An Exciting Time to Get On Board

by Laura Morris Siena, Weavers Way Board of Directors

H ave you ever thought of running for Weavers Way’s Board of Directors? Now would be a great time to explore this opportunity and decide if you are interested in pursuing a spot.

It’s a particularly exciting time to be on Weavers Way’s Board. There is so much going on right now: The Co-op is actively engaged in market research in anticipation of opening a third store, we are taking a leadership role in helping a record number of startup food cooperatives in our region and we are enjoying record sales and profits. And if that’s not enough, we are an integral part of the International Co-operative Alliance’s Blue-Print for a Co-operative Decade!

If the growth trajectory we are on continues — and there is no reason to believe it won’t — we will be a more than $20 million-a-year business at the end of our current fiscal year. That’s quadruple what we were a decade ago.

As Weavers Way Board members, we provide essential leadership to this growing and vital effort to expand the cooperative economic model, promote the values Weavers Way stands for and provide healthy food options for Philadelphia residents.

The Board of Directors of Weavers Way operates under the policy governance model. Under this model of leadership, the Board uses very little of its time making operational decisions. We do NOT get involved in telling the produce manager where to put the apples! Rather, the Board focuses on the strategic direction of the cooperative, engaging with members and evaluating management performance.

Being an effective Board member requires a real commitment of time and talent, and we are actively looking for people who are willing and ready to make that commitment. Members who are interested in running for the Board must be:

- Weavers Way members in good standing at least 18 years old.
- Able to participate in Board meetings (usually held the first Tuesday of the month).

(Continued on Page 26)

New Co-op Controller Matches Career with Interests

by Ted Barbato, for the Shuttle

F or Nancy Pontone, the journey to her new position as Weavers Way controller began years earlier, when she decided to find a way to merge a successful career in corporate auditing and finance with her own personal interests.

Pontone, a resident of East Falls, had spent 20 years with PNC Bank. But after volunteering to serve as treasurer of the Friends of the Falls of Schuylkill Free Library branch in her neighborhood, she decided to move full-time into nonprofits.

“It was a conscious decision,” she said. “I wanted to get away from the for-profit world, especially the world of banking, and do something more interesting. I have always had an interest in the arts, gardening, architecture. I wanted to do something that was more suited to my outside interests.”

So in 2002, Pontone left PNC to for a job as controller for the Pennsylvania Academy of Fine Arts. Nine years later she moved on to another nonprofit, the Urban Affairs Coalition.

During that entire time she was a member of Weavers Way. “I’ve been a member since 2000, shortly after I moved to Philadelphia from Northeast Pennsylvania,” she said. “So I’ve been involved, I’ve watched what’s gone on here for almost 15 years.”

(Continued on Page 26)
Editor’s Note
by Mary Sweeten, Editor
Weavers Way Shuttle

HEY, WE WON AN AWARD!

The Pennsylvania Horticultural Society is giving Weavers Way and Saul High School its Certificate of Merit on Nov. 12.

The Certificate of Merit is “for devo- tion to achieving the goals of PHS and the feeling is mutual. PHS has been a long-time supporter of all the agriculture-related things we do here at Weavers Way. We helped PHS get the City Har- vest Growers Alliance off the ground and we and Saul and PHS share a greenhouse at Saul. Their current project with Saul is developing a fruit and nut orchard, but the relationship goes way back — Saul has exhibited at the Flower Show for more than 40 years.

Glenn and Nina get to make remarks about how terrific the Co-op’s partner- ship with Saul is. (Then there’s a recep- tion at PHS’s spiffy new office space.) If you went to Harvest on Henry last month (see the pictures on Page 4-5), you can understand how special this relationship is. This is real farm learning, right here in the city, and those are real high-school students, wrangling lambs and pigs for the little kids, scooping homemade ice cream and running the pumpkin bowling.

The Fall General Membership Meeting was last month, at First United Methodist Church of Germantown, but unfortunate- ly too late to get anything useful into the Shuttle. (See some pictures on Page 26, and we’ll have more photos, plus cov- erage, next month.)

The Shuttle is published by Weavers Way Cooperative Association.

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

Weavers Way members are welcome to submit articles or letters to the Editor. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January. Adverts are published in sets of 500 words or less; letters should be 200 words or less. We reserve the right to edit the works and not those of the Co-op or its Board, unless otherwise noted. Each submission will be published, and all submissions must include an email address and phone number for verification. The Shuttle retains the right to edit or refuse any article or Letter to the Editor. Submit to editor@weaversway.coop.

Advertising
Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January.

Ad rates are available at our stores, online at www.weaversway.coop/shuttle, via email at advertising@weaversway.coop or by calling 215-843-2350, ext. 117. Advertised products or services may not be continued as endorsed by Weavers Way Co-op.

Weavers Way Board

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

For more information about board governance and meeting times, please call the Co-op office. Board members’ email addresses are at www.weaversway.coop/board-directors, or contact the Board administrator at boardadmin@weaversway.coop or by calling 215-843-2350, ext. 118.

Weavers Way Board

Jeremy Thomas, President
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Laura Morris, Secretary
Lisa Hogan, Treasurer
Megan Seitz Clinton, Director
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The Shuttle is printed on 100% recycled paper.

What’s That Thing Next to the Yams, Anyway?
Thanksgiving’s the Time For Side Dishes to Shine

by Jean MacKenzie, Weavers Way Mt. Airy

Producer Manager

IN THE RETAIL WORLD, as CHRISTMAS is TO TOYS, THANKS- giving is to food. Maybe more so, since plenty of people don’t celebrate Christmas (or they celebrate without toys). But almost everyone in America celebrates Thanksgiving with a nearly identical special meal featuring a few very specific foods that your co-op better have in stock.

How well I remember the year I had trouble getting Brus- sels sprouts. Because after the turkey — which, thank heavens, I am NOT responsible for ordering — it’s all about the vegeta- bles.

For weeks I’ve been scanning weather patterns and market reports to see if we’re going to encoun- ter any shortages this year.

Your Vegan or Vegetarian Thanksgiving
Vegans and vegetarians can overeat on Thanksgiving Day as easily as carnivores. However, since they’re not consuming all that tryp- tophan and animal fats, they’re a lot less likely to fall asleep in front of the football game, and more likely to be awake and available for post-meal cleanup. For this reason, I strongly rec- ommend inviting a few vegans and vegetarians even if — espe- cially if — you’re not one yourself.

So, to serve your vegans and vegetarians? Personal- ly, I could make a meal out of mashed Yukon Gold potatoes or sweet potatoes. But you may want to concentrate on recipes that include winter squash, chopped walnuts and Portobello mush- rooms. Side dishes can be easily adapted to be vegan with the substitutions of almond milk for milk or cream, and Earth Balance for butter.

On a recent camping trip, a friend made an awesome hash from Brussels sprouts, sweet potatoes and red onions, roasted with olive oil, which I plan to replicate at this year’s meal.

Consider a Merrie Olde Cheese Board with That Feast

by Margie Felton, Weavers Way Mt. Airy

Deli Manager

T HIS NOVEMBER, the MONTH of Thanksgiving, I thought we should commemorate England, the land the Pil- grims were fleeing, by featuring English cheeses. England has a role, not al- ways positive, in many of us being here today. People left England for religious freedom, were brought here as slaves from Africa on English ships or crossed the ocean seeking adventure and wealth. My own family came from Germany dur- ing the Revolutionary War — they were hired by England to fi ght against the col- onists. Many of these Hessian merce- naries elected to stay and farm the lush soil of central Pennsylvania. My family still farms there and that is where I trav- el each November, literally over the riv- er (Susquehanna) and through the woods.

What matters in their family history, most Americans stuff their ovens on the last Thursday in November with a turkey, most Americans stuff their ovens on the last Thursday in November with a turkey, and family to give thanks for the good things in life and continue the Thanksgiv- ing tradition.

But back to the cheese, one of Eng- land’s great contributions to this country. England is best known for its Cheddars, which pair wonderfully with crisp fall apples, and crumbly blue Stilton, which is perfect with pears. English cheeses tend to be sharp and flavorful, which I draw back to as the weather gets colder. I crave comforting grilled cheese made with decadent Cotswold or mac and cheese that must include Cheddar.

At Weavers Way, we stock many great English cheeses.

Westminster Cheddar. First created 500 years ago in the village of Cheddar, it is made from the milk of grass-fed cows using vegetable rennet and aged over 15 months. It con- tains no growth hormones.

Barber’s 1833 Cheddar (Chesnut Hill only). From the oldest cheese-making family in England, this Cheddar is made 13 miles from the village of Cheddar, with vegetarian rennet.

Quiches Traditional Cheddar (Chestnut Hill only). This is a handmade, cloth- bound Cheddar made from the milk of pastured cows. It contains animal rennet.

Long Clawson Cotswold. This is a Double Gloucester with onions and chives. Double Gloucester is similar to Cheddar but softer and creamier. This popular English cheese is made from the milk of Gloucester cows and originates from the city of Gloucester. Contains vegetarian rennet.

Our friend Anjeanette Milner cooked this over the campfi re on a recent camping trip, and it was delicious! This recipe serves 3-4.

1 2 lbs. olive oil
1/2 red onion, diced
1 sweet potato, peeled and cut into 1/2-inch cubes
2 garlic cloves, minced
10-12 Brussels sprouts, stems removed, sliced
Salt and pepper to taste

Heat a large skillet over medium heat and add olive oil. Add on- ions and sweet potato to cook until sweet potato has softened, about 6-8 minutes, then stir in garlic and cook for 30 seconds. Add sliced Brussels sprouts and stir to combine, cooking them until soft and caramel, another 5 minutes or so.

I make twice-baked Delicata squash boats using Yukons mashed with a toast of maple syrup and cumin and topped with caramelized walnuts.

What’s in Store at Weavers Way

Brussels Sprouts-Sweet Potato Hash
Our friend Anjeanette Milner cooked this over the campfire on a recent camping trip, and it was delicious! This recipe serves 3-4.

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Across the Way’s Got the Goods to Get You Better
by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

FEELING GOOD? GLAD TO HEAR IT. Want to feel better? Gotcha. Weavers Way Across the Way in Mt. Airy has brought in some new supplements that should help get us through the rest of fall, winter and beyond.

For allergy sufferers, ATW buyer April Pedrick has brought in remedies from Country Life and Gaia. Aller- Max, from Country Life, combines natural histamine fighters into one formula to tamp down symptoms. Gaia’s Turmeric Supreme: Allergy does much the same, using herbs to soothe discomfort.

