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*Apple season starts at the end of August and ends sometime between the end of January and beginning of May, depending on supplies.



The Shuttle

October 2014 Vol. 42 No. 10

Community-Owned Food Markets Open to Everyone

A Token of Our Gratitude

by Rebecca Torpie, Weavers Way Marketing Director

WE’VE BEEN RACKING OUR BRAINS AT CO-OP HQ trying to come up with a solution to the parking pickle at the Chestnut Hill store. Unfortunately for the patrons of all of the businesses on our block of Germantown Avenue, there’s just not enough space to accommodate everyone. Since we can’t make the lot larger or your cars smaller, we’re going to do the next best thing: Offer free parking close to the Co-op.



With a \$5 minimum purchase, shoppers who drive to the Chestnut Hill store will receive a token good for 30 minutes of parking for their next trip in any of the six lots administered by the Chestnut Hill Parking Foundation. Just let the cashier know.

These tokens are only good at the kiosks, not the on-street parking meters.

“We are really excited to start offering parking tokens to our shoppers,” says Nick Rosica, Weavers Way Chestnut Hill Front End Manager. “The kiosk-controlled lots have always been available for our shoppers, but the fact that they have to pay to park is certainly a deterrent to using them.”

The closest CHPF lot to the Co-op is across Germantown Avenue, behind the businesses on the odd (east) side. Enter the lot from E. Highland Avenue, next to Hirschorn Co.; once you park, you can walk through and just cross the Avenue to get to the Co-op.

Other nearby CHPF lots are located:

- Off W. Highland Avenue next to Valley Green Bank.
- Behind Germantown off E. Evergreen Avenue.
- Off Germantown between Gravers Lane and Southampton Avenue.

(Or check out the map at www.chestnuthillpa.com/directions/parking.)

Need help getting your groceries to the car? We’ll happily walk them with you, no matter where you’re parked!

rtorpie@weaversway.coop

WEAVERS WAY
Fall 2014 General Membership Meeting
Sunday, October 26, 5 p.m.
First United Methodist Church of Germantown
6001 Germantown Ave. (corner of High Street)

You Own It!

AGENDA

Eat & Greet
Food provided by Weavers Way
5-5:30

Business Meeting
• President’s Report
• Approval of Spring 2014 General Membership Meeting Minutes
• General Manager’s Report
• Finance Report
• Weavers Way Community Programs Report
5:30-6:30

Cake & Conversation
6:30-7

Screening of “Food For Change” (& Popcorn Bar !)
7-8:30

Harvest on Henry Fall Festival

by Nina Berryman, Weavers Way Farms Manager

YOU DON’T WANT TO MISS THIS YEAR’S HARVEST ON HENRY, THE fourth annual farm festival brought to you by Weavers Way Co-op and Philadelphia’s W. B. Saul Agricultural High School.

Harvest on Henry takes place Saturday, Oct. 18, from 1 to 5 p.m. (rain date: Sunday, Oct. 19) at the farm across from Saul, 7100 Henry Ave., in beautiful uptown Roxborough. There’s plenty of free parking on the street and at Saul, and the Route 27 bus stops right at the gate!

Saul is the site of the 2 1/2-acre Henry Got Crops CSA farm, which in addition to providing delicious fresh produce to our more than 100 CSA subscribers and countless more veggie lovers who shop the Saul

(Continued on Page 18)

Members, Staff, Board Reps Talk About Eden, Nestlé

by Mary Sweeten, Editor, Weavers Way Shuttle

TWO MESSAGES EMERGED FROM THE WEAVERS WAY members’ meeting Sept. 17 at Summit Church prompted by calls to boycott Eden Foods:

- Food is political, whether you like it or not.
- Members want more information about what we’re selling to make better decisions about what to buy.

The two dozen attendees, including four Weavers Way Board directors, engaged in a lively conversation that

veered quite frequently from the topic of how we choose the products we sell — the evening’s stated subject — to criticism of Eden Foods CEO Michael Potter and how Weavers Way can help shoppers understand who’s behind the label. And the label most mentioned ended up being Nestlé.

The meeting was called after a group of members met with Board representatives, including President Jeremy Thomas, to discuss polling the full membership about whether to boycott Eden Foods. Many members have raised objections to Eden’s lawsuit to get out of covering birth con-

(Continued on Page 23)

Board Corner

Eat, Meet, See a Flick at Fall GMM

by Megan Seitz Clinton, Weavers Way Board of Directors

WEAVERS WAY CO-OP IS EXCITED to announce that our Fall 2014 General Membership Meeting will be held at First United Methodist Church of Germantown, starting at 5 p.m., on Oct. 26. Join your fellow member-owners for good eats and a bit of business.

The meeting will feature reports by Board President Jeremy Thomas and General Manager Glenn Bergman that encompass topics including expansion and growth, prices, planning for competition and continuing to make Weavers Way the premier shopping location in the areas where we are located. Member owners will also receive updates on the Co-op’s current financial situation, the farms and Weavers Way Community Programs.

Then stay after the meeting for cake and conversation and a screening of “Food for Change,” a documentary focusing on food co-ops as a force for dy-

(Continued on Page 6)

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

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Editor’s Note



by Mary Sweeten, Editor
Weavers Way Shuttle

IF MAUREEN BREEN, HEAD SQUAWKER for Philadelphia Backyard Chickens, reads all the way to the end of Norman Weiss’s column this month, she’s gonna be mad. . . . Norman, who MOST LIKELY IS JOKING, PEOPLE, speculates about end-of-life issues for urban chickens. Now, Norman is a vegan, and enjoys poking fun at people who dine on our fellow creatures or their proceeds. But I’m here to tell you: I don’t know anyone who eats their chickens. Most urban hens are pretty much just pets with benefits, laying eggs for a few years until they hit henopause, and eating garbage, bugs and weeds forever. They make charming humming noises and, raised right, are glad to see you when you bring watermelon rind.

Which makes it so ridiculous that Philadelphia doesn’t just pass a reasonable chicken-keeping law. All the good cities have them, like Baltimore, whose chicken ordinance is decribed in the October Grid magazine — along with photos of Maureen; our own Anton Goldschneider, laying-mash supplier to the underground; and Weavers Way meat guy Apollo Heidelberg, who tends a flock at an Undisclosed Location.

(I’d like to mention here that Anton has a Q&A on Page 17 with the PSPCA, which has to deal with Philadelphia’s REAL chicken problem — cockfighting.)

As for How Backyard Chickens Die, well, natural causes is often not in it. Predation by dogs, hawks, opossums, foxes — urban foxes! How cool is that? — contributes to flock “readjustment.” Some folks actually get the vet to put down old and/or ailing birds. And some do it the old-fashioned way. (Read “Little House in the Big Woods” if you don’t know what I’m talking about.) But pluck ’em, gut ’em and stew ’em? Too much work. All the deceased chickens in my neighborhood are interred under rose bushes.

msweeten@weaversway.coop

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. Articles should be 500 words or less; letters should be 200 words or less. Articles express the views of the writers and not those of the Co-op or its Board, unless identified as such. No anonymous material will be published, and all submissions must include an email or 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 construed 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 information about Board governance and policies, visit www.weaversway.coop. Board members’ email addresses are at www.weaversway.coop/board-directors, or contact the Board administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

The Shuttle is printed on 100% recycled paper.



What’s in Store at Weavers Way

When in Doubt, Bake It in a Pie

by Mike Herbst, Weavers Way
Chestnut Hill Produce Manager

PIES ARE AN AMAZING WAY TO ENJOY seasonal produce. Peach pies and blueberry pies are among my favorites, but the thought of turning on the oven in the middle of summer usually kills any desire for baking. However, as the weather cools off and it becomes less burdensome to heat up the kitchen, pies increasingly become an excellent way to celebrate the season.

Apple, pear and sweet potato pies spiced with cinnamon, ginger, nutmeg and cloves undoubtedly elicit autumnal feelings. And for the adventurous, nothing puts a nail in summer’s coffin quite like a green tomato pie. (Trust me — it is a great way to use up green tomatoes.) However, when it comes to truly, fully embracing the fall harvest, it’s tough to beat the peerless pumpkin pie.

Not all pumpkins are the same. Some are grown for eating, while others are intended for decorative purposes. Pie pumpkins tend to be smaller and have thicker, denser

flesh while carving pumpkins have stringier, more watery flesh. Carving pumpkins are edible, but a pie pumpkin will produce smoother and more flavorful filling.

To select a good pie pumpkin, find one that is heavy for its size.

For those overwhelmed by processing a fresh pumpkin, canned pumpkin has plenty to offer. Surprisingly, canned pumpkin is full of nutrients and is among the healthiest vegetables. Consequently, it is a great thing to incorporate into your diet. Aside from sweets, canned pumpkin can be used in pastas, soups, smoothies, and healthy baked goods. Another potentially shocking fact about canned pumpkin is that it is not actually made of pumpkin. Canned pumpkin is often butternut, hubbard or other similar squash or a blend.

Whether canned or straight from the field, in your pie or on your front porch, there is little doubt that October is a pumpkin time of year.

mherbst@weaversway.coop



For pie, pick a pumpkin (or squash) that feels heavy for its size

Sweater Weather Lends Itself to a Picnic at the Beach

by Shawn O’Connell, Weavers Way
Chestnut Hill Deli Manager

SWEATER WEATHER. HIKING THROUGH the woods, taking trips to the beach, and walking around the city and resting in a park for hours are some of my very favorite things to do in autumn. I’ll need a book, a notebook, a pen, maybe my watercolors if I’m solo or even with my beau; Apples to Apples or Scrabble if it’s a gathering of friends or family. A Hudson Bay wool blanket just because stripes make me happy, and that’s where I’m going with this. Oh yes, and delicious food. Luxuriously rustic food eaten with our hands. One pocket knife. Some enamel camping plates. Sweet vintage cloth napkins. Glassware will depend. I’m OK with beer or cider from the bottle. Someone will bring wine or sparkling water or some cherry juice. We’ll bring glasses in

case, but not ones with stems because we are not fancy. We’ll be careful.

A day at the beach it is. My favorite beach in the mid-Atlantic, Herring Point, Cape Henlopen State Park in Delaware. They let you have bonfires and dogs and it is gorgeous. Frisbee. Football.

Here’s what’s in the picnic basket:

- Point Reyes Blue Cheese. Cows pastured by the sea in Marin County. Creamy, tangy, good balance of salt. Made with raw milk. Try their Toma as well. It’s a versatile table cheese, but is complex and has the signature tang and hint of the salt air. This one is pasteurized. Both are made with vegetarian rennet.
- Fig Cake with Almonds from Spain. A great pairing with any blue cheese. Gluten-free.
- La Quercia Proscuitto. Beautiful.

Made in Iowa. Heritage breed, acorn-fed, humanely raised, antibiotic- and hormone- free.

- Speck. Smoked cured ham from the north of Italy near the Alps.
- Marinated Castelvatrano olives. Throw in some citrus, shallots and fresh herbs. These buttery green olives are also perfect on their own.

Crusty bread from Philly Bread Company. Apples — whatever type Mike Herbst suggests for me. Chocolate. Chocolive. Raaka. Mast Brothers. Marshmallows. Graham crackers.

Doggie treats.

Point Reyes Blue will be \$2 off per pound and Fig Cake will be \$1 off per pound through October.

soconnell@weaversway.coop

CELEBRATING



CHEESE OF THE MONTH

OCTOBER

Point Reyes Blue Cheese

The Oscar and Felix of your cheese board. You wouldn't think sweet and slightly crunchy fig paired with a loud and lovable blue cheese could really get along. But they do. And they're a classic.

Point Reyes Blue cheese will be \$2 off per pound and Fig cake will be \$1 off per pound through October.





What's in Store at Weavers Way

WHAT IS THE NON-GMO PROJECT?

The Non-GMO Project is a non-profit organization committed to preserving and building sources of non-GMO products, educating consumers, and providing verified non-GMO choices.

The Non-GMO Project requires that every single batch of major risk ingredient used in a verified product (e.g. those derived from corn, soy, etc.) is tested before use, and is below our action threshold of 0.9%.

WHAT ARE GMOs

GMOs, or "genetically modified organisms," are plants or animals created through the gene splicing techniques of biotechnology (also called genetic engineering, or GE).

WHICH FOODS MIGHT BE GMO?

These are at risk of being genetically engineered, either because GMO varieties are in commercial production, or because of contamination from unapproved trial varieties.

	Alfalfa		Canola
	Corn		Cotton
	Flax		Papaya
	Rice		Soy
	Sugar Beets		Zucchini
	Yellow Summer Squash		Wheat

These animal derivatives are also considered high-risk by because of potential GMO contamination in feed and other inputs:

	Milk		Eggs
	Meat		Honey & other bee products



Brought to you by the Non-GMO Project
www.nongmoproject.org

OCTOBER IS NON-GMO MONTH



FIVE THINGS FOR NON-GMO MONTH

No need for OMG when you shop non-GMO at the Co-op. We've got loads of food that hasn't been tinkered with. Look for the Non-GMO Project Verified shelf tags all year round.



1. WILD VEGGIE VEGGIE PUREE — The perfect secret weapon for fall soups. These near-to-scratch-as-you-can-get purees are minimally processed and high in fiber, micronutrients and antioxidants. Soup not your bag? Try them in smoothies, dips and even brownies! What? Yep.



2. WESTBRAE NATURAL ORGANIC PINTO BEANS — These uncontroversial legumes are an undisputable must for many Mexican dishes. They cook up to a conciliatory creamy texture and are arguably emboldened by chili, cumin and garlic.



3. LUNDBERG ORGANIC RICE — What's chili without rice? (Unless you're from Cincinnati, of course.) Since 1937, the Lundberg family's been on it like, well, you know, growing healthy, great-tasting rice while respecting and sustaining the Earth.



