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Yeah, It's Turkey Time
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PACE YOURSELF

Don't Make It, Pick It Up
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weavers way co-op

The Shuttle

November 2013 Vol. 41 No. 11 | Community-Owned Food Markets Serving Northwest Philadelphia Since 1973

Psst! Next Door is Open! Pass It On !

Wow. The door has opened! On Monday, Oct. 21, Weavers Way Next Door opened "soft." In retail speak, that means we didn't want to make a big deal at the time because we were still working out a few kinks. But now we're ready for the mobs of HABA (health and beauty aid) lovers out there, and having a whole lot of fun introducing our membership and the Chestnut Hill community to Next Door. Which is at 8426 Germantown Ave. Right next door to Weavers Way Chestnut Hill. Get it?

Stop by, say hi and let us know what you think. We've got just about everything under the sun for all your health and beauty needs. If you don't see it, just ask.

A big "thank you" to the WWND Task Force and all the staff and members who contributed in all forms and fashions to get this project done smoothly, efficiently and, of course, with a little flair.

While you're on the Avenue, be sure to stop in the big store too. We still have some of the essentials you'll want to pick up while shopping for groceries, like vitamins and selected face, body and hair care products. We've expanded our snack section too — try our new Weavers Way-brand organic snack mixes, nuts and chocolate goodies made for us by Tierra Farm.

And join us Next Door at the Grand Opening on Friday, Nov. 8, from 4 to 7 p.m. Meet the Next Door staff, sample and sniff and enjoy some light fare. Local vendors will also be on hand to demo their wonderful products. We look forward to seeing you there!

— Rebecca Torpie, Weavers Way Marketing Director
rtorpie@weaversway.coop



Rebecca Torpie photos

Next Door manager Amira Shell had her hands full getting the store stocked but got plenty of help from staffers Chris Mallam (top) and Molly Weisberg.

NOW WE ARE 40



Linette Kielinski photo

Weavers Way's Coming of Age

President's Report, Weavers Way General Membership Meeting, Oct. 19, 2013

by Margaret Lenzi, President Weavers Way Board of Directors

Some say that the life of an organization mirrors the human developmental stages. So in keeping with the theme of Weavers Way's 40th anniversary, let's take a trip down memory lane as we follow Weavers Way from its infancy, through those terrible teens, adulthood and beyond. It's been quite a life these past 40 years and there's more to come.

Stage 1: Infancy — a time to form and plant seeds.

Some call it the "chaos" stage for organizations, where direction, goals and priorities are not

(Continued on Page 7)

We Noshed in the Sunshine

by Jacqueline Boulden, for the Shuttle

The sizzling sounds and smells of sausage, hamburgers and shrimp drew a steady stream of people. Others lined up outside the Taste Tent to sample food from the likes of Moshe's, Organic Valley, Bobbi's Hummus and Cape Seasonings. And just behind the 1767 Chew House, a band fronted by a young man who wasn't even born when

(Continued on Page 14)

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

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Editor's Note

by Mary Sweeten, Shuttle Editor

THE BEER CONTEST WAS MY IDEA.

I really like beer. This is a relatively new development. A couple of years ago I worked on a project about beermaking and it all sounded so delicious — the barley and the hops and the milling and the malting and the worting — that I gave it another shot. And discovered that, like many Americans, I was just drinking the wrong beer.

Which brings me to the beer Earth Bread + Brewery made for Weavers Way's 40th anniversary. Not too hoppy, not too floral. Just what I like, which is why I had to go to bed early after the 40th Birthday Bash at Cliveden — and if you missed it, do take a look at the stories in the Shuttle and more pictures on Facebook.

The winning name, **CoHop**, was suggested by not one, but two entrants. Congrats to these great Co-op minds that think alike: **Tulia Day** and **Lauren Wiley**.

Moving on: As you read through this month's Shuttle, you can see that public advocacy is on everyone's mind. General Manager Glenn Bergman (Page 6) lists some issues that Weavers Way has weighed in on, including legislation to set up a Land Bank in Philadelphia. Board Director Joshua Bloom (Page 26) explains how the WW Board decides what to support. We have an article from Tom Wingert (Page 24) on anti-hunger efforts in Germantown. Cat lady Brenda Malinics (Page 18) makes the case for Trap-Neuter-Release programs to deal with stray-cat colonies.

What this has to do with a grocery store is of course that Weavers Way Co-op (all together now) isn't just a grocery store! A lot of our members are the kind of folks who are looking for information on issues involving social justice, community, the environment and, yes, food. Not that we all agree. The birdwatchers are a bit touchy about releasing stray cats, even neutered ones, and I am actually a little leery about this Land Bank business — there, Glenn, I said it. Like a half-century of government intervention to solve urban blight has gone so well. And it is City Council.

The Philadelphia Land Bank coalition lives at **www.phillylandbank.org**. Grounded in Philly (**www.groundedinphilly.org**) has this really cool search tool information about your favorite vacant lots. Last year, the Flying Kite site posted this backgrounder: **www.flyingkitemedia.com/ features/ landbanking preservation1002.aspx**

Discuss among yourselves.

msweeten@weaversway.coop

The Shuttle is published by Weavers Way Co-op
The advertising deadline for each issue is the 1st of the preceding month, e.g. Dec. 1 for January.
For information, contact advertising@weaversway.coop, or call 215-843-2350, ext. 117

Statement of Policy

Articles should be under 500 words. Please submit via email to editor@weaversway.coop and include contact information within the document. The purpose of the Shuttle is to provide information about co-ops, healthy food practices and other matters of interest to Weavers Way members as consumers and citizens. Articles express only the views of the writers and not those of the Co-op or its board, unless identified as such. Articles, letters, comments, criticisms and suggestions are welcome and should be directed to the editor. The Shuttle retains the right to edit or refuse any article. Ad rates are available at our stores, online at www.weaversway.coop, or via e-mail at advertising@weaversway.coop. Ads must be submitted electronically or camera-ready with prior arrangement, with payment. Advertised products or services may not in any way be construed as endorsed by Weavers Way Co-op.

The Shuttle is printed on 100% recycled paper.

What's in Store at Weavers Way

You Better Watch Out for Great Holiday Items

by Martha Fuller, Weavers Way Across the Way Wellness Manager



Across the Way is ready for the cold. Are you?

WELCOME IN NOVEMBER by coming to see us here at your Weavers Way Across the Way in Mt. Airy. We have many things here in our Wellness, Personal Care and General Merchandise departments that we think you may need and want.

We know that we are in the beginning of two very busy months and while you're checking items off your to-do lists, we want you to be healthy. We have the No. 1-selling immune booster, Source Naturals Wellness Formula, on sale — all Wellness Formula products are 25 percent off! These items will be on sale through March.

Our shoppers have been excited to see and purchase GypsyStyle Bags. This Montgomery County company sells bags that range in size from pencil case to large duffles. The fabric is woven with stripes, some bright and cheerful and others in earthy, subtle tones, from recycled materials and is very durable. I was told recently by a woman who owns three of them that "they are indestructible." Diane MacEachern, the author of "Big Green Purse: Use Your Spending Power to Create a Greener, Cleaner World," has written about this company. If you are looking for a bag you can stuff with gift items, consider these.

You can come see us for all your holiday needs. Our candles light your way through all the seasons — Hanukkah menorahs, the Thanksgiving table, Christmas windows and New Year's Eve! We have gifts, jewelry, holiday ornaments, calendars and datebooks, locally made soaps and beauty products, cards and clothing.

Look for us in the December Shuttle with information on new vendors and favorites from years past. We look forward to seeing you soon.

Martha@weaversway.coop

Get Carded Across the Way

by Kirsten Bernal, Weavers Way Across the Way Staff

WHAT MAKES WEAVERS WAY ACROSS THE WAY INdispensable is that not only can you find the finest products to keep you looking and feeling your best, but you will also discover countless other gifts and small treasures. One area worth checking in on often is our greeting card section. In-the-know members and shoppers will tell you that we are working hard to bring you unique and exceptional greeting cards that we can find. From fantastic local artists to the best, most creative artists the industry has to offer, we are stocking a wide array of distinctive cards to meet every need. My only regret is that we don't have another wall to fill with all of the fabulous cards that are out there!

Three of our favorite card companies are worth highlighting. All are focused on environmental responsibility. Their cards are printed on paper made with the highest post-consumer recycled content available. They use vegetable- and soy-based inks. Almost all of their products are produced in the United States and these companies make conscious efforts to conserve resources and reduce their carbon footprints whenever possible. They do all of this while maintaining a commitment to creating the highest quality, most imaginative products available.

Calypso Cards is an independent publisher and distributor of unique, contemporary cards based in Concord, MA. The back of each card features a synopsis of the artist, connecting the consumer to the creator. Calypso offers a range of diverse greeting cards that are sure to catch your attention.

Artists to Watch is an award-winning greeting card company that works directly with artists around the world to craft a product that "inspires, celebrates, sympathizes and encourages those we love and support." This small company, based in Minnesota, prides itself on nurturing relationships with their artists that are built on honesty, integrity and respect. A few of their featured artists are proven favorites here in Mt. Airy, especially CC Barton's whimsically enchanting bunnies and Peter Ketchum's humorous pop-art birthday greetings. Artists to Watch boasts that they make the cards that people keep.

Finally, Ganapati Studios offers greeting cards, notebooks, journals, and pendants that we are simply wild for. Their bold and unconventional graphics make an impression with an eccentric mix of cultures and decades. Phil and Sarah Brazeau create these visually appealing works of art using elements from their collection of vintage paper ephemera. "We love antique paper and we love the art of collage; it gives us the chance to play with fantastic old paper goods, coloring and rearranging them according to our contemporary sensibilities." Ganapati Studios is based in Wallingmont, Seattle.

Whatever the occasion, be sure to stop by Weavers Way Across the Way for the perfect greeting card to express your every sentiment.

Kirsten@weaversway.coop

Sir Richard's Goes All the Way

by Liana Orazi, Weavers Way Across the Way Wellness Buyer

There's no need to be shy. It is 2013 and surely most of us adults are on the safe sex bandwagon. So, if you haven't already, give Sir Richard's Condoms a whirl!

They are made from natural latex rubber without that awful latex odor. They're free of parabens, spermicides, glycerin, petrochemicals and animal products — PETA approved!

For every condom purchased, Sir RIchard's will donate one in a developing country. To make all that sound even better, Sir Richard's Condoms are very effective and more affordable than most brand-name jimmy hats on the market!

You can find them in our Mt. Airy Wellness Department Across the Way. If you're not too bashful, please add to our already outstanding product feedback.

lorazi@weaversway.coop

What's in Store at Weavers Way

So You Think You Know Yams?

by Mike Herbst, Weavers Way Chestnut Hill Produce Buyer



Boil it, fry it, mash it, bake it, call it a yam if you must. It's really good for you.

THE HOLIDAYS CAN BE CHALLENGing. It's not easy cooking dishes that are made only once a year with the added pressure of pleasing a large crowd of family and guests. (Just try to remember the last time you roasted a whole turkey that wasn't for a holiday meal.)

Here in produce, one of the biggest sources of stress this time of year is the quandary of yams vs. sweet potatoes. So hopefully the following explanation will help alleviate some of the confusion.

The short answer to "What is the difference between a yam and sweet potato?" is: Nothing. In the United States, "yam" and "sweet potato" are used for items that are botanically identical. They are both sweet potatoes, which is a New World native in the morning glory family. (This is different from another New World native, the traditional potato, which is in the nightshade family.) Sweet potatoes have tapered ends and sweet, creamy flesh that varies from light yellow to deep orange. This vegetable is what all your traditional holiday recipes call for.

So why the two names? Well, it turns out that yams are something entirely different and probably not what you might think. A "true" yam is a tuber native to Africa. Its flesh is very starchy and it has a woody, bark-like skin. It is not at all related to the sweet potato. Africans in North America during colonial times saw a resemblance between sweet potatoes and the more-familiar-to-them yam and the names have been confounded ever since.

One thing that isn't up for debate is sweet potatoes' surprising nutritional value. They are rich in complex carbohydrates, dietary fiber, beta-carotene, vitamin C, vitamin B6, manganese, and potassium. Outside of leafy green vegetables, they are often touted as one of the most nutritious produce items available.

There are many different types of sweet potatoes, some of which are available at Weavers Way Co-op — Beauregard, Jewel, Garnet, Covington, and White Hamon, to name a few. Some of them, usually those with darker flesh, are dubbed "yams," while others are called sweet potatoes — and some carry the terms interchangeably. More important are the varieties' individual characteristics when cooked. For instance, some retain their shape better, while others soften more, lending themselves to mashing. Ask a staffer in the produce department to help you choose the right sweet potato and take some stress out of your holiday preparations!

mherbst@weaversway.coop

Seeking Out 'Local' Under Every Leaf and Tree

by Stephanie Kane, Weavers Way Local Product Coordinator

IN THE MANY PRODUCT REQUESTS WEAVERS WAY'S BUYERS receive from the membership, we've found shoppers care a lot about local. And I truly believe we do it better than anyone else. At $4.9 million last year, local sales now account for over a quarter of the Co-op's total sales — that's real dollars going to about 100 vendors. This runs the gamut of locally grown fruits and vegetables and small-farm-raised meats, cheeses, yogurt and other dairy products, all locally owned companies that produce their products or operate in a 150-mile radius with Weavers Way at the center.

There are three basic categories our vendors and their items can fall into when we source local products: Locally grown, describing a farm or producer that grows its primary product (like produce or cheese where the farm's milk is the main input); a local company that produces its product locally (like Jyoti or Moshe's); and a local company that operates locally, but does not produce locally. A great example of the latter is Lakonia

(Continued on Page 13)



Five Things

FIVE THINGS IS A SERVICE OF WEAVERS WAY.
Because there's no event that can't be improved by bringing something you bought at the Co-op!

Five Things to Bring to Your Book Group!

Here are five cheeses that will transform your Wednesday Night book club into Mt. Airy's Algonquin Round Table. Serve with a bubbly or a medium, fruity white. Add fig jam and some speck and you've got yourself a nice plate of food for thought.

1. **Delice de Bourgogne –** Decadent, bloomy, luscious and rich. Like Mrs. Bovary, you will never be satisfied with just one taste of this triple crème from Burgundy.
2. **Bucheron –** This log-shaped chevre from France has been described as a "flavorful middle-aged goat." It's an unflinching homage to the Miss Havishams of the world, with a dry, lemony center surrounded by gooey cream just under the bark-like rind.
3. **Cotswold –** A beautifully wrought and mellow Double Gloucester flecked with chives will keep the party going. It will remind you of childhood summers on the moors of Bourton.
4. **P'tit Basque –** Deceptively simple and pitch-perfect, this semi-hard Pyrenees sheep is a little nutty, a little sweet, a little magic, a little Mark Twain meets Isabel Allende meets Antoine de Saint-Exupéry.
5. **Valdeon –** This Spanish tour de force is The Marlin to many. This powerful cow/goat blend cloaked in oak leaves is ambitious, heady, salty and profound – the hero protagonist on any cheese board.