Country Life has also introduced Circulation Factors, which blends traditional ingredients to help the circulatory system, and Malic Relief Formula, a supplement that uses magnesium and malic acid, among other ingredients, to support muscle function.

To get the edge on your sweet tooth, look to Cinnamon Glucose Balance from Planetary Herbals. It contains botanicals to help keep blood sugar levels within the normal range, maintain insulin function and provide antioxidant defense.

Love your liver? Gaia has come out with Liver Cleanse, which employs milk thistle seed and various roots to help that important organ do its many tasks more efficiently. By the way, liver herbs are also said to help you digest heavier holiday and cold-weather foods.

To shore up your immune system, ATW now offers red thyme essential oil. It has anti-viral properties that clear the air via a few drops on the stovetop or in a nebulizer. It can also be added to witch hazel or water for a hand or surface spray. And Rainbow Light has come out with Mushroom Therapy Blend, which synthesizes the immune properties of several varieties of medicinal mushrooms. (According to April, mushrooms work best when allowed to build up in the system over time.)

For more information on herbs, be sure to check out the final Weavers Way Eating with Body in Mind workshop: “Teas, Herbs and Sauces” happens at 7 p.m. Nov. 13 at Summit Church, Greene and Westview.

Elsewhere at the Co-op
Mt. Airy & Chestnut Hill Grocery: The theme here could be “New & Unusual Snacks to Try.” In the Hill, the main dairy case is now home to Blue Hill yogurt featuring . . . veggies! They’re low-fat and low-sugar, and come in carrot, beet and tomato flavors. Methinks they’d make tasty salad dressings, too.

In the Mt. Airy packaged candy/gum section under the stairs, you can now find Epic grass-fed protein bars with actual meat! Varieties include beef habanero cherry, turkey almond cranberry and bison bacon cranberry. I tried the turkey — ‘tis the season — and . . . it kind of reminded me of spicy turkey jerky.

Speaking of seasonal items, if you’ve been shopping the Co-op for a fall or two you know about, well, the donuts. Apple cider ones, from Solebury Orchards near New Hope. They come in Thursday afternoons in cute little white waxed-paper bags.

If you want them, don’t wait ‘til Friday. ‘Nuff said.

FARMLANDS AREN’T ANabweid and well managed, good soil and plenty of moisture can support it. They won’t make it in the fall, but they’ll be used in the spring. (According to April, mushrooms work best when allowed to build up in the system over time.)

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kplourde@weaversway.coop

FOR YOUR VEGAN THANKSGIVING
Nothing should be off the table for anyone at the Thanksgiving table. These items from the Co-op assure that those plant-ivores in your life can experience the same wonderful carb-haze that we’ll all need to survive the Eagles-Cowboys game.

FOR YOUR VEGAN THANKSGIVING

1. TOFURKY FEAST. The jewel in the crown in this box of vegan magic is the Tofurky roast, and we have to say it’s actually pretty good. Comes with built-in wild rice and whole-wheat breadcrumb stuffing, gravy packet, vegan fudge brownie and for fun, Tofurky® Jerky. Wish you were leftovers.

2. GROWN RIGHT ORGANIC CRANBERRY SAUCE. A can or two of this can be your best friend at T-minus dinner, when the pumpkin pie forgot to pull itself out of the oven. Toss a can into a baking dish with some apple slices and top it with some refrigerated pie dough and bake ‘til it bubbles. Now you’ve got yourself a cobbler.

3. EARTH BALANCE ORGANIC COCONUT SPREAD. Use it like butter. Not only vegan, but also lactose-free, gluten-free, USDA Certified Organic, Non-GMO Project Verified and soy-free. And it tastes great! (CH only)

4. DANDIE’S VEGAN MARSHMALLOWS. Top your mom’s famous sweet potatoes with these babies and the carnivores in your life won’t know what they’re missing. And yes, meat eaters, regular marshmallows do count. Organic, gelatin-free, gluten-free and kosher.

5. VEGETABLES. We’d be remiss if we didn’t remind you that every veggie under the sun is vegan. Head straight to the Produce Department and have at it. 100% Norman-approved.

What’s in Store at Weavers Way

Five Things: A Service of Weavers Way

Because there’s nothing that can’t be improved with something you got at the Co-op!

Does a Pig Forage in the Woods?
by Stephanie Kane, Weavers Way Local Products Coordinator

NOLAN THEVENET LEARNED how to raise pigs the way any millennial would — he looked on Google. He grew up in the mountainous countryside near Saylorsburg, PA — but not as a farmer. After attending a local college, he transferred to Drexel to get a taste of the city. But he missed the outdoors, and returned to his mother’s 47 acres in Monroe County, announcing he wanted to be a farmer. (She was not amused, at least at first.)

In his early 20s and knowing nothing about farming, Thevenet looked at the

OK, the piglets don’t forage — they stay penned up until they’re big enough to fend for themselves.

wooded property and decided a few pigs and goats made sense. Pigs are foraging animals by nature, and heritage breeds like the ones he now raises — Tamworth and Yorkshire — are particularly well suited for it. Your typical big pink pig would not do well at Stryker Farm, which is what Thevenet decided to call the place, after his grandmother.

Starting with six pigs and three... (Continued on Page 25)
Another Harvest on Henry is in the apple bin, and what a day Saturday, Oct. 18, was, with beautiful weather, terrific live music, cows and sheep and pigs, oh my, and kids, kids, kids — the little ones enjoying games, food and hayrides, and the big ones — Saul High School students — helping run the show.

The cow plopped on Ana McDevitt’s square, making her the winner of the sold-out Cow Plop Bingo 50/50. And Ana is only 2 years old! And of the dozens of entries in the Pie Baking Contest, these were the most delicious, according to our celebrity judges:

**Fruit**
- 1st: Ann Nozica — Mixed Berry Crumble
- 2nd: Beige Berryman — Apple Cranberry
- 3rd: Valerie Metzler — Blueberry

**Other**
- 1st: Georgia Kirkpatrick — Black Bottom Pie
- 2nd: Kim Bell — Peanut Butter Chocolate
- 3rd: Dorothy Bauer — Raw Chocolate Mousse

The Saul student winner was Liz Marie Santiago and her champion Apple Crumb Pie.

We took in about $6,200, which, with $7,000 from our generous sponsors, means we raised more than $13,000 for Weavers Way and Saul farm operations!

Photos by Eleanor Seif.
HARVEST ON HENRY

Receive 10% off your purchase with your Weavers Way membership card.

‘Tis the Reason

Discover our feel-good gifts from around the world.

TEN THOUSAND VILLAGES

Chestnut Hill, 8331 Germantown Ave.
(One block southeast of Weavers Way in Chestnut Hill)
For other Philadelphia area stores visit tenthousandvillages.com

Come Visit

MORRIS ARBORETUM THIS MONTH!

Vibrant Fall Color
Still showing!

Wellness Walks
Every Saturday at 10:30am

Fall Classes
For Adults and Children

Holiday Garden Railway
Opens November 29th

For more information visit: www.morrisarboretum.org

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photo by Mary Sweeten
If You Want Us to Do Something, You’re Just Going to Have to Ask
by Glenn Bergman, Weavers Way General Manager

Almost weekly, I receive a call or email from an advocate, unsolicited, who wants to advance a cause — or not.

I often wonder, “What gives me the right to advocate on behalf of the Co-op member-owners and Board?” What would happen, for example, if I advocated for empty lots to be put in the hands of community groups, only to find out that the membership wanted to do something else?

We need some formal system that would oblige the person or group making the request to put it in writing who they are, why what they are advocating is important, and how it fits into the Co-op’s official ends and mission. With this information in writing, we could then discuss at the management level the next steps we should take.

After a few months of discussion, we have come up with a form that you can use as a member to request that Weavers Way support or advocate on behalf of your issue or group. Should we agree that it’s appropriate for the Co-op to advocate for or endorse your position, we will work with you to see what we can do. It could be space in the Shuttle, an announcement on the website or in the eNews, a donation or a letter from the General Manager or Board President.

For info about Weavers Way’s advocacy process or to fill out a form, visit www.weaversway.coop/advocacy.

Right now, for example, we are working toward the legal

(Continued on Page 20)

Higher Prices Pay Off in the Long Run

I would like to offer my opinion in response to the Shuttle article entitled “(some of) Our Prices Are High — For Very Good Reason” by Glenn Bergman, written in response to a letter, “Co-op Needs to Be More Affordable for Members.”

In the past 25 years, a variety of food movements have crafted strong and coherent opposition to industrial monoculture and the subsequent marginalization of human capital. Weavers Way embodies this movement by routinely heralding environmental sustainability and locally produced products cultivated from a biologically diverse polyculture. Critics of the food movement have stated that the additional costs of providing equitable products has contributed to a legacy of unequal access, and that the amenities of sustainability are only available in wealthy locales. What Weavers Way lacks in buying/advertising power I believe is replenished with human capital.

The farms at the W.B. Saul Agricultural School and Awbury Arboretum have provided the USDA Eastern Regional Research Center with a generation of budding scientists, and two of their alumni obtained jobs in the laboratory, I have worked closely with both scientists. Janysha Taylor worked with predatory bacteria as biocontrol agents against foodborne pathogens and now is attending vet school at Penn; Lindsay Rogers (CSA member) introduced me to the farm and characterizes arbuscular mycorrhizae.

This movement for agricultural education, seeded by the farms at Saul and Awbury, has begun to root between the cracks of busted sidewalks in Philadelphia’s poorest communities. As this narrative continues to unfold, I believe that Weavers Way, with its unique partnership with the educational farms, can provide economic empowerment to marginalized communities in Philadelphia.

Although these farms operate at a loss, I believe after the initial investment is made, the financial reports will reflect a trend toward profitability.

While the members reflect upon prices, I ask that we take a good look at the benefits that our farms bring to our co-op and our community. What is the value of our farms to us as a community of educated consumers?

Alison Lacombe, PhD, Food Safety Technologist, USDA Eastern Regional Research Center, Wyndmoor, PA

Cost Relief Options

This letter is in response to our ongoing dialogue about Weavers Way Co-op’s price structure, elevated in support of its noble values. I would suggest that these values surely must include a need to serve all our neighbors including those of us on low or fixed incomes who struggle to put good food on our tables. We need not oversimplify this as an “Either/Or” values proposition. Perhaps we can creatively integrate some strategies to help make our co-op a viable alternative for the entire community.

• Can we offer a higher member discount for those who can schedule additional cooperative hours throughout the year?