4. BARBARA'S WHOLE WHEAT FIG BARS — Now bring us some figgy wheat bars . . . One gram of protein and two grams of fiber make this kosher snack perfect for 3 p.m. tea. Not too sweet, either.



5. KETTLE BRAND MAPLE BACON POTATO CHIPS — And if you're not a maple bacon person (hello?), Kettle's got some fun and funky new varieties, like Sriracha and Cheddar Beer and Jalapeno Jack.

New on the Shelves

All the Latest in Non-GMO

by Karen Plourde, Chestnut Hill Grocery Staff

MAYBE YOU DON'T KNOW A GMO from GMAC. Maybe you know what the letters stand for, but defining the term gets . . . well, fuzzy. Pull up a chair, friend. This is a good time to educate yourself.

Genetically modified organisms are plants or animals that have been "improved" by the insertion of genes from a different plant or animal. Another term is "GE," for genetically engineered. Many people are concerned that genetic engineering is opening a Pandora's box of unintended consequences for the food supply. (Many people are just annoyed that the only people benefiting from genetic engineering seem to be Monsanto shareholders.) GMO foods are banned in many countries, but not in the United States.

For the last four years, the Non-GMO Project, a certifying group that verifies products as non-GMO (read about it above, and also at www.nongmoproject.org) has designated October Non-GMO Month. At Weavers Way, we're highlighting items that are GMO-free — including some new ones!

In Chestnut Hill, we're all about

non-GMO granola. **Back Roads** granola is produced on a farm in Brattleboro, VT. It's organic, and we carry the original flavor. **Two Moms in the Raw** granola, out of Boulder County, CO, is organic, kosher and vegan. Along with being non-GMO, it's also gluten- and soy-free. In addition to granola, the Hill also carries Two Moms' nut bars as singles or in multipacks.

Over in Mt. Airy, they've added a line of **Endangered Species** dark chocolate bars with four different fillings. All of the Endangered Species products are non-GMO. The bar with almond butter I tried was yummy, and the bar with blueberry vanilla filling sounded intriguing.

Moving over to salty snacks, **Simply 7** quinoa chips with sea salt are also non-GMO. In addition, they're vegan and kosher and come in single-size or larger bags. And in the refrigerated case, **Wildbrine Cabbage Salads** also eschew GMOs. They're available in dill and garlic, kimchi and madras curry, and cauliflower flavors.

Elsewhere at the Co-op

Next Door: For a GMO-free natural boost in energy, try **Navitas** maca powder. In a similar vein, and also non-GMO,

Pick up a Weavers Way sandwich loyalty card from the deli.

Buy 10 and the 11th is on the Co-op!

See card for details.

is moringa powder and capsules from **Organic India**. (Guess we can all use a little more energy).

Hopefully, the child in your life hasn't already lost his or her new lunch box. But if that's happened, or if the one you carried over from last year really needs to go, check out the selections from **Crocodile Creek**. They're free of PVC and phthalates, and have a lead-free lining. Crocodile Creek also makes backpacks.

Mt. Airy Bulk: On the local scene, you can now find Pennsauken, NJ's own **Pa-**

leokrunch grainless granolas and dried fruits on the second floor. They're also on the spinner rack in the produce section in Chestnut Hill. Steve Librerati, the founder of Paleogoods, touts his products as whole, healthy, back-to-basics snacks.

Tired of frozen veggie burgers? Make your own with some help from The Incredible Bulk. Luis has devoted one of the bins to **Fantastic World Foods** burger mix. Like all the Fantastic World mixes, it's non-GMO. And just as cool, there's no box to feel guilty about.

kplourde@weaversway.coop

Stuff: You May Not Need It, but Stenton Manor Residents Might

by Margaret Guthrie, for the Shuttle

I AM IMPRESSED BY THE RELUCTANCE of one’s worldly goods to go out again into the world.” So says E. B. White, writing in the New Yorker in 1957. The problem clearly is not new, but remains with us, growing larger by the day. We now have rental spaces to take the overflow from garage, attic and basement. Our stuff has reached ridiculous and epic proportions. What to do with it all?

There is a way out for us at Weavers Way that not only helps us, but will be of immense usefulness to our neighbors here in the northwest corner of the city. Stenton Manor, the city’s largest shelter for homeless families, has ongoing needs, some of which can be met by Co-op members taking a good hard look through attic, basement, garage, hall closet and yes, even that storage unit.

Rob Harrison, the executive director of the shelter, says that immediately and always, he needs sports equipment for the kids. Stenton has a large play area at the back with a couple of basketball hoops and enough space for pickup baseball and football. “Right now, I have one basketball and one football for 70 kids,” Harrison says. In addition to balls, there is an ongoing need for the shoes to play the sports in and the other equipment that goes with it — so if you have children who have grown out of or moved on from sports, Stenton will be delighted to re-

ceive whatever your kids left behind.

Children’s clothing, too, is always needed. The children at Stenton attend A.B. Day School, which requires a uniform. The School District used to supply Stenton with vouchers so the kids could get uniforms. No more. So the need for light blue or yellow polo shirts in all sizes, 5 through 18, is acute, as is the need for black, dark blue or khaki chinos in similar sizes to complete the uniforms. Sizes 8-12 are the most needed. If your children have outgrown any of these items, please think about the kids at Stenton whose need is great. The minimum desired would be three shirts and two pairs of pants for each child. Last year, each Stenton child had only one uniform and, as Harrison said, “By Wednesday afternoon, that uniform wasn’t fit for much. I’ve got five washing machines here and it’s not enough to get all those uniforms clean overnight.”

Two uniform shirts and a pair of pants from Target run about \$20, well beyond the means of Stenton Manor residents — but maybe not beyond yours.

Backpacks, too, are always needed. Harrison said kids who have left the shelter and moved into homes of their own often come back in the fall to get a backpack because “they know we’ll give them one and their parents know they’ll get a good one.” Umbrellas and ponchos are much-needed items; one staff member said it breaks her heart to see kids walk-



ing to school in the rain.

One more current need is for newborn boys’ clothing. They have plenty for girls, but nothing at all for boys. So if you’ve just had your last kid and there’s some newborn boys’ stuff in a box somewhere, go dig it out and pass it along to another little boy.

The shelter does not need winter coats because of the success of all the city-wide winter coat drives. Good winter clothing, however, is always welcome.

Additionally — and here’s where a real dent may be made in the stuff taking up space in the lives of Weavers Way members — household goods are needed. As each family departs Stenton for a home of their own, the staff at Stenton tries to give them enough stuff of their

Got a few of these? Share them with someone who can use them.

own to get started. So linens, sheets, pillowcases, towels, washcloths, dish towels all are needed and all will be welcome. Got a new set of towels? Give the old ones to Stenton. Those sheets you’ve been holding onto in case someone in the family might need them? Send them on over. Blankets, duvets, bedspreads, all the things that make a bed a welcoming place are needed by families moving into a new home. (All bedding should be clean when donated.) The same goes for dishes, glasses, pots and pans, and kitchen equipment of all kinds. So whatever you have sitting in cardboard boxes awaiting who knows what set of circumstances that, let’s face it, is unlikely to happen, can be utilized by your neighbors who are attempting to get their lives back on track after a fire, job loss or other disaster.

Stenton Manor is at 1300 E. Tulpehocken St., right behind Martin Luther King High School. If getting there is a chore but you have stuff you’d like to donate, email me at meg8337@verizon.net and we’ll make arrangements.

And remember what my brother-in-law says: “Just because you’re donating all that stuff doesn’t mean you get to go out and buy more.”

Margaret Guthrie volunteers in the Hope Garden at Stenton Manor and is on the board of Weavers Way Community Programs. Contact her at meg8337@verizon.net.

Harry Potter Festival in Chestnut Hill

October
17th-18th
2014

For more information
and a detailed
Schedule of Events
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or call 215-247-6696
Most, but not all,
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Weavers Way Community Programs

Breaking New Ground at MLK High School

by Jill Fink, Executive Director,
Weavers Way Community Programs

LATE LAST WINTER, WEAVERS WAY Community Programs staff met with teachers from Martin Luther King Jr. High School in Germantown to explore what it would take to re-establish the small farm that existed there in 2008-2009. Due to turnover in school administration, the farm hasn't received much TLC over the last few years, though WWCP has continued to plant a cover crop each season in the hopes the day would come when we'd be able to begin working with MLK students again. So when we met with teachers, we were cautiously optimistic, knowing that WWCP would need funding to launch a new program and that the School District continues to face its own challenges.

The success we've had over the last few months brings to mind Margaret Mead's famous quote, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Just a few weeks after meeting with teachers, WWCP staff hosted the first group of students to visit the greenhouse. There was a flurry of excitement as the



Alison Hirsch photo

students entered the greenhouse for the first time. They had been preparing to work with us, and were ready to put what they had been learning into practice. As the "seed to seed" lesson was delivered, students listened attentively and participated with enthusiasm.

WWCP is covering new ground with this program at King. For the first time, we're bringing our unique farm and nutrition education programs to students with autism and intellectual disabilities.

Many home gardeners will be quick to attest to the therapeutic benefits of working the soil and tending to plants, and both Temple and Rutgers are now offering advanced degrees in Horticultural Therapy.

The enthusiasm and commitment MLK teachers bring to this program can't

be understated. King is overenrolled with nearly 350 disabled students, who deal with a wide range of issues. MLK special education teachers see the farm program as an opportunity to build the students' vocational skills. Given that this is a new population of students for WWCP farm educators, with a unique set of needs, teachers and aides will be hands-on participants in lessons, enabling all of us to do what we do best.

Since that first "Seed to Seed" lesson in the greenhouse, we've provided lessons and workshops to students on more than a dozen occasions, including during the summer months for extended-year students. Based on the success of these early lessons, and thanks to the generous support of the Drumcliff Foundation which has provided seed money (no pun

WWCP educators with students earlier this year in the MLK greenhouse

intended) for the program, WWCP and MLK are now working together to establish a full program and curriculum designed for MLK's intellectually disabled and autistic students.

In September, Tara Campbell, one of WWCP's fabulous farm educators, became a fixture in the students' lives for the school year. She will be working with students twice a week. Lesson plans include plant identification, food origins, life skills, cooking/nutrition and more.

Programs such as this are particularly important for young people with autism and intellectual disabilities because they provide life skills, vocational training, and social skills that can translate to the potential for getting along in the real world. Such programs help students to navigate their social environment and provide opportunities to learn — and practice — skills with unfamiliar adults in new environments, including the workplace.

Despite the long hiatus and years of fallow land, WWCP and MLK staff and teachers are eager to get their hands dirty and break new ground with this unique and innovative program. If you'd like to make a financial contribution in support of this important work, please visit www.weaversway.coop/WWCPdonation.

jill@weaversway.coop

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Claudia Apfelbaum, LCSW, Psychotherapist



When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support WWCP programs and services. (You can also give more — or less.) Our goal is to raise \$2,000 each month.

Your support enables WWCP to continue to provide a wide range of farm education and nutrition programs to local children, including our subsidized tours for economically disadvantaged students from all over Philadelphia.

**Giving
Twosdays!**

Give \$2 to WWCP!
Every 2nd Tuesday Every Month



fall happenings AT MORRIS ARBORETUM



Fall Festival
October 4 & 5



Scarecrow Walk
October 4 - 19



Fall Classes
Register online today!



Fall Color
See it change everyday!



Connections Beyond Our Garden Lecture:
Birds Can Save the World
Speaker: John W. Fitzpatrick
Wednesday, October 22 • 2:00pm
Payment and Registration Required

Morris Arboretum
UNIVERSITY of PENNSYLVANIA

For more information visit:
www.morrisarboretum.org

100 E. Northwestern Avenue, Philadelphia, PA 19118 • 215.247.5777



FUMCOG is at the corner of Germantown Avenue and High Street in Germantown.

Fall Meeting

(Continued from Page 1)

namic social and economic change in American culture. The film, in part, sets out to educate viewers about how cooperatives, specifically food cooperatives, have historically strengthened the communities around them by improving local economies and food security. (See foodforchange.coop for more info.)

In that same vein, for over 40 years, Weavers Way has flourished in northwest Philadelphia. Our success has been in large part due to decades of dedication of our members to our community and to cooperative principles. As we look toward the future and begin to explore possibilities for further growth, “Food for Change” provides an especially relevant framework for considering what has historically made Weavers Way more than just another grocery store, and why it is so very important to keep the social responsibility and caring for others upon which this enterprise was built at the very forefront of our minds.

We hope this film will leave you feeling energized and inspired and with a renewed sense of purpose as we embark on our next big adventure, whatever that may be. We sincerely hope to see you there!

megan@cwv-law.com

General Manager’s Corner

Increasing the Minimum Wage

by Glenn Bergman, Weavers Way General Manager

IN JULY, WEAVERS WAY CO-OP INCREASED the staff starting wage to \$10.50 per hour. It had been \$10 an hour for a number of years. If we could, we would have raised it even higher.

The ability of the working poor to improve their lives is based on making a living wage that will help them pay bills, improve their education and buy basic necessities. The war that is going on in the fast-food industry has still to be played out in the grocery industry, large retail chains and even small businesses throughout the country.

One of Weavers Way’s Ends (E-1) states: “There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.”

From my perspective, this is perhaps the most important End. Imagine working for a retail store that pays \$8.50 an hour, provides no health insurance, no sick time and no vacation, and plays around with the work schedule to keep employees from having enough hours to be considered full time. Don’t think this happens often? You’re wrong. We hear all the time about workers at national retail chains that do not provide any benefits and pay way below \$10 per hour. We hear all the time about workers who are on a weekly on-call schedule that requires them to be ready to work or else not get regular work. Too often, fast-food workers are paid low wages and are not given any vacation or sick time.

