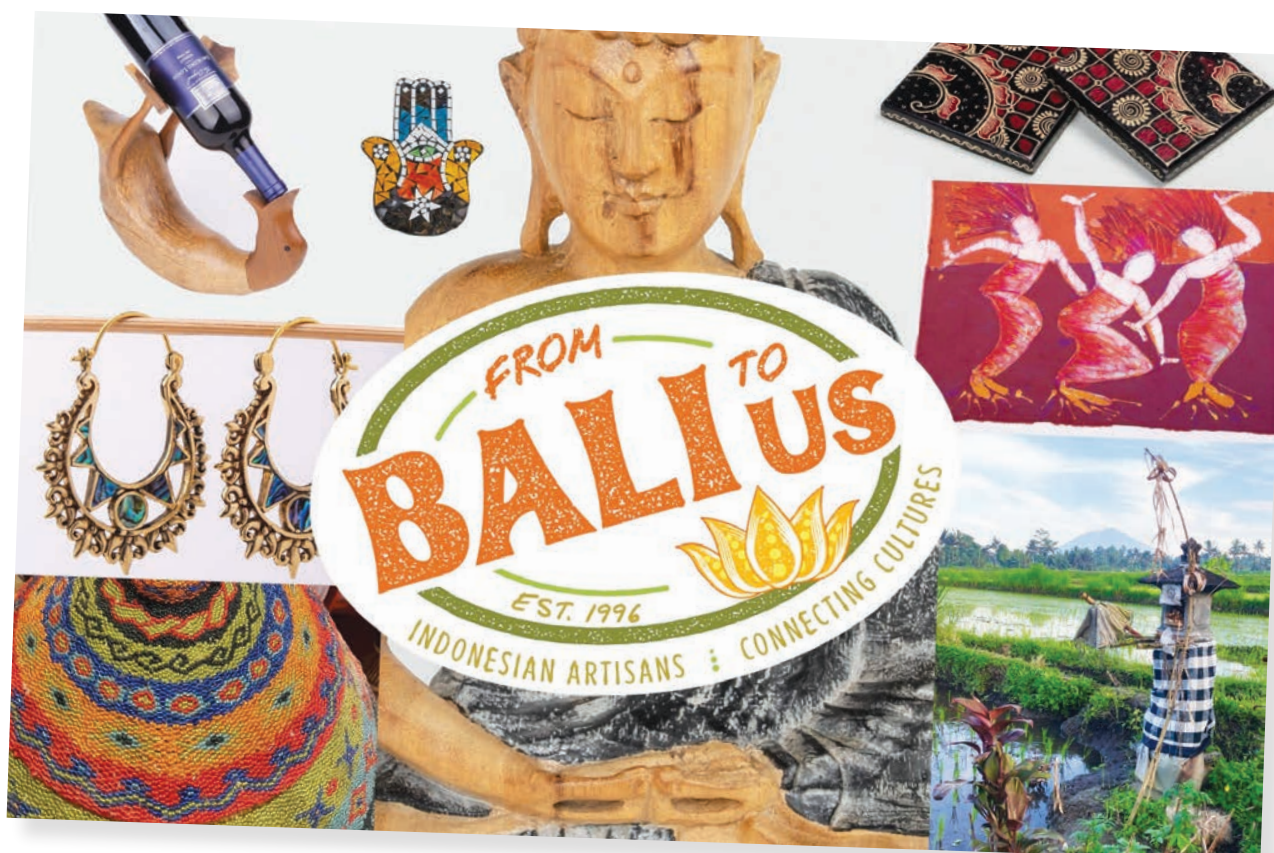
# "From Bali to Us" Returns to Offer A Touch of Indonesia for the Holidays

“FROM BALI TO US”, THE HOLIDAY INDONESIAN bazaar and art show curated by batik artist, educator and Weavers Way member Laura Cohn, has returned to Chestnut Hill in a new location through Dec. 24.

The bazaar is now in its 26th year overall and has made its home in the Hill for half that time. Cohn was able to return to Indonesia this spring for the first time since the pandemic to visit local artisan friends and bring their works back with her.

In addition to unique handcrafts, From Bali to Us also features a full slate of events during its run, most of which are free. Here's the schedule:

- **Saturday, Nov. 12, 7-9 p.m.:** Celebration dances from Indonesia
- **Saturday, Nov. 19, 2-5 p.m.:** DaVas Batik Fashion trunk show
- **Wed., Nov. 30, 7 p.m.:** Dangdut Indonesian fusion singing performance with Kristin Spangenberg (part of Stag & Doe Night festivities)
- **Saturday, Dec. 3, 7 p.m.:** Two short documentaries by local filmmaker Deddy Raksawardana.
- **Sunday, Dec. 4, 4-5 p.m.:** Gamelan music from Bali, featuring Balinese drumming performed by Gamelan Gita Santi members from South Philly's Indonesian community.
- **Sunday, Dec. 11, 5:30 p.m.:** Passport to Indonesia slide show with Laura Cohn.



"From Bali to Us" is open Sundays through Tuesdays from noon-5 p.m. and Wednesdays through Saturdays from 11 a.m.-6 p.m. Beginning Saturday, Nov. 26, the bazaar is open Thursdays through Saturdays from 10 a.m.-7 p.m. and Sundays through Tuesdays from 11 a.m.-5 p.m. Wednesday hours post-Thanksgiving are 11 a.m.-8 p.m. to accommodate Stag & Doe Nights shoppers. The shop is located at 8335 Germantown Ave. More information is available at [www.frombalitous.com](http://www.frombalitous.com)



photos courtesy of Montco SAAC

Seniors at the Montco Senior Adult Activities Center in Ambler got into the spirit of fall and Halloween on Oct. 24 by painting mini pumpkins donated by Weavers Way. They were each given their own foam plate palette and went to work creating their own gourd-geous masterpieces.



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# The Long-Overdue Celebration of Native American People



**I**N 1990, PRESIDENT GEORGE H. W. Bush designated November “National American Indian Heritage Month,” a.k.a. Native American Heritage Month. This delineation acknowledged the ignored history and culture of America’s “First People.”

The Hopi Tribe, based in Arizona, is the oldest Native American ethnic group, while the Navajo Nation, with reservations in Arizona, New Mexico and Utah, is the largest. Pine Ridge, Fort Apache and Gila River are the next three most populous tribes.

The Bureau of Indian Affairs, established in 1824, recognizes 547 Native American Tribes. Even now, 16 states,