• Can we include additional items to stimulate Wednesday/Thursday buying beyond discounted local apples — like whole chickens, eggs and leafy greens?

• How about reviving an old-fashioned approach: weekly (or bi-weekly) sales for selected staples and fresh foods?

These could be chosen not solely by supplier price breaks, but by reducing profit margins on select items to ensure balanced meals can be as affordable as when sale shopping at traditional chain supermarkets (i.e., not Whole Foods).

Granted, instituting these programs might actually require some broad price adjustments to maintain appropriate profit targets. But I believe it would make shopping the Co-op more enticing for many shoppers, and reflect our concern about the economic struggles of many members who must now shop elsewhere, despite their respect for Weavers Way values.

Eric Sternfelds

TIS A GIFT

New retail craft cooperative seeking partners & consignors.
Opening this fall on Germantown Avenue in Mt. Airy.
Contact ctodd@hotmail.com or katheran.siegel@gmail.com

Handmade gifts for sale and magical children’s activities

FRIDAY, NOVEMBER 21st
6:00PM–10:00PM
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& Craft Bazaar 2014

Philadelphia School of Allied Media
7500 Germantown Avenue, Eagles 2 Building Philadelphia, PA 19119
Across from the Trolley Car Diner in Mt. Airy

For info about Weavers Way’s advocacy process or to fill out a form, visit www.weaversway.coop/advocacy.
The Perception of Higher Prices

In the September issue of the Shuttle, I wrote an article discussing the concerns of the Education Committee. One of these items was the perception of high prices at Weavers Way as compared to other stores. Our manager Glenn Bergman responded with a discussion of what drives the pricing in the store.

I have received a number of comments thanking me for pointing out this problem, while Glenn reports that he has received a number of comments thanking him for his explanation.

I decided to make a little price comparison on the basis of my own shopping habits to see what the reality is behind these various complaints. It was really interesting to me to find out that in comparison with the Acme, the decision on high prices is a mixed one. There does not seem to be any clear pattern.

Below is the survey. You will see that Weavers Way is higher on some products, lower on others, while it is impossible to make an exact comparison on others.

Larry Schofer, chair, Weavers Way Education Committee

| Organic Mango | 5.89 | 5.99 |
| Organic bananas | 2.99 | 3.99 |
| Turkey sausage | 3.99 | 5.49 |
| Organic bananas | 1.69 | 2.99 |
| Organic mango | 2.99 | 3.49 |
| Organic strawberries | 3.99 | 4.99 |
| Organic grapes | 3.99 | 4.49 |
| Organic strawberries | 3.99 | 4.99 |
| Organic grapes | 2.99 | 3.99 |
| Organic bananas | 1.69 | 2.99 |
| Organic mango | 2.99 | 3.49 |
| Turkey sausage | 3.99 | 5.49 |
| Comparison done 9/26/14 |

It's All About Freedom

I want to commend the Weavers Way board and staff for the meeting held in September to discuss the Co-op’s product purchasing philosophy in light of the Eden Foods controversy. More than having a civil and courteous discourse, those in attendance accomplished what I believe is an important goal with these kind of debates. While some may be disappointed that this matter did not go to an immediate vote, the meeting gave the time and space necessary to hear each other out face to face. This personal interaction helps us learn the importance (and art) of communicating peacefully and listening respectfully, especially when we don’t agree. It certainly broadened my perspective of why others hold the positions they do, and the respect afforded to one another created a safe place to voice beliefs without the risk of repercussions. The atmosphere extended the same freedom we are all fighting for — the freedom to take a principled stand and live by it.

In a free country, one may find oneself buying goods from a capitalist or renting a room from a Marxist, sharing a bagel with a Jewish neighbor or enjoying a cup of coffee with a staunch atheist.

**LETTERS POLICY**

The Shuttle welcomes letters of interest to the Weavers Way community. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters should be under 200 words and may be edited. The Shuttle may decline to publish any letter for any reason. Send contributions to editor@weaversway.coop.

The Presbyterian Church of Chestnut Hill presents
The Festival of Music and Arts
November 14-16, 2014

**Friday, November 14**
7:00 p.m. Art Exhibit and Opening Reception

| 8:00 p.m. Aura Polyphonica Masters of the Spanish Renaissance: choral works by Victoria, Morales, and Guerrero |
| 10:00 p.m. Choral works by Victoria, Morales, and Guerrero |

**Saturday, November 15**
8:00 p.m. PCCH Gallery Choir Modern Spiritualists — A Tribute to John Tavener
This concert will feature music of the late English composer John Tavener, and his friend Estonian composer Arvo Pärt.

**Sunday, November 16**
Play Reading: Vanya and Sonia and Masha and Spike
4:30 p.m. reception, 5:00 p.m. performance
Vanya and Sonia and Masha and Spike is the winner of numerous 2013 awards including the Best Play Tony Award and the Drama Desk Award for Outstanding Play.

Tickets are $10 for each performance and are available online, by phone, and at the door. All performances take place at The Presbyterian Church of Chestnut Hill. Parking is free; the building is accessible for wheelchairs.

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This concert will feature music of the late English composer John Tavener, and his friend Estonian composer Arvo Pärt.

**Sunday, November 16**
Play Reading: Vanya and Sonia and Masha and Spike
4:30 p.m. reception, 5:00 p.m. performance
Vanya and Sonia and Masha and Spike is the winner of numerous 2013 awards including the Best Play Tony Award and the Drama Desk Award for Outstanding Play.

Tickets are $10 for each performance and are available online, by phone, and at the door. All performances take place at The Presbyterian Church of Chestnut Hill. Parking is free; the building is accessible for wheelchairs.

**LETTERS POLICY**

The Shuttle welcomes letters of interest to the Weavers Way community. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters should be under 200 words and may be edited. The Shuttle may decline to publish any letter for any reason. Send contributions to editor@weaversway.coop.

The Presbyterian Church of Chestnut Hill presents
The Festival of Music and Arts
November 14-16, 2014

**Friday, November 14**
7:00 p.m. Art Exhibit and Opening Reception

| 8:00 p.m. Aura Polyphonica Masters of the Spanish Renaissance: choral works by Victoria, Morales, and Guerrero |
| 10:00 p.m. Choral works by Victoria, Morales, and Guerrero |

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Philadelphia Slavery Story, in History and Beyond

by Lynn Hoffman, for the Shuttle

It’s hard to imagine slavery in Philadelphia, given all we hear about Quaker tolerance and brotherly love. Could there have been a time here when people owned other people? Did someone walk up Germantown Avenue as a slave and some else as an owner of enslaved people?

The story of historian Phil Seitz’ book, “Slavery in Philadelphia” (2014) began in 2001 when he was browsing the collected papers of the Chew family, for generations the owners of the Chew Mansion in Germantown East. Seitz, then Chew’s curator, discovered a 1795 letter that piqued his interest: a report from an overseer about being beaten by two enslaved young men from the Chew plantation in Delaware where they worked. Seitz devoted 10 years of research into this unfolding tale of everyday slavery reflected in the Chew papers, which start in the 1600s and run into the 20th century.

During the course of this research he became involved with many African Americans and ran a community program at Chew Mansion that changed his life. This included, for Seitz, a white college graduate, a very disturbing look at life on the other side of the color line. It was a view that focused on what he was choosing to ignore in our society about the racial structure of Philadelphia. It also made him wonder about the consequences of not seeing race and racial divisions.

Seitz sees his book as important for three reasons.

“First, it shows that slave rebellion and resistance in the city and on the plantations was remarkably common, and through the window of some remarkable original letters, gives us an amazingly detailed view of what that resistance looked like.” This is the window of some remarkable letters, gives us an amazing view of black and white facilitators that are designed to do the necessary work of reconciliation. He says participation in these experiences is hard, especially for white folks, because it entails reaching beyond some initial fears — “of looking foolish, of offending people, of invoking anger.”

Seitz is not an optimist. He writes, “There may be little hope of overcoming the inbred racism of our society, but that doesn’t mean we can’t make progress in smaller spheres.” He calls for a beginning of more genuine interracial communication, but warns, “This extends far beyond taking someone to lunch.”

Seitz says, “while learning to see the things we’ve been blind to before is painful, it is ultimately the basis for building a better world.” Perhaps a good place to start is to take a look at what really happened right here on the streets of Philadelphia.

Contact Phil Seitz at Phillip.Seitz@verizon.net.


Pull on the Gloves for WMAN Streetscapes

The WMAN Streetscapes Committee needs YOU!

The committee will be planting more than 60 new street trees in Mt. Airy beginning at 9 a.m. Saturday, Nov. 15. This is the 16th such planting for the Committee and will bring the total number of trees planted to over 500!

At the request of Friends of Carpenter’s Woods, half the trees will be native species planted adjacent to Carpenter’s Woods. The rest will be located throughout the community.

No experience is necessary; tools are provided and refreshments will be served. Volunteers will be paired with trained Tree Tenders and other landscape professionals and spread throughout the community to plant bare root street trees provided by the Pennsylvania Horticultural Society. Not all jobs require digging or lifting, so come on out and bring a friend! We’ll meet at the Allen’s Lane Art Center (601 W. Allen’s Lane) for coffee and assignments.

Your neighbors on the committee really need you this year to get the job done. Please consider giving a few hours of your time and energy.

For info and to volunteer, contact Doris Kessler at doriskessler@me.com or 215-242-0651.

Philadelphia Magazine

Voted Best Kids’ Bookstore in Philly 2007 by Philadelphia Magazine!
Underfoot at Ned Wolf Park,
Our Public Botanical Oasis

by Eric Sternfelds,
Friends of Ned Wolf Park

Ned Wolf Park, Mt. Airy’s public botanical oasis, continues to offer a serene place to contemplate the beauty of our urban village. Phase II of the Terrace Wall Project was completed in the spring, introducing cool stone slabs on which to sit in the heart of the park. Whether for Sunday morning tai chi, or as the place to bring the kids with their dripping ice cream cones, ever more folks have been coming together in these gardens for moments of exquisite peace. In fact, it’s been the inspired destination for a few small wedding ceremonies this year.

The Friends of Ned Wolf Park aren’t through with their capital campaign to eliminate all the 1970s creosoted timber from the park. We’re still raising funds through the sale of inscribed bricks to complete Phase III — replacing rotting landscape ties with reclaimed cobblestone to edge the planting beds and to keep mulch off the paved walkways and central terrace. For a $100 donation, you can add your personalized brick to those already installed in the terrace. With your gift, you can commemorate loved ones, demonstrate your community support or offer your words of wisdom for eternity.