How is it that we allow such behavior to continue in the well educated management class that runs these corporate stores? If business schools teach about SEC standards, proper reporting and other

financial interactions, they should also teach the ethics of providing a good work environment, one that enables working people to invest in themselves, their communities and their families.

Even at \$10.50 an hour, imagine having to pay for basic human needs with an annual salary of \$24,000 per year (less taxes and health care co-pay). Even Co-op staff often have two jobs.

I am proud of our efforts to pay more than any other retail operation, small or multi-national, in Philadelphia. Our profit motive at Weavers Way is not to line the pockets of the “investor” or corporate management, but to stay in business and have enough funds to invest in our asset — our people, our community and our future. If only more businesses were like co-ops . . . I can only imagine.

The Fresh Market in Chestnut Hill

A few years ago, I had a meeting with the broker for Bowman Properties (developer Richard Snowden) on the Fresh Market deal. I said to him, “Why would you want to bring in a store from North Carolina when we, the community-owned food market, just invested \$5 million to purchase and renovate an established location? Why not bring in a movie theater or just housing? Allow for green space, public space or a bookstore like a Strand or Powell’s?”

Adding a theater or large used and new book store to a community that’s statistically among the best-educated in the Philadelphia region made sense to me. But what do I know?

Well, the response can be seen in the digging going on at Germantown and Southampton avenues. Too bad the Co-op couldn’t get that Magarity Ford building. We tried. In fact, six years ago, we placed a bid of more than \$5 million for the lo-

cation with the family. On the other side of the table was Bowman Properties, who offered a little less money, but in the time period needed by the Magarity family.

Our plan was to keep the Magarity building intact. Add some housing, co-op if possible, to the back area, use the “bay” area of the site for the store, and turn the front into a rental property with the windows intact. No major construction, room for seating outside on the Avenue, and a 10,000-square-foot market.

What we are about to get with the Fresh Market is a nice looking “corporate” food store. It will look pretty and very clean, but will it do any of the following?

- Pay all staff a minimum of \$10.50 per hour.
- Provide full benefits for all full time (35 hour a week) staff, plus a dental plan.
- Provide a 401K plan to all staff with a 35-cent match.
- Have over 80 percent full-time staff eligible for benefits rather than keeping most staff just below full time.
- Make a commitment to purchasing locally produced products, thereby keeping dollars in the local economy.
- Donate thousands to local nonprofits and other community groups.
- Provide a wholesale source for healthy food for day-care centers, schools, hospitals and small restaurant owners?
- Run a nonprofit to educate children and adults about growing vegetables and healthy eating.
- Have as a goal to purchase humanely raised meats, poultry, eggs, citrus, bananas, cocoa, nuts, coffee and dairy products.

I could go on. What is interesting to me, and the other 150 staff members of Weavers Way, is the lack of caring the developer seems to have toward this community store. We wish him the best, but know in our hearts that this development could have been done in a way that would have enriched the community.

The staff of Weavers Way have said they plan to fight for every grocery dollar. If this new corporate entity takes sales from Weavers Way, it will mean Weavers Way will have to cut good-paying jobs with good benefits. What motivates a person more than their own well-being?

gbergman@weaversway.coop



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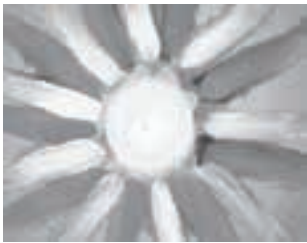
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West Mt. Airy Blocktoberfest Is Right Around the Corner!

by Della Lazarus, for the Shuttle

COME JOIN YOUR NEIGHBORS ON SATURDAY, Oct. 11, for the third annual Blocktoberfest, for a day of community activities in West Mount Airy and a celebration of the beauty of fall in the neighborhood.

Blocktoberfest is sponsored by West Mount Airy Neighbors (WMAN) and benefits the members that it serves.

In the morning, runners, joggers, walkers and spectators can enjoy a 5K race through the neighborhood, beginning and ending at Allens Lane Art Center. Then, in the afternoon, join your near neighbors for a Blocktoberfest block party.

The race will start about 7:45 a.m. with a warmup session led by trainers from Urban Athlete, a Mount Airy fitness center. The loop course was designed by runners for runners. It features beautiful scenery and an exciting finish down Allens Lane. Leashed pets and baby joggers welcome!

Prizes will be given for best overall male and female and for several different age groups, including the under-16 set. All

entrants will receive a T-shirt as well. Registration is only \$25 until Oct. 5, \$30 after that date, \$12 for 12 and under. Go to www.wman.net/blocktoberfest-2014 to sign up.

WMAN recognizes that the pace of 21st-century life is such that people can live next door to each other or even share a wall and not see each other for months at a time. Sometimes it takes a snowstorm or power outage for people to come out of their homes and visit with each other. So WMAN is encouraging block associations throughout the neighborhood to get together to enjoy each other's company in the afternoon.

"Our block had not held a party in more than 5 years," said a resident of W. Phil-Ellena Street. "In the last two years, several new families had moved onto the block. We are glad that WMAN suggested holding a block party for this event. Everybody had such a good time last year that we enthusiastically signed up to do it again this year."

For more information about organizing a block party or to become a member of WMAN, contact WMAN at www.wman.net.

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OCTOBER

CALENDAR OF EVENTS

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YOU CAN STILL VISIT OUR FARMSTANDS at **Saul High School**, 7100 Henry Ave., Tuesdays 2-7 p.m. & Fridays 2-6 p.m.; **Headhouse Square**, 2nd and Lombard streets, Sundays 10 a.m.-2 p.m.; **WWCP Farmstand**, outside WW Chestnut Hill, Tuesdays 3-6 p.m. **CHESS CLUB**, 7 p.m. Mondays, 555 Carpenter Lane. Players of all levels welcome.

Wednesday, Oct. 1 **7:30 p.m.**

Weavers Way Environment Committee Meeting

Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: environment@weaversway.coop or 215-843-2350, ext. 118.

Thursday, Oct. 2 **7 p.m.**

Free Documentary Screening: "GMO OMG"

Weavers Way-sponsored "Food for Thought" film series at Philadelphia University, first Thursdays through December. Free for Co-op members and PU students and staff. Doors open at 6:30 p.m. at the Paul J. Gutman Library Theater, accessible off School House Lane. About the film: www.gmofilm.com. About the series: outreach@weaversway.coop or 215-843-2350, ext. 118.

Saturday, Oct. 4 **10 a.m.-5 p.m.**

The Battle of Germantown and Revolutionary Germantown Festival

The annual re-enactment centered at Cliveden, the historic Chew house, 6401 Germantown Ave. Weavers Way will have local apples to go with your black powder! Info: www.revolutionarygermantown.org.

Saturday, Oct. 4 **10:30 a.m.-2:30 p.m.**

Healthy Woman Conference

Chestnut Hill Hospital and New Covenant Church seminar on health issues for women, 7500 Germantown Ave. Info: outreach@weaversway.coop or 215-843-2350, ext. 118.

Saturday-Sunday, Oct. 4-5 **10 a.m.-3 p.m.**

Fall Festival at Morris Arboretum

Pumpkins, scarecrows, a Lego owl and real animals from the Elmwood Park Zoo, plus the famous Weavers Way Local Apple Tasting and Sale. Morris Arboretum is at 100 E. Northwestern Ave. in Chestnut Hill. Info: www.morrisarboretum.org.

Sunday, Oct. 5 **11 a.m.-5 p.m.**

Chestnut Hill Fall for the Arts

Enjoy a day of art, music, culinary delights and boutique shopping as Germantown Avenue is transformed into an outdoor arts and crafts marketplace. Info: www.chestnuthillpa.com or outreach@weaversway.coop or 215-843-2350, ext. 118.

Tuesday, Oct. 7 **7 p.m.**

Weavers Way Board of Directors Meeting

All are welcome. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP so we have enough chairs: boardadmin@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, Oct. 8 **Noon-2 p.m.**

La Salle University Fair Trade Fair

Sustainable products from Fair Trade Federation, Weavers Way, Contemporary Grass, Ten Thousand Villages. Union Patio, 1900 W. Olney Ave. Info: outreach@weaversway.coop or 215-843-2350, ext. 118.

Thursday, Oct. 9 **7 p.m.**

Eating with Body in Mind Workshop: Eek! Genetic Engineering

Frankenfood? Frankenpets? Frankenyou?? Summit Church, 6757 Greene St. For info or to RSVP with Weavers Way member number: outreach@weaversway.coop or 215-843-2350, ext. 118.

Saturday, Oct. 11 **11 a.m.-2 p.m.**

Tool Sharpening and Maintenance

Whether you're a home gardener or an urban farmer, come out to get your hardworking tools sharpened and learn about tool maintenance from Tool Expert Scott Blunk. At Weavers Way Farms across from Saul High School, 7100 Henry Ave.

Monday, Oct. 13 **7 p.m.**

Weavers Way Farms Food Swap

Part market, part silent auction, part fun open house. Bring homemade specialties to the farm at Saul High School, 7100 Henry Ave., to exchange with others. \$10 donation goes to Weavers Way Farms. Registration (www.weaversway.coop/food-swap) limited; non-trading spectators welcome!

Wednesday, Oct. 15 **6:30 p.m.**

Weavers Way Welcomes New Members

Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Info or to RSVP: outreach@weaversway.coop or 215-843-2350, ext. 118.

Thursday, Oct. 16 **All Day**

Weavers Way Oktoberfest

In the Backyard at Weavers Way Chestnut Hill. Brats, Iron Hill beer and more! Info: outreach@weaversway.coop or 215-843-2350, ext. 118.

Friday-Saturday, October 17-18

Harry Potter Festival in Chestnut Hill

Most events are free. For times and details, visit www.chestnuthillpa.com/happenings-on-the-hill/harry-potter-festival-3.

Saturday, Oct. 18 **1-5 p.m.**

Harvest on Henry Farm Festival

The fourth annual, brought to you by Weavers Way Farms and Saul High School (rain date: Sunday, Oct. 19), is a day of fun on the farm with vegetable-themed games, music, info tables, hayrides, a petting barnyard and famous Cow Plop Bingo. 7100 Henry Ave., in beautiful uptown Roxborough. Info: outreach@weaversway.coop or 215-843-2350, ext. 118.

Thursday, Oct. 23 **7 p.m.**

"Food for Change" Screening

Support the Ambler Food Co-op initiative and learn how co-ops have already helped remake the world! Stay for a discussion with leaders from Weavers Way and Ambler. Admission is \$5, free if you join the startup. Ambler Theater, 108 E. Butler Ave., Ambler, PA. Info on the film: www.foodforchange.org. Info on the event: outreach@weaversway.coop or 215-843-2350, ext. 118.

Sunday, Oct. 26 **5-8:30 p.m.**

Weavers Way Fall 2014 General Membership Meeting

Greet and eat great food from Weavers Way's kitchen, hear the latest from the Board, GM Glenn Bergman and WWCP, then stay for a screening of the documentary "Food for Change" (www.foodforchange.org) and the POPCORN BARI! First United Methodist Church of Germantown, 6001 Germantown Ave. Info: outreach@weaversway.coop or 215-843-2350, ext. 118.

Thursday, Oct. 30 **8 p.m.**

"Dr. Jekyll & Mr. Hyde"

Halloween screening of the 1920 John Barrymore silent classic with live organ accompaniment in the Gothic-revival nave of First United Methodist Church of Germantown, 6001 Germantown Ave. Co-sponsored by Weaver's Way; reception follows. \$10 donation benefits FUMCOG music ministry. Doors open at 7:30. Info: www.fumcog.org, outreach@weaversway.coop or 215-843-2350, ext. 118.

Friday, October 31 **6-7 p.m.**

Halloween Parade at Weavers Way Mt. Airy

Don't be scared! It's the neighborhood kids all dressed up in their spookiest Halloween garb — and they'll be parading right past the Co-op. Stop by the store for a tasty treat too. No tricks allowed!

For more information, email outreach@weaversway.coop or call 215-843-2350, ext 118.

'As You Like It,' 'Richard II' in Mt. Airy

MT. AIRY'S QUINTESSANCE Theatre Group launches its fifth season of progressive classic theater with an all-male Shakespeare repertory of "As You Like It," and "Richard II."

"As You Like It" runs Oct. 1-Nov. 8, starting with a pay-what-you-can preview at 7 p.m. Oct. 1. Opening night is Saturday, Oct. 4; post-show talkbacks with the cast and director are Oct. 19 and 30.

"Richard II" runs Oct. 9-Nov. 9, starting with a pay-what-you-can preview at 7 p.m. Oct. 9. Opening night is Saturday, Oct. 18; post-show talkbacks are Oct. 23 and 26.

Performances are at the Sedgwick Theater, 7137 Germantown Ave., at 7 p.m. Wednesday-Thursday and 8 p.m.

Friday-Saturday, with Sunday matinees at 3 p.m. Tickets are \$27-\$34, with discounts for seniors, students and groups.

Check www.QuintessenceTheatre.org or call 215-987-4450 for exact performance times and dates, to purchase tickets and to inquire about subscriptions.

Now in its fifth season, Quintessence Theatre Group is dedicated to the performance and adaptation of epic works of classic literature and drama for the contemporary stage. For 2014-15, Quintessence will expand its offering to five productions. The season will also include Simon Reade's adaptation of "Alice's Adventures in Wonderland," Steven Berkoff's adaptation of Kafka's "The Metamorphosis" and a new adaptation of Dumas' "The Three Musketeers."

Guess Who's Cooking Dinner?

Weavers Way's own Glenn Bergmann offers an encore performance Nov. 1 as a celebrity chef for Chestnut Hill's third Annual Harvest Kitchen Tour, benefiting the Chestnut Hill Center for Enrichment.

