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 Hirschman 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

Have you seen the fall markets?

Weavers Way Cooperative Association
www.weaversway.coop
599 Greene Lane, Philadelphia, PA 19119

Members, Staff, Board Reps Talk About Eden, Nestlé

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.

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 control.
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 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 perfect 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 and eating garbage, bugs and weeds forever, they make charming hummington noises and, raised right, are glad to see you when you bring watermelon rind.

**As for How Backyard Chickens Die,** (I’d like to mention here that Anton Schneider, laying-mash supplier to the October Grid magazine — along with photos of Maureen Breen, heAd sQuAwker)

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**Sweater Weather Lends Itself to a Picnic at the Beach**
by Shwawn 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 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 rust 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 vegetable rennet.
- Fig Cake with Almonds from Spain. A great pairing with any blue cheese. Gluten-free.
- La Querencia Prosciutto. Beautiful.

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

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**Preparing Fresh Pumpkin Pie**
Preheat your oven to 375°F.

Wash the pumpkin. Using a serrated knife, cut the pumpkin in half. Scoop out the seeds and strings and rub the cut surfaces with vegetable oil.

Place the pumpkin halves cut-side-down on an oiled, rimmed baking pan. Add about 1/3 inch of water to the pan and place it in the oven. Bake the pumpkin for about 30 minutes, then pull it out of the oven and pour off any water that remains.

Flip the pumpkin halves cut-side-up, brush the cut surfaces with honey and place the pumpkin back in the oven to roast for 10 to 15 more minutes, or until it is very soft when pierced with a fork.

Remove the pumpkin from the oven and set it aside for about 30 minutes or until it is cool enough to handle. Scoop out the flesh and puree it with a blender or food processor until it is very smooth. Use immediately or freeze for later.

---

**Note for extra-smooth pumpkin puree, first run the pumpkin flesh through a food mill, and then process it in a blender or food processor.**

**Variations:** Pumpkin can also be cooked in a microwave (15-25 minutes on high) or steamed (20-30 minutes).

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**Sweater Weather Co-op**

**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 pigs 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 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.

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.

WHAT’S IN STORE AT WEAVERS WAY

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 non-trans-fat-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 took up to a constitutary creamy texture and are arguably emboldened by chili, cumin and garlic.

3. LUNDBERG ORGANIC RICE — What’s chilli 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

May you not know a GMO from a GAC? 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 benefitting 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 Non-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 Sauerkraut 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, is moringa powder and capsules from Organic India. (Guess we can use all 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 Pennasuk, NJ’s own Paleogoods grain-free 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, toasts 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.

Karen Plourde@weaverswaycoop
Harry Potter Festival in Chestnut Hill

October 17th-18th 2014

For more information and a detailed Schedule of Events visit chestnuthillpa.com or call 215-247-6696. Most, but not all, events are free.

Fun for All Ages!

State Farm
Festival Sponsor

Community Partner

CHESTNUT HILL HOSPITAL

Visit www.amigoslink.org/philadelphia to start an application, request information, and begin your journey today!

E-mail amigosphilly@gmail.com or Call 215-800-7654 to chat with a local Amigos alum

Volunteer in Latin America!
Improve Spanish Skills!
Build A Global Community!

Go to www.amigoslink.org/philadelphia and begin your journey today!
There was a flurry of excitement as the group of students to visit the greenhouse. Teachers, WWCP staff hosted the first the only thing that ever has.” citizens can change the world; indeed, it’s a small group of thoughtful, committed Mead’s famous quote, “Never doubt that few months brings to mind Margaret MLK 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 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 the real world 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.
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 at national retail chains that do not provide any benefits and pay way below $10 per hour.

Adding a theater or large used and new book store to a community that’s starved for good books, space, public space or a bookstore like a Strand or Powell’s?”

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 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 location 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 Magnarity 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 retail property, with the window-intact. No major construction, room for seating outside on the Avenue, and a 10,000-square-foot market.

What are we 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.
• 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.

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?

megan@cww-law.com

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!
West Mt. Airy Blocktoberfest Is Right Around the Corner!

by Della Lazarus, for the Shuttle

COME JOIN YOUR NEIGHBORS ON SAT-
day, Oct. 11, for the third annu-
al Blocktoberfest, for a day of commu-
nity 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 ben-
efits the members that it serves.