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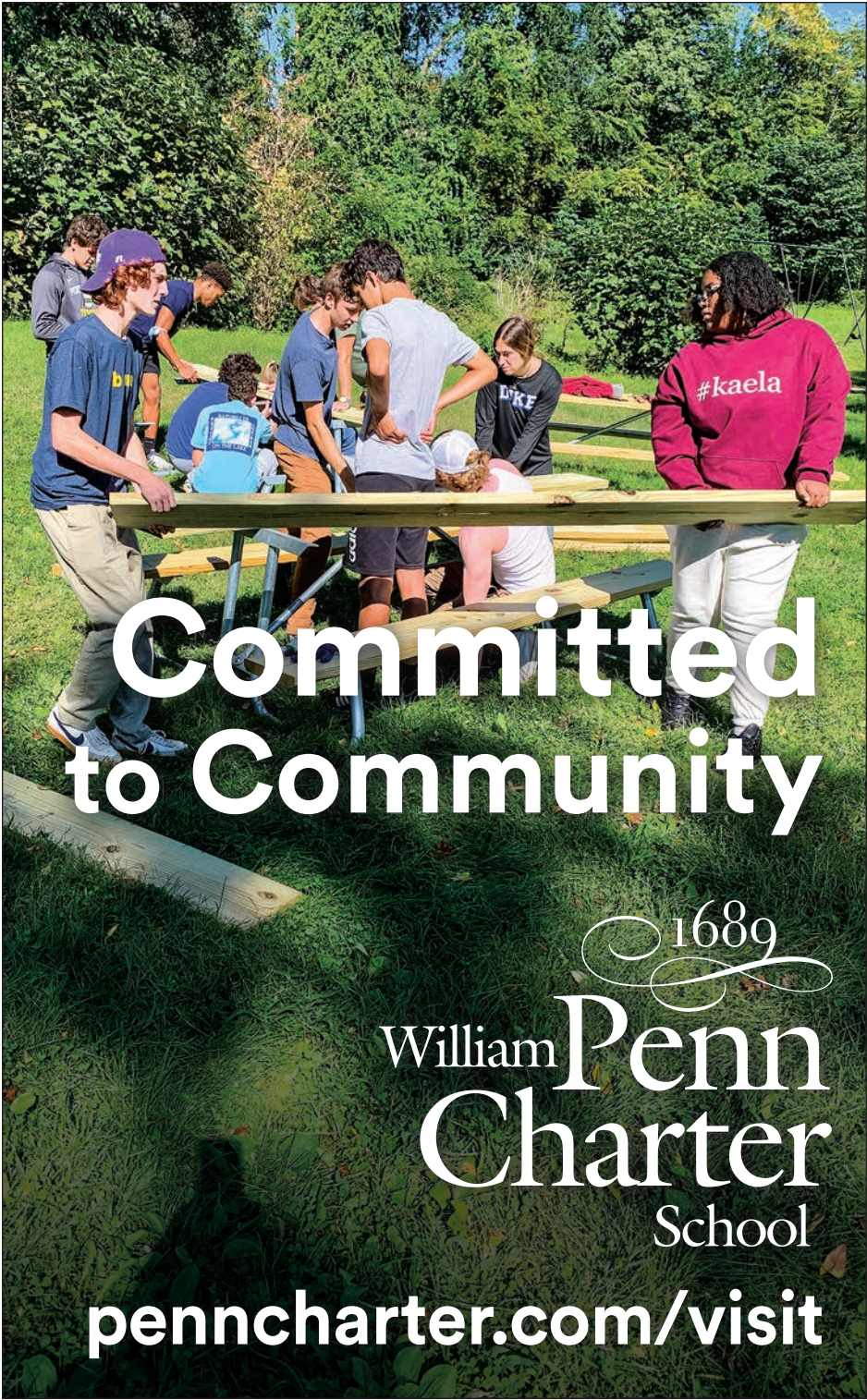
including Pennsylvania, do not sanction any Native American tribes. In 2021, for the first time since its inception in 1849, the U.S. Department of the Interior confirmed its first Native American Secretary, Deb Haaland.

## Awbury Arboretum's Harvest Fest



*photos by Bettina de Caumette*

Staff and cooperators from Food Moxie and the Co-op were on hand to staff information tables at Awbury Arboretum's Harvest Fest on Oct. 30. Food Moxie staffers (top) offered mini desserts to guests, while below, cooperator Jeff Block and Germantown Outreach Coordinator Camille Poinvil answered questions about the Co-op and the new store. Reusable Co-op water bottles were also available to purchase.



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## A Fond Farewell (For Now) to Field Manager Chelsea

**by Nina Berryman, Weavers Way Farm Manager**

**I** LOVE TO MAKE CHELSEA MACKIE, OUR OUTGOING Henry Got Crops field manager, laugh. I'm not nearly as good at it as our coworker Maddy Ballard is. But when Chelsea laughs, whatever difficult or heavy farm task you are doing immediately becomes easier.

Chelsea is great at keeping things in perspective and knowing how to triage the never-ending list of farm tasks. She's also fiercely dedicated to the local food movement. I first met her in 2014 when she was a CSA shareholder and volunteered weekly with us. I remember talking to her about her latest homemade cleaning product (laundry detergent, maybe?), and being impressed with how committed she was to shrinking her environmental footprint. Chelsea and her fiancé (now husband) Iain tended to the dill and cilantro that year, and those beds have never looked as weed free since!

Now Chelsea is wrapping up her stint with us to return to her previous work as an engineer. That's right — in addition to slinging bags of cucumbers and squash and managing all the chaos of the Henry Got Crops production field, she leads a double life as an incredibly talented, totally bada\*\* mechanical engineer.

While we are all sad to see Chelsea leave, she has made it clear that she'll be back — the most overqualified and passionate volunteer ever! Thank goodness, because if it weren't for her, the grass would never get mowed and poison ivy would overtake the hoop house!

Chelsea, thank you for all your blood, sweat and tears. It has been an absolute pleasure working alongside you all these years. And I can't wait to work with you again next year, even if only on Friday afternoons!



photo by Megan Nguyen



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# From Fan to Part-Time Employee: On the Inside at Erivan Dairy

by Anne Swoyer, for the Shuttle

IN LATE MAY, I HAD ONE OF THOSE DAYS THAT UN-fold like a shimmering path of possibility. I was knee deep in tasks related to the executorship of my recently deceased sister’s estate, and was exhausted from her nearly three-year journey from diagnosis to death. Everything was new and unknown: documents, forms, layers of tasks that needed to be done, for which I had no experience.

Even so, I felt her with me and drew from two of her more endearing traits: curiosity and a sense of adventure. The day started with a trip to my husband’s audiologist to pick up the dentures he’d left. After I checked that box, I had to find an auto tag business so I could transfer a car title, then go to a hardware store and the post office. I googled “auto tag” from the parking lot of the audiologist and followed the directions to the nearest one, in Oreland.

As I approached the business from across the street, I was dismayed to see that, despite arriving within the posted hours, the door was locked. As I was recalibrating my next move, a car pulled up and the driver emerged from his vehicle, asking if needed help. He explained that he owned the building and the tag business rented the space from him. His business was next door, and I was the latest person to be stymied by the closure.

I turned to see his establishment and saw the word “Erivan” in carved letters over the door. I exclaimed, “Oh...this is where Erivan is!” I had landed at the headquarters of Erivan Dairy, whose plain, Armenian acidophilus yogurt I had gotten to know from shopping at Weavers Way and had enjoyed for decades. Paul Fereshetian, the owner, seemed surprised that I knew about it and invited me in to see his operation, which had finished production for the day.

There are decades of history, hard work and heritage hidden behind Erivan’s walls. The company was birthed in Paul’s mother’s kitchen in 1970; at age 10, he used to hand-color the labels of yogurt they sold from their home. In fact, the entire yogurt-making process is done by hand in small batches on equipment created by Paul’s engineer father.

During our conversation, I told him about the death of my sister, which had brought me to this place. He asked if I was interested in part-time work. I hemmed and hawed, because I really was not looking for more responsibility, but I was intrigued. “I don’t know,” I said, finally.

When the time came for me to leave, Paul sent me away with me a container of his legendary tangy yogurt and a sample of Love-A-Neh labneh, drained yogurt with added sea salt that is a collaboration between Erivan and the Merion Park Cheese Co. and a newish addition to

their product line. I was amazed that I had spent nearly an hour with a total stranger who welcomed me as if I were a dignitary and as if he had all the time in the world to indulge me.

As I was leaving, I noticed that the tag place had opened. I then saw that a post office and a hardware store were located across the street, which I hadn’t noticed before. Everything I needed was right before me.