Tickets are \$35 in advance, \$40 on the day of the event. For information, contact CHCE at the.chce@verizon.net or 215-248-0180, or stop in the office at 8431 Germantown Ave.

Visit www.chestnuthillenrichment.org to learn more about CHCE's programs for individuals "50 and better" in Philadelphia and Montgomery County.



Scene from last year's Harvest Kitchen Tour: (from left) homeowner Rosemary Hankowsky, Melissa Palmer of Florum Flowers, Glenn Bergman, CHCE member M.J. Fischer.

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Notice is hereby given that Articles of Incorporation were filed with the Dept. of State of the Commonwealth of PA on March 14, 2014 with respect to a proposed nonprofit corporation, the Mt Airy Art Garage which has been incorporated under the Nonprofit Corporation Law of 1988. Mt Airy Art Garage is organized to be an incubator for artists in Northwest Phila., PA serving as a center of creativity for visual and performing arts.

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He Survived a Foodie’s Worst Nightmare

by Mel Marmer, Weavers Way Staff

YOU LOVE FOOD. YOU LOVE DRINK. What would you do if these pleasures were suddenly taken away from you? Weavers Way member Lynn Hoffman, ex-chef and chef-professor at Drexel’s Culinary Arts degree program, suddenly, one warm Philadelphia summer night, found himself in the iron-chef challenge of his life: confronting deadly throat cancer.

“Radiation Days” (Skyhorse Publishing, 263 pages) is part detective novel (Can he have just the facts, please?), part Cancer 101 and all Lynn Hoffman. Skepticism about the book’s subtitle — “The Rollicking, Lighthearted Story of a Man and His Cancer” — disappears as we get to know the author, his wit, his friends and the rest of the cast and crew.

“This is a comedy about coming alive, about stumbling to the light, swimming up out of the depths and breathing again. It’s about finding out what matters and letting go of the rest,” Hoffman writes.

Foodie, poet, punster, kayak-builder, author of books on wine and beer and self-proclaimed ne’er-do-well, Hoffman wants to know the prognosis, but apparently, this is not such a simple question. So, maybe no ability to taste or smell. Who will he be without them? Will there be any of him left after taste is gone?



Author Lynn Hoffman considers his future in “Radiation Days”

Soon Hoffman and the reader learn that NPOs and ports aren’t nautical terms, and that there are two types of cancers in the throat area, one 50 percent curable and one 80 percent curable. Fortunately, Hoffman’s is the latter, and it could’ve been prevented by a vaccination!

A wonderful recipe for crème brûlée follows treatment options. “Texture, flavor, evocation, drama. The custard will play the part of Love...” And later, chocolate mousse for the recently radioactive.

Hoffman tells it like it is — his frustration grows as no one will say what the survival rates are. “Comprehensive medical records — and the research they would generate — could result in everybody getting the best treatment available, but it’s not in the insurers’ best interests,” he writes.

Losing weight rapidly, Hoffman chooses dignity over a feeding tube. He decides to



from the book

ring a bell mounted on a plaque in the radiation treatment area in the best “JuBu” (Jewish-Buddhist) tradition. When he strikes it, “the goddamn bell breaks and pieces go flying all over.” (The sound was perfect.)

Oh, but there are savings — four or five bottles of wine a week — and there’s not much dining out when you can’t chew. (If you ask me nicely, I also can explain about the miracle cancer diet.)

“Cancer or not, you still have to walk the dog.” Hoffman’s cancer, and his visiting-professor business, are improving and we’re off to a gig in Vietnam to teach young hospitality pros the biz.

“If I learned anything,” Hoffman says, it’s this: “Don’t lie. Spend your time in the Here and Now.”

Weavers Way chalkboard artist Mel Marmer is also a cancer survivor. Contact him at melmarm@verizon.net

Author Reads Short Stories

Weavers Way member and Philadelphia Storytelling Project director Mark Lyons will read from his new collection, “Brief Eulogies at Roadside Shrines,” at 7 p.m. Friday, Oct. 10, at Big Blue Marble Bookstore, 551 Carpenter Lane.

In “Brief Euologies” (Wild River, 218 pages), Lyons constructs story shrines, or *descansos* (“resting places”) — those intimate shrines on highways and rural roads, small monuments that announce the place and moment of a stranger’s demise. The 12 stories are meditations on how strangers meet and move on with a new perspective of their place in the world. A snake-handling preacher loses the anointing and finds faith and redemption in a junkyard; a hitchhiker feasts on road kill with a hobo and discovers the cosmos; Raven, the great trickster of the First Nations, finds flight on high-tension lines and breaks the treaty between the new nations of Canada and the United States.

Lyons, a longtime Mt. Airy resident, is a Pushcart Prize nominee and Pennsylvania Council on the Arts grant recipient.

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The Little Free Libraries of Mt. Airy

by Betsy Teutsch, for the Shuttle

HAVE YOU NOTICED THE TWO PRECIOUS Little Free Libraries in Mt. Airy? Not to be confused with the Philadelphia Free Library, of course. LFLs are mounted boxes with shelves for books to leave and take. There are no rules about what they must look like, but the idea is if they are attractive, whimsical and waterproof, they draw attention, buzz and READERS.

Todd Bol of Hudson, WI, dreamed up the idea in 2009 as a tribute to his mother, a retired teacher and literacy advocate. No doubt he was aware, as are we all, that books do no good sitting on our own shelves collecting dust. While online book reselling has created a great market for secondhand books, most of them are not worth enough to bother listing. Bol's idea was for a book box to serve as a free trading post for book-sharing, and not worry if some of the volumes never came back.

Sometimes people take books, sometimes they donate them; some are returned, others not. Not quite a lending library, but a bit more interactive than just leaving book giveaways on your sidewalk.

Rick Brooks joined in on the project and brought social-enterprise expertise. Their concept took off, a new spin on other sharing-economy initiatives including BookCrossing.com, where participants leave tagged books in public places and track the volumes' voyages. The Little Free Library is now a nonprofit organization with an estimated

15,000 LFLs around the world. For \$35, the stewards of a Little Free Library can officially register their unit and be listed on the LFL website, LittleFreeLibrary.org.

One goal of the project is community building: Neighbors interact around books. The organizers suggest leaving a notebook in the box so readers can write down responses and reactions to books.

Mt. Airy boasts a Little Free Library at 33 W. Nippon St. as well as another at Big Blue Marble Bookstore, right down from the Co-op.

The Little Free Library folks say there is no limit to how close mini-libraries can be to each other. They sell a wide variety of book boxes and also include plans for do-it-yourselfers. Look on Pinterest for galleries of photos of intriguing Little Free Libraries made out of repurposed newspaper vending machines and wall cabinets, and built in the shapes of cats, school buses and even an old phone booth, often painted with local cultural motifs.

Sue Heckrotte, a Weavers Way member who lives across the street from Houston School, has asked her architect husband Doug to build her a Little Free Library for a birthday gift. Doug, go for it. We will post a picture of your creation!

Betsy Teutsch has completed her book "100 Under \$100: One Hundred Tools for Empowering Global Women," to be published in spring 2015 by She Writes Press, and is happy to be once again writing about the local sharing economy, and using exclamation points (!).



Betsy Teutsch photos

Little Free Libraries pop up on Carpenter Lane (top) and Nippon Street.



POST It

Philadelphia Open Studio Tour 2014 is Saturday and Sunday, Oct. 11-12, noon-5 p.m. Visit artists in place, including:

- ✓ Weavers Way's own floral designer **Ginger Garrett Arthur**, whose current collection at 8042 Germantown Ave. is "Show Dogs" (above: "Lap Dogs," oil on canvas). Opening reception 5-8 p.m. Thursday, Oct. 9.
- ✓ Weavers Way Mt. Airy neighbor **Steve Donegan**, who will show new lighting (right) and sculpture at 536 Carpenter Lane. More photos: stevedonegan.com



For more info about POST, visit philaopenstudios.org/post/info/about.

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Running: 4 Steps to Get Started, No Matter Your Goal

by Tema Esberg, for the Shuttle

A CLIENT SHEEPISHLY TOLD ME THAT she has a goal of running a 5K, but that she is scared. As her personal trainer and an avid runner myself, I got excited about my client’s goal and started thinking about the best approach to help her overcome her fear and achieve her goal.

Have you thought about running?

Are you afraid you can’t do it or might get hurt? Do you dream about running a 5K to raise money for a good cause, or to lose weight? Are you ready? Here are the steps to get started:

Start with run/walk combos: It is common for people to go out and run as fast as they can on their first run. What happens, however, is that you run out of gas — you burn out, feel defeated and possibly get injuries such as shin splints. To stay injury-free, it is best to start by adding short bouts of running to your regular walks and gradually increase the amount of time that you spend running.

Start by adding one minute of running for every four minutes of walking. Gradually increase your running time so that eventually you’ll be running for twice the amount of time you are walking. Avoid injury by increasing the cumulative time you are on your feet by no more than 10 percent from week to week. Be mindful of your body position while you are running: Relax your shoulders and hands, keep your elbows flexed at about 90 degrees and stand tall by keeping your gaze fixed ahead of you, not at your feet.

Wear the right sneakers: You don’t need much equipment to start running, but a properly fitting pair of shoes is crucial. Worn-out shoes are a leading cause of injury, and often wear and tear are not obvious to the naked eye. A specialty running shop can help you find shoes that offer the support and fit that your feet need. While you are out shopping, think about picking up a shirt that wicks away mois-

ture. I am a huge fan of the technical fabrics; I feel much more comfortable than when I wear cotton to run.

Get organized and set a routine: It can be hard to get started on a new fitness regimen. And besides determination, you will need to set yourself up for success by making a plan and writing it down. Research shows that people who write out their goals are 33 percent more successful at accomplishing them. Write down the time/days/route/distance you will run, and leave it where you will see it, such as next to your bathroom mirror or the coffee machine. It also helps to set out your clothes in advance and get ready while listening to energizing music and/or visualizing your run. Finally, put all of that together with your determination, and you are ready to go out!

Be patient, feel proud and enjoy: Remember that it takes time to condition your muscles, ligaments and tendons and to lose weight. The weight loss and muscle tone will come with time if you’re consistent. Nonetheless, each time you go out for a run, feel proud of yourself for sticking to your plan and taking steps towards your goal. Relish the beauty of the scenery, enjoy the sense of community among the walkers and runners around you and feel pleased that you’re taking care of your health.

Tema Esberg is a personal trainer in Chestnut Hill. This is her first fitness column for the Shuttle and she welcomes your comments and suggestions. Contact her at PotentiaPersonalTraining@gmail.com.

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Singing Bowls — Not for Salad, But May Be Used for Wellness

by Natalie Bliss, Weavers Way Health and Wellness Committee Co-Chair

SINGING BOWLS ARE A POPULAR ITEM in boutiques, crystal shops and New Age centers. These lovely bowls, in various shapes, colors and tones, come from not only many Asian countries, but also the United States.

Sound therapists and medical professionals who have been trained to use them employ singing bowls to balance the electromagnetic output or to attune vibrational imbalance of specific organs in the body that may manifest in the bio-energetic centers and pathways.

However, it is not necessary to have specialized training to appreciate and use a singing bowl for stress relief and to enhance wellness.

Singing Bowls, Fact and Fiction

Metal singing bowls, often misleadingly called “Tibetan” or “Himalayan,” were possibly first made in the Middle East before 6000 BCE as a Bronze Age improvement over clay or wooden bowls. Beautifully embellished metal bowls were given as gifts, and gradually became used in shamanic healing practices and religious ceremonies throughout Asia.

Legend has it that antique “sacred singing bowls” were made of seven metals. The origins of this legend have never been determined; in fact, metallurgists’ analyses have found as few as three, and up to 12, alloys in ancient bowls. The metals used, the bowl’s size and shape and the type of striker used all affect the sound.

Hand-hammered metal bowls produce multiple frequencies, called over-



tones. Not all hand-hammered bowls are old enough to be considered antique, but many of them have a pleasing antique look due to the patina that results from the manufacturing process.

Crystal singing bowls are a modern invention made of crushed quartz, quartz/gemstone or other mineral blends. Their sound creates a sine wave, which readily resonates with the crystallite substances in the body — bones, blood, DNA. Crystal quartz magnifies and transmits sound.

Using a Singing Bowl

Wellness can be enhanced by playing and listening to the bowls’ overtones. Through “entrainment” — synchronization with the resonance of the bowls — a change occurs in the body’s electromagnetic output.

Each frequency within the overtone series entrains uniquely with the nervous system, causing relaxation responses and release of toxins. Soft tones produce more benefit.

John Beaulieu, N.D., Ph.D., has shown that intention cannot be separated from sound. Each thought wave entrains with the sound waves produced by the bowl, and the brain receives all together as one unified communication. Singing bowls amplify the effect of positive affirmations.



Natalie Bliss photo

A variety of singing bowls (above); the author demonstrates a crystal singing bowl (left)



Charles Wayne Bliss photo

Getting More Information

The International Sound Therapy Association, the Harmonic Therapy Association, the Sound Healers Association, the Vibrational Sound Association and other organizations are committed to furthering research and use of singing bowls as complementary tools for wellness. A list of resources for more information is at www.soundhealersassociation.org/links.

Natalie Bliss is a Reiki Master Teacher, sound therapist and founder of Stress Management Consulting in Mount Airy. Contact her at www.ReikiSoundbliss.com or www.facebook.com/ReikiSoundbliss.

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. Opinions presented do not reflect views of Weavers Way nor of the Health and Wellness Committee and are solely the opinions of the writer.

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Visiting Cuba, Pondering America’s Impact After 5 Decades of Blockade

by Lawrence H. Geller, for the Shuttle

SITTING IN OUR MINI-BUS IN SANTIAGO de Cuba this past February and looking at cars on the street epitomized for me so much about the last 50-plus years of the island, its people and the United States.