Local photographer and neighbor Laurel Harrish shared this photo in a recent blog post. Taken upon showing this newly installed brick to her daughters, Laurel’s caption reads: “Now our girls will always be a part of Mt. Airy — their first home.”

Ned Wolf Park volunteers, who continue to weed, trim, sweep and nurture the plantings, have heard grateful thanks from many passersby who appreciate the Friends’ efforts to maintain and improve this special amenity for the community. Several have already purchased bricks and it’s not too late for you to do the same. Surely, the appeal of this neighbor-hood oasis — not long ago an untended eyesore — has contributed to rising real estate values here, so perhaps our local realtors might like to thank their unsung community efforts? Why not tell them — and show them — with an inscribed brick that will last for years?

Look for a brick order form/brochure in the park’s information boxes, or visit www.nedwolfpark.org where you can pay and order online. Ned Wolf Park is at the corner of Elliot and McCallum streets.

Co-op Stores Host MANNA Pie Pickup

You can check one thing off your holiday entertaining list and do a little good this Thanksgiving by ordering a pie from MANNA’s Pie in the Sky fundraiser. The Philadelphia-based volunteer group, which cooks and delivers free, nutritious, medically appropriate meals to folks who are battling life-threatening diseases such as cancer, renal disease and HIV/AIDS.

Here’s how it works: Go to www.mannapies.org, make your selection, choose a pickup site (it doesn’t even have to be Weavers Way, but the list is alphabetical and we’re at the bottom) and pay with a credit card. You can also order by phone or even mail in a check with an order form you can print out from the website.

Here are the flavors:
- MANNA’s signature Sky Pie — cheesecake drizzled with caramel and chocolate and topped with walnuts.
- Holiday Pumpkin (kosher)
- Traditional Apple (kosher)
- Southern Pecan
- Sweet Potato

MANNA was founded in 1990 to help people dying of AIDS at a time when the stigma associated with the disease was at its height. For more information, visit www.mannapie.org.

W. Mt. Airy House for Rent
Wood floors, sunny kitchen, living room w/fireplace. French doors to dining room, insulation & storm windows. Close to transportation & park. Pets OK w/deposit & monthly pet fee. Available November 2014

SHOP SPACE AVAILABLE
Local wood working business now renting bench space. Contact Charles Todd: ctoddmail@hotmail.com

WWCP supporters gathered Oct. 8 for the third annual Farm to Table Dinner, featuring ingredients from WWCP gardens, as well as Weavers Way Farms and other local farms and purveyors. Guests were wined (thanks to Moore Brothers Wine Company) and dined (by the very talented Weavers Way chefs, Bonnie Shuman, Andrew Gerulsky and Dan Salva) under the Hunter’s Moon.

Thanks to our Friends of the Farm sponsors Lindy Communities, Moore Brothers, The Energy Co-op, Fernando Chang-Muy, Harriet Dichter and John Shapiro, Tom Dolgenos and Sarah Ricks, David Haas, Mira Rabin and Tom Whitman and Laura and Ron Siena.

Photos by John Barone
3rd Annual Holiday Greens Sale & Open House

Saturday, December 6th
2pm-5pm

The Francis Cope House
One Awbury Road
Philadelphia, PA 19138

- X-Mas Trees
- Wreaths
- Greens
- Firewood

Questions? Call 215-849-2855 or email awbury@awbury.org

** Please bring toiletries to donate for Historic Germantown’s holiday drive benefiting Face to Face Germantown.

At the request of one of our guests, we’re sharing the recipe for the pickled vegetables that were featured during the cocktail hour.

**Farm to Table Pickles**
- 3 cups white balsamic vinegar
- 1 cup rice wine vinegar
- 1 cup water
- 1/2 cup salt
- 10 black peppercorns
- 3 bay leaves
- Wax beans, green beans, green tomatoes, bell peppers

Mix vinegars, water, salt and spices in a large container.

Cut peppers and tomatoes into bite-size pieces.

 Blanch and shock beans: Bring salted water to rolling boil (water should taste like the ocean). Cook beans for a minute and half, until tender but still crisp. Immediately plunge in ice water to stop the cooking process.

Submerge vegetables in pickling liquid for at least 24 hours. Keep covered in airtight container.

Many thanks to all who joined us Sept. 27 for the ninth annual **Urban Farm Bike Ride**. More than 100 registered riders visited some of Philadelphia’s unique urban farms, in the process, helping us raise more than $6,000 to support Weavers Way Community Programs’ farm and nutrition education programs! Special thanks to our sponsors Weavers Way Co-op, Digital Innovation, Kitchen Table Consultants and Lindy Communities, as well as Philadelphia Brewing Company and Tees Delivered for their in-kind support!

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Weavers Way Community Programs

Apprentice Reflects on the Season

by Sarit Luban, Weavers Way Community Programs Farm Education Apprentice

The easiest way to start an article like this is by saying, “It’s hard to believe November is here!” Or my other favorite, “It’s that time of year again!” These introductions always make me chuckle, because of course it’s going to be November eventually and of course it’s that time of year again!

Since April, as the WWCP Farm Education Apprentice, I have split my time between tending the fields and educating young people — two tasks that equally necessitate adaptation and repetition. I spent some days weeding for seven hours straight, others running between two farms, the office, the Co-op and a high school gym. Some days I worked alone, some days our crew transitioned from a lesson about bees with elementary schoolers to reclaiming overgrowth with teenagers.

When every day (or hour!) is different, change is the norm. Perhaps it’s why I am so drawn to this work. In both farming and teaching, you make plans, but they’re continually subject to alteration due to external forces . . . usually unexpected rain, some-thing new, it changes. As I have witnessed transition, weren’t we?

Let’s leave the Stenton Family Manor and transition into new homes, for me that means saying a bittersweet goodbye and good luck, usually without warning. Just the other day, I said to a coworker that my life right now feels stable, it feels set. Now I’m writing my end-of-the-season Shuttle article. As soon as I got used to this, it’s about to change!

But amidst the constant flux, some things stay the same. Every day I have a cup of coffee and put on the same pair of dirty boots; the kids shriek when they see a spider; the groundhog keeps eating my kale. And there is always work to do.

Sarit Luban says while the farm year is cyclical, a day at work isn’t so predictable!

Indeed, nonprofit educational farming requires you to shift between respec-tively demanding roles. Sometimes that’s really hard. And sometimes it’s what keeps me going. Working for WWCP allowed me to bring my patchwork skill set and turn it into something professional-ly viable. At then and at the end of the week when I think of all the different situations I was in, how many wildly different tasks I completed, I recognize how much I am capable of. It’s pretty empowering!

Speaking of empowerment, I’d like to send a shout-out to all the amazing ladies at the Weavers Way/WWCP farms who continually inspire me with their strength and warmth. Being in their presence is a reminder that women can do anything.

But we were talking about constant transition, weren’t we?

It seems like as soon as I get used to something, it changes. As I have witnessed cucumbers and tomatoes giving way to sweet potatoes and winter squash, I have also seen many faces come and go through our educational programs. The most consistent group I have worked with is the Garden Club at Stenton Manor, which has served 52 chil-dren since July. This is a group of kids in transition themselves. When their family transitions themselves, they are also seen many faces come and go through our educational programs.

The most consistent group I have worked with is the Garden Club at Stenton Manor, which has served 52 children since July. This is a group of kids in transition themselves. When their families transition themselves — whether it’s generations within families or generations of managers, apprentices and interns.

And thinking about this process, it’s clear to me that it is by the grace of a very beneficent God and an omnipresent love that women do anything.

But amidst the constant flux, some things stay the same. Every day I have my cup of coffee and put on the same pair of dirty boots; the kids shriek when they see a spider; the groundhog keeps eating the kale. And there is always work to do.

The response has been so good that we do need to clarify a couple of things:

• First, most of the kids at Stenton are in elementary or middle school and Ms. Hall, the receptionist at Stenton and one of the most helpful people on the planet, explained that in Philadelphia, elementary and middle-school kids wear navy or black chinos. (The high schoolers wear khaki-colored pants.) So the need at Stenton is for navy or black.

• Second, the shelter cannot accept mattresses covers or pads (or mattresses). However, the need for good sheets, pillowcases and blankets, as well as towels, remains ongoing.

The main phone number at Stenton is 215-908-2800/2801. Ms. Hall will answer and she is not only helpful but also knows what they can accept if you have a ques-tion or want to schedule a delivery. It’s al-ways better (and more polite) to let them know in advance if you’re bringing stuff!!

Contact Margaret Guthrie at meg8337@verizon.net.

It’s often difficult to judge the impact of newspaper stories, but that hasn’t been the case with the recent sto-ry in these pages on “stuff.” People responded immediately, emptying attics, basements, garages and parental apart-ments, all to the benefit of our neighbors at the Stenton Manor homeless shelter in Germantown.

Shelter: ‘Thanks, & by the way . . .’

by Margaret Guthrie, for the Shuttle

Our new Morning Edition host is local.

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Now’s the Time to Plant Fall Bulbs

by Ron Kushner, for the Shuttle

O f ALL THE GARDENING CHORES, PLANTING schemes, designs and effort in general, none is simpler, with such incredible results, than planting bulbs in the fall. They are quickly buried and soon forgotten, but what a reward in the spring! That first burst of color of when the bulbs bloom is a sight to please all.

November is the perfect month to plant, as long as bulbs are in before a hard freeze. The air may be chilly but the ground is still warm enough for root growth.

All the bulbs discussed in this article are perennial and with very little care should come back year after year. The biggest enemies are insufficient drainage, where the bulbs can actually rot, and rodents that love to eat them. Both of these challenges will be addressed below.

When I talk about fall bulbs, I am referring to those that are planted in the fall and bloom in the spring of the following year (and every spring thereafter). Summer bulbs, which bloom all summer and into the fall, are normally planted in the spring and early summer once the ground has warmed up. Examples are tuberoses be- gonia, dahlias, cannas and calla lilies.

The most popular fall bulbs are daffodils, tulips, hy- acints, crocuses, scillas and snowdrops. Daffodils and tulips are “true bulbs,” in that they have layers of scales or bulbils, while others are rhizomes, tuberous roots and tubers — all different botanically but treated the same for planting and maintenance. Most catalogs and garden centers sell them all to- gether without differentiation.