### Making the Jump to Gig Work

Paul and I texted a few times after my visit; in one of them, he mentioned he’d been trying to get Love-a-Neh onto the Co-op’s shelves for a while with no luck. Since I’m friends with Ann Marie Arment, Weavers Way Chestnut Hill’s deli and sandwich station manager, I offered to pitch the labneh to her. He was excited and offered to have us tour the plant during a weekday morning while production was happening.

The day we walked into Erivan for the tour, I saw others of my vintage who were focused on their work. I later learned that Janice had been working there since before Paul did! One gal scampered up a ladder with an armful of trays; she had the grace and strength of a ballerina. Grace, Paul’s sister, was also working, along with Yarith from Peru (the youngest of the bunch) whose young son works when available. Not present that day was Cerise, Paul’s daughter, the heir to the company throne.

My first task on July 14, the morning I started work, was to punch out the circles and pre-fold the sides of a stack of cardboard boxes in preparation for them to be packed with hand-filled containers of yogurt, which came down the chute in twos and fours. Grace and Yarith would inspect each lid for the slightest imperfection before placing it on the yogurt containers and setting them on the belt. The plastic security band would then be shrunk with heat and the date stamped on top.

Janice was a whiz at filling the boxes, giving them the final fold, taping them shut and stamping the date on the box before the prepared cups of yogurt could pile up after leaving the belt. When it was my turn, I couldn’t believe how challenging this was. Grace and Yarith were reliable backups for me when I didn’t notice the cascade



Erivan Dairy owner Paul Fereshetian demonstrates the use of the shrink banding and date coding machine at the company’s headquarters in Oreland.

of cups backing up and in danger of falling off the table and onto the floor. They would quietly leave their task and open another box to help relieve the logjam. I never felt judged for what felt like my utter clumsiness.

So much of the work is muscle memory, but I hadn’t yet developed any of the muscles I needed. I hadn’t done that much physical labor since my waitressing days, when I also needed to be fast and efficient in order to be successful.

When I came face to face with the reality of how much time and energy the executrix duties were taking, I realized I couldn’t be as reliable as I wanted to be and what the company deserved. I felt guilty leaving them short-handed, but Paul expressed how much everyone there appreciated me and the quality of work that I did. Instead of registering disappointment, he expressed understanding that the timing wasn’t right for me as well as his gratitude for the connection we made. I came away feeling supported, encouraged and even more appreciative of this family, their business and their humanity.

Erivan yogurt is available in all Weavers Way stores. The divine Love-A-Neh can be found in Chestnut Hill and Mt. Airy.

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# Sandy Run Projects Aim to Manage Stormwater and Improve Stream Health

by Erin Landis, Water Programs Manager, Wissahickon Trails

THE SANDY RUN IS THE LARGEST STREAM THAT FLOWS INTO THE Wissahickon Creek and is located in a highly developed residential area that goes through Abington, Springfield, Whitemarsh and Upper Dublin townships. The large volume of polluted stormwater the stream receives from the surrounding area disrupts and impairs its ecosystem. As a result, the run is now the focus of multiple stormwater projects that aim to restore the degraded stream to better health.

Wissahickon Trails has been collaborating with the Abington School District at Overlook Elementary School, which is located near the start of the Sandy Run creek, to better manage stormwater on their property by installing green stormwater infrastructure. GSI mimics the natural water cycle by using plants to absorb and filter water into the ground before it rushes to streams. Features like rain gardens slow down and capture stormwater running off hard surfaces. They also reduce the erosion of nearby waterways, flooding during storms and pollutants traveling to the stream.

So far, this partnership has installed three GSI projects at Overlook Elementary. The first project began in the fall of 2021, when volunteers from the community planted over 100 native plants and shrubs on the banks of Sandy Run. Trees, shrubs and other plants along the stream banks help hold soils in place to reduce erosion and filter pollution.

The next two projects were installed in August, when we completed a rain garden and a bioretention strip. These projects are essentially depressions or basins of varying sizes and shapes that are planted with deeply rooted, water-loving native plants. When it rains, they will capture stormwater (before it gets to the stream) and fill with water. The water-loving plants will absorb the water and increase infiltration into the ground. Within two days after a storm, the surface of the rain garden and bioretention strip will be dry again.

Once the water is in the ground, it will slowly continue its journey toward the stream underground. Slowing down and absorbing water reduces flooding of the nearby stream and recharges our groundwater. Over 3.4 million gallons of stormwater each year will be captured by these projects!

The Wissahickon Creek flows to the Schuylkill River and then to the Delaware River. Working at the start of a stream (the headwaters) is critical because actions at or near the headwaters impact everything downstream. The communities that frequently experience flooding receive a huge accumulation of stormwater from all the homes and towns upstream from them.

Projects like the ones completed at the run manage stormwater where it falls, which not only helps the local neighborhood, but downstream neighbors as well. Our actions have far-reaching consequences, and we can each help by managing stormwater on our own properties and in our own communities.



photo by Erin Landis

The first rain after the construction of the rain garden at Overlook Elementary.



photo by Margaret Rohde

Volunteers planted over 100 trees and shrubs next to the Sandy Run last fall to stabilize stream banks, filter stormwater runoff and shade the run.



photo by Erin Landis

Engagement Director Jenn Bilger explains the benefits of the bioretention strip to Wissahickon Trails committee members.



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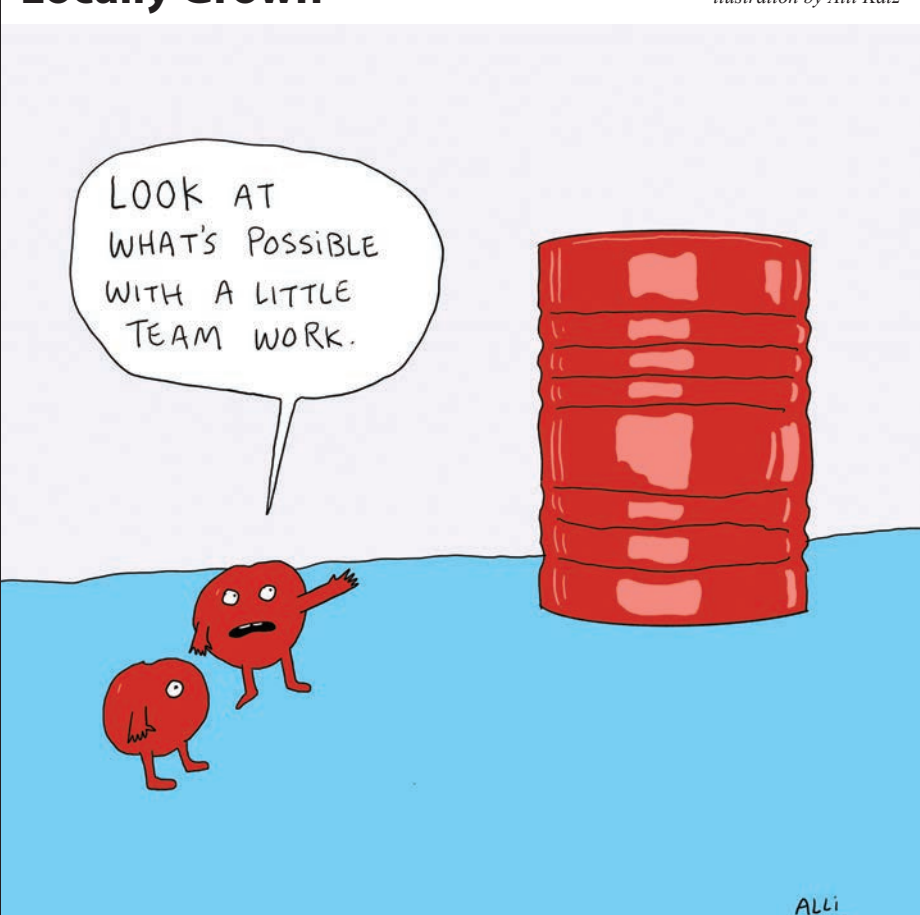
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### Locally Grown

Illustration by Alli Katz



ALLI KATZ



# Apply Now to Become an FOW Trail Ambassador or Crew Leader


by Shawn Green, Director of Field Stewardship, Friends of the Wissahickon

SINCE FRIENDS OF THE WISSAHICKON formed in 1924, we have been able to continue our conservation mission of Wissahickon Valley Park largely through the work of volunteers. Trail improvements, habitat restoration, fallen tree clearing, free guided hikes and the restoration and upkeep of historic park structures are all done with volunteers. It takes a community of stewards to maintain this beautiful slice of paradise that we Philadelphians love so much.