The bus: Made in China by Yutong. The cars: A shiny, immaculate, 1953 Chevrolet, a 1996 Lada and a 2011 Honda.

The bus was not made by American workers because of the half-century-long U.S. economic blockade of Cuba, opposed every year in the United Nations by over 100 nations.

Cuba is known as a “rolling museum” of vintage American cars. It’s an ever-present signature of the reliance, determi-

nation and ingenuity of its people. The earliest make I saw was a 1946 Chevy.

The ubiquitous Russian-made Lada symbolizes the support given to Cuba by the Soviet Union through 1991, after the United States broke off relations in 1960, determined to “deny Cuba money and supplies, and overthrow the government, notwithstanding the Cuban people’s support for the Revolution” (1960 State Department memo).

And, finally, the Honda represents the liberalization of the economy under the presidency of Raul Castro since 2008.

Foreigners have been investing in Cuba for years, but the blockade keeps Wall Street out. Even Cuban exiles have had discussions with the U.S. government about investing in the island they

left in the ’60s. “The loss of my property is now secondary to my feelings about the Cuban people,” former sugar baron Alfonso Fanjul has told reporters.

“But there will be no going back to the 1950s,” Manuel Baez, a 19-year-old architecture student, told me on the steps of Havana University, “when our country was owned lock, stock and barrel by U.S. corporations and the Mafia. The government is going slowly and carefully.”

He said he was aware that the United States “has more cars, TVs, Internet access. . . . This is in line with the government not wanting us to see all the commercials leading to a consumerist society. . . . buy, buy.” He didn’t like lack of Internet access. “Still,” he continued, “we are in transition with more self-employed and private business.”

Baez said he was proud of his country. “We have more doctors per capita than you do. Plus, we send doctors all over the world — Haiti, Brazil, Afri-

ca — serving in poor areas where their own doctors refuse to go. Our doctors go there.” He added that his education was free. “How much does it cost to go to the university in the U.S.?”

Asked if he would like to go to the United States, he looked me straight in the eye and replied, “I could go. But tell your friends I love my country and this is where I was meant to be.”

I thought about that walking back to our 5-star hotel, run, not by Hilton or Marriott, but by the Cuban government.

Tourists from Europe, Canada and Latin America contribute 20 percent of the Cuban economy.

“I could go anywhere for a vacation,” said a German engineer by the pool. “I come here because it’s warm and beautiful, the service is excellent, they have lovely beaches. What do I care if it’s a government-owned hotel? Everything is first class.”

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flict with things run by the government. The controversy over the Affordable Care Act is just the latest example.

“We in Cuba have had our Affordable Care Act since the beginning of the Revolution,” said Jose González, 31, a physical therapist who had just returned from a volunteer tour in Haiti.

“We have free medical care from cradle to grave.” And he cited the following:

- Life expectancy in Cuba is equal to United States: 78 years.
- There are more doctors per capita than the United States.
- Cuba’s bio-medical industry provides one-fifth of Cuba’s economy.

But Cuba’s state-dominated economy is making huge changes. As many as a half-million state jobs will be phased out in the next few years. What will happen to the workers?

“Two major developments,” according to Professor Carlos Alzugarry of Ha-



vana University. “One, our parliament has decided to open to more international investment. We do not have the finances to do all that needs to be done, and that will create jobs. But, as our president says, ‘It will be a civilized relationship based on mutual respect.’

“Two, we need more food,” he continued. “Rationing still exists in Cuba.

Sugar is no longer king and is being replaced by rice and vegetable production. Workers will be offered free land in the countryside to farm, and many are responding to this.”

He added that others will go into small businesses after training by Cuban Ventures Institute, financed by Eduardo Nuestre, 65, a Wall Street banker and Cu-

In Cuba’s automobiles, Co-op member Lawrence Geller finds not just a tourist attraction but insight into 50 years of Cuba’s relations with the United States and the rest of the world.

ban exile. “Some exiles are stepping up at last,” he said.

Meanwhile, the European Union has invited Cuba “to negotiate a dialogue and cooperative agreement with full respect for the sovereign equality of states.”

And sovereignty looms large in any future relations with the United States. “We are willing to discuss anything,” Castro has said, “as long as there is respect for our national sovereignty.”


And therein lies the rub.

As one drives through Cuba, one notices a curious thing. All flags are a few inches from the top of the pole, signifying that part of Cuban soil is still occupied by the United States — Guantanamo.

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Any Time of Year, Our Vultures Are Pretty Cool Characters

by Brenda Malinics, for the Shuttle

SOME READERS WERE SURPRISED TO learn from my last article that there are nesting eagles in the Wissahickon. I’m back with another surprise: There is an active turkey vulture nest in Chestnut Hill. It’s true — vultures live among us, and not just at Halloween.

Vultures, the only birds with a well-developed sense of smell, are fascinating creatures whose populations are on the increase. One of the most intriguing things about them is their method of defense. While most wild animals bite, scratch and claw to scare away predators, vultures simply vomit. And if you think a skunk’s spray is rancid, you should smell vulture vomit. In short order, it can evacuate a city block. Think about a vulture’s diet — rotting flesh mixed with the strong gastric juices vultures need to break it down. If I haven’t grossed you out yet, read on for more interesting vulture characteristics, including urohidrosis.

There are two local vulture species: turkey and black. The black vulture, originally a southern bird, is less common. How it made its way up north is still debatable, but some say that it followed the killing fields of the Civil War. However, official records indicate that the black



Photo by bird blogger Matthew Zeitler

vulture was first sighted at Hawk Mountain in 1969.

The turkey vulture, or “TV” in birder lingo, holds its wings in a dihedral or “V” shape, and it also rocks while it soars, making it easy to identify in flight.

Both vultures are extremely large, with average 6-foot wingspans. They stand 30 inches high and weigh approximately 5 pounds. Both have featherless heads, an adaptation that allows them to remain (relatively) tidy after sticking their heads into carcasses all day.

By virtue of their diet, vultures have highly developed immune systems, which makes them resistant to most microbial toxins. But they are still susceptible to chemical poisons that might have killed their food sources. Most injuries to vultures are from being hit by automobiles while feeding on roadkill.

From below, the turkey vulture’s wings appear two-toned, with black and white feathers. The adult’s head is reddish, its legs are pale, and its tail is much

longer than the black vulture. The distinctive field marks of the black vulture are a whitish/gray head, white primary feathers, an all-black underside and its short, squared tail — often barely longer than its trailing feet in flight.

Now for urohidrosis. Vultures and storks are the only birds to practice this unique method of thermoregulation: They deliberately void their own waste onto their legs to keep cool. Their legs are well supplied with blood vessels, and as the evaporating liquid cools the legs, the cooler blood is pumped to the rest of the body. In order to prevent the build-up of solid wastes on their legs, vultures bathe frequently, often daily.

Vultures are extremely intelligent and highly social. They tend to roost in large numbers, usually in trees or high places. They don’t build nests, but lay their eggs directly on the surface of steep cliffs, hollow stumps or logs, caves and (their most recent adaption) flat rooftops in urban areas.

Only adult turkey vultures have red, turkey-like heads. Black vultures are similar, but with grayish head feathers, and juveniles have brown heads.

Vultures “nest” February through June and usually bear two eggs, which both parents incubate for 38-41 days. The hatchlings are born without feathers and are quite vulnerable, especially to crows, who routinely harass vultures. The adults feed hatchlings and nestlings regurgitated carrion. They fledge at 12 weeks.

Vultures breed across most of the United States and winter along the East Coast and southern U.S., into Mexico, Central and South America. Their natural diet is carrion, but they will occasionally kill small birds or living prey that is on the verge of death. The black vulture is more aggressive than the turkey vulture, and it is taking over much of its territory.

Vultures are fascinating creatures that serve a valuable purpose in nature. Like bats, the vacuum cleaners of the night sky, vultures are our roadside clean-up crews.

Vultures definitely stand out from other birds; some people think them ugly, but beauty is in the eye of the beholder. Next time you encounter a vulture, decide for yourself whether it is simply different.

But as you do, please appreciate that all of its adaptations serve a purpose that helps nature and mankind.

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Dropping Off, Dropping In At PSPCA Erie Ave. Shelter

by Anton Goldschneider, Weavers Way Pet Store

IN CONJUNCTION WITH PETAPALOOZA 2014, WEAVERS WAY HAS been collecting bedding, toys and other pet items for the Pennsylvania SPCA. Thank you to everybody who donated! Keep it coming!

I recently hauled everything out of the basement of our Across the Way store, filled my car to the brim and drove out to 350 E. Erie Ave. The PSPCA staff was very friendly, and it was great to see how much they are doing for the community. One of the highlights of my visit was learning how they had rescued 100 roosters from a cockfighting operation and 300 cats from a filthy North Philadelphia residence.

PSPCA communications manager Sarah Eremus also answered some questions for me:

Q: Does the PSPCA have a live camera feed of the adoptable cats and is the cat adoption fee set to whatever people can afford?

A: We have iPet Companion, an interactive Web tool that does provide a live feed into our community cat room. It is free and fun and gives the cats stimulation and entertainment. We ran a promotion a few weeks ago on cats and do intend to continue running adoption promotions on cats from time to time.

Q: The PSPCA has an inexpensive vet clinic. How much is it?

A: Core vaccines are \$30 at our low-cost Vaccine Clinics, which are held every Wednesday and Saturday from 9 a.m. to 3 p.m. Other veterinary services are also available at a discount. Pet owners can visit www.pspca.org/veterinary-services for more details.

Q: Are you a no-kill shelter?

A: We operate on a no-kill philosophy, meaning that we do not euthanize based on time or space. At the PSPCA, we euthanize only under certain limited circumstances, such as proven aggressive behavior that cannot be corrected or untreatable medical condition that is causing the animal pain and suffering.

Q: Do you need volunteers?

A: Yes, volunteers aged 18 years and older may help us with various duties, including walking and cleanup. We also have internship opportunities. Interested people can visit www.pspca.org/get-involved/volunteer/ for more information.

The PSPCA is actually pretty close to our Mt. Airy store and it's very easy to find. I am happy to help out with transportation. Since we plan to continue taking donations, I will be driving there on a regular basis. Feel free to contact me!

anton@weaversway.coop

ECO TIP

From the Weavers Way
Environment Committee

Need a tool? Instead of buying one,
consider joining the West Philly

Tool Library, located at 1314 S. 47th

St. (Yes, it's a little far from the

Co-op's neck of the woods, but we

unfortunately don't have such a

resource in Northwest Philadelphia.

Perhaps it's time to start one!) The

Tool Library has 1,700 members

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Ready for Some Faith And Climate Justice?

PENNSYLVANIA INTERFAITH POWER AND LIGHT INVITES YOU to our annual conference, "Climate Justice: Faith in Action," 2 to 6 p.m. Sunday, Oct 29, at Summit Church, 6757 Greene St. Come for an afternoon of learning, inspiration and connection with people of many faiths and beliefs.

Andrew Rudin, founder of Interfaith Coalition on Energy, will be honored for his work in helping congregations save money and protect the environment by greening their buildings. We will also hear from 350.org's **Bill McKibben** in a video made especially for this occasion. A keynote panel of climate justice leaders will share personal reflections and also lead workshops in their areas of expertise:

Jacqui Patterson, director of the Environment and Climate Justice Project, NAACP. The NAACP Climate Justice Project was created to educate and mobilize communities to address this human and civil-rights issue, as climate change has a disproportionate impact on communities of color.

Joelle Novey, executive director of Greater Washington Interfaith Power and Light. GWIPL is a chapter of Interfaith Power and Light with hundreds of congregations of diverse faiths from across Maryland, DC, and Northern Virginia that have come together through our work to save energy, go green, and respond to climate change.

Victoria Furio, convener, Climate Justice Initiative, Union Theological Seminary, New York City. Union was the first seminary in the United States to vote to divest from fossil fuels. Students, staff and faculty have been active in addressing climate change from theological and ethical perspectives.

Dr. Karyn Wiseman, professor of homiletics at the Lutheran Theological Seminary in Philadelphia, will lead a workshop, "Preaching and Speaking on Climate Change."

The conference also features a free teen leadership training; participants must pre-register online at www.paipl.org. Contact Rabbi Melissa Klein at malkahbinah@gmail.com for info.

Registration is \$10. We encourage you to register ahead of time at www.paipl.org. Contact Cheryl Pyrch at 215-438-2825 or cpyrch@summitpres.net to learn more.

Pennsylvania Interfaith Power and Light is part of a national organization of thousands of individuals and organizations responding to climate change as a moral issue. For more information visit www.paipl.org.

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Harvest on Henry

(Continued from Page 1)

farmstand and the Co-ops, has evolved as a close partnership of Weavers Way, Weavers Way Community Programs and Saul High School.

Harvest on Henry is a day of fun on the farm, to celebrate the end of the season (and raise money for our farm operations). Look for vegetable-themed games, music, info tables, a hayride, a petting barnyard and famous Cow Plop Bingo featuring Nina the Cow, who inadvertently — but officially — will choose the winner of the 50-50 raffle.

Delicious food goes without saying, but we'll say this: Solebury Orchards apple-cider donuts. Plus apples, apples, apples, and new food trucks (all of which donate 10 percent of the day's proceeds to the fundraiser.)

Volunteer-led, the festival was started by CSA shareholders, in partnership with the school, to celebrate the farm. The farm



Larry Goldfarb photo

A pat for Nina after she officiated at last year's Cow Plop Bingo.

is a community space, where people use the act of picking up vegetables as a way to connect with their neighbors and the growers of their food, and give their children a place to run in the grass, visit the cows and pick tomatoes off the vine.

Saul High School students play a key role in running the games on the day of the event — favorites include pumpkin bowling and pumpkin golf. After some games and activities, everyone loves to relax by taking a hayride around the farm.