New on the Shelves

We Cleared Some Space, Then Filled It Up

by Karen Plourde, Weavers Way Staff

MAYBE YOU'VE CLEANED OUT A room or part of a room in your home and have been inspired by what you can do with the reclaimed space. If so, you've stood in the shoes of Riley Luce, grocery manager at Weavers Way Chestnut Hill. The debut of Weavers Way Next Door last month left 16 feet of wall space that was once the health and beauty aids section. So he filled it up with stuff the store didn't have room for before.

"We've made room for some great new products in grocery," Riley said. "Pet foods, cleaning supplies and chips have all been expanded. We've also made room for more bulk packaged foods, and a bunch of great snacks."

The number of new products Riley has brought in is worthy of its own column. But for this month, we'll just focus on the hanging wall of snacks just in front of the first checkout. They include **Go Raw Super Cookies** in five varieties; **Eden Organic dried fruits, almonds, roasted pumpkin seeds** and **fruit and nut mixes,** and **Mrs. May's Naturals** crunches in four flavors. In addition, you'll find **Sally's Smart flavored almonds**; **Crunchies freeze-dried snacks**; four varieties of **Hail Merry gluten-free, vegan noshes**; and seven different **Sahalie flavored fruit and nut mixes**. Wander past on your next shopping trip and see which ones appeal to you.

Meanwhile, in Mt. Airy, they've added new staples of sustenance. The Co-op now carries **Pomi Italian chopped tomatoes and tomato sauce** in a BPA-free container. The cracker section has expanded by two: non-GMO **Field Day stone ground wheat crackers** and **Suzie's saltines with rosemary and sesame.** And fans of **Bragg's** products can now find their healthy vinaigrette in the dressings section.

Over in the pet food store, Manager Anton Goldschneider has introduced **Diamond Dog**, an affordable grain-free food that contains more basic protein than other, higher-end dog chows. It's available in 5-pound, 14-pound and 28-pound bags. Owners of dogs with allergies may want to check out **Signature**, a limited-ingredient food that is also lower on the glycemic index. It's available in three flavors, all in 4-pound bags.

Chicken keepers, rejoice! Anton has heard your requests, and now carries **Purina Laguna Crumbles,** a lower-priced feed, in 50-pound bags. You can also now find cracked corn in 25-pound bags. And watchers of wild birds might consider purchasing a **Perky Pet** hummingbird or wild bird feeder. The hummingbird feeder is made from an antique bottle and would make a lovely addition to your porch or yard.

kplourde@weaversway.coop

Weavers Way Community Programs

Comings and Goings at WWCP

by Jill Fink, Weavers Way Community Programs Executive Director

As we celebrate the final harvests of the season, I've been reflecting on all the wonderful changes taking place at Weavers Way Community Programs and also giving thanks for the opportunity to be part of such an incredible organization and work with such a talented and dedicated staff.

The changing of the season has also brought more than just brilliant fall foliage to WWCP. We have two fabulous new employees who joined our ranks in October! I couldn't be more pleased to introduce Alison Hirsch, Program Coordinator, and Jesse Mostoller, Marketplace Assistant, to the rest of the Weavers Way family.

Alison will no doubt be a familiar face if you live in or visit Mt. Airy village. She lives just a few doors from the Co-op, can often be found at High Point and was a fixture at the Nesting House until we snatched her to be one of our own. Formerly the Assistant Director of Ready, Willing, and Able, Alison is no stranger to building organizational infrastructure, managing operations and supervising programs. As WWCP plans its strategic growth for the coming years, Alison is the perfect complement to our staff, bringing the skill, energy and enthusiasm necessary for our next stage of growth.



John Barone photo

Alison, Jesse, Jill, Carly and farm educators Clare Hyre and Shelley Hedlund at Farm to Table Oct. 3

Jesse grew up across the Delaware in Princeton, NJ (though we're not holding that against him). Since graduating from the University of Vermont in 2011, he's worked on a CSA farm, taught elementary school and written blog posts and handled social media for a public relations firm. It was Jesse's interest in, and commitment to, the cooperative business model that set him apart from other applicants. As Marketplace Assistant, Jesse is uniquely positioned to share his passion for cooperatives and local, healthy food with young people.

The addition of Alison and Jesse is wonderful but also bittersweet, bringing with it the departure of longtime WWCP employee Carly Chelder. Carly's been with WWCP for five of our six years, and has not only seen the organization grow and expand but has been a major force in getting us to where we are today. From coordinating the Marketplace program to keeping the office running efficiently, Carly has left her mark on the organization, and it's hard to imagine WWCP without her smiling face. We wish her much success and happiness as she raises her toddler and pursues new opportunities in the field of instructional technology. (If you have any leads for her, please let us know!)

On another note, thanks to generous support from The Philadelphia Foundation, WWCP is a few weeks into our strategic planning process. I'm already excited about the prospect of sharing the results with you in a few short months.

jill@weaversway.coop

Giving Thanks

Weavers Way Community Programs is incredibly grateful to all who have recently supported our efforts. Without the generosity of individuals, foundations and local businesses, WWCP wouldn't be able to provide the crucial farm and nutrition education programs to children in our community.

Foundations

The Fourjay Foundation: $4,000 for general operating support

The Hilda Mullen Foundation: $20,000 for general operating support

The Philadelphia Foundation: $22,000 to develop a long-term strategic plan

Friends of the Farm

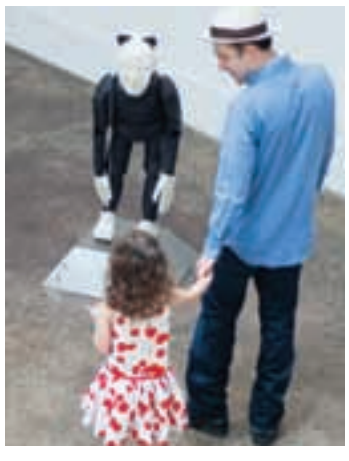
Dr. Corry Clinton/Megan Seitz Clinton
Harriet Dichter/John Schapiro
Jeffrey Fuller/Martha Madigan
David Haas
Lisa and Michael Hogan
Anne Munch Jenson
MidAtlantic Farm Credit
Mira Rabin/Tom Whitman
Paul Rabin/Arlene Snyder
Sarah Ricks/Tom Dolgenos
Laura and Ron Siena
Sue Wasserkrug/David Casarett
Liz Werthan/Bob Brand

WoodmereArtMuseum
TELLING THE STORY OF PHILADELPHIA'S ART AND ARTISTS



DISCOVER MORE OF WOODMERE THIS FALL

From Wild Flowers to Poker, Nat King Cole to Mozart, Books of spells, pumpkin painting, watercolor and clay.



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Farm to Table — Thursday, Oct. 3











Photos by John Barone. *To see more pictures, visit Weavers Way Community Programs on Facebook.*

Learning and Celebrating: Updates from Hope Garden

by Weavers Way Community Programs Farm Educator Shelley Hedlund and Farm Education Apprentice Larken Wright Kennedy

THE PAST FIVE MONTHS HAVE BEEN filled with experiential learning and healthy celebration at the Hope Garden behind Stenton Family Manor!

Garden Club is enthusiastically attended, and youth frequently come outside during their free time asking to participate in garden tasks. The consistent involvement of parents and children alike make us look forward to work every day and in particular made the end-of-summer garden pizza party a huge success.

In August, folks from all over (some as far as Canada) came together to celebrate a great summer and welcome the approaching school year with a garden pizza party. It all began with our superstar volunteer Lauren Altschuh, who took on the project of repairing our cob oven. Earth Bread + Brewery generously donated 30 small pizzas' worth of dough. One father whose son participates in Garden Club spent the entire party running the pizza oven like a pro, with WWCP's Carly Chelder on the grill to ensure every crust was perfectly crisped. Even Glenn Bergman's inner chef made an appearance!

Freshly picked bean, cucumber and tomato salads prepared by the Garden Club children and parents accompanied the vegetable pizzas.

People left asking when we could have the next party! We are so grateful to everyone who attended and especially thankful for all the help we received from Garden Club parents!

Another special part of the summer was our teen interns, Tiffany and Aaron, who contributed both to the success of the pizza party and to Garden Club as a whole. We hired Tiffany and Aaron to work 10 hours a week, and they spent seven weeks helping lead educational games and cooking lessons, weeding and planting beds and participating in the WWCP farmstand outside the Chestnut Hill Weavers Way every Tuesday afternoon.



WWCP photo

Many hands combined to produce primo pizza at the end-of-summer garden party at Stenton Family Manor

Aaron happily took on the role of garden ambassador this summer. On any given afternoon, whether we had Garden Club or not, we would see him leading groups of kids around the garden, pointing out the best spots to find wood sorrel (also referred to as 'heart leaves' or 'lemon leaf' in Garden Club lingo) and making sure that even the 2-year-olds did not step in the beds. Aaron's ease with people of all ages was invaluable at our farmstand when folks asked questions about the produce, and he learned the ropes of the market so quickly he could have run it himself!

Tiffany is the one to thank if you ever walked past our farmstand and thought to yourself, "What lovely flowers!" She has an amazing eye for floral arrangements, and we all went to her for tips on how to make our bouquets more beautiful. Although she could easily be a florist, Tiffany's true ambition is to become a veterinarian, which made our visits to Saul Agricultural High School extra-special for her. Tiffany was never afraid to work hard and get her hands dirty, and her presence this summer made the Hope Garden the lovely place it is today.

Tiffany's and Aaron's internships ended when the school year began, but we're still seeing them and enjoying their company in the garden and having them as green-growing, healthy-eating, good-behavior ambassadors, both to the Stenton Family Manor and to Philadelphia at large!

educator@weaversway.coop



General Manager's Corner

Advocacy and Weavers Way Co-op

by Glenn Bergman,
Weavers Way General Manager

Weavers Way usually does not get involved with city or state politics, but recently we have found ourselves taking stances on some issues that involve our Ends and Mission. Last year, we decided to support the Land Bank process and want to see that move forward so inexpensive land can be used for agriculture. Philadelphia has more than 40,000 documented empty lots; something needs to happen soon to improve our city.

Some of the other advocacy (I have been using that word for these topics) issues that are coming up are:

1. A soda tax, to be used for general operating funds or nutrition education through the city Health Department and to defer purchases.

2. A plastic-bag law, to outlaw or tax the use of the "T-shirt" grocery bag.

3. A sick-time law, requiring businesses of a certain size to provide basic sick-time benefits. More than 40 percent of hourly workers in Philadelphia do not have any vacation or sick-time benefits.

4. A minimum wage law, to increase the minimum wage in the city of Philadelphia to $10 an hour.

5. A cigarette tax, to be used to fund the public schools.

I am sure other issues will pop up over the year and I look forward to hearing from you if you are interested in getting involved or if you think Weavers Way should or should not get involved. As an owner, you have a voice, and we want to hear you.

For more information about Weavers Way's advocacy policies, see the article by Board of Directors member Joshua Bloom on Page 26.

Parking in Chestnut Hill

Member Linda Bernstein of Mt. Airy writes:

Would someone please explain why the signs in the parking lot do not include Co-op shoppers as authorized parkers? When we built the Chestnut Hill store, I remember that the parking lot behind the property was a big advantage in deciding to go forward. Now, Weavers Way is not mentioned on the parking signs. The signs imply we will be towed. Are we allowed to park there? What exactly happened, if we are not?

As Linda says, the signs in the large lot behind the store on Germantown Avenue do not list Weavers Way as an approved tenant of the lot. But the lot owners have provided verbal approval to allow shoppers to park there while shopping at Weavers Way. What they would love is if people shopping at Weavers Way also stopped in at Sherwin Williams, Iron Hill and Joseph Banks. If you do happen to stop into those locations, please thank them for allowing us to use the lot.

Meanwhile, we are working to move the lot back to the Chestnut Hill Parking Foundation and hopefully provide validation for Weavers Way shoppers who pay to park in the lot.

We will keep you informed.

40th Anniversary

Besides a wonderful job by the planning committee, the Weavers Way Grill Team, volunteers, musicians and the Cliveden staff, I have to admit that my favorite part of the day was the picture of founders. What a wonderful picture. It is not often that we get so many of the founders together; in fact I cannot remember a time that we were able to do this and focus on these "pioneers."

And I have to give special thanks to Weavers Way Outreach Coordinator Bettina de Caumette, who did an outstanding job getting us all organized and bringing together so many different activities.

GMO Labeling Campaign

Many of you have stopped me or written to me about why we support companies that are owned by large corporations that do not support labeling of genetically engineered food, and in many cases give funds to oppose GMO labeling. Those of you who are interested in this topic should know that we are working with the National Cooperative Grocers Association to come up with standards or at least a system of reducing purchasing from these companies.

This means we will need alternative suppliers. I have asked our local purchasing manager, Stephanie Kane, to assist us with identifying alternative local products we can offer instead of brands with "issues." This is not easy. Kashi, owned by Kellogg, does not have a clearly identifiable substitute at this time. However, Santa Cruz applesauce, owned by Smuckers, can be substituted with Beechwood applesauce on a number of product lines. Santa Cruz is organic, Beechwood is local, IPM and actually less expensive.

We will keep looking.

gbergman@weaverwsway.coop

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Board President's Remarks

Continued from Page 1

clear. And we had plenty of that — chaos, that is.

Jules Timerman got us started as a preorder buying group in the basement of Summit Church, open only once a week and with limited space. Jules toured the neighborhood selling apples from the back of his station wagon and talking co-op to everyone who would listen. Enough people chipped in a few dollars, and he rented the storefront at 555 Carpenter Lane, the former Sid's Deli, and opened the Weavers Way Co-op for business on Jan. 13, 1973.

We were so small that only six shoppers could fit in 555 Carpenter and we had to go next store at 557 Carpenter to pay for our groceries.

During 1973, Weavers Way operated without any organization or systems — no accounting system, no budget, no payroll. The most established system was a membership recording system where members wrote their names down in a looseleaf notebook when they paid their $10 membership fee.

It's a miracle that we survived our infancy! But Weavers Way grew by word of mouth and by the end of that first year, we had 500 members committed to cooperative principles.

Stage 2. Adolescence — a time to work through some initial conflicts, test relationships and power dynamics, and find ourselves.

This was a long stage for us — we did not want to grow up. But we did work through some issues, made some mistakes along the way, and came out ready to be an adult.

Like any good teenager who knows everything, we did not want someone telling us what to do. But we gradually accommodated ourselves to electing co-op officers and hiring a store manager.

We had to learn how to handle our money and came up with our first budget in 1976.

Although teenagers would rather stay in bed, we decided that work was good for a growing teen and so we established the universal work requirement.

Trying to figure out who we were, we tried on different hats like starting a credit union and a heating-oil co-op.

We couldn't make up our mind where to live — so we kept buying and selling properties along the way: 528 Carpenter; 546-48 Carpenter/Gem Cleaners (that fell through); 551 Carpenter; 608-610 Carpenter. I think we had our hands in almost all the properties on Carpenter Lane at one time or another.