Bulbs can be planted just about anywhere — in bare soil, borders, walkways and driveways, in woodland settings, in raised beds, in containers and amidst ground covers such as pachysandra, ivy and periwinkle. They can be planted with wildflowers in a meadow and under- certain trees — avoid maples and beeches as their sur- face roots tend to out-compete bulbs.

Bulbs that are “naturalized” are simply planted in an informal arrangement, sometimes thrown up in the air and planted where they land. Then they can spread and fill in year after year, creating a carpet-like effect.

Most bulbs grow best if they get full sun when ac- tively growing. By the time they go dormant, full shade is OK. That is why a location under deciduous trees is fine. They also need loose, humus-rich soil that drains well. They will not bloom well in heavy, compacted clay soil. The soil pH should be 6.0 to 7.0 (a bit on the acidic side is fine).

Plant in clusters of 10 or more. Dig holes with a traditional spade and place larger bulbs about 5 inches apart, small bulbs 1 to 3 inches apart. Plant at least three to four times the height of the bulb, and deeper is OK. Buy the biggest bulbs you can afford. Healthy bulbs are solid and feel heavy. Small nicks and loose skins do not affect development of bulbs, but do not buy any (es- pecially tulips) that completely lack the protective tunic. There should be no mold or signs of rot.

Once planted, mulch well with pine needles, salt hay or other mulch about 2 to 3 inches deep. (I use compost and it works great.) Use a bulb fertilizer such as Bulbstone when planting, and mix well with soil first. Bone meal is fine, but it is really not a complete bulb food.

Backfilling the planting hole or mulching with oys- ter shells or “Soil Perfector” discourages voles and other rodents from digging at freshly planted bulbs. The sharp edges are a great deterrent and good for drainage, too.

Feed in spring when shoots are showing and again in late spring as soon as flowers wither. Bulbs need about a half-inch of water weekly, especially in fall and again in April and May.

Cut down spent flower stalks anytime, and remove seedheads after flowering to conserve the bulb’s re- sources. Otherwise, allow the foliage to die naturally — no need to pull seedheads after fl owering to conserve the bulb’s resources. Otherwise, allow the foliage to die naturally — no need to pull seedheads after flowering to conserve the bulb’s resources.

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Wissahickon Charter School Keeps It Fresh

by Alex Evenson, for the Shuttle

It’s not too common to see an elementary school student in Philadelphia gnawing on zucchini, or butternut squash for that matter. At Wissahickon Charter School though, kindergarten through 8th-grade students expect to be offered fruits and vegetables like these in their classrooms. When asked, “Is there any fresh snack you liked that you had never tried before?” there can be a range of responses — blood orange, cucumber, yellow bell pepper, to name a few. Reports 2nd grader Aaron Robinson: “Tangerines are sweet AND sour!”

Through the Pennsylvania Department of Education’s Fresh Fruit and Vegetable Program, WCS is able to provide a fresh snack three times a week to its students. The fresh snack takes the school one step closer to its goal of being a farm-to-table school.

Like many initiatives throughout the history of the school, this one was student-led. WCS applied for the grant for the first time in Spring 2011 partially as a response to student critiques that the food served at school did not match the school’s environmental mission.

The fresh food is just one of the unique aspects of Wissahickon Charter School. The 12-year-old K-8 opened the doors of its Fernhill building, on Wissahickon Avenue, in 2002, with a mission to provide a community of learning with an environmental focus that stimulates the child’s intellectual, social and character development. In September 2014, WCS opened its second campus, Awbury, in order to reach more children in Philadelphia. As with Fernhill, an overwhelming majority of Awbury students are minorities (96 percent) and 75 percent come from low-wealth families.

Students come from across the city of Philadelphia. The Awbury campus serves 324 students and will serve up to 500 as additional grades are added in the next two years.

The Fresh Fruit and Vegetable Program is offered at both campuses and has been wildly successful and well received by the WCS student body. WCS surveyed 120 of its students last year about the program and 83 percent indicated that, because of the fresh snack program, they have tried a fruit or vegetable that they had never tasted before. In addition, 74 percent reported that they eat fruits and vegetables more often now. And 52 percent even said that they noticed having more energy after eating the fruits or vegetables.

As an environmental school whose mission it is to educate the whole person, WCS celebrates such strides toward a healthier student body and possibly a healthier Philadelphia.

Outside of the survey, what do students think of the fresh snack? “It’s sweet!” “It’s healthy!” And for some of our more picky eaters: “It’s nasty!” Guess you can’t win ‘em all.

Alex Evenson is the executive assistant at Wissahickon Charter School. Reach him at alex@wissahickoncharter.org.

Trot on Down To Henry School

Families, neighbors and runners from around the region are invited to participate in the C.W. Henry School PTA’s second annual Turkey Trot, Saturday, Nov. 22.

The 5K run and 2K walk to promote fitness and fun start and end at Henry, Greene Street and Carpenter Lane, following a path through the beautiful fall splendor of West Mount Airy. Enjoy fun warm-up games and music; awards will be given in different age groups. Proceeds support investments in educational technology, including new laptops, tablets and software, and 2014-2015 Henry PTA programs.

The 5K kicks off at 8:30 a.m. and the 1-mile walk a half-hour later. Register in advance at www.runtheday.com. Day-of registration starts at 7:30 a.m.

Details and information are available at www.cwhenrypta.org.
Get in on 40+ Years of Cooperative Babysitting

by Michelle Quirk, for the Shuttle

For many parents of young children, the cost of a babysitter will make them think twice about planning a date night. Not so for members of the Mt. Airy/Chestnut Hill Babysitting Co-op!

Whether it is an anniversary dinner and movie, or a chance to get some work done around the house, a trusted babysitter is just an email away, and no money changes hands.

This year, the Babysitting Co-op is celebrating its 40th anniversary (although some sources say it may have been around even longer than that). At a time when many communities are experiencing a surge of interest in cooperatives, the Mt. Airy/Chestnut Hill Babysitting Co-op has proven to be an enduring community within a community, entering its fifth decade of “Families taking care of families.”

The Babysitting Co-op has 25 to 30 members who live in Chestnut Hill, Mt. Airy and Wyndmoor. Members use a point system to provide and receive child care, according to the number of hours, whether the sit takes place at the home of the sitter or the sittee and other factors. Members are expected to use the co-op at least once per month on average, either doing or taking a sit.

Members collaborate on administrative tasks. Each month, a family is assigned secretarial duties, making sure that open sits get filled and keeping track of points. There are two mandatory membership meetings each year, in April and October, as well as an optional summer social gathering.

Members periodically serve on a five-person steering committee. Current committee chair Rebecca Dhondt and her family joined the Babysitting Co-op in 2005 shortly after moving to Mt. Airy and hearing about it from a neighbor who was a member.

“We were new to the area and wanted more community,” she said. “My spouse and I loved to go out on dates but did not have the money to pay for both a sitter and dinner and a movie. Plus, with three children under 5 years old, who better to watch them but a parent?”

Dhondt soon saw a positive impact the Babysitting Co-op had on her family: “My kids are used to all sorts of people watching over them, which has made them more flexible and easygoing, and more accepting of different parenting styles. It gave us time to be with each other, which is crucial, and it also helped me meet lots of great people, many of whom became close friends.”

New members must have a primary sponsor and two seconding sponsors from within the current membership of the Babysitting Co-op. Current members can help interested families get to know other current members if they are seeking sponsors. Then they are submitted for approval by the whole membership.

A great way to find out more about the Mt. Airy/Chestnut Hill Babysitting Co-op and meet current members is to attend the monthly social, which is often held at a coffee shop or playground. These are announced on the Mt. Airy Parents Network email list. Or you may contact the Babysitting Co-op’s secretary-of-the-month at bscoopsecretary@gmail.com.

Weavers Way member Michelle Quirk and her family belong to the Babysitting Co-op.
More and more people are seeing them. Perhaps you have too and have not even been able to identify this large creature. Or did you think that your eyes might be playing tricks on you? A wild turkey in Philadelphia?

Turkeys are on the increase, and in some local communities are even considered nuisances. I have seen them in Philadelphia, and more often along the roads to the Jersey shore. This past summer, a female turkey was a regular visitor at Cape May Point, delighting birders, surprising vacationers and stopping traffic.

The wild turkey is a permanent non-migratory resident of Pennsylvania. Both Native Americans and subsequent European settlers hunted them for food while other cultures domesticated them. Benjamin Franklin — no bald eagle fan — lobbied to get the turkey designated our national bird.

By the late 1800s, few wild turkeys were left in the eastern United States because logging had destroyed their woodland habitat and unrestricted hunting had depleted their numbers. A restocking program begun in 1915 helped boost the population, but what really brought the turkey back was a trap-and-transfer effort begun in 1956 by the Pennsylvania Game Commission. Today, the statewide population is “robust,” while other states are working to restore and establish new populations.

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In March, gobblers begin courting hens. A dominant male may collect a harem of eight to 12 or more hens. In late April, the males take off and the hens nest on the ground in wooded or brushy areas. A hen lays an egg nearly every day until her nest contains eight to 15 eggs (the average is 12). Incubation lasts about 28 days. Within a few hours of hatching, the downy poult leaves the nest. The hen leads them to open feeding areas.

Few wild turkeys make it past 2 years of age. Only a few predators dare to tackle adult birds; turkeys are more likely to perish from disease, starvation and hunting.

Turkeys do best in mature deciduous and mixed woods with water sources and grassy openings. Wissahickon Park, anyone? Although the literature says they are shy and secretive and shun areas of high human activity, it does not seem that many turkeys these days have done the reading. Wild turkey populations are increasing and they are being spotted in very populated and very unexpected areas. So be prepared for the next turkey you see to not be on a plate!
eco-bricks, created by filling used plastic bottles with non-recyclable/non-compostable waste, are a brilliant upcycling solution pioneered by Pura Vida, an organization based in the Lake Atitlan region of Guatemala. Peace Corps volunteers spread the technique, organizing communities to build bottle schools. Eco-bricking has taken off around the world, with an active scene in South Africa as well as the Philippines.

Northwest Philadelphia certainly needs to join this eco-trend. Dedicated Cadre of Loyal Recyclers, let the eco-bricking commence! We can create eco-bricks for any community group, nature center, youth group, school or household that steps forward to organize a building project. Children will find eco-bricking fun, easy and educational. Put on your thinking caps, eco-educators, gardeners and activists!

There’s one basic rule: no wet or biodegradable contents — and that means NO PAPER; during storage, paper can get moldy.