As you may be aware, FOW runs public volunteer service days on most days of the week. These feature a variety of projects throughout the 1,800-acre park, and always attract a small army of people from all walks of life who unite to keep this special place clean and accessible. Whenever you step over a newly built footbridge or make your way down a well-drained trail, you have volunteers to thank for that.

For those who want to get involved in volunteer stewardship of the Wissahickon on a deeper level, FOW trains and organizes several smaller corps of volunteers to engage the public, lead volunteers and much more. This month, we will begin recruiting for our 2023 training classes, which take place from February through March. Do you love the park and want to make a positive difference? Do you want to meet new, like-minded friends? One of these programs could be right for you. Here's a snapshot of what they do:

Trail Ambassadors are park docents who provide outreach and education to park visitors by taking hiking shifts, leading guided hikes, staffing information tables in the Wissahickon and the surrounding community, and assisting at FOW Volunteer Service Days. Trail Ambassadors are the eyes and ears of FOW, pro-



FRIENDS  
OF THE  
WISSAHICKON

viding information to park users and reporting service needs back to us. It's an important job, because it is through this corps that we are better able to serve the public and steward the park.

Crew Leaders are a special corps of stewards who are trained in leading volunteer groups in the Wissahickon, building and improving trails, restoring habitat and sharing their knowledge and expertise with others. They work directly with FOW staff to plan and lead volunteer service days throughout the park. With the constant natural and human stresses on the park, crew leaders play an integral role in keeping the Wissahickon beautiful and healthy for all who visit.

If you're friendly, outgoing, and eager to take on a dedicated stewardship role in the Wissahickon, please consider applying for one of these volunteer programs. Read more about each program and find a link to apply on the volunteering section of our website: [fow.org/volunteering](http://fow.org/volunteering).

**Key FOW 2023 Volunteer Training Dates:**

- November 2022 - Recruitment period opens
- December 31, 2022 - Application deadline
- February - March 2023 - Training classes take place



photo courtesy Friends of the Wissahickon

An FOW crew leader gives a tool training to new recruits.



photo courtesy Friends of the Wissahickon

An FOW trail ambassador leads a guided winter hike in the Wissahickon.

## Folkshul Author Event Will Feature Reading By One of Its Alums

FOLKSHUL, THE SECULAR HUMANISTIC JEWISH COMMUNITY, will host a reading, Q & A session and book signing with Folkshul alum Isaac Blum, author of the debut novel “The Life and Crimes of Hoodie Rosen”, on Sunday, Nov. 13 at 11 a.m. in Chestnut Hill.

Hoodie is an Orthodox Jewish teen whose community has just moved to a new, non-Jewish town. The residents aren't happy about the large influx of Jews to the area, which leads to a series of antisemitic crimes against the new arrivals. At the same time,

he falls for the mayor's daughter, whose father is spearheading the effort to tamp down the changes to the town's makeup. Hoodie is faced with a dilemma between his first love and the community that has made him who he is. The book was recently added to the New Yorker's list for its National Book Award for young adult fiction.

The event is free, and childcare will be available. Books will be available for purchase. To register, go to [www.folkshul.org](http://www.folkshul.org).



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# The Not-So Harmless Effects of Lawn Service Chemicals

by Sandra Folzer, Weavers Way Environment Committee

WHAT WOULD YOU DO TO PROTECT your children, your partner or your pet? You might not draw a sword or ride into the sunset for help, but you might protect them in other ways. You certainly wouldn't let them eat or breathe poison.

However, you may let a lawn service spray chemicals in and around your home. Representatives of these companies may have convinced you it was safe to do so, even though the research damning pesticides is overwhelming. Since illnesses don't show up for a few years, you may believe it's safe. After all, the pesticide corporations, who make over \$150 billion annually, tell you so. They wouldn't lie, would they?

In 2020, TruGreen was sued in Washington, DC Superior Court for deceptive safety claims about its lawn chemicals by Beyond Pesticides, a DC-based nonprofit that works to reduce the presence of pesticides worldwide. Lobbyists for TruGreen and other lawn service companies work to convince lawmakers that the pesticides they use are safe, even though the annual environmental and health costs associated with them are estimated to be in the billions of dollars.

There is much evidence concerning the role pesticides play in diseases such as cancer, Alzheimer's disease, Parkinson's disease, Lou Gehrig's disease, asthma, bronchitis, infertility, birth defects, attention deficit hyperactivity disorder, autism, diabetes and obesity. The Beyond Pesticides website has a database where you may check out the different diseases linked to these chemicals

Since there is so much research out there, I will only describe a few examples from 144 studies on Parkinson's disease. An analysis in 2000 in the journal NeuroToxicology of 19 published, peer-reviewed studies done in the United States from 1989-1999 found that individuals exposed to pesticides run twice the risk of developing Parkinson's than the general population. That same year, in an article published in the Journal of the American Medical Association, Stanford University researchers found a 70 percent increased risk of developing Parkinson's for individuals who use pesticides in their home. Exposure to garden insecticides carried a

50 percent increased risk of developing the disease.

In 2006, a Harvard School of Public Health epidemiological study of more than 140,000 adults published in the journal Annals of Neurology found that those exposed to long-term, low levels of pesticides have a 70 percent higher incidence of Parkinson's than those who report no exposure.

I also called the Parkinson Research Foundation twice to learn if they know of a relationship between pesticides and Parkinson's. So far, I have not received a response.

### The U.S: A Haven for Toxins

While the European Union has banned or restricted 246 pesticides, many of them are widely used in the United States. There are over 85,000 chemicals on the market, and only 1% have been tested for safety.

In 2016, the Lautenberg Act stipulated that the Environmental Protection Agency must evaluate 10 chemicals a year. Unfortunately, the EPA's assessments were considered inferior. Plus, if a chemical is determined to cause health problems, the industry has five years to comply with the recommendations but stays on the market. So the burden is on the public to educate themselves about the toxins they use.

Trichloroethylene (TCE), a solvent which was used to decaffeinate coffee, clean machinery and kill weeds, was found to cause kidney cancer and possibly cause non-Hodgkins lymphoma and liver cancer. Even so, the EPA has yet to figure out how to regulate it. Change occurs slowly; meanwhile, you and your family remain at risk.

Inert chemicals are not listed on labels but can be dangerous. Phthalates, found in plastic water bottles, are a type of inert chemical. They interfere with the thyroid system and may cause male reproductive disorders.

Synergy describes the interaction of substances whose effect is greater than the sum of their parts. When different chemicals are mixed, as occurs with pesticides, their effects are magnified, and they become far more toxic. Even so, the



EPA's risk assessment does not examine synergistic effects. And since there are over 875 active ingredients currently registered for use in pesticides, it would be impossible to test all the possible combinations, so we don't know their overall effect.