Teens don't want to follow the rules or be looked after and are known to act out. That's when we almost bankrupted ourselves after discovering $600,000 of fraudulent book keeping. Quite a dramatic end to our teenage years!

After that financial scare, we finally got our act together and grew up, so to speak.

Stage 3: Adult — a time to produce results on a more consistent level.

I'd say we've been in this stage for the last 10 years. Let's look at some of the highlights so far.

- We hired Glenn Bergman as the general manager and he's been with us now for almost 10 years.
- We came full circle and finally purchased 555 Carpenter in 2005, the birthplace of Weavers Way back in 1973.
- Branching out into the agricultural fields, we started our first commercial farm at Mort Brooks Memorial Farm and then Henry Got Crops.
- Wanting to do good in the community, we created our own nonprofit, Weavers Way Community Programs.
- Weavers Way Chestnut Hill opened in 2010 and has been going gangbusters ever since.
- Upgrading our management systems in the last few years, we've added a Chief Financial Officer, Marketing Director and others so we could manage multiple stores, programs, and farms.
- As an aging adult, we needed a facelift and so we renovated the Mount Airy store. We also opened a wellness store Across the Way to keep us healthy as we aged.

In the midst of our adult stage in 2013, we look around and see 10 years of incredible growth that bring us to this moment where our annual sales topped $17 million, membership is over 5,200 households, and employees number 160.

Stage 4: Future — a time for subsequent senility OR transformative renewal.

It seems we have a choice to make as we go into the future. Do we stay still and wither away as other natural food stores and cooperatives move into our life and crowd us out? OR Do we continue to grow and change, adjust to new circumstances and enter into a period of transformative renewal?

That's not a difficult choice for Weavers Way. One thing that has been constant over the past 40 years and that has been change and lots of it. If the past is any indication of the future, then the future will be no different for us.

We are already planning for the future. We just completed a new 5-year strategic plan for 2013-2018 that looks at four main areas: Growth/Expansion; Internal Operations; Member and Community Engagement; Weavers Way Farms and Weavers Way Community Programs.

There is much ahead of us. We have changed and adapted in so many ways to become the vibrant cooperative community that we are today and will continue to be in the future. The choice is clear: No senility for us. Renewal forever. Happy 40th, Weavers Way, and keep on going!

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Penn Foundation Grant for Awbury Arboretum

Awbury Arboretum has received a two-year, $300,000 grant from the William Penn Foundation to help support its mission to provide educational programs that connect an urban community with nature and history.

Specific areas addressed by the grant will include support of key staff positions, consulting services for a capital campaign and the development of a summer program in concert with Arcadia University's Department of Education Leadership and the Wissahickon Charter School, which will soon break ground for a new facility adjacent to the Arboretum.

Said General Manager Chris van de Velde, "This is a truly evolutionary moment in the life of Awbury Arboretum. We have launched innovative educational programs and camps. We plan to continue our efforts to make the Arboretum a horticultural laboratory for research and propagation of the historic plants of Germantown, and to serve as a teaching center for environmental and horticultural programs."

"Our specific challenge, which the William Penn Foundation has committed to assist us with, is generating revenue sources that can provide financial viability, and we believe enhancing our programs will not only enrich our neighborhood but is also the cornerstone of a complex strategy to build audience and revenue."

As a private, non-profit organization, Awbury does not receive support from the city or state. Awbury has already made great strides toward generating alternative revenue, revitalizing its for-profit landscape services branch, Awbury Arboretum Landscapes and refurbishing the historic Francis Cope House to be available for events. AAL sells Arboretum products, including firewood (available by the bundle at Weavers Way), mulch and wood chips.



Awbury Arboretum photo

Awbury, in East Germantown between Chew Avenue, Washington Lane and Ardleigh Street, was once the private enclave of an extended Quaker family. Its 55 acres have been open to the public free of charge for nearly 100 years. Awbury hosts a number of like-minded "partner-tenants," including Weavers Way's Mort Brooks Memorial Farm, and the Arboretum engages in collaborative programming with Weavers Way Community Programs. For more information, visit www.awbury.org.

Johnson House Gets Pew Preservation Grant

The historic Johnson House in Germantown is the recipient of a $200,000 Preservation Implementation grant from the Pew Center for Arts and Heritage.

The grant will support ongoing preservation work to remedy remaining critical areas of need of the building envelope to prevent further water infiltration damage, repair windows, doors and locks and repair interior damage.

The Johnson House board and staff were thrilled to receive this competitive grant and celebrated at a reception held at the site, on Germantown Avenue at Washington Lane, in August.


Eli Pousson photo

Since 1997, countless visitors have streamed through the doors of Johnson House Historic Site. In 2012 alone, over 7,400 visitors walked the uneven floorboards and learned how Africans seeking their freedom took the risk to embark on the Underground Railroad. Working side by side, enslaved Africans, free blacks and abolitionists like the Johnson family worked in great danger to assist in this incredible effort. Johnson House is Philadelphia's only documented station on the Underground Railroad that is open as a museum for public tours. For more information, visit www.johnsonhouse.org.



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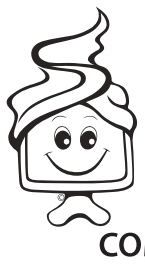
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Harvest Kitchen Tour to Benefit CH Center for Enrichment

Since 1978 the Chestnut Hill Center for Enrichment has been a source of learning, good times, volunteerism and companionship for what is now the fastest-growing segment of our population, those who are "55 and better." The not-for-profit Center is pleased to be available at low or no cost to everyone who walks through the door at the CHCE "home" at 8431 Germantown Avenue.

Still, it takes money to keep the lights on. As a result, CHCE has learned to turn to friends for help, and have a good time in the process. On Saturday, Nov. 16, the community is invited to Harvest Kitchen Tour 2013. On this day, six very generous homeowners in Chestnut Hill and Mt. Airy are opening their very special kitchens to six of the area's most talented chefs. From 10 a.m. to 4 p.m., visitors may travel among the houses, admiring their kitchens, table settings and floral arrangements. While there, they will likely want to watch the chef "on duty," one of whom will be Weavers Way's own Glenn Bergman. It should be remembered that long before becoming general manager of the Co-op, Glenn was a chef at The Commissary, one of the early and brightest lights in Philadelphia's "restaurant renaissance."

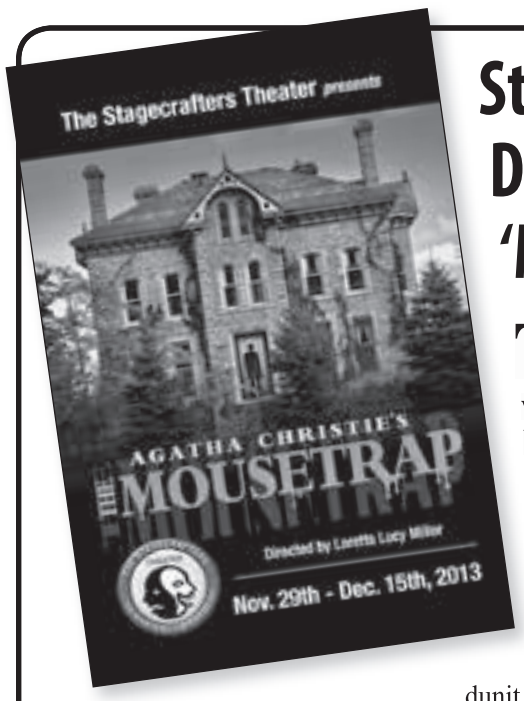
Harvest Kitchen Tour tickets are $30 in advance, $35 on the day of the event. For all the details, call CHCE at 215-248-0180 or visit www.chestnuthillenrichment.org.

FOW Hosts Public Meeting on Sustainable Trails

The Friends of the Wissahickon will host a public meeting to discuss progress to date on the Sustainable Trails Initiative and upcoming projects for 2014 on Monday, Nov. 25, at 6 p.m. at Cathedral Village, Ridge Avenue and Cathedral Road in Andorra. A representative from Philadelphia Parks and Recreation is expected.

The Sustainable Trails Initiative is a multi-year project to make the 50 miles of National Recreation Trails in the Wissahickon a physically and socially sustainable system that works for all park users. This project is being executed in partnership with PPR.

Those wishing to attend the meeting should register with FOW by contacting Outreach Manager Sarah Marley marley@fow.org or 215-247-0417 x109.



Stagecrafters Set Dame Christie's 'Mousetrap'

"The Mousetrap," the consummate Agatha Christie whodunit, will open at Stagecrafters on Friday, Nov. 29. This classic of the mystery form by the "Queen of Crime" features an English country house, a fierce blizzard, dead telephones and of course, a dead house guest.

Christie (1890-1976), considered the grande dame of the whodunit, wrote 66 detective novels and 14 short story collections. As attested by the Guinness Book of Records, she is the best-selling novelist of all time. "The Mousetrap" opened in London's West End on Nov. 25, 1952, and can claim to be the longest running production in theater history with 25,000 (and counting) performances. By tradition, audiences are asked at the end of each performance not to reveal the identity of the perpetrator to anyone outside the theater.

Production dates are Nov. 29 and 30 and Dec. 5, 6, 7, 12, 13 and 14 at 8 p.m. and Dec. 8 and 15 at 2 p.m. Tickets are $17 online (no service charge), $20 at the door. For discounts and other information, call 215-247-8881; for reservations, call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. Visit the website for details: www.thestagecrafters.org.

A "Meet the Cast and Director" Q&A will be held following the performance on Friday, Dec. 6.

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Hanukkah Specialties Travel Far in 8 Days

by Ronit Treatman, for the Shuttle

The word "Hanukkah" means "dedication." The holiday commemorates the rededication of the Temple in Jerusalem during the 2nd century BCE after the Maccabees' victory over the Seleucid Empire. Jews all over the world celebrate Hanukkah with festive dishes influenced by their particular community's history and circumstances. The common thread that unites them all is the use of oil, recalling the Temple menorah and the pure olive oil required to light it.

The innovations in Hanukkah foods have not stopped. One of the most fun ideas I have discovered in Philadelphia is Latke Palooza, a competition for the most creative Hanukkah pancake. I have seen entries with corn, lentils, zucchini, jalapeño peppers, ginger and celery root. This year I am making room at my table for Mexican-inspired corn latkes, served with spicy salsa on the side.

Ronit Treatman is the food editor of The Philadelphia Jewish Voice (online at bog.pjvoice.com). She is the creator of www.handsonjewishholidays.com, a celebration of Jewish traditions. Contact her at ronit.treatman18@gmail.com.

Italy

Jews have lived in Italy continuously since early Roman times. Their Hanukkah specialty is a rice fritter called *frittelle di riso*. It is flavored with pine nuts, raisins and lemon zest.

Frittelle Di Riso

- 1 cup Arborio rice
- 2½ cups water
- 1 teaspoon salt
- 1 cup raisins
- 1/2 cup pine nuts or slivered almonds
- 2 teaspoons grated lemon rind
- 6 eggs, slightly beaten
- 1 cup olive oil for frying

Place rice in saucepan with the water and salt and bring to boil. Lower heat to simmer, cover, and cook, without stirring, for 30 minutes, or until rice is well done and quite dry. Remove from heat and stir in raisins, nuts and lemon rind. Cool for at least 30 minutes and then add the eggs, mixing well. Heat the oil in a large frying pan. Drop rice mixture by rounded tablespoons. Fry two to three minutes on each side; frittelle should be golden brown. Drain on paper towels. Frittelle can be rolled in sugar, or sugar and cinnamon.

Adapted from "The Classic Cuisine of the Italian Jews," by Edda Servi Machlin.

The Iberian Peninsula

Merchants from the Kingdom of Israel were the first Jews to settle here, during the time of King Solomon (970 BCE). The Jews of Spain and Portugal celebrated Hanukkah with small doughnuts called bimuelos. They were considered so distinctively Jewish that the Inquisition considered the cooking of bimuelos to be evidence of crypto-Judaism.

Bimuelos

- 1 tablespoon dry active yeast
- 3 cups flour
- 1/2 teaspoon salt
- Warm water
- 2 eggs
- 3 cups honey
- Olive oil
- Ground cinnamon
- Confectioner's sugar

To prepare the dough: Place 1 1/3 cups of warm water in a bowl. Add the yeast and allow it to rest for 10 minutes. Add flour, eggs, salt and one tablespoon of olive oil. Knead the dough well, cover the bowl with a clean kitchen towel, and allow the dough to rise for one hour in a warm place.

To prepare the syrup: Bring honey and ¼ cup of water to a boil. Simmer for 5 minutes. Keep syrup hot until needed.

To prepare the bimuelos: Heat some olive oil in a heavy skillet over medium heat. Dip a tablespoon into the hot oil, then scoop out some dough. Drop the dough into the hot oil. The fritters are ready when they have puffed up and become golden. Remove with a slotted spoon and blot on paper towels. Arrange the bimuelos on a serving platter, drizzle with hot honey syrup and sprinkle with confectioner's sugar and cinnamon.

Adapted from "A Drizzle of Honey, The Lives and Recipes of Spain's Secret Jews," by David M. Gitlitz and Linda Kay Davidson.



Clockwise from above: Samas, jabeli, keftes de prassas, bimuelos and frittelle di riso.

The Balkans

After their banishment from Spain and Portugal in 1492, many Jews moved to Greece, Turkey and the Balkans. Their food had the characteristic spices of Spain and Portugal such as cumin, cinnamon, cardamom, turmeric, cilantro and Early Purple Orchid powder. These leek fritters are originally from the Balkans and are traditionally prepared in Sephardic homes for Hanukkah.

Keftes de Prassas

- 6 leeks
- 2 tbls. olive oil
- 1 small onion, diced
- 6 cloves garlic, diced
- 4 shallots
- 1/3 cup pine nuts
- 1/2 bunch cilantro, minced
- 2 large eggs
- 1/3 cup Parmesan cheese
- Salt and fresh ground pepper to taste
- 1/2 cup bread crumbs

Wash, dice and steam the leeks. Toast pine nuts. Heat oil in a heavy skillet and saute the onion, shallots, and garlic until they are translucent. Place the leeks, pine nuts, onion mixture, eggs, Parmesan cheese and bread crumbs in a bowl. Knead the mixture. Season with salt and pepper to taste. Drop the batter in hot olive oil and fry until golden-brown on each side. Drain on paper towels.

Adapted from Israel Aharoni.

Bukhara

Jews arrived in Bukhara, in modern-day Uzbekistan, after the Babylonian exile, in the sixth century BCE. They had no contact with other Jews for 2,000 years. Samsa are Bukharan sweet fried dumplings filled with crunchy walnuts.