Use either one-liter bottles (seltzer bottles work well) or 20-ounce juice/energy drink bottles. (Bottled-water plastic is too thin for construction.) The 20-ounce bottles are made of heavy plastic and their wider openings make them easier to stuff. I rarely buy energy drinks, so I retrieve the bottles from neighbors’ bins on recycling day. Uniform sizes and shapes aid in the construction process.

Leave an open, dry bottle on your counter, along with scissors and the widest stick that will fit through the bottle’s opening to compress the contents. Drop in your non-recyclable waste, including:

- Yogurt-container tops.
- Wrappers from granola and energy bars, candy and tea bags.
- Foil wrappers.
- Thermal-paper receipts.
- Dead single-use batteries.
- Full size and single portion snack bags, rinsed and dried.
- Straws, swizzle sticks.
- Synthetic wine plugs and seals.
- Plastic not marked #2 or #4 (which can be recycled at grocery stores).
- Pasta bags, inner bags from crackers.
- Seals from tubs for dairy products, hummus and other dips.
- Used labels, stickers, packing tape; label backing sheets.
- Mesh onion bags, cut up.
- Dead credit cards, cut up.
- Dead ballpoints, felt tips, gel pens and all their caps.
- Candle stubs.
- Sachet packets.
- Silica gel packs.

Wad or roll up to fit. Cut large items into smaller pieces, especially for the bottom of the bottle. Compress the contents as you go along. A small hammer makes a good tamper and gives you more leverage than just pushing down on the stick.

A 20-oz. capped eco-brick should weigh around 156 grams (5.5 ounces); a one-liter eco-brick, 250 grams (8.8 ounces). That means a lot of compressing; you should be able to stand on an eco-brick without it giving way.

Save your bricks until we announce a project — or dream up your own and put the word out. For inspiration, check out POEM: The Peace on Earthbench Movement (www.earthbench.org).

As eco-brickers, you will quickly view plastic waste not as trash, but as eco-bricks-to-be! Betsy Teutsch’s book, “100 Under $100: One Hundred Tools for Empowering Global Women,” will be published in March 2015. Email her at bpteutsch@comcast.net.

Get Eco-Bricking!

Upcycle non-biodegradable, non-recyclable trash, then build!
Keeping Thanksgiving Delicious, Fun and Healthy

by Tema Esberg, for the Shuttle

Thanksgiving is a wonderful time of year to reflect on what we are grateful for in our lives and to enjoy the flavors of the season. Yet did you know that the average Thanksgiving meal packs about 3,000 calories and 200 grams of fat? That’s more calories than the recommended amount for a moderately active adult for an entire day! No wonder we feel so full and bloated after devouring the traditionally rich holiday dishes.

I’m not suggesting you nibble on celery all day. All you have to do is be mindful of your food choices and make time to be physically active, and by the end of the night, you will feel satiated, healthy and happy.

Small Meals Throughout the Big Day: Eating small meals throughout the day will avoid that ravenous feeling that can make you eat too much once you finally sit down for the feast. Or try eating a whole apple before the meal; the fiber in the apple will make you feel full.

Eating mindful choices about your meal, it is great to have the fiber in a salad can make you eat too much once you finally sit down for the feast. Or try eating a whole apple before the meal; the fiber in the apple will make you feel full, and apples are great this time of year.

Stick with White Meat: Roasted turkey breast is a fairly low-calorie source of protein, iron, zinc, potassium and B vitamins. It is about 41 calories per ounce; a 3-ounce serving is about the size of a deck of cards.

Reach for the Salad: Salads can be a fantastic source of nutrients, especially if you make your salad with dark leafy greens. Dark leafy greens like spinach and kale are, calorie for calorie, probably the most concentrated source of nutrition. It is often the dressing that turns salads into a heap of calories, so consider making your own with olive oil and orange juice or pomegranate juice.

Don't Skip the Pumpkin Pie: It wouldn’t be Thanksgiving without pie, right? But there are choices. Pecan or pumpkin? Pumpkin pie has less fat and calories, and pumpkin packs some impressive health benefits, as it is filled with vitamin A and C, beta-carotene, fiber and potassium.

Take Time to Burn Some Calories: In addition to making mindful choices about your meal, it is great to have a plan for moving your body. Not only will you burn some calories, but you will also feel more energetic and feel happier by releasing those endorphins.

- Make a hike or bike ride with friends and family a holiday tradition.
- Don’t forget the dog! Take a nice long walk and spoil both of you.
- Find a local Turkey Trot, such as the Fairmount Park Turkey Trot at the Please Touch Museum or the PHLY Turkey Trot on Forbidden Drive benefiting Germantown’s Face to Face.
- As you watch the game, do burpees for every touchdown, pushups for each field goal, jumping jacks for interceptions. Enjoy football in a whole new way!

Personal trainer Tema Esberg welcomes your comments and suggestions at potentialPersonalTraining@gmail.com.

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Reiki: An Ancient Hands-On Healing Technique

by Kezia Lechner, for the Shuttle

Reiki is increasingly being recognized as a highly effective, non-invasive, versatile healing modality that provides relief for a multitude of health imbalances and helps to restore balance, harmony and wholeness to all levels of body, mind and spirit.

There are many ways to explain what Reiki is, but for the purposes of this article, I will do my best to make it as accessible as possible.

The word “reiki” (“ray-kee”) means “universal life energy” in Japanese, and it has been said that the origins of Reiki can be traced back to ancient Tibet. Rediscovered in the early 1900s by a Japanese minister, Dr. Mikao Usui, the practice was then brought by two of his students to the West, where it is now widely being practiced.

Many diverse cultures around the world (including indigenous people as well as quantum physicists) believe that we are part of an infinite ocean of energy that both surrounds us and flows through us. This has been referred to as prana, chi and ki.

A Reiki practitioner has learned how to access this energy, and acts as a channel, so that this energy is amplified and flows out through the hands.

A typical Reiki session takes place with the client lying on a massage table, fully dressed in comfortable clothing. The practitioner places his or her hands on (and sometimes above) the client, bathing the client in a soothing stream of healing energy. A client might feel warmth, or a tingling sensation as Reiki energy enters the body.

Traditional hand placement corresponds to areas that “house” the glands and organs of the human body. This placement also corresponds to the seven energy centers of the body, known as the “chakras.”

Reiki promotes relaxation and inner calm, relieves pain associated with accident, illness or injury, and can assist in the resolution of physical and emotional trauma. It helps strengthen and boost immune function, speeds wound healing and aids in surgical recovery, along with a host of other benefits too numerous to mention here.

Compared to other healing techniques, Reiki is easy to learn. Taking a Level 1 Reiki class can be a great way to help yourself, friends, family and even pets. Becoming a Reiki Master, however, requires more levels of training and it often can take years of practice to attain a high level of mastery.

Reiki is now being offered in over 500 hospitals (such as Johns Hopkins) as well as numerous hospices and clinics across the United States. In hospital settings, it is most often used to complement traditional cancer treatment because of the gentle, yet powerful, healing it provides.

Kezia Renee Lechner is a member of the Weavers Way Health and Wellness Committee and a Usui Reiki Master. Contact her at www.HeartofaHealer.com or keziarenee@gmail.com

Disclaimer: This information is not intended as a substitute for treatment by a licensed medical professional. See your doctor if you experience symptoms of illness. The Weavers Way Health and Wellness Committee does not endorse specific alternative therapies.
ization of backyard chickens in Philadelphia. We provide Shuttle and website space for this cause; our marketing manager, Rebecca Sumner, has been down to City Hall to discuss the issues; our Pet Store buyer, Anton Goldschneider, and meat and seafood staffer Apollo Heidelberg have played a part in getting things going.

When the soda tax was up for a vote in City Council, we wrote a letter, but we could have done more, and perhaps we should have. Regarding mountaintop removal, a particularly destructive form of coal mining, our Environment Committee has written about the issues and also coal mining, our Environment Committee has written about the issues and also removal, a particularly destructive form of mining.

NCGA represents about 130 co-ops across the United States, helping with purchasing, staff development, marketing, sustainability and other business areas. Sales at NCGA co-ops continue to grow 4-6 percent a year (depending on location). We also see that as an industry, co-ops have more cash on our books than ever before and there are also opportunities for many of the co-ops to expand in their market areas.

We continue to see that what sets co-ops apart from publicly traded companies is our ability to connect with our community of owners, pay our employees at a higher rate with better benefits, and to connect with our local suppliers. Our ability to truly have an impact on local economic development by buying local can make a big difference. More to come on this in the near future.

gbergman@weaversway.coop

The proceeds from this fundraiser go to Weavers Way Farms and Henry Got Crops operations.

Thank You!

To all the numerous volunteers who were a tremendous help in many ways!

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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.

We just installed a new walk-in refrigerator at our Chestnut Hill store, along the driveway from Germantown Avenue, behind the produce department. We did not include enough back-stock refrigeration when we constructed our Chestnut Hill store and had to park a refrigerated truck out in our back yard for storage of high-volume (in space and sales) items, mainly eggs, yogurt and produce. Having a new walk-in, with a door large enough for pallets, should help our Chestnut Hill store operate more efficiently.

I hear a lot of discussion in the natural-food industry and farm (urban and rural) communities about sustainability. Some people take measures like creating more efficient and lower-impact refrigeration systems, running them off solar panels, enclosing open cases and in general trying to make refrigeration a more sustainable technology. What I don’t see much discussion of is how modern mechanical refrigeration systems are inherently unsustainable due to their dependence on chemical refrigerants and significant amounts of electricity. It seems to me people may have overlooked the most sustainable form of refrigeration — root cellars. Of course a root cellar would not serve our modern life, where we have perishables like milk and meat, not to mention frozen items, but the fact that root cellars are mostly passive systems that require almost no external energy input and can get below 45 degrees F makes me think they could be used for some items some of the year, more or less depending on where you live and what and how you store it. That root cellars aren’t more popular in sustainability discussions is a bit of a mystery to me, but many things in modern life are a mystery to me, especially things like using resources to refrigerate items like Gatorade and Pepsi, which no one actually needs and likely impair health rather than promote it.

Speaking of sustainability, I recently read in Supermarket News (10/7/14) that Walmart’s Senior Vice President for Sustainability said Walmart was — quoting the story here — “moving to improve sustainability so as to protect resources of what’s become the retailer’s largest category.” Which would be food.

The article goes on: “Walmart’s sustainability initiative will encompass efforts to use its influence to help suppliers and growers reduce their costs and decrease the environmental impact of agriculture; make healthy eating easier and more accessible; and to improve transparency as to food origins and safety. Partners in the effort, including brands like Kellogg’s and Coca-Cola and agriculture businesses like Monsanto, applauded the effort.”