If you're looking for a place to showcase your baking skills, our Pie Contest is your time to shine. For \$15 (and only \$5 for additional entries), you can have your pies judged by a panel of Philly food lovers, including "Food in Jars" canning blogger Marisa McClellan and Jimmie Reed of Little Jimmie's Bakery Cafe. Contestants will bring one pie for judging, and one to be cut and sold. For details and an entry form, go to www.weaversway.coop/pie.

If you prefer to eat dessert rather than make it, Saul students will be churning delicious homemade ice cream too.

The food fest continues with a selection of food trucks each year, which donate 10 percent of their day's sales to the fundraiser.

Harvest on Henry is the perfect opportunity to have a day out with the kids, grandkids, or just to grab lunch from one of the food trucks and your apples for the week. No matter how you participate, you can be sure you're supporting our farms.

nberryman@weaversway.coop

COMPOST IS FREE



The Henry Got Compost crew with the brand new, mighty blue compost screener: (from left) Nasir Johnson, Rodger Selby, Melanye Campos, Weavers Way Compost Tsar Scott Blunk, Kayla Schmidt, Whitney Patrick, Nate Clement, Josh McBride, Katelynn Elliott, Omar Pitts, Weavers Way farm apprentice Emma Dosch, Aighnye Taylor; (front) Sandy Mai.

SATURDAY, OCT. 25 • 9 A.M.-1 P.M.

Bring bags, buckets, maybe even a pickup to Weavers Way Farms at Saul High School, 7100 Henry Ave. in Roxborough.

We will have a lot of compost to give away, but just one visit per family, please.

Student Compost Ambassadors will be available to help with shovels and encouragement. (This is a paid and highly desirable position.

The Compost Ambassadors will be chosen by writing a one-page essay about compost.)

Weavers Way is providing refreshments. Other sponsors are the Philadelphia Zoo, Bennett Compost and Earth Bread & Brewery.

For more info, contact compost@weaversway.coop.

Remember, there is no bad time to use compost.

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The Passionate Gardener

Three Uncommon Edibles

by Ron Kushner, for the Shuttle

HERE ARE THREE UNCOMMON EDIBLE berry plants for our area. They are great for small spaces, need next to no maintenance and after the first year, should not require irrigation or fertilizer. They are resistant to most diseases and insects. All are not fussy about soil conditions as long as there is decent drainage. Unfortunately, birds love the fruit so in order to guarantee a decent harvest, protective netting is a must.

Jostaberries

Jostaberry bushes are thornless and grow to about 5 feet tall and 3 feet wide. The leaves are glossy and remain on the plant until winter. The fruit is a sweet, round, dark purple berry about the size of a large grape. The plant is actually a hybrid, a cross between a black currant and various gooseberry species. The taste of the fruit is somewhere between a blueberry and a grape. Berries can be harvested starting the second year from June to mid-July. They are green when first formed and gradually darken to almost black when they are the sweetest. I mulch mine with compost, about 4 inches once the ground freezes. Only light,



Jostaberries (left), gooseberries (photo by Michaelann Vickery) and honeyberries (right) grow on small bushes that are easy to maintain.

annual pruning is necessary. The fruit is produced on year-old wood, along with older fruiting spurs.

I have never had a problem with powdery mildew or leaf spot. My one plant is in full sun and produces every year with no care whatsoever. It is planted next to my deck so I keep it neat with a trimming in July.

Gooseberries

In 1920, gooseberries were banned from planting by federal law in the United States due to their being a host and responsible for the spread of white pine blister rust that started killing native pine trees. Years later, they were hybridized in Europe to resist the disease but their re-



turn to American gardens has been really slow even though the ban was lifted 40 years ago.

Some varieties have thorns and some are thorn-free. The fruit hangs below the stems so they are easy to harvest. They do well in shade and require little care. I have one plant on the west side of my house as a foundation planting that gets no sun until the afternoon. It has never been fertilized and bears fruit every year in early summer. It does tend to spread a bit so I prune it back hard after it stops producing fruit (usually in late July).

The berries are very sweet, rich and juicy under a tart skin. They taste something like an apricot and ripe plum mixed but with a refreshing tartness. There are



many varieties, some way sweeter than others. They tend to get powdery mildew, although my 'Poorman' variety seems pretty resistant.

Honeyberries

First of all, honeyberries are not self-pollinating, so two plants would be required to bear fruit. A member of the honeysuckle family, the berries resemble oblong blueberries and are sweet and delicious. My plants are growing alongside of my deck about 4 feet apart. They can spread about 3 feet wide if not trimmed back after each harvest.

Again, the birds love these berries, and if you are not quick to harvest, they will beat you to the sweet fruit. The plants stay pretty small so I drape mine with "harvest guard" fabric once the fruit starts to form and that solves the problem.

Other than mulching with compost at the end of the year, I do nothing else. "Blue Velvet" and "Blue Moon" are two excellent varieties that will insure pollination and a decent harvest.

Email Ron at ronkushner@comcast.net or visit his website, www.ronsorganicgarden.com.

FREE STREET TREES VIA W. MT. AIRY NEIGHBORS

The West Mt. Airy Neighbors Streetscapes Committee is again participating in the Pennsylvania Horticultural Society's Tree Tender Bare Root Street Tree Planting Program. Trees are free of charge and will be planted in April 2015 by trained volunteers. The group has planted over 400 trees since 2007.

For an application or more information, contact Carol Graeber at cegraeber7215@gmail.com or 215-901-7654. Applications must be received by the Streetscapes Committee by Oct. 24.



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

Selective Tolerance?

I AM A MEMBER OF THE CO-OP. I AM A working professional. I am a woman. And I am Catholic — one of those Catholics you never hear about in the media. Because I don’t use birth control. My husband and I don’t have a million kids. And I actually feel quite liberated by my religious beliefs and the natural method we use to plan our family.

In a world that so highly regards “tolerance” — especially in neighborhoods like Mt. Airy — I often feel that tolerance isn’t extended to me and my family. Because if my conscience precludes the use of birth control, I must be closed-minded or anti-woman.

These are the very accusations I hear made of Eden Foods.

It saddens and frightens me to think that if I founded a great company with high standards that produced a superior product, my community would want to see me forced to pay for something that I strongly believe to be a violent affront to our bodies. I would close my company before disregarding my conscience.

I was grateful for the opportunity to voice my concerns about a potential Eden Foods boycott at the enlightening and respectful discussion on 9/17. I am highly in favor of what seemed to be the emerging consensus: That the Co-op provides information on the products on our shelves to help shoppers make their own personal purchasing decisions.

I just wanted to restate my hope that

the Co-op continues to carry Eden Foods products. People with strong objections can stop purchasing them if they want, just as I avoid purchasing products that offend my own beliefs. But please don’t make the decision on my behalf. And please don’t punish a company with high food-quality standards for the owner’s religious beliefs.

If we can’t tolerate different religious viewpoints in Philadelphia, Pennsylvania — William Penn’s “holy experiment” of religious freedom — where else can my family and I go?

Karen Rueda

Co-op Makes a Village

OCCASIONALLY OPEN AND READ THE Shuttle as a part of staying connected with Weavers Way and their activities in the community. As I’m sitting drinking my loose-leaf black tea which I have bought there, I come across a couple interesting columns. I immediately felt the need to voice my opinion. Usually, my wife listens to it this early morning. But this time, I felt the need to go communal.

It is in regards to the Co-op pricing article and some people’s opinion about the pricing structure.

My wife and I moved to Mt. Airy in summer of 2009. As two young professionals, we had only driven through it before, to and from work. One day I said to my wife: I feel good about this place for some reason; let’s move here. As an immigrant to this country, coming from a small Syrian village 45 minutes from

the Mediterranean Sea, I felt this can be my new village and home. I knew nothing about this community or the people who live here. And did we hit the jackpot!

One day, we discovered the Co-op as we were walking in the neighborhood. Ever since, I have felt that I’m back in my home village. I understood its purpose and meaning immediately. I have promoted it to neighbors and friends and even people who don’t live here, our families.

It upsets me when I hear people complain about the pricing of your goods. And this is what I have to say to them:

1. This is a co-op and not a big-box store. You are buying into it because you support and believe its goals.
2. I shop here for the experience, not just the food. Friendly and helpful employees. It’s always nice to run into friends and neighbors, too.
3. It makes me feel great when I buy that local lettuce mix, milk, cheese or apples. Just knowing that I’m supporting farms and employers who observe fair wages and benefits.
4. This is a walkable community. Taking a stroll with your kids or friends to buy couple of items at the Co-op is a very valuable experience.
5. Think about the carbon footprint of big-box stores, from their transportation to the way their food has been produced/manufactured.
6. People in America would benefit from the understanding that if you want quality things, you have to be able to pay for

them. You can’t expect something that was handcrafted or food that was grown responsibly, organically and by fair-wage people to be cheap.

7. Co-op prices do not compare to buying groceries on vacation or in the Hamptons (per a fellow shopper’s comment). Most notably, prices are high at those locations for a different purpose.

8. Maybe you’ve never lived in a village or a small farming community; but I did. I value every aspect of this way of living and I appreciate it. My family and I have also adapted our eating habits to accommodate more foods from the bulk section.

Perhaps our comfortable lifestyle as Americans has made us spoiled. We frequently take things for granted. This includes our access to high-quality food and water. Living within our means does not seem to exist in the “American dream.” I would rather spend more money on good quality foods at the Co-op than go on a long vacation or buy a brand-new car every few years; the list can go on and on.

It is important for us to reevaluate our lifestyle and start asking the right questions; that does NOT include “How to make food cheaper at the Co-op?” I consider myself very fortunate to have come across this community and all its offerings. I appreciate the existence of Weavers Way and all the great work they have done to date.

Charlie Hanna

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

Ill at Ease with EasyPay

I HAVE BEEN USING WEAVERS WAY EasyPay for several months now and have decided to discontinue it. What at first appeared to be so easy became less so.

I don't like that reality that employee error is a possibility at Weavers Way, but it is (because you hire humans; delightful ones, but still human) so I do need to be aware of my account balance.

Here's what I do: I keep my most recent receipt and check the EasyPay balance with the next receipt I get. This requires remembering to keep the receipts from one shopping trip to the next and then do the math each time to make sure the account wasn't used in between my shopping trips. I don't always remember to get (or save) the receipt, and I dislike doing the math every time.

The gift cards that I used before switching were good, but they also came

with problems (misplacing them, wearing out the bar code from pulling it in and out of my wallet numerous times, etc.).

I am back to cash or credit card (which I am loath to use except when I don't have enough cash on me). And, of course, cash and credit cards have their downsides also.

Is there any way that you can assure me that the EasyPay is error-proof? Am I not understanding how it works?

Christine Thomson

Weavers Way IT Director David Chaplin-Loebell responds:

Thanks for the feedback. It's true that the EasyPay system does leave you vulnerable to your funds being misused — either accidentally or maliciously.

Unfortunately, the "obvious" security measures we could take — such as having customers enter a PIN to authorize payments — turn out to be extremely technically challenging given the constraints of our point-of-sale system.

One change we hope to make soon is to provide customers online access to their account transactions, and the option of receiving an emailed receipt every time there is activity on your account. Although this doesn't directly prevent your funds from being accessed by someone else, it would give you early warning if such a transaction were to occur.

Please continue to let us know how our systems are working for you.

Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

I've recently spent a fair amount of time in Northeast Philadelphia, where I have some family. I find the number and diversity of stores there mind-boggling. Both chains and independents seem to have proliferated like rabbits without Eden contraception coverage. That there is enough business to support so many stores is testament to our consumer heritage, population density and the fact that brick-and-mortar retail still has a role to play in our everyday lives.

When it comes to food, the Northeast is pretty diverse, with lots of grocery stores stocking Russian and Indian and other ethnic foods, lots of Chinese restaurants, some Indian restaurants and, of course, old-fashioned American diner-type places. Plus all the typical chains — Dunkin' Donuts, Wawa, Starbucks, Olive Garden. And lots of produce stores, spice stores, bakeries and corner stores. Pretty diverse unless you're looking for Fair Trade bananas or organic pinto beans or a loaf of fresh whole-grain bread made with organic grains — happy hunting! It's a fascinating place, with diverse



yet somewhat separate populations, each with their own food preferences, which seem to be based more on tradition and culture than health. C'est la vie...

Last month we had a meeting with members about the Eden Foods controversy, and aside from issues like the Affordable Care Act and whether to boycott Eden, one thing I found interesting is how people believe in things. Usually this is around religion; but one thing that came up for me at this meeting was belief in homeopathic remedies. Just as there are some people who think we should boycott Eden due to the owner's beliefs (or at least, how he acts on his beliefs), I have heard from a few members that we should, in effect, boycott (in this case meaning not stock) certain vitamins, herbs and remedies because there are questions (reflecting non-belief) about things like content, efficacy, toxicity and overall benefit.

While I'm pretty sure there is data (Continued on Next Page)

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.

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Suggestions

(Continued from Preceding Page)

supporting at least some of the vitamins and herbs we stock being worth taking by some people for some time for some conditions, my understanding is that there is little data supporting efficacy of homeopathics. And while I self-identify as a homeopathic non-believer, I know there are people who swear by homeopathics. (In fact, a member at the Eden meeting declared, “I never go anywhere without my arnica.”) So here is another “What do we stock and why” question. Should we stock items created to be remedies that have no data supporting their efficacy but which shoppers clearly want, trust and presumably benefit from?