Samsa

- 1 cup chopped walnuts
- 1 1/2 tablespoon sugar
- 1 1/2 tablespoon unsalted butter, softened
- 1 1/2 cups flour
- 1/2 teaspoon salt
- 2/3 cups warm water
- 4 tablespoons unsalted butter, softened
- 4 tablespoons confectioner's sugar
- 2 cups vegetable oil

Toss walnuts, butter and sugar. Set aside at room temperature. Place the flour, water, salt, and half of the butter in a large mixing bowl. Mix the ingredients until a firm dough is formed. Roll the dough into a ball. On floured surface, roll the ball out into a rectangle approximately 18" x 16". Brush the dough with the remaining butter and fold into quarters.

Roll it out again as thinly as possible. Cut dough into a rectangle 18' x 16" then cut into 2" squares. Place a teaspoon of walnut filling into the center of each square then draw up the 4 corners to the middle. Pinch the corners together to seal.

Heat oil and fry the samsa for about 3 minutes. Drain on paper towels, then sprinkle with confectioner's sugar.

Adapted from www.ruscuisine.com

India

India has three distinct Jewish communities: Traders from Judea settled in Cochin 2,500 years ago, and were joined by exiles from the destruction of the Second Temple. The Bene Israel left Judea in 175 BCE and settled in Bombay. The "Baghdadi" Jews were traders who arrived in Calcutta and Bombay from Iraq, Iran, Afghanistan, Syria and Yemen in the late 18th century. None of these communities knew of each other's existence until the British colonized India.

Jalebi is a type of funnel cake spiced with saffron and cardamom, made in India for about 700 years. Each of the Indian Jewish communities adopted it for Hanukkah independently.

Jalebi

- 2 cups self raising flour
- 1/2 teaspoon baking powder
- 1 cup yogurt
- Vegetable oil
- 1 cup sugar
- Saffron
- 1/4 teaspoon cardamom powder
- 2 tablespoons rose water

To prepare the batter: Mix the flour, baking powder and yogurt in a bowl. Set aside at room temperature for 24 hours to ferment.

To prepare the sugar syrup: Bring the sugar and rose water to a boil. Turn off heat. Add the saffron strands and cardamom.

To cook the jalebi: Heat the oil over a medium temperature in a heavy skillet. Pour the batter into a clean squeeze bottle, like a ketchup dispenser. Squeeze the batter into the oil, forming patterns. When the jalebi are a light golden color, remove them from the pan. Place the jalebi directly into the sugar syrup. Allow them to soak for 2 to 3 minutes. Serve warm.

Adapted from www.indianfood.about.com/

Comp Shop Snapshot

Here's a comparison price check between Weavers Way and the big guy. Some of our best-selling products are listed here. So shop at the Co-op and Save!

WELLNESS	Weavers Way Co-op	Whole Foods
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Aura Cacia Sweet Almond Massage Oil 4 fl oz	$4.69	$5.99
Bach Rescue Remedy 20 ml	$17.33	$19.99
Boiron Arnica Gel Pain Relief 2.6 oz	$10.91	$11.99
Dr Bronner's Peppermint Castile Soap 16 oz	$8.25	$8.99
Dr Hauschka Cleansing Milk 4.9 fl oz	$36.95	$36.99
Giovanni Smooth As Silk Shampoo 8.5 fl oz	$6.29	$7.99
Nature's Gate Herbal Moisturizing Lotion 18 fl oz	$7.79	$9.97
Nature's Gate Herbal Shampoo 18 fl oz	$6.35	$7.99
Preserve Soft Recycled Toothbrush	$2.65	$2.99
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Chef's Corner

A Shore Discovery Goes Homey

by Bonnie Shuman, Weavers Way Executive Chef

Every year in September, my partner and I go to the Jersey shore. This much needed respite is good for our weary souls, and there is nothing like the restorative properties of the ocean. But, as you might imagine, there is a dearth of good restaurants, especially this time of year, when many places close for the season.

We found the exception when we dined at Cafe 2825, in Atlantic City. Though it was a bit off the beaten track from where we were staying (and Atlantic City is not really our scene), it was well worth the drive. Small and intimate, this longtime family-owned restaurant has truly authentic Italian cuisine.

As we settled into our seats at the bar, we made our choices. I started with a Caesar salad, which I use as a barometer of a good Italian joint. I knew we were off to a good start after my first bite! My partner ordered a starting dish I had hardly ever heard of, except that she had been telling me about it for some time: Spiedini alla Romana.

One bite sent me reeling! I had never tasted anything so comfort-foody delish. After trying this dish, I became kind of obsessed with it. I Googled it, dreamed about it and knew I would have to learn to make it!

Now, a little about *spiedini*. When I first searched this, I found many recipes for skewered meat. While in fact there are many recipes for spiedini that are indeed just that, I refer here strictly to "Spiedini alla Romana," which is also sometimes referred to as "Mozzarella en Carozza." It is basically fried bread and mozzarella cheese.

There are many, many recipes to choose from, and the traditional way to make it is to make a multi-stacked, crustless sandwich which is then skewered, dipped in flour and egg, fried and served with a caper-anchovy sauce. I really didn't want to go through all the stacking and skewering, so I came up with this simpler version, which I hope you will try at home.

I will be the first to say this is not at all a healthy dish. I highly recommend making it with your kids, as it turns traditional grilled cheese on its head and may change the way your kids (and you) think about grilled cheese. And if you're feeling really ambitious, try making the traditional skewered version.

bonnie@weaversway.coop

Easy Spiedini

- 8 slices white or whole wheat bread (Vermont bread from the Co-op works well)
- Shredded or sliced Mozzarella Cheese (you can use fresh Mozz, but traditional melts better)
- 1 egg beaten with 1 tbls. water
- 1/4 cup flour
- Enough grapeseed oil to fry sandwiches (you should have about 1 inch of oil in pan)

Cut the crusts from the bread. Make 4 cheese sandwiches, but leave space at the outside edges of the bread. Pinch each sandwich around all sides to enclose the cheese in the bread.

Heat oil in 12-inch skillet, carefully to not overheat.

Dip each sandwich in flour, then in egg wash. Don't soak the sandwich, just coat evenly.

Fry each sandwich in hot oil, turning until golden brown on each side. Drain on paper towels.

Anchovy Caper Sauce

- 4 tbls. butter
- 2 cloves garlic, minced
- 1 tin anchovies
- 1 tbls. capers
- 2 tbls. lemon juice
- 3 tbls. fresh basil, cut into chiffonade

Melt butter in small saucepan (keep heat low for entire process), add anchovies and whisk until the filets are mostly dissolved. Add capers and garlic, until garlic is aromatic, then add lemon juice, cook for about a minute. Remove sandwiches from pan, and cut in quarters. Top with anchovy sauce and finish with fresh basil.

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Local

Continued from Page 3

Greek Olive Oil. We consider this a local company, as our money is going to a family-owned business that operates nearby, treats its workers fairly and supports a small family-owned olive oil company in Greece. Nevertheless, the sale of that product is not counted when we look at our local sales, since it is imported.

Local sales have always increased year by year at the Co-op, not only as the stores have grown, but also as shoppers have found value in supporting small businesses in our local economy. Our goal for the coming year is a 9.2 percent increase in local sales, to $5.3 million.

Some departments have an inherent tendency towards local, such as refrigerated grocery, which includes milk, yogurt, eggs, cheeses and breads, but also items less likely to be local like cold tea, juice and kombucha. About 49% of their total sales already go to local vendors like Merrymead, Seven Stars, Pequea, Wholesome Dairy and Joe's Teas.

One of the ways we look to increase local sales in refrigerated grocery is to find new options for existing items. For example, we're trying Capital City Kombucha from Washington, D.C., which you can now find in Chestnut Hill.

In order to increase the dollars we send to locally owned companies, we've brought in some new products, and there are more on the way in the coming months. Here are some of them:

Soom Foods Tahina. A high grade of sesame seeds called White Humera comes from the Northwest Metema region of Ethiopia. Soom's ultimate goal is to purchase seeds directly from the farmers through a collective and grind them locally.

Cape Seasonings. Cape Seasonings is a quirky company out of Lewes, DE, started by a self-proclaimed chipaholic. They are dedicated to healthy snacks, and go to great lengths to have the sustainable packaging options. You can find their chips and pretzels in both stores, and their seasoning blends in Mt. Airy.

Jubilee Hill Farm. Weavers Way has a commitment to helping small producers get off the ground, even if their products have a very small footprint in our inventory. Jubilee Hill is a local farm that has started processing Holy Basil Tulsi Tea, and is developing other varieties as well.

Tandi's Naturals. The opening of Next Door in Chestnut Hill has given us a great opportunity to bring in many new local vendors. Tandi's is a great all-natural line, sourcing beeswax and tallow from small farms in Lancaster County. Tallow is one of the only Pa.-grown oils that makes good soap. The primary vegetable oils used in soap (coconut, palm, olive) come from far-away places, and local vegetable oils such as sunflower, canola and soybean are prone to go rancid and do not make good soap like animal and tropical oils. Tallow is high in CLA (conjugated linoleic acid), reputed to protect against cancer; super-saturated, helping to plump your skin against wrinkling; and boasts antimicrobial properties.

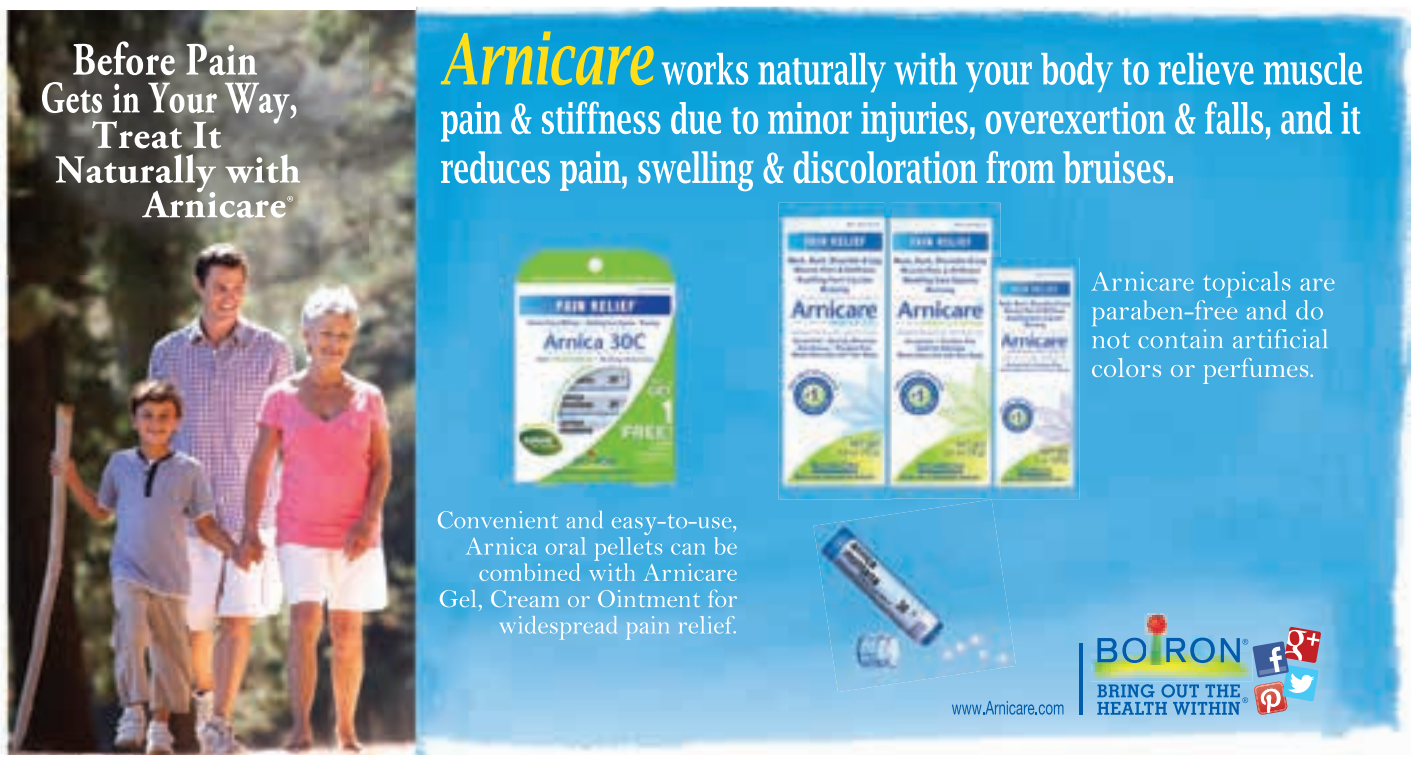
Sevani. Another new skin-care line available Next Door is Sevani, out of Conshohocken. Sheryl creates super-concentrated formulas utilizing natural and certified-organic ingredients that are specifically selected for their powerful antioxidants, natural vitamin content, natural sun-protection properties, cell regeneration and exfoliating fruit acids.

skane@weaversway.coop

How Local Sales are Blooming at Weavers Way

Total Sales for Fiscal 2013 (July 1, 2012-June 30, 2013)	**$17,195,224.67**
Local Sales	**$4,883,953.18** (28.40 % of total sales)
Local + Regional Sales	**$5,875,308.38** (34.17% of total sales)

Source: Weavers Way CFO Michael McGeary



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Party & GMM

Continued from Page 1

Weavers Way first opened its doors, pounded out songs to the growing crowd.

When the Co-op threw itself a 40th birthday party on the grounds of historic Cliveden in Germantown on Sunday, Oct. 13, people came from all over for the food, to see old friends, to bask in the October afternoon sunshine and to reminiscence about how it all began in 1973.

"The first Co-op was so small only six people could shop at once," said Joan Stockton, who moved to Germantown in May 1973 and became a Co-op member later that year. She remembers working at the Co-op for a while and getting paid 35 cents credit per hour of work, which was worth a couple pounds of bananas in those days. "I never lived closed enough to walk to the Co-op," she said, but she always "made the shlep to shop there."

The Co-op has grown a lot, expanding in Mt. Airy with a separate pet supply and personal-care products store, opening a second grocery store in Chestnut Hill, starting a farm on a parcel of land at Awbury Arboretum, and cultivating a productive partnership with Saul Agricultural High School in Roxborough. Weaver's Way has also grown to a profitable business, with more than $17 million in sales last year, supported by 5,200 member households.

"What I admire most is that we employ 160 people with benefits and living wages and we are an integral part of the community in Northwest Philadelphia," said David Kraut, a member since 1980.

While the changes have helped the Co-op to thrive, not everyone, including some early Co-op members, are totally on board.

"Today's higher prices exclude a lot of people," said Verley Platt, who couldn't remember whether she joined in 1974 or '75. "For older members, working at the Co-op was a way to get affordable good food and I feel bad that we've left that part behind," referring to the current system where Co-op work hours are optional.

"But don't get me wrong," she quickly added. "If I didn't love the Co-op, I wouldn't still be a member."

An estimated 1,300 people stopped by during the six-hour anniversary bash. At 2:45 p.m. came the announcement that there was no more barbecued shrimp; a while later, about 50 "Founding Members" from the '70s and '80s gathered for a group photo; and shortly after 4 p.m., with enough raised hands for quorum, the Fall General Membership Meeting was called to order.