Should we be happy about Walmart’s effort to be more sustainable? Any improvement Walmart makes has a large impact. On the other hand, as with refrigeration, I can’t resist asking: Isn’t a Walmart-type of operation inherently unsustainable due to its dependence on things like packaging, customers driving there to shop, all the trucks bringing in products from faraway places and the energy used to run their refrigeration? Plus referring to Coca-Cola and Monsanto as partners in their sustainability effort really makes me wonder how they define sustainability.

Maybe what they really need is a Senior Vice President for Root Cellars.

Suggestions and responses:

“I: ‘Dear staff members of WW, and a wonderful staff you are! Wonderful as I consider you, I question the judgment behind decisions to carry the many sweetened snacks at Mt. Airy, and distressed to find so many in bulk bins, replacing healthier foods such as dates, raisins, currants, coconut flakes. I realize there have been problems with dispensing these, and wonder what creative solution is waiting to be found.’ I consider these high-end junk foods. I’m wondering: What are the criteria used in buying snack foods?”

(Continued on Next Page)
Suggestions

(Continued from Preceding Page)

ar, in the range of 7-12 grams per 1-ounce serving, which is similar to some of the cereals we stock. From what I’ve found, healthy added sugar amounts should be kept under 25 grams per day for women and 36 for men, which of course depends on other things like metabolism, activity level, other health conditions, etc. The high number of sugar sources in the Sahale snacks looks like it’s because they are blends that include dried fruit, some of which have added sugar to start with. (Usually this is done to keep sugar levels consistent within a batch that may come from several sources.) It’s the total amount of sugar that should be measured, ideally with the natural sugar (e.g., in raisins) listed separately from the added sugar (e.g., added to dried cranberries). The FDA has new labeling rules to specify this, which might be adopted this year.

If you ate the whole bag of Sahale snacks, you’d likely be at your daily recommended sugar limit, so in that way the snacks, you’d likely be at your daily recommended sugar limit, so in that way the snacks, you’d likely be at your daily recommendation. Mitigate this by thinking of these as a convenience — it’s not expected they would be part of a healthy daily food regimen. Also the nuts in them are pretty nutritious, as opposed to the relatively empty calories in a Pepperidge Farm cookie. I’m not sure why you think the candy in the bulk bins has “replaced” the healthier dried fruit; if anything, since we expanded the bulk offerings in Mt. Airy, the dried fruit selection has increased. The candy is there for fun, and most of the items have better ingredients than candy you’d find in the supermarket aisle, including Fair Trade ingredients. Many have fairly healthy cores like nuts or dried fruit.

s: “Please try to stock yogurt with less sugar (no more than 5 grams) and no soy.” r: (Heather MA) We will consider this when we bring in any new flavors. It is hard to find them so low without artificial sweeteners.

s: “Can you bring Alfredo sauce back? I used to buy it here, but I haven’t seen it in a long time.” r: (Heather MA) We have Alfredo sauce in packets next to the other pasta sauces.

r: “Can we carry Millet Rice Flakes cereal again? It was one of the few cereals with no refined sugar. I think it’s made by Nature’s Path.” r: (Heather MA) The Nature’s Path Millet Rice Flakes were discontinued by the manufacturer.

s: “Folks, what happened to the gluten-free (soy-free) sprouted Cornittas? They were amazing and you have been out of them for, like, a month. Can you get any wheat-free/gluten-free corn tortillas?” r: (Heather MA) We will continue to carry these with the other corn tortillas.

s: “As a practicing member of the Jewish faith, I’d like to feel a closer connection to my people by eating more of what was eaten during the 40 years wandering in the desert. I don’t think the matzo they ate came in a box with a bar code. I also have a few recipes that call for manna, which I’d like to buy from our farms since its best when gathered in the morning by the user.”

r: (Norman) We have high standards for customer service at Weavers Way, and we also want to support food diversity to the extent that it’s appropriate, so we’ve arranged for Rabbi Moishe Charr as to arrange a daily morning-dew-timed delivery of manna to our farm at Saul, now available to CSA members as a U-pick crop.

s: “Could we get Yehuda gluten-free matzo-style squares — toasted onion, imported from Israel — wonderful and great for gluten-intolerant individuals.”

r: (Heather MA) We will have them upstairs in our gluten-free section. Thanks for the suggestion.

s: “Can we get gluten-free gluten for use in gluten-free baking of items that don’t come out right without gluten?”

r: (Norman) Sorry, but gluten-free gluten does not exist. You might join the CSA and see if you can get the manna to behave like gluten-free gluten. I’ve heard manna has lots of properties, and is pretty flexible taste-wise. Plus it’s GMO-free.

November 2014

(The Shuttle)

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The Shuttle November 2014
November Member Specials
Valid from Nov. 5 - Dec. 2

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A unique alternative to granite, marble and soapstone with an array of design possibilities: Color, form, texture, irony, exposed aggregates, integrated custom-molded sink basins. For complete remodels or replacing counters on existing cabinets. All work done off-site.

Morgan Miller
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concretencounters1@gmail.com

INSE ROSALES
Sweet Olive Oil Tortas
6.34 oz
$3.69 REG $4.75

SUNSPIRE FOODS
OG 42% Cacao
Chocolate Chips 9 oz
$4.69 REG $5.95

HEALTH VALLEY
Cream of Mushroom Soup
14.5 oz
$2.15 REG $2.95

WELEDA
Skin Food 2.5 oz
$13.99 REG $14.25

BADGER
SPF 30 Sunscreen
-assorted varieties 2.9 fl oz
$11.99 REG $12.69

ARROWHEAD MILLS
Oat Flour 24 oz
$3.39 REG $3.89

WESTBRAE
OG Yellow Corn
15.25 oz
$1.99 REG $2.45

LARS' OWN
Crispy Onions 4 oz
$2.39 REG $2.95

SIMPLY ORGANIC
OG Brown Vegetarian
Gravy 1 oz
$1.19 REG $1.45

It Requires Lots of Energy to Cooperate

Learn how you can save $ on your solar-energy bill with group buying power.

Saturday, November 8, 10 a.m.
SOLAR ENERGY WORKSHOP
Community Room, 555 Carpenter Lane
RSVP to outreach@weaversway.coop or 215-843-2350, ext. 118.

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November 2014 THE SHUTTLE 23
### Comp Shop Snapshot

The Fresh Market is coming and we have been doing our homework with a visit to their nearest location in Horsham. Along with higher prices, you won’t find nearly as many local and sustainably produced items there as you do at the Co-op.

Not to mention that Weavers Way has been a community-focused member-owned institution for over 40 years!

<table>
<thead>
<tr>
<th>Item</th>
<th>Fresh Market</th>
<th>Weavers Way Co-op</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bulk</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds, raw</td>
<td>$8.99/lb</td>
<td>$8.49/lb</td>
</tr>
<tr>
<td>Mixed nuts</td>
<td>$11.99/lb</td>
<td>$9.09/lb</td>
</tr>
<tr>
<td>Pecan halves</td>
<td>$14.99/lb</td>
<td>$11.85/lb</td>
</tr>
<tr>
<td>Pistachios</td>
<td>$10.99/lb</td>
<td>$9.35/lb</td>
</tr>
<tr>
<td><strong>Frozen</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amy’s Rice &amp; Bean Burrito</td>
<td>$2.99</td>
<td>$2.69</td>
</tr>
<tr>
<td>Amy’s Cheese Pizza</td>
<td>$3.99</td>
<td>$3.99</td>
</tr>
<tr>
<td>Talenti Gelato &amp; Sorbetto Dark</td>
<td>$5.99</td>
<td>$5.35</td>
</tr>
<tr>
<td>Chocolate Gelato 16 fl oz</td>
<td>$5.99</td>
<td>$5.35</td>
</tr>
<tr>
<td>Van’s Seven Grain Belgian Waffles</td>
<td>$3.99</td>
<td>$3.45</td>
</tr>
<tr>
<td><strong>Grocery</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bragg Raw Unfiltered Organic Apple</td>
<td>$3.99</td>
<td>$3.69</td>
</tr>
<tr>
<td>Cider Vinegar 16 oz</td>
<td>$4.99</td>
<td>$4.95</td>
</tr>
<tr>
<td>Cascadian Org. Raisin Bran Cereal 12 oz</td>
<td>$5.00</td>
<td>$4.75</td>
</tr>
<tr>
<td>Green Mountain Medium Salsa 16 oz</td>
<td>$2.89</td>
<td>$2.99</td>
</tr>
<tr>
<td>Muir Glen Whole Peeled Tomatoes 14.5 oz</td>
<td>$4.99</td>
<td>$4.99</td>
</tr>
<tr>
<td>Nature’s Path Optimum Power Cereal 14 oz</td>
<td>$5.99</td>
<td>$5.99</td>
</tr>
<tr>
<td>Stacy’s Naked Pita Chips 8 oz</td>
<td>$2.49</td>
<td>$2.99</td>
</tr>
<tr>
<td>Vita Coco Coconut Water 16.9 fl oz</td>
<td>$5.99</td>
<td>$4.49</td>
</tr>
<tr>
<td>Zevia Natural Diet Cola, 12 oz 6pk</td>
<td>$6.99</td>
<td>$5.79</td>
</tr>
</tbody>
</table>

*Prices as of Nov. 2014. Prices subject to change, but we’ll do our best to stick to them!

---

### Coffee of the Month

**BULK BEANS**
All Organic Bulk Coffee except decaf and espresso

**SALE** $9.99/lb.

Nov. 5 - Dec. 2

---

### It Starts with a Hole in the Ground

Construction has begun on the new development in Chestnut Hill, at Germantown Avenue and Hartwell Lane, where Fresh Market is slated to open next year.

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### Superbowl Sundays

**IN THE MEAT DEPARTMENT AT THE CO-OP**

$5 off a $25 purchase of wings or beef in the CH Meat Department every Sunday through the Superbowl (Feb. 1, 2015).

One per customer per week.
The Bad News About Nestlé

by Joan Martini, for the Shuttle

The original Nestlé boycott was launched in 1977, following publicity around a trial in which Nestlé sued a publisher for libel, because of a booklet whose German title translates into English as “Nestlé Kills Babies.”

The book, originally published in English under the title “The Baby Killer,” exposed Nestlé’s aggressive marketing of infant formula in developing countries.