### Pesticides and Pets


Pets and other animals also suffer due to pesticides. For example, bees and bird populations are known to be declining as a result of them. In her book "Our Stolen Future," Theo Colborn suggests the decline in the number of species can be blamed in part on pesticides. Animals are more vulnerable because they absorb pesticides through their mouths, nose and skin, fur or feathers.

A study in the journal Environmental Research found a statistically significant increase in malignant lymphoma in dogs that are exposed to herbicides, particularly 2,4-D, which is found in Round-up.

### What You Can Do

If you use a lawn service, ask for a list of all the chemicals they use. Look up the Materials Data Sheet on each one to learn its toxicity; don't accept the company's assurance it is safe. If they won't disclose all the chemicals they use, be wary. I called Pennsylvania Turf to ask what chemicals they use, but my call was not returned.

In addition, inform any neighbors of possible toxins if they use a lawn service. Feel free to share this article. They may believe the poisons are safe. Remember, any toxins used nearby may drift onto your property, so you may suffer the consequences.

eco tip

### For the Sake of the Turkeys, Consider Pardoning Yours

by Marsha Low, Weavers Way Environment Committee

Americans put a lot of stock in having traditional foods for their Thanksgiving feast, with the turkey as its centerpiece; annually, 46 million turkeys are consumed over the holiday. But many who enjoy their turkey feast and leftovers have no idea how cruel the turkey industry is.

Almost all these turkeys are bred, raised and killed in facilities that utilize intensive farming practices, which entail overcrowding, physical mutilations, the thwarting of natural instincts, rapid growth, poor health and hygiene, and inhumane transport and slaughter practices. Unfortunately, there are no legal protections for turkeys (or chickens) in the United States, nor do any animal welfare laws apply to them.

The suffering of turkeys bred for the market starts at birth. Baby turkeys are hatched in large incubators and never see their mothers. They have their toes, parts of their beaks and snoods (the skin that hangs over the birds' faces) cut off while they're babies, which is done without any anesthetics.

As they grow, turkeys spend their days in cramped conditions, and are robbed of their ability to express natural behaviors such as taking dust baths, building nests and, as inherently social animals, forming long-lasting connections. They are bred to grow as big as possible and as quickly as possible. Such rapid growth puts great stress on the animals' bodies, causing such common effects as heart disease, hip problems and bowed legs. When they reach the desired weight, they are slaughtered in a brutal, painful assembly-line style where many are still fully conscious as they are bled to death. Some are scalded while they are still alive.

Every year when November rolls around, the president pardons a turkey. So this November, in the spirit of the season, why not follow this tradition and pardon your own turkey by not buying one? A quick internet search will yield a plethora of turkey-free Thanksgiving recipes, from vegetarian pot pie and lasagna to stuffed pumpkin and stuffed tofu roll (a favorite of mine). So it's easy to have a cruelty-free Thanksgiving.



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# Suggestions

by Norman Weiss, Weavers Way  
Purchasing Manager

GREETINGS AND THANKS FOR WRIT- ing. Email suggestions to sugges- tions4norman@weaversway.coop. As usual, suggestions and responses may have been edited for brevity, clarity and/ or comedy. In addition, no idea, con- cept, issue, remark, phrase, description of event, word, or word string should be tak- en seriously. This also applies to the pre- vious sentence.

With Thanksgiving approaching, of course turkeys come to mind. While we humans have struggled with coronavi- rus the last couple years, poultry has had their own deadly and contagious virus — avian influenza. This virus spreads easi- ly, making it tough for poultry farmers to contain.

Since early 2022, more than 49 mil- lion birds in 46 states have either died as a result of bird flu virus infection or have been culled due to exposure to infected birds. Infected poultry can spread disease to new flocks through contact with wild birds, people, manure and equipment. This means chickens and turkeys that are pasture raised and/or get to roam outside are more vulnerable than factory farmed birds, who live in 100% controlled in- door environments. That's nature for you — apparently punishing the more ethical poultry farmers.

Farmers are encouraged to take bios- ecurity measures to protect their flocks, which mainly involves keeping them away from other birds. That's hard to do if the birds are outside and a pigeon happens to stop by and have a drink out of their water bowl. This is one of the many difficulties poultry farmers are fac- ing these days. Inflation has hit them too, through cost increases in feed, labor and transportation. So far, our poultry suppli- ers have dodged bird flu, but that could change any day.

Speaking of naturally raised poultry and the outdoors, (and adding in beef and pork), I wonder if most people know that the U.S. Department of Agriculture's or- ganic certification program for animals is considered kind of weak by animal welfare advocates. The organic standard contains language about animals be- ing fed organic feed, not being adminis- tered hormones or unnecessary antibiot- ics, and being raised in living conditions that accommodate their natural behav- iors. But having access to the "outdoors" can be shortcutted by providing a fenced- in screen porch with a roof. In addition, practices like the debeaking of chickens, tail docking of pigs and face branding of cattle are allowed, as are gestation crates for pigs.

There is a current campaign by ani- mal welfare groups to shore up the US- DA's organic standards regarding animal welfare; we'll see if they are success- ful. This ends up being a political deci- sion, since elected and appointed offi- cials will have control of the rules and the enforcement.

Adding to the political intrigue around humane farm animal treatment, California is trying to pass Proposition 12, which bans crates and requires a min- imum space of 24 square feet for raising all pigs, whether conventionally or organ- ically. Some pork producers have object- ed, and it's now up to the Supreme Court

(Continued on Next Page)

International Co-op Principles

1

Voluntary and Open Membership

2

Democratic Member-  
Owner Control

3

Member-Owner Economic  
Participation

4

Autonomy and Independence

5

Education, Training and  
Information

6

Cooperation Among Cooperatives



(Continued from previous page)

to decide. It appears this is a decision where party lines are not in play, as both Republicans and Democrats could be either pro or con, and the decision will likely affect all states, not just California.

suggestions and responses:

s: “Greetings. I have a few questions about products that the Co-op no longer sells or that are not made available to the Mt. Airy store. They are as follows: Why do we no longer sell Liberte or Fage yogurt? Why doesn’t the Mt. Airy store sell sesame seed Ezekiel bread? Why is chocolate soy milk no longer available? What happened to the Solebury apple cider or Weavers apple cider? I noticed we’ve only been selling Ziegler’s. I appreciate your response to these questions.”

r: (Matt, MA) Our supplier has greatly reduced the number of Fage flavors carried in the single-serve size. At the moment, they are only carrying plain Fage. I am not sure of the reason behind this decision.

Liberte has also been dropped by our supplier. They recently changed their product, and it is no longer certified organic. When they made this change, they kept the same UPCs, which is in violation of our supplier's rules, and they discontinued them as a result.

As far as I know, Westsoy no longer produces chocolate milk; the most suitable replacement we were able to find is Almond Breeze chocolate milk. The matter of the Ezekiel sesame seed bread is simply a matter of space.

s: “I was wondering what the brand was for the regular organic rolled oats in the bulk section of the Mt. Airy store.Thanks.”

r: (Matt, MA) It can vary based on availability. It is listed in our supplier's catalog under the generic label of "bulk grains," and they send us what they have on hand when we order. Lately, the bags have been marked "Grain Miller's Inc.," though that can change without notice.