Incidentally, the other thing that came up at the Eden meeting is boycotting Nestlé products, since Nestlé does seem to be a company that is exploitive to a degree worthy of a boycott. Lest you think we don’t have that many Nestlé products,

one of our best-selling grocery items is canned soda from San Pellegrino, which is a Nestlé company, as is Poland Spring. It’s clear members want us to provide more information about the products we stock, so we’re working on ways to provide this information via signage, website, Shuttle, and whatever else we can figure out.

suggestions and responses

s: “Can we get vanilla Chobani 0% yogurt? No Greek in vanilla and Fage gives me heartburn! Please — sends me to the Acme!”

r: (Heather MA) We will be bringing this in. Thanks for the suggestion, sorry about your heartburn.

s: “Zsa’s dark chocolate sorbet (non-dairy). It’s the best non-dairy frozen chocolate dessert. Thanks!”



r: (Heather MA) This is the flavor that sells the least of the Zsa’s. We will look into another brand of dairy free.

s: “Curry cheddar cheese — please bring it back.”

r: (Margie MA) We should be getting it back soon!

s: “Can we carry Lakewood Black Cherry concentrate again?”

r: (Heather MA) This item didn’t sell that well for us, but you can place a pre-order for just three bottles. Fill out a pre-order slip or ask a staffer.

s: “I have a recycling question. Most of the time the plastic containers that are recyclable have tops without a number. I purchase Moshe’s gazpacho and the top is a different plastic than the bottom. Is it recyclable? What about Co-op round containers?”

r: (Norman) Weird, because the other Moshe’s lids look like #5, polypropylene,

and even though they don’t have the recycling number they do have “pp” embossed on them. Square Co-op containers are recyclable and made from up to 100 percent post-consumer plastic (which is one reason we started using them). Round Co-op containers are also recyclable, and made from up to 50 percent post-consumer plastic. Whether trying to recycle plastic is a good idea is a question worthy of investigation and discussion. Apparently, recycling plastic is better than always starting with virgin materials, but there are major obstacles in sorting, cleaning, storing and transporting the material, plus there are market forces at work that may either inhibit or encourage profitability of plastic recycling and affect how much plastic actually gets recycled.

s: “Ume plum vinegar is a common ingredient in Asian cooking. We used to carry it. Can we get it again?”

r: (Heather) We have been trying to get another brand, but it’s been hard to find. We have gotten many requests, so we’ll keep trying.

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s: “Please, please, please get some other brands of gluten-free bread, e.g. 3 Bakers tastes way better than the Udi’s/Rudi’s styrofoam!”

r: (Molly MA) I am looking into it. However, we have limited space for a whole lot of gluten-free variety. Have you tried Taffets? It comes in fresh on Wednesdays and Saturdays. Also, some shoppers have said the Rudi’s we started stocking is pretty good.

s: “Backyard chickens are so popular, mostly for eggs, but I’m concerned what’s going to happen when all these chickens kick the bucket. Are the owners going to de-feather them and cook them? Or will we see discarded chicken bodies in streets like dead squirrels?”

r: (Norman) Most people I’ve talked to plan to have a ceremony to thank nature for their chicken’s production, then gut the chicken, cook the chicken, then participate in the Philly tradition of riding around in car while eating the meat off the bone and tossing the bones out the window, lending more texture and insects to our streets. Not to mention interesting things for dogs to sniff and crunch.

normanb@weaversway.coop

Eden Meeting

(Continued from Page 1)

trol under the federal Affordable Care Act. The group that met with Thomas opted to support an informational discussion at this time rather than launching the somewhat arduous process of seeking a formal Weavers Way boycott.

“We found out it was a pretty complex issue,” Thomas said. “It deserves more than just a yes-or-no poll. . . . We’ve gotten ‘Please boycott effective immediately,’ we’ve gotten ‘Please don’t boycott, let members decide individually.’ ”

“This is not just about Eden foods but about the product philosophy of the Co-op. Norman knows this inside and out,” he said by way of introducing Norman Weiss, Weavers Way’s longtime purchasing manager.

Putting up his first-ever PowerPoint presentation, Weiss compared Weavers Way principles, as reflected in the Co-op’s Ends, with Eden Foods’ practices, and found that Eden looks good in many areas, including transparency, support for farmers and the local economy, price and quality.

“Eden is some of the healthiest food in the world,” he said. Eden Foods sales have also dropped 20 percent at the Co-op since last year, when the Eden suit was first filed, he noted.

“As a counterpoint to Eden, I’d like to throw out Nestlé . . . Nestlé in my opinion is a truly horrible company,” Weiss said. “Ten years ago, we stopped selling Nestlé chocolate chips because Chris Switky, our grocery buyer at the time, and myself came across the child slavery issue, and it was so bad, it was so egregious. . . . We could not physically get on the phone and order four cases of the stuff.”

(The Swiss-based Nestlé corporation has been under fire for years for its promotion of infant formula in developing countries. And as a major international chocolate manufacturer, the company has been excoriated for not doing enough to combat child slavery believed to be widespread in West African cocoa plantations.)

“So we basically forced this on everybody,” Weiss said. “And there were people who objected because the Fair Trade chocolate chips we got in were more expensive.”

“In those years, we didn’t have that

many Nestlé products. We have a lot now,” including the very popular San Pellegrino sodas.

Board member Nathea Lee seized on the Nestlé issue.

“Why doesn’t the Co-op have some committee” to review who owns the products we stock? “I know that it’s hard and challenging, this seems like such an opportunity. . . . As a consumer, I have no idea where to start. As a member owner, I would love for the Co-op to educate me. That’s what we’re here for.”

Member Larry Schaeffer said that Eden is a special case, deserving of a boycott, because CEO Potter is “a political actor and he purposely joined this campaign. . . . This lawsuit was a political act” intended to undermine Obamacare.

Member Alan Silverblatt added, “We’re calling for a boycott because he’s forcing his beliefs down the throats of his employees. The focus needs to be that one person is making a decision that others have to live with.”


Other members maintained that taking political stances was outside Weavers Way’s mission. “I didn’t know I belonged to a principally political organization,” said Joan Stockton. “I’m a very long-term member of the Co-op and I watched us over the years go through all kinds of discussions . . . Originally, it’s a way to lower-cost buying.”

In closing the meeting, Thomas said, “There’s a theme here, that there should be greater education of the membership. People should have a better understanding of the products on the shelf . . . we need to do some strategic thinking about how we can do that.”


The Co-op could do better, Weiss agreed. “I think what stops us is what usually stops us at Weavers Way — time and space That does mean more work but if the members want it, it’s incumbent on us to do it.

“This is something we have to figure out.”

msweeten@weaversway.coop



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Chef's Corner

Get Catered To by the Co-op Kitchen

by Bonnie Shuman, Weavers Way Executive Chef

THOUGH I'VE WRITTEN ABOUT IT BEFORE, I'M still convinced that one division of our Prepared Foods Department is not widely known to a lot of Weavers Way customers. While we do have repeat customers, both members and non-members, our catering services still seem to surprise people.

To wit, I often have customers approach me and say they attended a party or event, and after seeing and tasting the food, asked the host who the caterer is. When said host informs the guest that it was done by Weavers Way, the oft-heard reply by the guest might be:

"Wow, I didn't know the Co-op catered — this food is fabulous!"

As I mention above, I think when people SEE our food, it's the first part of the surprise. I always impress upon my staff that the "first bite" people take is not with their mouths, but with their eyes. The second bite, the actual one you put in your mouth, and all subsequent bites, is where we deliver the one-two punch: Freshness and flavor combine for that I-must-have-more-of-this effect!

I know we are getting this right, especially when I attend other events and check out the presentation and taste the food there. Recently, I encountered a stationary display of fruit and cheese and I'm pretty sure the cheese came pre-cut from a plastic bag. There was also a display of "fresh tomatoes" and mozzarella that had no seasonings, no fresh basil, no dressing!

Weavers Way has come a long way with our catering services since we expanded into Chestnut Hill. (Amazing what you can do with a fully equipped kitchen!) While we still offer great platters at both locations, we are pleased to be able to provide a more diverse selection in Chestnut Hill. And while we have a menu of hors d'oeuvres and entrees to choose from (pick one up in the store, or download it from the website at www.weaversway.coop/catering), we are happy to customize a menu for your event.


As I write this, I am on vacation, but because we have a wedding for 150 people going out, I will be interrupting my vacation to go in and help get the job done. I never complain about something like this, because it's such a good problem to have.

We are, however, at a point that as the catering grows, we will need a facility other than either of the store kitchens. I envision space and staff that is dedicated just to the catering division. I hope we can do that soon, because as we continue to grow, it is hard to keep up with our everyday production and cater at the same time.

That said, I invite you to think of us for your next event. No cheese from a bag, I promise.

bonnie@weaversway.coop

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Chris Mallam
Wellness Staff, WWND

New Chefs Work on Their Chops at Enterprise Center

by Stephanie Kane, Weavers Way Local Product Coordinator

AT THE CORNER OF 48TH AND SPRUCE streets, a nondescript building in the heart of West Philadelphia holds a hidden gem in the city’s burgeoning restaurant, artisan food and food truck scene. The Enterprise Center offers a space for food entrepreneurs to get creative, meet other chefs and get cooking.

Since any food sold to the public must be produced in a certified kitchen, this is usually an instant stumbling block for anyone hoping to expand a favorite recipe into a business. But food entrepreneurs of all kinds can get access to a state-of-the-art kitchen by joining the Enterprise Center. Members can reserve the space for \$30 an hour, and cleanup time is free.

Weavers Way has brought in a handful of Enterprise Center products, including Arlene Kaufman’s Karma Krisps, which became an instant favorite during her Local Monday samplings. We certainly loved these sweet and salty crackers in flavors like Cranberry Orange Walnut and Raisin Rosemary, and we’re not the only ones — they were featured in the Inquirer’s Market Basket over the summer. We also carry MAD Cookies (Chestnut Hill only), which are not only delicious, but donate 10 percent of sales to Philabundance’s KidBites Initiative (www.philabundance.org).

In addition to providing a space for these food artisans to get their retail businesses off the ground, many of the city’s food trucks use the Enterprise Center for prep. If you’ve ever wondered how your favorite truck produced those complex dishes out of that little space, they may be work-

Dinner and a Movie

Going Where the Journey Takes You

by Margie Felton, Weavers Way Mt. Airy Deli Manager

SOMETIMES THE LONGEST JOURNEYS ARE only a few steps, or 100 feet in the case of this month’s film, “The Hundred-Foot Journey.” After the Kadam family’s restaurant in Mumbai is burnt to the ground and their mother killed in the flames, the father and children travel to Europe, stopping and settling when their car breaks down in a small French town. This overland trek is just a short trip compared to the distance it takes to overcome racism, cultural differences, jealousy and the past.

The film uses food beautifully as a means to end these differences. Hassan, the oldest Kadam son, was the chef in the family’s Indian restaurant, and turns out to be an extremely talented French chef as well. After a few barriers are removed between his family and the neighbors, Hassan crosses the street to cook for the competition, the famous Michelin-starred restaurant run by Madame Mallory (Helen Mirren). With Hussan’s talent, the restaurant receives a second Michelin star and Hussan’s career takes off. The film is a bit predictable, especially where romance is concerned, but worth seeing for the food and scenery.

Just a short journey (though more than 100 feet) from my home in Germantown, you can satisfy your post-movie craving for Indian food at Chatkharay, a new restaurant on Cheltenham Avenue serving Indian and Pakistani fare.

When my dining companions and I entered the restaurant, which was warm and inviting with upbeat Indian music playing in the background, our friendly waiter welcomed us and placed a bas-



Rebecca Torpie photo

Andre Stanley developed his Buddy’s BBQ line of barbecue sauces at the Enterprise Center.

ing the Enterprise Center’s resources as well. The upfront cost of opening a restaurant is a major road block. Purchasing a food truck is cost-effective to start, and cuts out the overhead of utility bills, added staff and recurring budget items like laundering table linens.

After seeing young chefs harness the food truck buzz, the Enterprise Center’s newest project will create another opportunity for growth. Common Table is a popup restaurant expected to open later this year on S. 48th St. in front of the TEC kitchens. It will be home to a new restaurant every month. After submitting a restaurant concept and business plan and holding a tasting, would-be restaurateurs will get an opportunity to not only test their concepts, but get valuable financial advice and access to resources to grow them into full-time businesses. Common Table will have a general manager and a full front-of-house staff that will remain constant throughout the concept turnovers.

What could be better than going to your favorite restaurant every month, getting to see the same friendly faces, and getting a brand new experience every time?

skane@weaversway.coop

ket of papadums and a trio of sauces on our table. We first ordered Pani Puri, crispy puffs filled with potatoes, chickpeas, onions, tamarind chutney and cumin-flavored water. Small bites, bursting with flavor. This was followed by Fish Pakora, salmon coated with seasoned chickpea-flour batter and deep-fried — delicious. For entrees, one person ordered the lunch special, which was definitely the best value. For \$9.99, she got a small portion of Chicken Tikka Masala, Chana Masala, rice, a samosa and a soda. Everything was good except the samosa, which was mushy and greasy but edible. The second person ordered Chicken Makhani Saag, which was tender and creamy. I ordered the dud, Seekh Kebeab (ground lamb kebabs). This arrived with an unappetizing presentation and was very salty.

Save room for dessert! We shared Gulab Jamon, traditionally super-sweet, and tried Ras Malai, a dessert new to all of us and recommended by the waiter, soft: a sweet disk of paneer swimming in white cream with a hint of cardamom.

I had the opportunity to try this restaurant only once because it had just opened the week before. The appetizers and desserts were the winners on this visit, and I plan to return many times.

margie@weaversway.coop

The Hundred-Foot Journey (2014)
Directed by Lasse Hallström, starring Helen Mirren and Om Puri

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Fair Trade Certification For Food Made in the USA

Sue Wasserkrug, Co-Chair, Weavers Way Food Justice Committee

IF YOU SHOP AT THE CO-OP AND YOU BUY, FOR EXAMPLE, CHOCOLATE, or coffee, or bananas, you’re probably familiar with the concept of “fair trade,” which promotes sustainability and equitable economic conditions for farmers and other food producers in developing countries. Producers that adhere to certain social and environmental standards can become certified to carry the Fair Trade label. Many shoppers appreciate the fact that at Weavers Way, the only chocolate, coffee and bananas on the shelves are Fair Trade-certified.