One of the items of business was the time capsule to be buried within the walls of one of the Co-op's buildings, to be opened 40 years from now. Co-op board member Lisa Hogan unveiled the contents, including a 40th anniversary T-shirt, photos, seed packets, a plastic Weaver's Way Co-op membership card and copies of The Shuttle, along with some older and very cherished items, such as copies of the Co-op's charter and blueprints for its first building.

Another item on the agenda was the announcement of the winner in the contest to name the beer brewed in honor of Weavers Way's 40th anniversary by Earth Bread + Brewery: CoHop Ale.

The Co-op is still as much a draw to a certain type of person today as it was 40 years ago, and when some people join the Co-op it can lead to a new relationship.

Jill Fink, who joined in 2007, said moving to Mt. Airy was as much about moving to within walking distance of the Co-op as it was about moving into the diverse neighborhood. Earlier this year, Jill was hired as Executive Director of the Weavers Way Community Programs

Carly Dougherty joined just last year. The owner of an organic and handcrafted natural deodorant and body care business called Stinky Girl Beauty Company, Carly was invited by the Co-op to sell her products.

"I look around at all these people who created the Co-op," she said, "and I just want to say thank you."

Co-op General Manager Glenn Bergman smiled and agreed that this was a day to acknowledge the vision and work of those who created the Weavers Way Co-op 40 years ago. "Today's event is really about them, and taking care of what they started."

Jacqueline Boulden (jb@bouldenmultimedia.com) has been a member of the Co-op for "about 20 years," and got cooperator hours for covering the 40th Birthday Bash.

HAVING A BLAST















AT OUR 40TH BIRTHDAY BASH!

















Thanks to our photographers Glenn Bergman, Linette Kielinski, Nathea Lee/PhotoBravura, Ellie Seif and Ken Weiner. To see more pictures, visit the Weavers Way 40th album on Facebook.

Fresh & Healthy: It's What's for Lunch at W. Oak Lane

by Barbara A. McNeil, for the Shuttle

Students at West Oak Lane Charter School are enjoying a new eating experience for breakfast and lunch this year. Menus feature more fruits, vegetables and whole grains, and less saturated fat and transfat.

It's all part of the Healthy and Hunger Free Kids Act, which became law in 2010, and the USDA's revised nutrition standards adopted in January 2012. They are championed by First Lady Michelle Obama through the Let's Move campaign to end childhood obesity.

Under the National School Lunch Program, schools must now offer fruits and vegetables every day of the week. Only fat-free or low-fat milk may be served. Calories are limited based on the age of the children being served. Beginning next year, there will also be lower sodium targets.

And West Oak Lane Charter is pleased to oblige. With students consuming up to half their calories in school, the nutrition standards should have a positive impact. Said Russ Hengst, director of operations for WOLCS's new food service company, Linton's Managed Services: "Well-nourished students are better learners. … Our food-production team makes sure that foods served to the students are fun and easy to eat, yet are healthy, with an emphasis on trying new foods."



WOLCS photo

Banners in West Oak Lane Charter School cafeteria underscore the mission of healthy eating.

Of course the proof of the pudding is in the eating, and Angela Case, coordinator for the WOLCS lunch program, said the participation rate for both breakfast and lunch has increased from a year ago.

One admirer is Lillian Jones' grandson, Demetrius, a second grader. "When he came home his first day, and I asked him about lunch, he said, 'Oh man, Grandma, that lunch was good.' … I asked him what it was, and he said, 'It was a salad, but what they put in there, it was good.' " Jones, who lives in Mt. Airy, says Demetrius now looks forward seeing what's on the menu when it comes home.

Barbara A. McNeil is a lawyer and management consultant. For more information on West Oak Lane Charter School, visit www.wolcs.org

Keep Them Dreaming

by Wendy Waxman, for the Shuttle

After reading a request in a Weavers Way newsletter to help schools by donating copy paper, pens, pencils, chalk, dry-erase markers, Sharpies, composition books, tissues and construction paper, I immediately purchased 10 packs of copy paper. I drove to A.B. Day School in Mt. Airy and met principal Karen White. She was so grateful and gracious.

I told my friends, who also donated materials. Principal White sent the following quote from Harriet Tubman: "Every good dream begins with a dreamer. Always remember you have within you the strength, the patience and the passion to reach for the stars and change the world."

Spread the word! These schools need materials: A.B. Day, Emlen, Henry, Houston, Jenks and Lingelbach.

You can make a difference!

Weavers Way member Wendy Waxman is an alumna of A.B. Day and taught in the School District for 28 years.

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Penn State Extension at Your Service

Take a Peep at 4-H in the City

by Anna Herman, for the Shuttle

How do hundreds of Philadelphia schoolchildren watch chicks peck out of their shells and emerge wet and fragile in their classroom? With help from a Penn State Extension 4-H Educator who drops off an incubator, fertilized eggs and lesson plans for their teacher.

My son had the opportunity to learn how to shoot an arrow with a bow in a 4-H club in a Mt. Airy back yard quite a few years ago. I know several city kids who spend time every week taking care of "their" calf or goat. These animals go "on the road" to community events and the Pennsylvania Farm Show.

Back 1902, 4-H was created to introduce youth to basic farming. This "learn by doing" program started in schools, and later in organized clubs outside of the classroom. The goal was and is simple: to help young people develop as individuals and responsible, productive citizens.

4-H helps youth acquire life skills, have fun, meet new people, build self-confidence, learn responsibility, and set and achieve goals. 4-H fosters citizenship, leadership and growth and development through a variety of projects such as hatching chicks, raising and caring for animals, archery, edible gardening and more.

4-H endeavors to teach young people how to put the four "Hs" — their heads, hearts, hands and health — to work in their own lives and in their communities.

Penn State Extension 4-H Educator Jackie Simon has been leading the 4-H program in Philadelphia since 1998. She coordinates a small group of program assistants alongside volunteers and program partners throughout the city to reach thousands of students in hands-on after-school programs, rec centers, camps and school gardens.

Working with these program partners and leveraging limited resources, 4-H helped hatch more than 75 dozen chicks last year, supported more than 20 schools and recreation centers in creating and maintaining youth gardening programs, and organized, taught and supervised several student archery programs led by 4-H archery instructor Lorraine Busch.



Awbury Arboretum photo

Campers at Awbury Arboretum participated in a 4-H archery program last summer.

4-H has ongoing and new projects all around Northwest Philadelphia. Students from Germantown Friends, Jenks, Lingelbach, and St. Vincent's have all learned about embryology and successfully hatched chicks. 4-H has facilitated gardening programs in partnership with Wister and Kelly schools and the Hansberry Garden. Other partners include the Boys and Girls Club in Germantown, Happy Hollow Playground and Gustine Recreation Center.

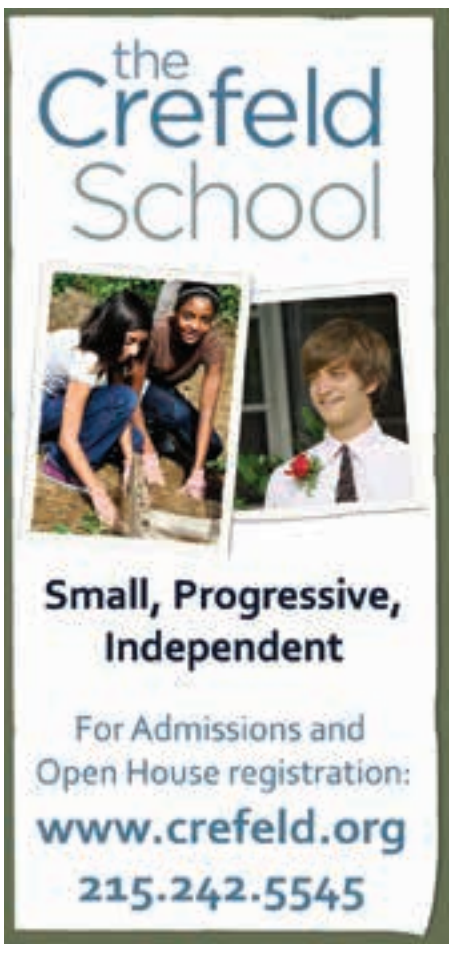
Jackie works closely with other Extension team members including Penn State Extension Master Gardeners and Nutrition Links, to ensure that the adults who belong to the 4-H kids also have access to resources and useful information, such as eating well on a limited budget and hands-on ways to make that happen.

She is always looking for volunteers to help with new and existing 4-H clubs. Contact her at jas59@psu.edu

Contact Anna Herman at aeh22@psu.edu or annasedibleadventures.com











Work with FOW, Get WW Hours

Weavers Way members are encouraged to earn hours by volunteering with the Friends of the Wissahickon in November. All work projects are Saturdays, 9 a.m.-1 p.m.

Nov. 2, Kitchens Lane. Volunteers will remove invasive plants near recently completed trail work at Kitchens Lane. This will be paired with a planting of native trees and plants. Meet at Kitchens Lane Parking lot.

Nov. 9, Andorra Natural Area. Volunteers will plant the final closure of the Andorra Natural Area trail system. Approximately 100 trees and shrubs will be planted before the weather becomes too cold. Meet at the Wissahickon Environmental Center.

Nov. 16, St. Martins Lane Restoration. Volunteers will restore the Philadelphia Water Department's stormwater project. Live willow stakes will be set into the ground in the vicinity of the disturbed area in an effort to promote healthy regeneration. Meet at St. Martins Lane access drive.

Workdays will be cancelled in the event of heavy rain or snow. Visit FOW's Facebook page or website (www.fow.org) for updates.

WW members note: Planting days are listed on the online Member Center (members.weaversway.coop). If you are not able to sign up, contact the Membership Office to get credit.



Tabby colony: Stray cats and dogs need homes, not endless litters of kittens and puppies.

The Importance of Sterilizing Cats & Dogs

by Brenda Malinics, for the Shuttle

Most people are not aware of the staggering problem of stray and feral dogs and cats in Philadelphia. A "feral" is unsterilized, unsocialized and fearful of humans — the result of abandonment or loss by its owners.

As an animal advocate who has rescued thousands of animals, I cannot emphasize enough the importance of sterilization for all dogs, cats and other pets. According to the Baltimore Humane Society, two uncontrolled breeding cats can become over 80 million cats in just 10 years if all their kittens and all their kittens' kittens have two litters per year with 2.8 surviving kittens per litter and have a 10-year breeding life!

In addition to educating people about the importance of sterilization, we need laws to mandate it — and more low-cost and traveling spay/neuter clinics to help people afford it. Spaying a female cat or dog can cost several hundred dollars at a private vet. What I've learned from working and trapping in "the Hood" is that impoverished people do not have extra money to spay and neuter and so allow their pets to breed over and over. Poor people may not have cars, so it can be difficult for them to transport their pets to a clinic. Even a pet carrier to safely transport an animal on a bus is an expensive luxury.

I try to find permanent homes for all the friendly cats that I trap or find in the street, but some are too feral to be placed. I have those ferals tested for leukemia and feline AIDS, vaccinated, sterilized, treated for worms and fleas, and then return them to the location from which they came. This practice is called Trap-Neuter-Return, TNR for short. TNR is a cost effective, humane solution to controlling and decreasing the feral cat population over time.

Sterilization also helps eliminate behaviors associated with mating and improves the cats' relationship with their community. Studies have proven that over time, feral colonies stabilize. Feral cats also provide excellent rodent control.

If you see a stray in the neighborhood, please don't look the other way in the hope that someone else will rescue it from hunger, cold, pain and fear. It is up to each one of us to help and to stop the reproduction of animals who are destined to become strays. Many shelters have become "no-kill" facilities, but this doesn't stop them from refusing to accept additional animals if their capacity has been reached, leaving homeless and injured animals on the street.

Information about TNR, low-cost spay and neuter clinics and local rescues is available on the Web. Look on Facebook for the Philadelphia Community Cats Council, a volunteer group whose mission is to reduce the number of cats in Philadelphia through TNRM (Trap-Neuter-Return-Manage).

I have many awesome cat and kitten rescues. If you can't adopt, consider becoming a temporary foster to one of those cats so desperate for a lap, a pet, a playmate. The love and loyalty of a pet turns a house into a home.

Brenda Malinics is a wildlife rehab specialist. Contact her at brendascatrescue@gmail.com

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The Passionate Gardener

To Get Frost, Make Dew

by Ron Kushner, for the Shuttle

As the winter season approaches, early November brings frost to gardens in our area. To understand the phenomenon of frost, one must first understand the dew point.

The dew point is the temperature to which a given portion of air must be cooled, at constant barometric pressure, for water vapor to condense into water. This condensed water is dew, and it forms when a surface cools to a temperature that is colder than the dew point of the air next to the surface. The dew is simply the liquid water that condensed from the water vapor in the air.

Dew point and relative humidity are closely related;. the higher the humidity, the closer the dew point is to the current air temperature. At 100 percent relative humidity, the dew point is the same as the air temperature and the air is totally saturated with water.

On to frost. Three things need to happen for frost to form:

1. The surface on which the frost forms must be below 32 degrees Fahrenheit. If the surface is not below 32, dew can form, but not frost.

2. The surrounding air must be calm, with little or no wind.

3. The surface temperature must be below the dew point temperature. This condition guarantees that the air near the surface has more moisture than it can hold at the surface temperature. The further the surface temperature is below the dew point, the more rapidly frost will form. Note that the dew point temperature could be above freezing but frost could still form as long as the surface temperature is below freezing.





Frost may form out of dew even if the average temperature isn't below freezing, as colder air sinks.

Frost is just a covering of ice crystals formed above the ground and on exposed objects when the above three conditions have been met. When frost forms on a plant's surface, no harm is actually done to the plant. It is when the water inside the plant freezes that plant tissue is damaged.

Frost forms first at lower elevations. This is because cold air is denser than warm air and in calm weather cold air "pools" at ground level.

Most plants that are perennials generally become dormant after the first frost. The entire portion of the plant above ground may turn brown and drop its leaves and flowers. The stems and dead flowers or seed heads may remain but new growth will surface when the warmer temperatures of spring arrive. Most evergreen plants will withstand frost, although there will be no growth through the winter.

This Month in the Garden

In November, there is much work to do — weeding, mulching, turning compost piles, harvesting late fall vegetables, cutting back asparagus stalks and raspberry canes. Clean up vegetable beds by removing all debris (except for cover crops) so as not to encourage pests to over-winter and add compost for spring planting. There are still plenty of fallen leaves to be raked and shredded. Add lime to your lawn if a soil test confirms it is needed, and plan for the last fertilizer application by Thanksgiving. November is also the last chance to plant spring flowering bulbs. Give all newly planted or transplanted shrubs and trees a final watering and then turn off and drain outside water connections.

All the while the garden rests as each plant is preparing for winter dormancy.