The use of infant formula among poor populations can be problematic for a number of reasons. First, breast milk provides babies nutrients and antibodies that protect against infection; these properties cannot be replicated in formula. Also, powdered formula, which is the type marketed in developing countries, requires sanitary conditions that are often not available. The further-upon poor may use less powder to make it go farther, consequentially putting infants at risk of malnutrition.

The libel trial went on for two years, and although Nestlé won, the publisher received only token fines and Nestlé was warned to change its practices. The resulting boycott helped bring about the International Code of Marketing of Breast-milk Substitutes, which was adopted by the World Health Assembly in 1981.

In 1984, Nestlé agreed to follow the code and the boycott was suspended. However, it was reinstated in 1989 when it became clear that Nestlé was failing to follow the agreed-upon standards. Twenty countries joined in a relaunch of the boycott, which has continued to this day.

The United States had never signed the code and did not join the relaunched boycott.

Weavers Way currently carries Stryker Farm’s pork chops, pork belly, spare ribs, ground pork, pulled pork, sausage, a variety of sausages and even a little ground goat meat. Availability will differ between stores, so check with the meat department if you want something in particular.

You can be sure it will be both tasty and raised with the utmost care by Nolan Thevenet.

Nestlé’s bottled water division was less significant when the original boycott was launched, but today Nestlé is the biggest seller of bottled water in the United States.

Most Nestlé chocolate comes from West Africa, where cocoa farmers live below subsistence level and where child slavery on cacao plantations is a persistent problem. In 2001, Nestlé and other major chocolate producers signed an agreement to ensure chocolate production without slave labor by July 1, 2005. In 2005, however, Global Exchange and the International Labor Rights Forum said the companies were failing to live up to this agreement. Attempts to bring these cases to court have not yet been successful.

Nestlé has been described as the most boycotted corporation on the planet. This year, International Nestlé Free Week, Oct. 27 to Nov. 2, was organized as a reminder to the world that the Nestlé boycott never ended, because the company never changed its ways.

The film “Tigers,” which premiered at the September 2014 Toronto Film Festival, dramatizes an awakening of conscience by a Nestlé baby milk salesman in Pakistan. (Read more about the movie at www.babymilkaction.org/tigers.) If widely circulated, the film can help a new generation understand the importance of the boycott in the 21st century.

Reach Weavers Way member Joan Martini at joanmartini@aol.com.

Stryker Farm

(Continued from Page 3)

goats, Thevenet turned to the Internet, other educational resources and trial and error to learn how to raise livestock naturally.

The 200 pigs he now owns have the run of 8 acres on the property, where they eat acorns and weeds for most of the day, and come into the large open barn for additional feed. (The 30 or so goats are on another 8 acres.) Wyerbecher contributes spent grain from their Easton, PA, brewery. It’s an old-school bar

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Controller
(Continued from Page 1)

Nancy Pontone is setting into her new digs at the business office above Across the Way. Her earlier work in for-profit accounting is relevant. “I’m stepping back. [Weavers Way] is a cooperative association, but it’s still under for-profit guidelines. You have to file an income-tax return. But there are things particular to cooperatives that I’m used to learning. They’re unique.”

Despite taking over the job in the wake of wrongdoing by her predecessor, Pontone is pleased by the accounting and auditing practices already in place at Weavers Way. “I’m happy to see that there are a lot of good procedures in the accounting group here,” she said. “I think [the problem with the last CFO] was an aberration.”

“There’s always risk, but they have good procedures. I’m going to be reviewing those, but there are a lot of good things in place already.”

Pontone admits that even the best controls can’t fully safeguard against theft. The answer, she says, is vigilance: “Good internal controls, and not letting up. You need to be reviewing everyone’s credit-card statement every month, for instance.

“It’s in the detail. You need to be constantly observing what’s going on.”

For the moment, Pontone is focused on settling in to her new job and getting to know other members of the staff and their work. Amid talk of further expansion, as well as new competition in Chestnut Hill, Pontone believes it’s an exciting time to be at Weavers Way.

“It’s good to be planning and thinking ahead about how to remain viable, how to grow and serve the local community and wherever else we may decide to open up. So the future looks good.”

Nancy Pontone’s email address is npontone@weaversway.coop; her office number is 215-843-2350, ext. 116.

leadership
(Continued from Page 1)

I must extend a very big thank you to Webmaster Malcolm McAtee for his hard work and commitment but especially for his patience. He was very tolerant of my rambling explanations of processes, pre-occupation with the need for color and aversion to the back button. Thanks Mal-colm!! I love our fancy new site!

If you have not visited the Online Member Center recently, please check it out. I am eager to hear your feedback and learn how the site is working for you.

My favorite aspect of our Member Center is the work signup function. Sign-ing up for hours has never been easier. If it’s your work cycle, sign up today! If you have not been a working member in a while or have never worked a shift, check it out! Six hours per adult per year still gets you 5 percent off of all Co-op pur-chases. Working membership is engaging and can be quite satisfying. Give it a try!

Laure Morris Siena is a member of Weavers Way’s Board and Chair of the Leadership Committee.
A Part-time Disc Jockey
Tuned in to the Co-op Vibe
by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

T"WICE a week, KEITH KELLEHER, a 10-year veteran of the WEAVERS WAY grocery staff, spends several hours in a padded room talking to himself. And he wouldn’t have it any other way.

Keith’s work week is devoted to sliding boxes down the delivery chute at Mt. Airy and restocking shelves. But away from the store, he’s a disc jockey at two radio stations — WXPN-FM at the University of Pennsylvania and WDNY-FM in the Lehigh Valley. His love of radio goes back to his years growing up in Bethlehem.

“I remember calling a radio station when I was young — 6 and 7 years old — and requesting these songs that were on the album but not the singles, and I wondered why they never would play them,” he recalled. “I said ‘I always wanted to be a DJ. That’s the first thing I ever wanted to do.’”

After graduating from Bethlehem Catholic High in 1982, Keith studied radio, TV and film at Northampton County Community College and then at Temple. At that point, he was aiming to become a cinematographer, although he worked an overnight shift at WRTI-FM one semester. He didn’t graduate, but he picked up enough knowledge to start doing utility work for ESPN. He traveled all over the East Coast, helping cover golf tournaments and stock-car races. He later worked in film as a production assistant and provided food service on such films as “The In Crowd” and “Dead Poets Society.”

In 2003, Keith took a break from the movie business. He moved to Sudbury, Mass. and for a year and a half, became a “manny” to a 6-year-old, a set of 4-year-old twins and a 2-year-old. Then he returned to area, needed work and heard about Weavers Way from a friend. “I kinda knew about it . . . I had been here a few times,” he said. “I liked the stressless atmosphere and the friendly people . . . the whole village thing here.”

He found out about WDNY while working as a phone volunteer for WXPN.

“I got a call from this gentleman, Mike Space,” he recalled. “He said, ‘I’m calling from WDIY in Allentown.’ And he said it was the Lehigh Valley NPR station. I was like, since when?”

He took a tour of the station, submitted an air check and began filling in on the air. Over time, he developed his own show, “The Blend,” which airs Tuesday afternoons and features a mix of adult acoustic alternative music.

In the spring of 2013, Keith heard that Keith Brand, a longtime host of “Sleepy Hollow,” the mix of quiet music on ‘XPN that airs on weekend mornings, was retiring. Once again, he believes he was inspired by Mike Space — or rather, by his spirit.

“I was in touch sporadically [about the opening] and then, unfortunately . . . Mike Space passed away,” he said. “And within 24 hours of him passing away, [XPN] put a post up on their website . . . I just had this feeling like, this is it, that I have to try out for this.” He’s on 6-8 a.m. Sundays, prime time in “Sleepy Hollow” terms.

Keith, who turns 50 next month, doesn’t have a favorite Weavers Way product right now, but that might change if the Co-op ever starts selling beer.

In addition to the laid-back vibe, he takes pride in what he puts on the shelves.

“I like selling good products that aren’t junk,” he said. “Some semblance of giving people quality in what they’re eating — and that they think about where they’re getting the products from.”

Keith at the board in Bethlehem, PA: “I like selling good products that aren’t junk.”

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

Meetings start at 6:30 p.m., in Mt. Airy at 555 Carpenter Lane or in Chestnut Hill at various locations. Current members who host get work credit for info and to RSVP, nplourde@weaversway.coop or 215-843-2350, ext. 118.

NEXT MEETINGS
Wednesday, Nov. 12, Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane.
Wednesday, Dec. 10, Weavers Way Community Room, 555 Carpenter Lane.
Wednesday, Jan. 14, 2015, location TBA.

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Wednesday, Jan. 14, 2015, location TBA.
comany’s coming
fresh • local • natural

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

Mashed potatoes .................................................. $7.99/lb.
Mashed sweet potatoes .......................................... $7.99/lb.
Green beans almondine .......................................... $12.99/lb.
Wild rice with toasted pecans and dried cherries ........ $10.99/lb.
Fresh cranberry and pear relish .............................. $10.99/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 $14.99/lb.*
(minimum order: whole turkey breast)
Trio of roasted squash — delicata, butternut and kabocha $10.99/lb.
Apple sage stuffing ................................................. $10.99/lb.

*Available as made to order.

My House Pies
Available for holiday order at Mt. Airy and Chestnut Hill. A limited number of pies will also be for sale in the stores.

$7.99 6 inch  $15.99 10 inch
Pumpkin, Apple (Double Crust, Crumb or Pear Cranberry), Sweet Potato, Mixed Berry, Peanut Butter, Coconut, Pecan, Chocolate Pecan

My House order deadline is Wednesday, Nov. 19.

Turkeys! Turkeys! Turkeys!
We will once again have fresh, local turkeys from Esbenshade’s, local Heirloom Bronze turkeys from Koch’s, as well as Empire Kosher turkeys available for holiday order.

SIZE RANGES ARE APPROXIMATE.

- Esbenshade $2.55/lb.
- Only $2.43/lb. for working members!
- Koch’s Heirloom Bronze $3.49/lb.
- Empire Kosher $3.99/lb.

Sizes in lbs.: 10-12, 12-14, 14-16, 16-18, 18-20, 20-22, 22-24, 24-26

Choose your pickup location and the type and size of turkey you want. Quantities are limited; the website will be updated as sizes run out. If you don’t have access to a computer, come on in and we’ll be glad to help you!

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

PLACING YOUR ORDER IS EASY!
Visit www.weaversway.coop
Or stop by the stores. Be sure to choose your pickup location!
We prefer one week’s notice on holiday orders, but we will do our best to accommodate you!
Pick up on Tuesday or Wednesday, Nov. 25 or 26