Most non-consumer branded bulk items (i.e., not Bob’s Red Mill or Lundberg or King Arthur) are commodities, which are bought and sold on the open market —

“ That’s nature for you — punishing the more ethical poultry farmers. ”

some via contract, some not. So that’s why the brand can vary overnight or be the same for months and then change. Please don't hesitate to let me know if I can help you with any further questions. Thanks.

s: “I buy sardines and mackerel by the case and would like to do that without the double packaging, i.e., with only the metal can and no cardboard box around the can. Perhaps other Co-op shoppers would like this also.”

r: (Norman) It does seem wasteful, but I’m not sure how we’d go about finding out which brands are not packed in an outer box. There is no master database of this kind of thing that I know of. From what I can see, the only brand we stock that doesn’t use extra paper packaging is Cento.

s: “What happened to the Solebury apple cider apple cider? I noticed we’ve only been selling Ziegler’s.”

r: (Norman) Sorry, we had issues getting the Solebury cider (and donuts) this year. We pick it up 40 miles away and were short a driver, so we didn’t have a way to get it. So it took us a few weeks to get it back. We pick it up Friday mornings and have it in stores by Friday afternoon. It has a short shelf life, so we order to run out before next delivery. We should have it for weekends and first few days of most weeks but may run out Thursday or Friday morning. Update: Solebury recently told us they would not have cider past mid-November, because their apple crop was a little lower than they had hoped.

s: “When you use a microwave oven, are you cooking?”

r: (Norman) Yep; heating food as a preparation step before eating is considered cooking. However, since Neanderthals did not have microwaves, their use is prohibited in Paleo, macrobiotic and all-natural diets. (It’s also prohibited in raw food diets.) Despite this, many people ignore these rules, especially in Philadelphia, where, like traffic regulations, rules are viewed by the public as suggestions, not requirements.

s: “I love plastic as a packaging material. It’s so light, flexible and cheap, plus it keeps landfill workers employed and gives environmental writers something to rail against, which are all good things. Can we prepack more bulk in plastic?”

r: (Norman) Our Plastic Reduction Task Force thinks we should reduce our use of plastic packaging. They think plastic is evil, since disposing of it is an issue (as is the production of it). They even went so far as to help create our Container Refund Program for shoppers who want alternatives to single-use plastic in food packaging. For more information about the benefits of our CRP program, talk to Rick at our Mt. Airy store.



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[www.weaversway.coop/easypay](http://www.weaversway.coop/easypay)





WEAVERS WAY ENDS

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

AS A RESULT OF ALL WE DO:

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

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

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

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

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

**END 6** The local environment will be protected and restored.

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



New Timelines, Bigger Deals For Our In-Store Sales

pricing with new vendors and allows the Co-op to tailor the Finds to seasonally appropriate items.

“Another big reason that we did it is that it gives customers the ability to buy these products more than once [and] get excited about them,” Beer said. “Hopefully these products earn a place in their pantry or in their refrigerator on a regular basis.”

In switching to a weekly produce flyer, the Co-op can now respond to rapid price changes in the produce market. “Locking pricing in for two weeks isn’t always possible,” Beer said. “But by switching the produce flyer every week, we’ll be able to extend greater discounts to our members with greater ease.”

The weekly flyer features eight different produce items that are on sale, instead of the usual three or so that were highlighted in Fresh Deals. The sales in both flyers tend to be heftier than those in the Fresh Deals, since the Co-op and the vendors are sacrificing margin to encourage shoppers to try the items or buy more of them.

Beer hopes that the changes will mean Weavers Way will spend more of its dollars on local and small producers whose values align with the Co-op’s. “If we have success with this program, then we can do regular features with our favorite vendors, and it can be a great entry point for us to bring in new products,” she said.

Fans of the NCG Co-op Deals, don’t despair: Those

(Continued from Page 1)  
specials will still be honored in their designated two-week time slot.

“The NCG has the national brands covered....we don’t need to negotiate promos with those people,” Beer said. “But what we can be focused on is our differentiator products — what makes our stores unique, products that we’re excited about. Vendors that are too small to negotiate with the NCG, because they’re not going to be available across the 150 co-ops. But they can be available here.”

A new set of Monthly Co-op Finds will drop into in-boxes Tuesday evening, Nov. 29 and will be available for purchase in our stores on Wednesday, Nov. 30.



# THIS MONTH'S Co-op FINDS

WED, NOV. 2 TO TUES, NOV. 29, 2022

House-Made Sandwiches, Soups and More on Sale in All Stores!



**\$7.99** ea  
Weavers Way Green Salad



**\$4.99** lb  
All Weavers Way Hummus  
reg.\$6.49/lb



## Weekly SPECIALS

WED, NOV 2 TO TUES, NOV 8, 2022



**\$2.99** lb  
Organic Red &



**\$1.29** lb

**Equal Exchange**

**Selected Top Selling Bulk Coffees**

In honor of our new local distribution these bulk coffees are discounted to **\$7.99 per lb!** STOCK UP!

**\$3 OFF/lb**  
reg.\$10.99/lb



**\*Sales good while supplies last. | Ambler • Chestnut Hill • Mt. Airy | Open daily 8am-8pm**

No further member discounts apply.

To see a full a pdf version of the Co-op Finds and Weekly Deals visit: [www.weaversway.coop/deals](http://www.weaversway.coop/deals)  
To sign up for our eShopper visit: [www.weaversway.coop/eShopper](http://www.weaversway.coop/eShopper)





# Artists in Our Aisles



## Christine Walinski

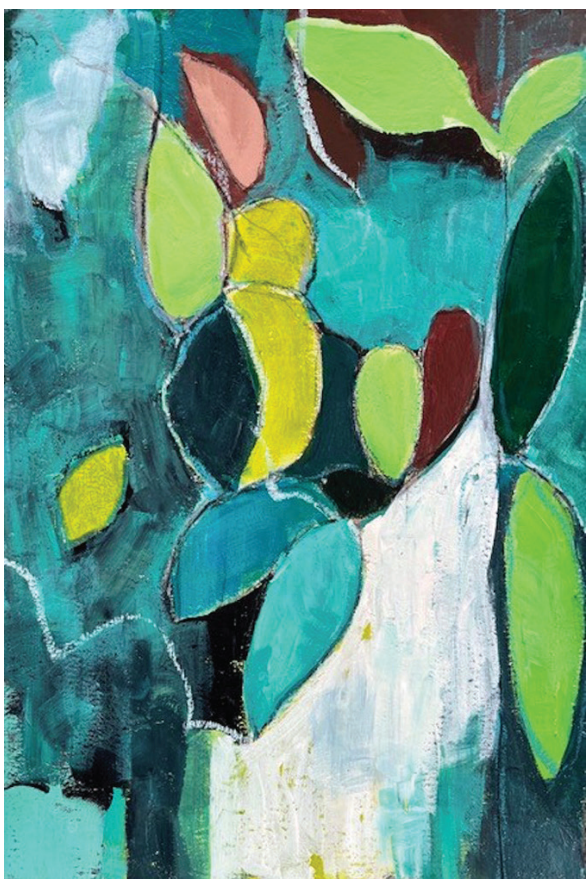
Christine is a local teaching artist who received her BFA and art education certification from Tyler School of Art and Architecture. She currently teaches kids' classes at Whitemarsh Art Center in Conshohocken and loves encouraging students to find their visual voice through art. She lives in Manayunk with her super creative family.

### Artist Statement

I draw so much inspiration from the natural world and our connection to it. I am currently obsessed with plant life and seed growth.

My work consists of abstract organic shapes and the relationships of color, line and mark making which may be the result of a memory or a small detail I have observed in my surroundings. I love to explore texture and I often work in layers, mostly in acrylic and mixed media. I aim to create a history of marks on the surface and beneath.