No pruning should be done at this time on any woody plants. They are preparing for dormancy and any unseasonably warm weather can stimulate fresh growth that will weaken the plant for the coming winter. Wait until the plant is fully dormant prior to pruning. In our Zone 7 gardens, that would be in January or February.

Contact Ron Kushner at ronkushner@comcast.net or check out his website, www.ronsorganicgarden.com.

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The Co-op's midweek apple sale is on! Every Wednesday and Thursday throughout apple season, selected local varieties are on sale for 99¢ per lb. These apples don't fall far from the tree, either—they're grown right here in the Delaware Valley. Pretty sweet!

November

CALENDAR OF EVENTS

ALL MONTH LONG — Every Monday **7-9 p.m.**

Weavers Way Chess Club
Advance that pawn, double those rooks, but never expose your king! All levels, including good and bad bishops, are welcome to join in at 555 Carpenter Lane. Info: outreach@weaversway.coop

Saturday, November 2 **9 a.m.-noon**

Transformative Vision: Seeing as the Artist Sees
Artist and Weavers Way member Deborah Curtiss will lead a guided meditation designed to help participants with minimal art experience to open up their own creative flow. Weavers Way Community Room, 555 Carpenter Lane. To register, sign up on the bulletin boards or email outreach@weaversway.coop

Wednesday, November 6 **6-7:30 p.m.**

Weavers Way Environment Committee
Anyone who loves Earth should join this active committee on a mission to help save our precious planet. Weavers Way Community Room, 555 Carpenter Lane.

Friday, November 8 **5-7 p.m.**

Weavers Way Next Door Grand Opening!
Celebrate the newest addition to the Weavers Way family. Enjoy demos, meet local vendors and indulge in drinks and nibbles in our beautiful new store at 8426 Germantown Ave., right "Next Door" to our Chestnut Hill market.

Saturday, November 9 **1-4 p.m.**

GRinCH Weird Waste Day
Collect your electronic junk and dispose of it properly at Norwood-Fontbonne Academy, 8891 Germantown Ave. Visit greeninchestnuthill.blogspot.com for a list of acceptable waste.

Tuesday, November 12 **7 p.m.**

Weavers Way Board of Directors Meeting
Board curious? Find out how this group of volunteers dedicated to maintaining and enhancing the mission of the Co-op co-operates. Weavers Way Community Room, 555 Carpenter Lane. RSVP to boardadmin@weaversway.coop so we'll have enough chairs!

Wednesday, November 13 **7 p.m.-8:30 p.m.**

Welcome Meeting for New Members
Learn all about the benefits of membership and what makes Weavers Way Co-op so much more than a grocery store. Earn two hours working-member credit by attending. Community Room, 555 Carpenter Lane. RSVP: outreach@weaversway.coop.

Tuesday, November 19 **6:30 p.m.**

New! Weavers Way Health & Wellness Committee Initiative
Join the discussion and share resources with this startup committee dedicated to, well, health and wellness. Everyone is welcome. Community Room, 555 Carpenter Lane. RSVP: outreach@weaversway.coop or sign up on the online Work Calendar.

Wednesday, November 20 **4:30-8:30 p.m.**

NPIHN Empty Bowl Dinner
Northwest Philadelphia Interfaith Hospitality Network and the Lutheran Theological Seminary invite you to enjoy live music, children's activities, games, raffles and an all-you-can-eat feast of soup, bread and dessert. Take home a handcrafted bowl as a reminder that every night in Philadelphia, children go without eating. Brossman Center, 7301 Germantown Ave. Info and tickets: philashelter.org/emptybowldinner.

6:30 p.m.

Weavers Way Education Committee
This month's informational program is about strokes — warning signs and what to do. First-floor conference room, Chestnut Hill Hospital, 8835 Germantown Ave. Garage parking free with validation. Info: edcomm@weaversway.coop.

Thursday, November 14 **6:30 p.m.**

Weavers Way Membership Committee
Community Room, 555 Carpenter Lane.

Friday, November 22

MANNA Pie in the Sky Order Deadline
Buy a MANNA pie for the holiday and help feed a family. Both Weavers Way stores will be pickup spots on Tuesday and Wednesday, November 26 and 27. For more information and to order, visit www.mannapies.org.

Sunday, November 24 **1-5 p.m.**

Awakening the Dreamer, Changing the Dream
A symposium to help you develop tools to work for a world that is socially just, environmentally sustainable and spiritually fulfilling. A Pachamama Alliance event co-sponsored by the Germantown Jewish Center and Weavers Way. Suggested donation: $10 per person. GJC is at 400 W. Ellet St. Info: www.awakeningthedreamer.org.

Tuesday, November 26 **3:30-8 p.m.**
and Wednesday, November 27 **11:30 a.m.-4:30 p.m.**

MANNA Pie Pickup
Both Weavers Way stores. Be sure to choose a pickup location when you order!

Thursday, November 28

Co-op closed. Happy Thanksgiving!

'Awakening the Dreamer' at Germantown Jewish Centre

by Mordechai Liebling,
for the Shuttle

DON'T WE ALL WANT TO WORK FOR A world that is socially just, environmentally sustainable and spiritually fulfilling? That is the purpose of "Awakening the Dreamer, Changing the Dream," a symposium developed by the Pachamama Alliance and presented Nov. 24 at the Germantown Jewish Centre.

For many years, I had read about the destruction of our environment and its causes, and like many others felt numbed or overwhelmed by the problems. Experiencing this symposium allowed me to more deeply feel what is happening to our world, and inspired me to act.

"Awakening the Dreamer" is an opportunity for everyone to understand what is happening and to consider how we can all play a part in bringing about change. Participants explore how our culture contributes to these problems in a workshop that uses inspiring video, up-to-the-minute facts and figures and dynamic group interaction. We'll hear from some of the world's leading experts on topics as diverse as the current state of biodiversity and issues of socio-economic disparity throughout the world.

Empowering participants with a new vision by delving deeply into the interconnected roots of the problem, we encourage everyone to shift to a whole new frame of reference — to see new solutions, from clean tech and eco-arts to local food and green-collar jobs. It's a transformative process.

This is a unique opportunity to share your concerns about the state of the world with like-minded members of our community, and offer support to each other in taking steps to effect the changes that you wish to see. There will be representatives of some local initiatives present.

Participants will leave the symposium empowered to take clear steps to embody their vision for a better world, and having established new connections to work with others on common issues. Through this enquiry, each individual will discover the unique stand that they wish to take for a more just, sustainable, and fulfilling world.

Weaver's Way is co-sponsoring this symposium on Nov. 24, 1-5 p.m., at Germantown Jewish Center, 400 W. Ellet St. A $10 donation is suggested; snacks will be provided.

For more information, visit www.awakeningthedreamer.org or contact Elana Shaw, 215.844.1507 x10 or program@germantownjewishcentre.org.

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Suggestions

by Norman Weiss,
Weavers Way Purchasing Manager

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

While some "free-marketers" thought a government shutdown was a good way to make a point and accomplish their goal, there is another part of our federal government working on some rules related to keeping our food system safe from pathogens, which many people haven't heard much about. The Food Safety Modernization Act is the first major update of federal food safety laws since 1938. FSMA gives the Food and Drug Administration broad new powers to try to prevent food-safety problems, detect and respond to food-safety issues and improve the safety of imported foods. FSMA does not change food-safety regulations for meat, poultry and egg products, which are under U.S. Department of Agriculture jurisdiction. Nor does FSMA address food-safety risks from genetically engineered crops, pesticide use or antibiotic resistance.

> **"Depending on how the final rules read, FSMA could make things much more difficult for small farmers, farmers' markets, food hubs and small processors."**

Why does this matter and why is it so important? FSMA is supposed to make it less likely that people will get sick from pathogens like salmonella and E. coli. It establishes new regulations at the farm level for producers and certain facilities. It mandates specific standards for produce ("Produce Rule") and for facilities that process food ("Preventive Controls Rule"). The problem is that, depending on how the final rules read, FSMA could make things much more difficult for small farmers, farmers' markets, food hubs and small processors. It appears that if the rules are not modified, it will be burdensome and expensive to comply, and some businesses will no longer be viable.

Here are some issues the folks at the Pennsylvania Association for Sustainable Agriculture have identified in the current rules; go to www.pasafarming.org for more info.

1. They're too expensive. The rules could cost farmers more than half of their profits and keep beginners from starting to farm.

2. They treat farmers unfairly. FDA is claiming broad authority to revoke small farmers' protections without any proof of a public-health threat.

3. They will reduce access to fresh, healthy food. Local food distributors like food hubs could close, and new food businesses will not launch.

4. They make it harder for farms to diversify. Grain, dairy and livestock farmers could be denied access to emerging local food markets.

5. They will over-regulate local food. The rules could consider farmers markets, roadside stands and community-supported agriculture programs "manufacturing facilities" subject to additional regulation.

6. They treat pickles like a dangerous substance. The rules fail to protect a host of low-risk processing activities done by smaller farms and processors.

7. They make it nearly impossible to use natural fertilizers like manure and compost. Farmers will be pushed to use chemicals instead.

8. They require excessive water testing on farms. Farmers using water from streams and lakes will have to pay for weekly water tests regardless of actual risk or cost.

9. They could harm wildlife and degrade soil and water. The rules could

(Continued on Next Page)

Dine Out, Do Good

Please join us at Iron Hill Brewery in Chestnut Hill to support Faith-in-Action, an outreach of Grace United Methodist Church, 7101 N. 20th St.

Iron Hill will donate 20 percent of food sales to our organization on Tuesday, Nov. 12. Simply print the coupon and bring it to Iron Hill, 8400 Germantown Ave. (just down the Avenue from Weavers Way) and enjoy a night out while supporting a great cause.

Here's the coupon link: www.ironhillbrewery.com/chestnuthill/give20/11-12-13-Give20-CH.pdf

For more info, email me at sjslj82728@aol.com or see me at the cash register in Mt. Airy!

— Stephanie Johnson
Weavers Way Mt. Airy

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HEBREWS 13:3: CONTINUE TO REMEMBER THOSE IN PRISON AS IF YOU WERE TOGETHER WITH THEM IN PRISON.

Suggestions

Continued from Preceding Page

force farmers to halt some practices that protect natural resources and wildlife.

10. Bonus: There's at least one good thing about the rules. They take an "integrated," not "commodity-specific" approach — meaning farmers won't face 30 separate rules for each kind of produce they grow.

Like many government regulations, the FSMA is complex and bureaucratic, and tries to balance concern for public health with the impact on business. It seems mid-size businesses will have the most difficulty complying. There are exemptions for really small farmers. Larger farms have the resources to comply (and also have the most to lose from pathogen outbreaks and actually welcomed this legislation).

The rules are in the "proposed" stage; comments are being taken until Nov. 15.

Complicating this entire FSMA thing is that despite having both industry and bipartisan support to get it passed, Congress has not given the FDA any funding to implement inspections and enforcement, so the rules are rules with no consequences. Just another glimpse into how our democracy works, and sometimes doesn't.



Suggestions and responses:

s: "Re: sushi. Customers deserve to know the date this is packed and/or shelved, not just the "sell by" date."

r: (Rick MA) We always get our sushi one day before the printed sell-by date. Hope that helps!

s: "Thanks for the 32-ounce Fage 0% yogurt!! Will buy every week."

r: (Heather MA) You're welcome!

s: "Four Worlds Bakery. Very good sourdough products. Very good soft pretzel bagels."

r: (Molly MA) Thanks! I am looking into it. We currently get Four Worlds just once a week, on Fridays. I may add another delivery day. (Norman) Four Worlds Bakery has been really well received. They are a small, local, artisan bakery specializing in naturally fermented breads made with freshly milled grain.

s: "Since chickens caught on so well in people's back yards, and since some people think eating insects is the next big thing, I was thinking of starting a spider ranch in my backyard. Does Weavers offer any help to spider ranchers and would Weavers Way buy what I produce?"

r: (Norman) Yes and yes. We'll buy all you can produce because our uppermost management expects our shoppers will soon want to switch from eating meat to eating bugs. Here is the help — you want to raise your spiders right, the feed balance is critical to get the most succulence into your spiders. You want legs with some meat on them and a nice round and plump body with a pleasing crunch, and not too much hair. The easiest way to accomplish this is to genetically modify your spiders using the do-it-yourself GMO kits sold at Wal-Mart. The kits consist of a magnifying glass, tiny scissors, fine-tipped tweezers and assorted DNA molecules from elephants. Careful not to give your spiders tusks, which make it harder for them to move around their webs.

s: "Can we label local produce as conventional, organic (certified or not), etc. Local is important but less pesticides and organic/Fair Trade/IPM is also important. Thank you.

r: (Jean MA) Actually, our "Local" signs do indicate if the produce is grown organically, or if the grower uses sustainable growing methods such as Integrated Pest Management, low-spray or chemical-free. The growing method is at the bottom center of each sign.

s: "I love Le Bus Lemon Iced Pound Cake! Can we order this pound cake without the icing?! It's perfect without the icing!"

r: (Molly MA) Unfortunately, Le Bus does not make a plain lemon pound cake!

s: "Put out one-pound pieces of salmon each week. Both Chestnut Hill and Mt. Airy have little pieces — 1/3-2/3 pound and giant pieces about 2-3 pounds. What about the middle sizes? P.S.. Please don't tell me to special-order. Thanks.

r: (Dale MA) There are supposed to be one-pound pieces, I'll make sure they are there and let Ron in Chestnut Hill know too.

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Aging-in-Community Group Mutual Mt. Airy Starts Enrollment

by Peter Javsicas, for the Shuttle

In a wide-ranging evening meeting Sept. 30 at the Lovett Library, Mutual Mt. Airy outlined a year of structural development, described interest groups now functioning, gave a progress report on services in formation and introduced services already available through partnering organizations. Benefits of membership was a recurring theme for the approximately 50 area residents in attendance, many of whom have participated since the first public meeting in December 2012. The meeting culminated in an invitation to all to become official members of Mutual Mt. Airy.

Mutual Mt. Airy is about aging in community: creating the strong social bonds that enhance quality of life through mutual aid; providing connections to services, connections to people, connections to mobility and access. Membership is open to everyone, not just residents of Mt. Airy, at an annual fee of $125 per person. There is no age requirement, and provision will be made for those unable to pay in full.

The meeting brought folks up to date on the progress made by the Mutual Mt. Airy Working Group and other volunteers.

Mutual interests, social connections: Shared meals, entertainment activities, film club; social and political discussion group, nature walks, environmental issues, help for public schools.

Mutual aid for household needs: Drivers' club, shopping, pet- and house-sitting, assistance with household chores; vetted contractor services — plumber/electrician/mason, etc., on retainer for members; tie-ins with organizations such as Weavers Way, My Way and UU House Outreach.

Mutual Mt. Airy is now a nonprofit organization under the Mt. Airy Community Services Corp. Our bylaws and founding documents are on www.mutualmtairy.org. Mutual Mt. Airy is also a member of the Village to Village Network, a national organization of aging-in-community groups.