Unfortunately, the Fair Trade label does not apply to domestic food production. Yes, there’s organic, and there’s local, but do you know how those local organic farmers treat their employees? (Note: That statement is not intended to be accusatory; I support many local farmers and producers, most of whom I talk to, and I’m relatively confident their workplace practices are fair.)

The Agricultural Justice Project aims to change that, with its Food Justice Certification program for American products. It addresses such issues as fair pricing for farmers, fair wages and benefits for workers, workplace safety, environmental stewardship and truth in labeling. U.S. farmers and other businesses (including co-ops) can obtain a Food Justice Certification label to verify that they adhere to certain standards regarding these and other social-justice issues.

AJP has created a short (20-minute) film, “Hungry for Justice,” to educate the public about the Food Justice Certification label and issues facing, in particular, farmers and farmworkers in the United States. Weavers Way’s Food Justice Committee hosted a screening of the film at its meeting on Sept. 15. Rachel Winograd and Meghan Hurley from the Farmworker Support Committee (a/k/a CATA, El Comité de Apoyo a los Trabajadores Agrícolas) in New Jersey were on hand to lead a discussion.

The film illustrates the issues facing farmers and farmworkers in the United States, such as low wages, exposure to pesticides and a shrinking share of the “food dollar.” While organic standards address some of the health and environmental concerns, they do not address working conditions, trade practices and other matters of economic justice.

What is particularly interesting about the FJC label is that it is not limited to farms but includes all food businesses “from farm to table.” Because the program is new, only seven businesses have been certified. One of them is a food co-op: GreenStar Natural Foods Market in Ithaca, NY. For a store, the FJC label reflects living wages, safe working conditions, respectful treatment of employees, and clear and equitable conflict-resolution policies. It does not mean that all products within the store carry the FJC label — although that might be a goal. Other FJC businesses include a butcher in Ithaca, a cooperative of grain and bean farmers in Canada and an organic berry farm in California, where the workers are unionized.

The Food Justice Certification program is a true example of food justice in action: it seeks to ensure that everyone shares in the risks and benefits of the production and distribution of healthy food.

For more information about the program, you can visit the Agricultural Justice Project’s website, www.agriculturaljusticeproject.org, where you can also view “Hungry for Justice.” Learn more about CATA at www.cata-farmworkers.org, and read about GreenStar Co-op’s experience becoming food justice-certified by visiting www.greenstar.coop.

wasserkrug@gmail.com

International Nestlé-Free Week Is Oct. 27-Nov. 2

International Baby Food Action Network (info: www.ibfan.org), which consists of more than 200 groups in over 100 countries, is leading a worldwide campaign as a reminder that the Nestlé boycott, started in the ’70s to protest the Swiss company’s marketing of baby formula in third-world countries, is still in effect. Nestlé is not the only violator of international marketing standards for breast milk substitutes, but it is the largest company to continue to do so.

Halloween offers many of us a fairly painless way to support the boycott — Butter Fingers, Baby Ruth, Nerds and Raisinets are among Nestlé’s candy brands, not to mention Nestlé Crunch!

Membership Corner

The Return of Kirsten

by Kirsten Bernal, Weavers Way Membership Manager

IT TURNS OUT MANAGING MEMBERSHIP IS like riding a bike. This summer, I began my new/old job as Membership Manager. I bring with me a great deal of perspective that I am eager to put to good use.

I first came to the Co-op eight years ago. I quickly came to realize what an extraordinary place the co-op is. In Prepared Foods, I had the pleasure of working directly with cooperators. In those days, work hours were a requirement of membership at the co-op, and I was struck by that unique opportunity for engagement.

Working membership went beyond wrapping cheese and bagging raisins,



Kirsten Bernal is our membership maven.

though. Co-op staff and members came together and connected in a shared effort. Members got involved in day-to-day store operations. They owned it. I observed authentic human experiences taking place, exchanges that are increasingly lacking in a culture that seems determined to disengage. Instead of automating processes and creating check-out lanes that can function without a cashier, we were forming relationships and interacting with each other. The co-op was more than a retail establishment. It was more than a place where we all come to buy our groceries. The co-op is community. It is connectedness. It is shared values, even if that value is the right to have a differing opinion while still coexisting.

Eventually, I moved on to become the purchaser for the Pet Store and, soon after, my impeccable printing garnered me the position of assisting the Membership Coordinator. I had the distinguished responsibility of writing big, red numbers and letters on member cards with a Sharpie. I tracked equity payments and work hours on the backs of those cards and filed them in drawers at the checkout counter. There was no database. There was no Online Member Center.

I grew to appreciate all of the processes, even the wonky ones, because I was aware of the evolution of membership and of how we built it, bit by bit. With that knowledge, I took over the Membership Department just prior to our expansion into Chestnut Hill. I accepted that challenge wholeheartedly. I am unabashedly meticulous and there is nothing that I love more than creating order in the midst of chaos. When I consider the growth we've accomplished in the Membership Department, I would say that things are pretty great. Due in large part

to the hard work and commitment of our staff and members, we have made great strides and we are seeking to make improvements all of the time.

I truly enjoyed my time as the Membership Coordinator, but I had been simultaneously working towards my education degree. In January of 2012, it was time for me to complete my student teaching. I left my role as Membership Coordinator, but I never really left the co-op. It may come as no surprise that an education degree is not very useful in Philadelphia these days. I joined the Wellness Department in the summer of 2012. When the opportunity was presented, returning to Membership was an easy decision.

We have come so far since the days of manual records, red Sharpies and paper work calendars! I have a terrific partner in our Outreach Coordinator, Bettina de Caumette. We are both excited for the future of membership and welcome member input. Please, feel free to contact me directly at member@weaversway.coop or 215-843-2350, ext. 119.

International Co-op Principles

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

And a statement of values:

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

- 1 Voluntary and Open Membership
- 2 Democratic Member-Owner Control
- 3 Member-Owner Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training and Information
- 6 Cooperation Among Cooperatives
- 7 Concern for Community



A Big Bag of Thank You

Here at Weavers Way, one of our goals is to help local animal rescue organizations. Anton Goldschneider (right), our pet food buyer, says, “I am happy to have helped connect our Wellpet rep Chuck Eiler with Co-op member Aminda Edgar, who runs Greene Street Animal Rescue in Germantown. Wellness will be donating two large bags of Wellness cat food to Greene Street on a monthly basis. Thank you, Chuck and Aminda, for helping our four-legged friends!”

Brats and Beer Night



Thursday, October 16 from 5 to 8 p.m.
In the backyard of Weavers Way Chestnut Hill

Join Iron Hill and Weavers Way for beer and brats. A buck a beer will benefit Chestnut Hill Meals for Wheels

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Staff Celebrity Spotlight: Jaxson Arnold

Working His Way Through Learning & Life

by Karen Plourde, Chestnut Hill Grocery Staff

FROM LATE SUMMER THROUGH THE SPRING, JAXSON Arnold becomes less visible on the front end at Weavers Way Chestnut Hill. But it’s all good, shoppers: He’s prepping for the day when he’ll be teaching or making art for a living. Jaxson, 23, is in his second year as an art education major at Arcadia University.

His road back to college has almost as many twists and turns as the first 14 years of his life.

The Mt. Airy resident was born in Dorchester, England, but at age 4, he relocated with his parents and older sister, Jade, to Anguilla, an island in the Caribbean east of Puerto Rico and north of Saint Martin. His parents divorced when Jaxson was 10, and about a year and a half later, Jaxson’s dad, Andrew, met Jocelyn Jones, a tourist from Philadelphia, and they started dating. In 2003, Jade and Jaxson visited Jocelyn in Philadelphia for two weeks. By that time, she and Andrew were talking seriously about marriage.

“I just remember, like, loving Philly right away,” Jaxson recalled. “Me and my sister both liked it . . . I remember her and I being on the plane taking off to leave Philly and I just remember her and I like, scream-crying as the plane is like, taking off.”

In 2005, by then married, Andrew and Jocelyn offered Jaxson the opportunity to continue his education in Philadelphia. Meanwhile, his mom, Yolanda, and her boyfriend, Tony, had a child together and they, along with Jade and Jaxson’s half sister, Mya, moved to England later that year.



Karen Plourde photo

Jaxson Arnold will be spending less time at the cash register in Chestnut Hill, more time in class at Arcadia.

Eighth grade was rough for Jaxson; high school, at Bishop McDevitt in Wyncote, was better.

“There was more options of people to choose from [at McDevitt],” he said. “So you’re still getting like, a--hole kids in the hallway . . . on the other side of that . . . you’re getting friendships, too.”

Jaxson got into Arizona State University, but he decided not to go there after doing some research on the resident bug population. “Literally, I was like, Googling ‘Does Arizona have bugs?’ and I read that they had scorpions,” he said. “I was like, I’m not going there.”

With college tabled for the moment, Jaxson decided he needed steady work. Assistant Chestnut Hill grocery manager Erin Harrington, whom he knew, suggested he apply to the Co-op, and he was hired in October 2010. He started taking classes at Community Col-

lege of Philadelphia in January 2011, then took another break from school a year and a half later.

Jaxson has always enjoyed art but rejected being taught. He now understands the value of instruction. “In order for me to create once I leave school . . . I have to learn the skills, and the only way I’m gonna get that is by doing things I don’t want to do,” he said.

Jaxson credits Weavers Way with helping him learn about the gay community and feel accepted for being gay. “I don’t feel guarded at all,” he said. “And that’s because a lot of the other people I worked with were gay.”

“I feel I matured at the Co-op, just ’cause that’s where you learn,” he added. “Being there, I became a part of the real world.”

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What’s What & Who’s Who at Weavers Way

The Shuttle

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Mt. Airy

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

Chestnut Hill

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

Across the Way

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

Next Door

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

www.weaversway.coop
contact@weaversway.coop

Follow us!   

Weavers Way Managers/Department Heads

Mt. Airy main number: 215-843-2350 **Chestnut Hill main number:** 215-866-9150

<p>General Manager Glenn Bergman, ext. 131 215-913-9437 (cell) gbergman@weaversway.coop</p> <p>Purchasing Manager Norman Weiss, ext. 133 normanb@weaversway.coop</p> <p>Marketing Director Rebecca Torpie, ext. 121 rtorpie@weaversway.coop</p> <p>Finance Manager Susan Beetle, ext. 110 sbeetle@weaversway.coop</p> <p>Human Resources Manager Jon Roesser, ext. 132 hr@weaversway.coop</p> <p>Membership Manager Kirsten Bernal, ext. 119 member@weaversway.coop</p> <p>Outreach Coordinator Bettina de Caumette, ext. 118 outreach@weaversway.coop</p>	<p>Executive Chef Bonnie Shuman, ext. 218 bonnie@weaversway.coop</p> <p>Mt. Airy Store Manager Rick Spalek, ext. 101 rick@weaversway.coop</p> <p>Chestnut Hill Store Manager Dean Stefano, ext. 212 dstefano@weaversway.coop</p> <p>Across the Way Manager Lisa Whitlock, ext. 114 lwhitlock@weaversway.coop</p> <p>Next Door Manager Amira Shell, ext. 220 ashell@weaversway.coop</p> <p>Pet Products Manager Anton Goldschneider, ext. 276 petstore@weaversway.coop</p> <p>Farm Manager Nina Berryman, ext. 325 nberryman@weaversway.coop</p> <p>Floral Buyer Ginger Arthur, ext. 317 floral@weaversway.coop</p>
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Weavers Way Community Programs

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

Director of Programs
Alison Hirsch
215-843-2350, ext. 312
alison@weaversway.coop

Farm Education Coordinator
Shelley Hedlund
215-843-2350, ext. 321
educator@weaversway.coop
www.weaversway.coop/wwcp

Advertise in the Shuttle

advertising@weaversway.coop

Weavers Way Welcome Meetings

Attend a Weavers Way Welcome Meeting, Get 2 Hours Work Credit!

Meetings start at 6:30 p.m., in Mt. Airy in the Community Room, 555 Carpenter Lane, or in Chestnut Hill at various locations (call for details). Current members who help host also get work credit!

RSVP: outreach@weaversway.coop or **215-843-2350 ext. 118.**

NEXT MEETINGS

Wednesday, Nov. 12 Chestnut Hill Friends Meetinghouse 20 E. Mermaid Lane	Wednesday, Dec. 10 Community Room 555 Carpenter Lane
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WEAVERS WAY FARMS AND SAUL HIGH SCHOOL PRESENT



4th Annual
**HARVEST
ON HENRY**

SATURDAY, OCTOBER 18 • 1 TO 5 P.M.

W.B. SAUL AGRICULTURAL HIGH SCHOOL, 7100 HENRY AVE.

Family Fun

FACE PAINTING - VEGETABLE CAR RACING

PUMPKIN - PAINTING, BOWLING, GOLF

SCARECROW MAKING, APPLE PRESSING

COW PLOP 50/50, PETTING ZOO, HAYRIDES



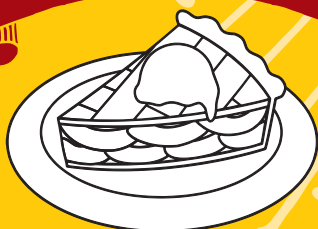
Live Music



Food Trucks

and more!

Pie Baking Contest



**TO REGISTER, VISIT:
weaversway.coop/pie**

HENRY GOT CROPS

A CSA PARTNERSHIP WITH:



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

THANK YOU TO OUR SPONSORS



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The Lowa Group, Inc.