[christinewalinski.com](http://christinewalinski.com)



### We want to feature your art in the Shuttle!

Please submit the following to Richard Metz  
([thembones2@hotmail.com](mailto:thembones2@hotmail.com)):

(Two) 4" x 6" high-resolution images (300 dpi)

A short statement about the work • A short bio

A head shot • A link to a website if you have one

# Weavers Words

## WHUZ KIDS THEME SONG

(sung to the tune of "Take Me Out to The Ballgame")

We're the Philadelphia Whuz kids  
from the sandlots of yesterday  
But we can still throw, run and hit  
though we've gained some weight  
And our knees squeak a bit

A strong defense is a good offense  
our coach keeps telling us all,  
And that's why we've won  
more often than not  
Each spring, summer and fall.

—Lawrence H. Geller

## THE LANGUAGE OF BIRDS

Crows converse  
not in verse  
Their language is prose  
Unlike the thrush's song  
A tremolo that blooms  
in the air  
like a full-blown rose  
Thrilling my ear

—Henrietta Edelschein

## ONE ROOF

Come to realize how much, despite  
flaws, dust-drift, cracks,  
how much I treasure this house.

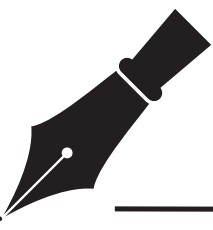
So much time spent here.  
Same as Self?  
Time to work on both?

My wife says, "Work on the house first."

—Steve Burke

### Feeling Inspired? Here Are Our Guidelines:

1. Poems must be written by you and be a reasonable length.
2. The Shuttle editor has the final say as to whether a poem is suitable for publication.
3. The number of poems in an issue is determined by the amount of space available.
4. Members and nonmembers are welcome to submit.
5. Email your submissions to [editor@weaversway.coop](mailto:editor@weaversway.coop) and put "Poetry submission for Shuttle" in the subject line.
6. Preference for publishing will be given to those whose work has yet to appear in the paper.





Updates and More at the Fall GMM

(Continued from Page 1)



photo by Bob Raines

Christa Barfield, founder of Farmer Jawn, shares her experience of becoming a farmer and owner of Viva Leaf Tea.



photo Bob Raines

Weavers Way Board of Directors President Esther Wyss-Flamm (middle) speaks to the crowd gathered for the Fall General Membership Meeting, flanked by other current members of the board. From left to right, De'Janiera Little, Hilary Baum, Josh Bloom, Jason Henschen, Frank Torrisi and Kristin Haskins-Simms.



photo by Bob Raines

Weavers Way Farm Manager Nina Berryman introduces Christa Barfield, founder of Farmer Jawn and the GMM guest speaker.



photo Chris Raines

Members of the Co-op's New Economy Incubator Committee answer provided info on the committee to attendees.



photo Bob Raines

Cooperators staff the Zero Waste Place Setting Rental Table at the meeting.

pital and worked her way up to a position just below the C-suite of a medical practice with over 20 employees. But she felt burned out by the job and resigned early in 2018, without knowing where she was headed next. A little over two weeks later, she booked a trip to Martinique so she could speak French, a language she grew up with but hadn't spoken in 15 years.

"I was by myself as well, and that's what made it really special," she recalled. "I got to do this alone and unclouded and have clarity of thought, so I could really understand who I was and who I was going to be."

While in Martinique, she met a man who made her a cup of tea every morning from the herbs that grew in his backyard. "I saw that there was peace just having a cup of tea," she said. "Just taking a moment and watching it brew. There was something really special about that moment."

A few days later, Barfield stayed at another home that was owned by Black farmers. She toured the island with one of their sons and later accompanied him to his job leading a team at a CSA-style operation, where she jumped in to help the workers.

The two experiences made such an impression on Barfield that when she returned to Philadelphia a few days later, she decided she was going to start a tea company and become a farmer.

"...Everyone thought I was completely nuts," she recalled. "... In my community, you don't necessarily see people that look like me who are farming, and farming willingly... seeing Black people in bliss, enjoying what they do, and the people around them that look like all of us that were coming to pick up their boxes of food, I said 'this is true togetherness....this is what it looks like when you own foodways and everybody can enjoy them.'"

Barfield started to volunteer at local farms to learn how to farm and joined the Co-op, but she couldn't get the business experience she was looking for. She learned about land that was available to farm at the Schuylkill Center for Environmental Education in Upper Roxbor-

ough, secured 1,200 square feet for herself, and started growing herbs.

Once Barfield was ready to start Viva Leaf, her tea company, she came to Henry Got Crops Farm and started blending the herbs growing in the fields there. She then scheduled tea tastings for family, friends and neighbors at the community garden on Pastorius Street near Germantown Avenue. "That's when I knew 'I can do this,'" she said.

Barfield said the experience of launching and growing Viva Leaf and Farmer Jawn taught her that representation matters.

"I love the fact that when people get to see me, they see hope," she said. "They see hope for our food system. They see hope for society as it pertains to racial issues and segregation. Food brings people together and this — all of us here — proves that."

Currently, Farmer Jawn is preparing to move the Viva Leaf operation to a commercial space at Comly Commons, an apartment complex in Kensington. They will also set up an indoor gardening space and launch another CSA at that location. This year, they started a nonprofit that focuses on training "agripreneurs" and increasing the number of Black-owned farms in the United States.

The State of the Co-op

In Roesser's place, Development Manager Kathleen Casey went over the Co-op's business review, which was also emailed to all GMM attendees. She noted that COVID cases among staff now average one a month, and that inflation and supply chain hiccups continue to affect operations.

Due to an inability to keep up with the ever-increasing cost of goods, Weavers Way ended FY2022 with a loss of just under \$252,000 despite sales of over \$34.6 million after discounts.

"Whenever we get a cost of goods [increase] coming down the pike, we have to decide what to do about it,"

Casey said. "Do we take it and pass it on to the consumer, or do we actually bear the brunt of it? In some cases, we bore the brunt of it."

In order to more quickly respond to increases in the cost of goods and other fluctuations in the industry, the Co-op created the position of retail director and hired Jess Beer to fill it. She was introduced to the crowd.

Casey also mentioned the recent increase in Weavers Way's starting wage in to \$14.50 an hour. She announced plans for an increase to \$15 an hour in the spring and \$15.50 an hour next fall, and added that over 80% of Co-op employees now earn over \$15 an hour.

On the membership front, Weavers Way now has over 11,000 members and continues to grow. Despite the increase, Casey noted that the dip in the number of working members that accelerated during the pandemic still exists.

Regarding the Co-op's new store in Germantown, Casey said management hopes to open it in late summer or early fall of 2023. Construction permits were filed at the end of October, with work slated to begin on the building early next year. However, supply chain issues could delay the opening, including the delivery of refrigeration systems and transformers.

"We're going to do our best to stay on the timeline, but some of this we will not be able to control," Casey said.

Meanwhile, the Co-op continues to work on securing all the financing for the \$5.7 million project, including a \$1 million member loan campaign.

A brief question and answer session followed Casey's presentation. A member suggested that member loan contributions could be funneled into increasing wages for employees rather than speeding up the opening of the new store. Another member who is also an employee responded that she appreciated the suggestion, but is aware there are other aspects to consider when deciding how to use funds from member loans.





WEAVERS WAY EVENTS

Germantown Office Hours

Tuesdays, Wednesdays and Thursdays  
10 a.m.-4 p.m.  
326B Chelten Ave.  
No hours on Thursday, November 24

Side Dishes with a Twist for Your Thanksgiving Table

Wednesday, November 16 6:30-7:30 p.m.  
Ambler store  
Prepare yourself for some thrilling new tastes and twists for your side dishes! Co-op member and blogger Seema Vaidyanathan will prepare and share tastes of cardamom-laced cranberry orange salad and a lentil salad with squash and greens. Seema's demos are lively, fun, and will change up your go-to recipe selection!