Our next public meeting is Monday, Nov. 25, 6:45-8:45 p.m. at Lovett Library, 6945 Germantown Ave. For more information, visit www.mutualmtairy.org or contact Peter Javsicas, 215-247-0457, jpj7130@gmail.com.

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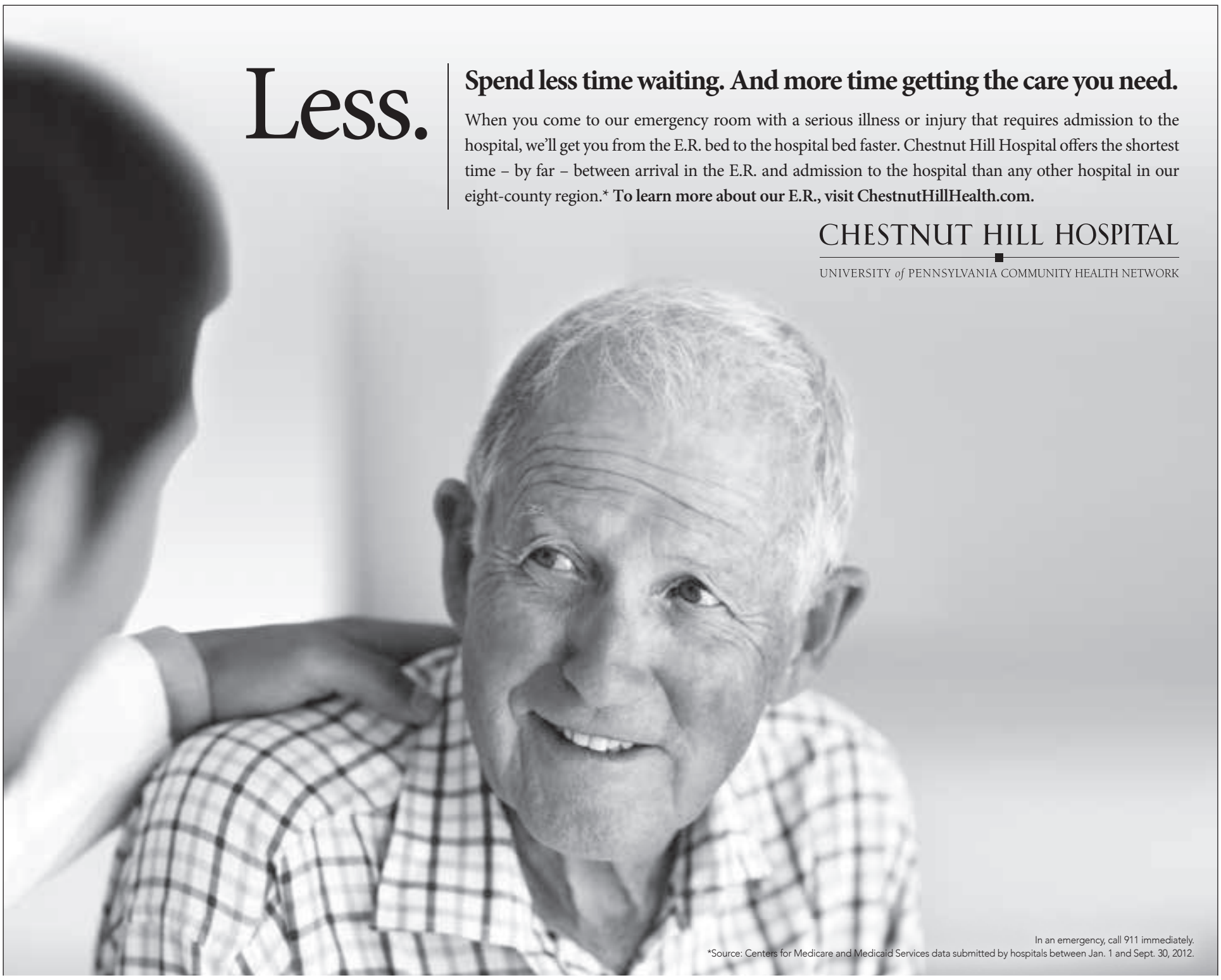

Weavers Way Features MANNA Pie in the Sky

This Thanksgiving, for the first time, Weavers Way Mt. Airy and Weavers Way Chestnut Hill are pickup locations for MANNA's Pie in the Sky annual Thanksgiving fund-raiser.

MANNA volunteers cook and deliver free, nutritious, medically appropriate meals to folks who are battling life-threatening illnesses such as cancer, renal disease and HIV/AIDS. Pie in the Sky is MANNA's biggest fund-raiser.

If you're not familiar with it, here's how it works: Say you need a pie (or pies) for your Thanksgiving entertaining. Simply go online to www.mannapies.org. Make your selection from five delicious flavors. Choose a pickup site (it doesn't even have to be the Co-op — but the list is alphabetical and we're at the bottom) and pay with a credit card. You can also order by phone at 215-496-2662, or even mail in a check with an order form you can print out from the website.

You can choose apple or pumpkin, both kosher, or sweet potato or pecan, for $25, or the over-the-top MANNA Sky Pie — cheesecake with caramel, chocolate and walnuts — for $35. Ingredient information is available on the website.

Orders can be made through Friday, Nov. 22, and pickup dates are Monday, Nov. 25, and Tuesday, Nov. 26.



Pie Man says: "It's simple. Order your MANNA Pie in the Sky ASAP!"

MANNA's 2013 goal is to sell 8,000 pies and raise more than $200,000. MANNA (which actually stands for something: "Metropolitan Area Neighborhood Nutrition Alliance") was founded in 1990 by seven members of the First Presbyterian Church in Philadelphia to help comfort people dying of AIDS at a time when ignorance and the stigma associated with the disease was at its height. The first Pie in the Sky campaign was in 1996. In 2006, MANNA expanded its outreach to neighbors with other critical illnesses — cancer, renal and cardiac disease and diabetes in Southeastern Pennsylvania and South Jersey. For more info, visit www.mannapa.org.

Connecting the Dots to Build a Germantown Hunger Network

by Thomas Wingert, for the Shuttle

A few months ago, some of the work I was doing at La Salle University to connect undergraduate students to the food security "industry" got me thinking.

My students and I raised money to purchase some 3,600 pounds of fresh produce, which we gave to 15 food distribution agencies in Northwest Philadelphia, helping to feed more than 2,000 people. As I was building connections to these agencies, I realized that there are a lot of people in a relatively small area working to feed hungry people. Why, I wondered, with so many individuals and organizations dedicated to addressing these problems, coupled with (admittedly diminishing) assistance from state and federal governments, do the problems of food insufficiency still exist?

The problem, as I see it, is systemic and requires a radically different approach to the way we think about feeding hungry people, specifically the role civic society plays in the management and distribution of food support-systems in our neighborhood.

In May, I started working on getting meetings with anyone who would listen, to talk about this problem and where I saw windows of opportunity. Rather than simply target churches or social outreach organizations I had connected with already, I wanted to target the entirety of the civic sector, which is very well developed in Germantown. As I've come to learn, civic society in Germantown, whether in the form of historic societies or CDCs, is concerned with holistic, sustainable revitalization of Germantown, of which food security is a fundamental part. I also wanted to reach out to the organizations in Philadelphia that address hunger on the macro level, doing strategic policy work on issues of food justice and providing direct support to the agencies that provide food directly.

What started as nothing more than an idea has evolved into a conversation involving more than 90 people and representing more than 40 agencies across the city, from huge, nationally recognized players that are revolutionizing how we address food insecurity to small food pantries that feed 70 families each month to social-value-added businesses like Weaver's Way. All these organizations have a vested interest in making sure hungry people get fed; the challenge is to figure out how we can channel the expertise and resources of this complex web of people committed to social good.

I think I've identified a number of ways that we can do this, and Germantown's strong civic sector and commitment to sustainable revitalization are fertile ground for this experiment.

I am currently working with an ad hoc leadership team of Bob McKee from Wyck/Historic Germantown and Katelyn Baron from MANNA, to develop next steps, as well as with Face to Face, which I am hoping will become the epicenter of the Germantown Hunger Network.

For more information on the Germantown Hunger Network, write me at wingertt1@lasalle.edu.

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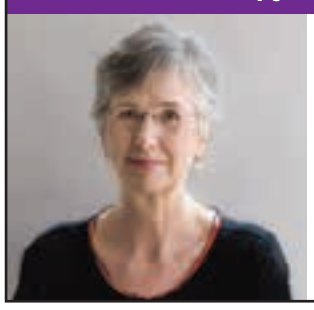

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Low-Hanging Tech

Keyhole Gardening: A Gift from the Global South

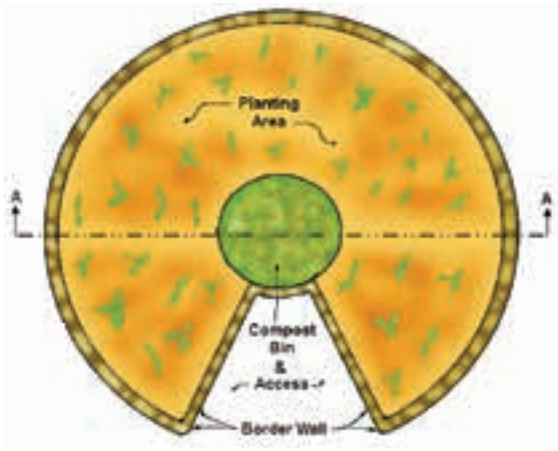
by Betsy Teutsch, for the Shuttle

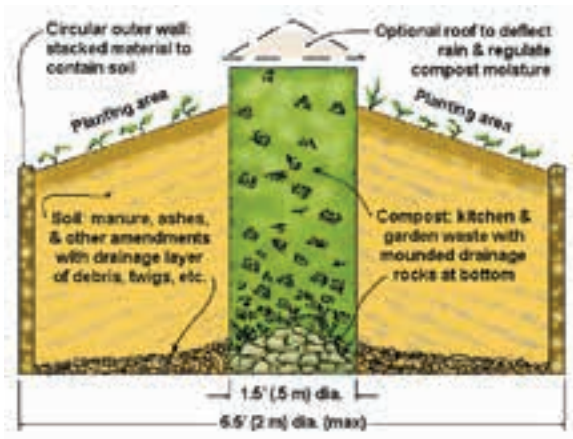
KEYHOLE GARDENS ARE KITCHEN gardens which allow globally poor, food-insecure families to supplement their diets by conveniently growing vegetables adjacent to their homes. This innovation brilliantly integrates raised vegetable beds and composting, two popular sustainable gardening techniques. The innovative waist-high walls of the bed make keyhole gardens very popular both for their aesthetic appeal and added convenience. The compost function - built right into the center, a vertical interior basket supported by four posts, making it a breeze to toss scraps and dump waste-water right into the garden - is sheer genius.

The origins of keyhole gardens are unclear, but humanitarian aid workers influenced by permaculture gardening principles introduced them in Lesotho to combat chronic food insecurity. This high-altitude African country has two big challenges: a harsh climate and a high rate of HIV-AIDS, which has orphaned many children. Keyhole gardens produce large yields with barely any inputs, utilizing waste water and scraps instead of irrigation and fertilizer. They extend the growing season, since the raised, walled beds retain heat.

In Lesotho keyhole gardens are fashioned from large stones, making them not only very sturdy, but also very beautiful. They feature a central vertical basket, held in place by four poles. There is a pie-piece cut out in the circle, allowing direct access to the center, where this young woman is standing. Viewed from above it creates the shape of an old-style keyhole, hence the moniker.

Because the width of the garden is only two yards from either side, it is maximally accessible. This makes vegetable gardening less strenuous then working in a field. My friend Wendy Horwitz sums up the appeal: tending without the bending, especially appreciated by grandmothers feeding and raising children orphaned by HIV/AIDS.







Photos: A Good Foundation; graphics: Bev Walker

Above, Lerato Thakholi gray-waters the compost basket of her Lesotho keyhole garden.

creating these gardens available online. The garden is built up by adding ash, tin cans, bones, waste paper or a host of other waste materials which gradually transform into rich, productive soil. Alchemy!

Keyholes are built near households, so composting food scraps becomes a simple task. Gray water (liquid previously used for washing or cooking) is used to water the garden, a frugal strategy which saves water and adds nutrients. Vegetables are planted tightly, requiring less weeding as they fill in.

Keyhole gardens produce high yields, adding much needed nutrition for malnourished families. Often gardens produce enough to create a surplus beyond family needs, which can be sold to generate income.

In 2008, the BBC ran an article about this innovation. The idea took off around the world, especially in the Southern United States which has been experiencing intense drought for several years. Keyhole gardens retain water quite effectively, so they require less water than conventional gardens. Also they filter gray water; hence there is keen interest in this drought-friendly gardening approach.

Southern gardeners began building keyholes out of all kinds of creative materials, such as a junked row boat or empty wine bottles. They all share the same magical qualities: beautiful gardens which produce bumper yields without costly inputs, and reuse scraps and gray water.

The affluent world has enthusiastically embraced this low-tech, high impact gift from the Global South. I would love to help any local individual or group which would like to build one right here in our community. If you'd like to support the Lesotho project, you can donate to GROW at AGoodFoundation.ca

Betsy Teutsch has recently published "10 Under $100: the Women's Global Toolkit Sampler." Contact her at Betsy@BetsyTeutsch.com or visit www.WomensGlobalToolkit.com

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Weavers Way Board Corner

When Does Weavers Way Get Behind a Cause?

by Joshua Bloom, Weavers Way Board of Directors

Weavers Way is more than a store, of course. We're a community-owned business that values ideas and values values. So it makes sense for us to get out there from time to time and express our values publicly, by advocating for (or against) an issue important to the Co-op.

But our community members have a wide range of issues important to them, so when does it make sense for Weavers Way to weigh in and take a position?

We've noticed a recent uptick in requests for endorsements, so the Weavers Way Board of Directors thought we could benefit from an endorsement policy to help guide management in its decisions. (It came as a surprise to a few of us that, as we turn 40, we didn't already have a policy on endorsements!) So, two board members, Chis Hill and I, were tasked with drafting a policy.

The board wanted our policy to be clear but flexible, and we wanted it to address the kinds of issues important to Weavers Way. Tucked away on the Internet, we found the New Orleans Food Co-op had an endorsement policy that was pretty close to what we were looking for and, with a little cooperative cribbing, we have been working on a modified version.

As a member, here's what you need to know, whether you are looking for Weavers Way to endorse an issue important to you, or if you just want to know how the process works:

Any member, and any non-member organization, may submit a request for Weavers Way to endorse an issue or cause. The issue has to have a direct connection to our Ends ("Ends" is the word we use to describe our long-term goals) or our role as a cooperative. Generally, this means things impacting cooperatives, food and food access, nutrition and health, sustainable agriculture and the environment, and related safety, social, and economic justice issues. (We will never endorse an individual candidate for political office.)

Requests should be in writing, and should be made at least 30 days before action is needed. Day-to-day decisions will be made by the General Manager in consultation with a designated Weavers Way staff person. (Recognizing that sometimes a member may not learn about an important issue until the last minute, Weavers Way staff may consider requests that need action in less than 30 days.)

Right now, we're still working on editing the endorsement policy for clarity. After the Board adopts it (probably in November), we will make sure it is posted on weaversway.coop, along with specific instructions for making requests.

What does "endorsement" mean? It can take a variety of forms, depending on the issue and the request. For example, Weavers Way could:

- Add its name to a list of supporters.
- Author a letter to the editor, send out a press release or place an ad.
- Display information and/or place petitions in the stores.
- Promote the endorsement/campaign to Co-op owner-members via email, website or in the Shuttle.
- Provide an in-kind donation.
- Host owner-member forums or lectures on the issue.
- Let owner-members and staff know of opportunities to volunteer or write letters.

But to go back to the beginning: We're a food coop based on values, and our community engages in a wide array of causes. Since we're not in the business of endorsing things, we will continue our practice of restraint, only putting Weavers Way's name behind things that directly connect to our Ends and things where our participation can make a difference.

Joshua.j.bloom@gmail.com

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:

E1. There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.

E2. Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.

E3. There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.

E4. 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.

E5. Members and shoppers will actively participate in the life of the Co-op and community.

E6. The local environment will be protected and restored.

E7. Weavers Way will have a welcoming culture that values diversity, openness, inclusiveness and respect in all that we do.

The Ends are contained in Weavers Way's Board Policy Manual (Page 3). If you would like to review the Manual or other governing documents, they are posted online in the Member Center section of weaversway.coop, and available in hard copy in the Membership Office at 555 Carpenter Lane. You can get more information by contacting Membership Manager Jonathan Leeds: 215-843-2350 or member@weaversway.coop.

L•E•T•T•E•R•S

Credit Cards Cost the Co-op

To the Editor:

While most of us would never think of using a plastic bag, we don't think twice about using a plastic payment. How we pay is the last step in our decision to buy from our Co-op and we need to do it as responsibly as we choose our products.

We do not have to be mandated to use cash, as was suggested last month, to save our co-op the cost of credit card fees. Credit-card companies charge the Co-op a fee to process a sale when we use our credit cards to make a purchase. That fee is about 2 percent of the purchase amount, according to cardfellow.com (www. cardfellow.com/blog/average-fees-for-credit-card-processing/).

The Huffington Post (www. huffingtonpost.com/2012/06/07/credit-card-payments-growth_n_1575417.html) reported that 35 percent of all in-store purchases are made with credit cards.

Debit cards also have fees associated with them. Pending the Federal Reserve's appeal of a recent U.S. District Court decision, debit card fees are currently capped at $0.21 plus 0.05 percent of the transaction (money.cnn.com/2013/08/21/pf/swipe-fees-fed/index.html). That's more than the Co-op's $0.15 charge for the paper bag holding those groceries.

That's our money leaving our co-op to go to credit-card processing corporations. That's our choice.

It's our choice — paper or plastic?

Maureen Breen, Fox Chase

(Editor's note: Weavers Way CFO Michael McGeary says credit and debit card fees were $227,768 in fiscal 2013.)

LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Submissions must be short (no more than 200 words) and verifiable. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters may be edited, and The Shuttle may decline to publish any letter for any reason.

International Cooperative Principles

International Cooperative Principles were last revised in 1995 by the International Cooperative Alliance as part of the Statement on Cooperative Identity. The Statement also includes a definition:

"A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.."

And a statement of values:

"Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, cooperative member owners believe in the ethical values of honesty, openness, social responsibility and caring for others."

The International Cooperative Principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2. Democratic Member Owner Control

Cooperatives are democratic organizations controlled by their member owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives member owners have equal voting rights (one member, one vote), and cooperatives at other levels are also organized in a democratic manner.

3. Member Owner Economic Participation

Member owners contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Member owners usually receive limited compensation, if any, on capital subscribed as a condition of membership. Member owners allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting member owners in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their member owners. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their member owners and maintain their cooperative autonomy.

5. Education, Training and Information

Cooperatives provide education and training for their member owners, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. They inform the general public — particularly young people and opinion leaders — about the nature and benefits of cooperation.

6. Cooperation Among Cooperatives

Cooperatives serve their member owners most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7. Concern for Community

Cooperatives work for the sustainable development of their communities through policies approved by their member owners.

Cooperator Celebrity Spotlight: Amanda Saunders

Once a B-Baller, She's Still Game

by Mel Marmer, Weavers Way Staff



If Mandy Saunders looks familiar, it might be because of the poster — or maybe you've just seen her on the job.

Amanda Saunders is the type of person you instantly feel at ease with. She always has a pleasant smile and a few nice words to say whenever I see her— which is often, because she seems to be everywhere I go— on the streets of Chestnut Hill or Mount Airy, or in Pastorius Park early in the early morning out for a run with her dogs. As a matter of fact she is hovering over me as I write this— well, an image of her, that is, on a Weavers Way poster at our Chestnut Hill store. "Mandy" as her friends call her, is always ready to go the extra mile for the Co-op, so it didn't take much arm-twisting to get her to don a polka-dot bandanna and flex her muscle for the retro "Do It for the Co-op" Rosie-the-Co-operator poster.

She lives the role. Mandy is a frequent and dependable co-operator at Chestnut Hill. I ask her what shifts she likes to do, and she replies, "I like putting out the bread in the morning" adding with a grin, "you know… physical labor." Not surprisingly she adds, "I'm a morning person."

That is an understatement. Even at 7 a.m., it's hard to keep up with her. She has already been out with her and her partner Moira's three dogs, Maggie, Murphy, and Bristol: two Old English sheepdogs and a golden retriever.

Mandy has been an award-winning Realtor for the past decade, though she's not your typical realtor… she is quiet! She used to be in medical device/software sales, which paid well but left little time for what she considers the important things in life, like community, family and friends.

"Volunteering, and cooperating at Weavers Way gives me a strong sense of belonging to my community," she said. "I recently sold a house to a couple relocating to Philadelphia from Iowa. They bought in Mt. Airy and one of their primary reasons was the proximity to the Co-op. Isn't that great?"

Mandy was a basketballer in Richmond, Va., where she scored over 2,000 points in high school. She took her game to Division I Providence College, where she was a point guard and once connected on seven three-pointers in a game against Syracuse University.

She was All Big East as a freshman and living her dream when "it" happened. In her sophomore year, she tore her ACL— blew out her knee so badly it had to be completely reconstructed. Told she might not be able to play again, she returned the following year and started all 27 games, scoring more than 1,000 points. She ended her college career as team co-captain and set records for free-throw percentage.

"If something good can come from something bad, it did— it changed me as a person," she recalled of her injury. "Instead of being shy, I began to talk to people— to converse about all kinds of things once basketball was taken out of the conversation. It helped to shape my career. I never would have gone into sales had that injury not occurred.

How does someone so busy unwind? Nine holes of golf, gardening, wine and cheese and of course, the dogs. What would she do if she won the lottery? "I'd use most of the money to give something back to people— to make housing more affordable," she said. "I like helping families achieve their dreams of owning a house."

Her favorite item at Weavers Way, she says, is an easy one: "Talluto's pasta! Especially the cheese ravioli. And their sauces are good too. My favorite department? Bulk foods." And yes, she also relies on the Prepared Foods Department when she has to cater an open house. Then, with a sheepish grin, she's off and running …

melmarm@verizon.net

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

The Shuttle

Editor
Mary Sweeten, 215-843-2350 ext 135
editor@weaversway.coop

Advertising Billing
Virginia Herbaugh, 215-843-2350 ext 117
advertising@weaversway.coop

Graphic Design
Annette Aloe, 215-843-2350 ext 130
annette@weaversway.coop

Proofreaders for this issue: Jill Karkosek, Penelope Myers, Kara Tennis.

Contributors for this issue: Glenn Bergman, Kirsten Bernal, Joshua Bloom, Jacqueline Boulden, Jill Fink, Martha Fuller, Anna Herman, Shelley Hedlund, Mike Herbst, Peter Javsicas, Stephanie Kane, Larken Wright Kennedy, Ron Kushner, Brenda Malinics, Mordechai Liebling, Margaret Lenzi, Mel Marmer, Barbara A. McNeil, Liana Orazi, Karen Plourde, Bonnie Shuman, Betsy Teutsch, Rebecca Torpie, Ronit Treatman, Norman Weiss. Thomas Wingert.

Chestnut Hill

8424 Germantown Ave, 215-866-9150
Monday-Saturday 7 a.m.-8 p.m., Sunday 9-8

Mt. Airy

559 Carpenter Lane, 215-843-2350
Monday-Sunday 8 a.m.-8 p.m.

Across the Way

610 Carpenter Lane, 215-843-2350 ext 276
Monday-Sunday 8 a.m.-8 p.m.

Next Door

8426 Germantown Ave., 215-866-9150 220
Monday-Sunday 9 a.m.-8 p.m.

www.weaversway.coop
contact@weaversway.coop

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Weavers Way Community Programs

Executive Director
Jill Fink, 215-843-2350 ext 319
jill@weaversway.coop

Program Coordinator
Alison Hirsch, 215-843-2350 ext 312
marketplace@weaversway.coop

Farm Education Coordinator at Henry Got Crops! CSA
Clare Hyre, 215-827-7482
henryeducation@weaversway.coop

Farm Education Coordinator at Mort Brooks & Stenton Family Manor
Shelley Hedlund, 215-843-2350 ext 312
educator@weaversway.coop

www.weaversway.coop/wwcp



Managers/Department Heads

General Manager
Glenn Bergman, 215-843-2350 ext 131
215-913-9437 (cell)
gbergman@weaversway.coop

Purchasing Manager
Norman Weiss, 215-843-2350 ext 133
normanb@weaversway.coop

Chief Financial Officer
Michael McGeary, 215-843-2350 ext 116
mmcgeary@weaversway.coop

Human Resources Manager
Jon Roesser, 215-843-2350 ext 132
hr@weaversway.coop

Membership Manager
Jonathan Leeds, 215-843-2350 ext 119
member@weaversway.coop

Outreach Coordinator
Bettina de Caumette, 215-843-2350 ext 118
outreach@weaversway.coop

Marketing Director
Rebecca Torpie, 215-843-2350 ext 121
rtorpie@weaversway.coop

Manager, Chestnut Hill Store
Dean Stefano, 215-866-9150 ext 212
dstefano@weaversway.coop

Grocery Manager, Chestnut Hill Store
Riley Luce, 215-866-9150 ext 217
eharrington@weaversway.coop

Manager, Mt. Airy Store
Rick Spalek, 215-843-2350 ext 101
rick@weaversway.coop

Grocery Manager, Mt. Airy Store
Heather Carb, 215-843-2350 ext 113
hcarb@weaversway.coop

Manager, Pet Foods
Anton Goldschneider, 215-843-2350 ext 276
petstore@weaversway.coop

Manager, Wellness Across the Way
Martha Fuller, 215-843-2350 ext 114
martha@weaversway.coop

Manager, Next Door
Amira Shell, 215-866-9150 220
ashell@weaversway.coop

Advertise in the Shuttle
advertising@weaversway.coop

Weavers Way Welcome Meetings

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

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

Meetings are held at Weavers Way Mt. Airy or Weavers Way Chestnut Hill and include a store tour. RSVP to outreach@weaversway.coop or call 215-843-2350 ext. 118.

NEXT WEAVERS WAY WELCOME MEETING
November 13, 7 p.m.
555 Carpenter Lane
Current members who help host also get work credit.



Company's coming

These items will be available in both stores while supplies last. Preorder to be sure!

Mashed sweet potatoes	$7.99/lb.
Mashed potatoes	$7.99/lb.
Green beans almondine	$12.99/lb.
Honey-mustard glazed Brussels sprouts	$8.99/lb.
Wild rice with toasted pecans and dried cherries	$10.99/lb.
Fresh cranberry and pear relish	$8.99/lb.
Gingered pumpkin soup	$8.99/qt.
Turkey gravy	$8.99/qt.
Pilgrim's rice salad with pine nuts and dried fruit	$9.99/lb.
Green olive and toasted pine nut tapenade	$9.50/lb.
Marinated mushroom and fresh fennel salad	$8.99/lb.
Fresh oyster bisque	$9.99/qt.*
Herb-roasted boneless turkey breast — fully cooked and seasoned *(minimum order: whole turkey breast)*	$14.99/lb.*
Trio of roasted squash — delicata, butternut and kabocha	$10.99/lb.
Apple sage stuffing	$10.99/lb.

**Available as preorders only.*

weavers way co-op

Please check out our bakery section for a selection of pies, bread and rolls.

Weavers Way Chestnut Hill
8424 Germantown Ave.
215.866.9150
ext. 209

Weavers Way Mt. Airy
559 Carpenter Lane
215.843.2350
ext. 102

My House Pies

Available for preorder at Mt. Airy and Chestnut Hill.
(Must be picked up at the store where ordered.)
A limited number of pies will also be for sale in the stores.

	6 inch/10 inch
Pumpkin	$6.50/$13
Apple (Crust, Crumb or Pear Cranberry)	$6.50/$13
Sweet Potato	$6.50/$13
Mixed Berry	$6.50/$13
Peanut Butter	$6.50/$13
Coconut Custard	$6.50/$13
Pecan	$8/$14.50
Chocolate Pecan	$8/$14.50

***My House* order deadline is Thursday, November 21.**

PLACING YOUR ORDER ONLINE

Turkeys, Prepared Foods and Pies are available for preorder online at www.weaversway.coop

Be sure to choose your pickup location!

PLACING YOUR ORDER IN THE STORE

You can fill out a preorder form (located in the Bakery Department in Chestnut Hill and above the dumbwaiter in Mt. Airy). Be sure to include your member number and phone number.

TURKEYS! TURKEYS! TURKEYS! TURKEY



We will once again have Esbenshade's all-natural local turkeys, local Heirloom Bronze turkeys and Empire Kosher turkeys available for preorder. Quantities are limited.

SIZE RANGES ARE APPROXIMATE.

Esbenshade $2.55/lb.
Only $2.43/lb. for working members!
Sizes in lbs.: 10-12, 12-14, 14-16, 16-18, 18-20, 20-22, 22-24, 24-26

Heirloom Bronze $3.49/lb.
(All turkeys are 10-14 lbs.)

Empire Kosher $3.99/lb.
(All turkeys are 10-14 lbs.)

Place orders online at:

www.weaversway.coop

Choose your pickup location and the type and size of turkey you want. (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!

Turkeys must be picked up Tuesday or Wednesday, Nov. 26 or 27.

For boneless, all-natural local turkey breasts (2-3 lbs. & 5- 7 lbs.) and spiral-cut hams, please order through the Meat Department.

We prefer one week's notice on preorders, but we will do our best to accommodate you! Phone orders are NOT recommended.
Pick up on Tuesday or Wednesday, Nov. 26 or 27

thanksgiving menu

co+op™ stronger together