Gut Health: How to Achieve and Maintain Even with the Holidays

Saturday, November 19 10-11 a.m.  
Virtual  
Current research shows that the condition of our gut (microbiome) is of crucial importance to our mental health, immune system, metabolic function, disease prevention and so much more. Cindy, a Certified Holistic Health and Wellness Coach, will share everyday tips, recipes, best products to use, foods to eat and avoid and more.

Painting Workshop

Tuesday, November 29 6:30-8 p.m.  
Germantown Outreach Office  
326B Chelten Ave  
Our Germantown outreach office is going to be a painting studio for the evening so that community members can come together to paint! Painting instructor, Isaac Dickey, will provide the subject matter to be painted and guide participants in their work.

Rap with State Representative Darisha Parker

Wednesday, November 30 5-6 p.m.  
Germantown Outreach Office  
326B Chelten Ave  
Join in a community conversation session with State Representative Darisha Parker. People are invited to converse with Representative Parker, ask questions, and make suggestions. Everyone is welcome!

New Member Orientation  
Monday, November 14  
6:30 - 7:30 p.m.

For more info: [www.weaversway.coop/events](http://www.weaversway.coop/events)



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. Meetings are currently taking place online until further notice. Check the Co-op's Calendar of Events for the date of the next meeting.

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

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**Vice President:** Cheryl Croxton  
**Treasurer:** Michael Hogan  
**Secretary:** De'Janiera B. Little  
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**Bakery**  
Kriss Walker, ext. 217  
[kwalker@weaversway.coop](mailto:kwalker@weaversway.coop)  
**Next Door**  
8426 Germantown Ave.  
9 a.m.-8 p.m.  
**215-866-9150, ext. 221/220**  
**Wellness Manager**  
Chris Mallam, ext. 221  
[cmallam@weaversway.coop](mailto:cmallam@weaversway.coop)

**Mt. Airy**  
559 Carpenter Lane  
8 a.m.-8 p.m.  
**215-843-2350**  
**Store Manager**  
Rick Spalek, ext. 101  
[rick@weaversway.coop](mailto:rick@weaversway.coop)  
**Grocery**  
Matt Hart, ext. 140  
[matt@weaversway.coop](mailto:matt@weaversway.coop)  
**Produce**  
Shan Wichmann, ext. 107  
[swichmann@weaversway.coop](mailto:swichmann@weaversway.coop)  
**Deli**  
Shawn O'Connell, ext. 134  
[soconnell@weaversway.coop](mailto:soconnell@weaversway.coop)  
**Prepared Foods**  
John McAliley, ext. 102  
[jmcaliley@weaversway.coop](mailto:jmcaliley@weaversway.coop)  
**Meat, Poultry and Seafood**  
Mike Lawrence, ext. 104  
[mlawrence@weaversway.coop](mailto:mlawrence@weaversway.coop)  
**Bulk**  
Juli Cardamone, ext. 142  
[jcardamone@weaversway.coop](mailto:jcardamone@weaversway.coop)  
**Bakery**  
Moises lavarone, ext. 305  
[milavarone@weaversway.coop](mailto:milavarone@weaversway.coop)  
**Floral Buyer**  
Ginger Arthur, ext. 317  
[floral@weaversway.coop](mailto:floral@weaversway.coop)  
**Across the Way**  
608 - 610 Carpenter Lane  
8 a.m.-8 p.m.  
**215-843-2350, ext. 6**  
**Wellness Manager**  
Sarah Risinger, ext. 114  
[srsinger@weaversway.coop](mailto:srsinger@weaversway.coop)  
**Pet Department Manager**  
Anton Goldschneider, ext. 276  
[petstore@weaversway.coop](mailto:petstore@weaversway.coop)

**Catering:** [cateringMA@weaversway.coop](mailto:cateringMA@weaversway.coop), [cateringAB@weaversway.coop](mailto:cateringAB@weaversway.coop), [cateringCH@weaversway.coop](mailto:cateringCH@weaversway.coop)  
**Preorders:** [MApreorder@weaversway.coop](mailto:MApreorder@weaversway.coop), [CHpreorder@weaversway.coop](mailto:CHpreorder@weaversway.coop), [ABpreorder@weaversway.coop](mailto:ABpreorder@weaversway.coop)

DID YOU KNOW?

You can read the Shuttle online.  
[www.weaversway.coop/shuttle-online](http://www.weaversway.coop/shuttle-online)



VIRTUAL NEW MEMBER ORIENTATIONS

New Member Orientations  
Monday, September 19, 6:30 - 7:30 p.m.  
Thursday, September 29, 12:30 - 1:30 p.m.  
To register visit: [www.weaversway.coop/events](http://www.weaversway.coop/events)

Become a Member

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





# THANKSGIVING

## FRESH *Turkeys AND Pies*

### AVAILABLE IN ALL STORES

We're offering fresh turkeys from Esbenshade, Howe's, Heirloom Bronze turkeys from Koch's and Empire Kosher turkeys.

To place your order, visit [www.weaversway.coop/thanksgiving](http://www.weaversway.coop/thanksgiving).

Pick up turkeys Tuesday or Wednesday, Nov. 22-23.

### - SIZE RANGES ARE APPROXIMATE -

#### Esbenshade \$4.29 LB

Size ranges (IN POUNDS): 10-12, 12-14, 14-16, 16-18, 18-20, 20-22, 22-24, 24-26

#### Howe's \$3.29 LB

Size ranges (IN POUNDS): 10-12, 12-14, 14-16, 16-18, 18-20, 20-22, 22-24, 24-26

#### Koch's Heirloom Bronze (14-16 LBS) \$4.89 LB

#### Empire Kosher (10-14 LBS) \$4.89 LB

Choose Ambler, Chestnut Hill or Mt. Airy pickup and the size and type of turkey you want.  
Quantities are limited; the website will be updated as sizes run out.

If you don't have access to a computer, come on in and we'll be glad to help you!

For boneless, all-natural local turkey breasts (5-7 LBS), contact the Meat Department at your store.

### - MY HOUSE PIES -

Pumpkin | Sweet Potato | Pecan  
Apple Double Crust | Apple Crumb  
**\$9.49** 6-inch **\$18.99** 10-inch

### - WHISKED PIES -

Cherry | Salted Chocolate Chess  
Caramel Apple | Lemon Coconut  
**\$7.99** 6-inch **\$19.99** 10-inch

Please order online. A limited number of pies will be available in stores.

10% discount on pre-orders of 4 or more pies.

My House order DEADLINE: Tuesday, Nov. 15.

*Order Online*

[WWW.WEAVERSWAY.COOP/THANKSGIVING](http://WWW.WEAVERSWAY.COOP/THANKSGIVING)

Weavers Way Ambler  
215-302-5550

Weavers Way Chestnut Hill  
215-866-9150

Weavers Way Mt. Airy  
215-843-2350






## WE'RE KEEPING IT SIMPLE:

*Come to the store, grab your sides!*

### - SIDES -

#### A LA CARTE

Butternut Squash and Pumpkin Soup	\$9.99/QT	Savory Sage Stuffing	\$5.99/LB
Green Beans Almondine  	\$12.99/LB	Oven Roasted Turkey Breast w/Gravy	\$15.99/LB
Roasted Brussels Sprouts  	\$10.99/LB	Turkey Gravy	\$10.99/QT
Mashed Potatoes  	\$4.99/LB	Vegan Mushroom Gravy 	\$10.99/QT
Mashed Sweet Potatoes  	\$4.99/LB	Fresh Cranberry & Pear Relish  	\$8.99/LB
Mixed Rice, Butternut Squash, Cherries & Pecans  	\$9.99/LB		

 = vegetarian  = vegan  = gluten free