In the morning, runners, joggers, walkers and spectators can enjoy a 5K race
to 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 Ur-
ban 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. Reg-
istration is only $25 until Oct. 5, $30 after
that date, $12 for 12 and under. Go to www.
wmam.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 associa-
tions 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-Ella 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. Every-
body had such a good time last year that
we enthusiastically signed up to do it again
this year.”

For more information about organiz-
ing a block party or to become a mem-
ber of WMAN, contact WMAN at www.
wmam.net.

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FEATUREING
• Newly renovated kitchens with stainless steel appliances
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BULK DEPARTMENT HAS EVERYTHING.
FROM SOAP TO NUTS.

National Bulk
Week is
Oct. 18-24

October 2014 THE SHUTTLE 7
Hammers Were Silent in FY 2014

by Glenn Bergman, Weavers Way General Manager

Weavers Way’s fiscal year ended on June 30. Our auditors were here in August and we will have audited results within a few weeks. In the meantime, I want to share with you preliminary results for FY 2014 — financially a very good year for the Co-op. It is important to note that this was a year when we didn’t have a major construction project under way. While we did expand operations in Chestnut Hill to Next Door in October, there was no major renovation or other project that required closing any store for a period of time.

Co-op sales increased 12.2 percent year over year and were 4.5 percent over budget. Mt. Airy sales were strong, with a 24.7 percent increase, in part due to the three-month closure in 2013 for renovations.

Gross margin (the profit on sales minus the cost of goods sold) was 37.0 percent, 0.6 percent better than FY 2013. We have not budgeted for this margin to change much in FY 2015, although we may realize some improvement due to the new warehouse buying program we have set up at SHARE.

Personnel costs as a percentage of sales decreased 0.4 percent as we worked to contain costs while increasing sales. A one-percent increase in personnel costs is planned for FY 2015.

In FY 2014, the Weavers Way Farms had a loss of just over $9,000. This is much less than in previous years, when losses were over $20,000 and $30,000.

Net income before taxes was about $424,904, a dramatic (400 percent) increase from FY 2013 when we reported net income of only $103,000. The biggest difference is the success of the Mt. Airy renovation and the addition of Next Door in Chestnut Hill.

The balance sheet shows that the Co-op’s cash improved by over $400,000. This is a 46-percent increase from last year even after paying down member loans by $90,000 and Valley Green Bank by an accelerated $100,000; providing staff bonuses of about $100,000; and spending $90,000 to expand Next Door and $40,000 for new ovens for the kitchen in Chestnut Hill.

The balance sheet also shows a sizeable increase in inventory, due primarily to increased sales and the addition of Next Door products.

If you are interested in more information about FY 2014 finances, I suggest you attend the Oct. 7 Weavers Way Board meeting to hear final results from our auditor. At that meeting, the Finance Committee will recommend a patronage rebate to members, and the Board will discuss the amount they are comfortable declaring. (This could change the amount of income tax, shown above at $109,857, that we pay.) I would guess that the FY 2014 patronage rebate will total $200,000-$300,000 and will be paid beginning in November or December.

One last note: Our FY 2015 projection is that we will have net income of $180,000 before taxes, about half of this year’s amount. Here are a few reasons:

- Increased starting wage for entry-level staff, from $10 an hour to $10.50.
- Cost of living wage increase of 3.5% (last given in FY 2013).
- Anticipated 10 percent increase in health insurance when our policy renews.
- New Chestnut Hill refrigeration system.
- Annualized costs for third-shift stocking in Chestnut Hill and an evening shift in the kitchen.
- Annualized payroll for Next Door.
- Added staff customer-service training.
- Market study for a third store location.

For more information about FY 2014 finances, please contact me at gbergman@weaversway.coop.

Weavers Way Co-op
Financial Summary
FY 2013, FY 2014

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Weavers Way Co-op

October 2014

Salon 90
90 Bethlehem Pike, Chestnut Hill
Adjacent to the R7 Train
EASY PARKING • TUSCAN INSPIRED INTERIOR

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Salon 90 at Nicholas & David
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Salon 90
215.242.2888 • WWW.SALON90.NET
90 Bethlehem Pike, Chestnut Hill • Adjacent to the R7 Train
Wed, Fri & Sat 9-5 • Tues-Thurs 9-8
Easy Parking • Tuscan Inspired Interior

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25% Off All Bellagio Frames by Glenn Bergman, Weavers Way General Manager

Back to School Sale! 267.670.0989
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Back to School Sale!
50% Off All Bellagio Frames
7125 Germantown Ave.
215-248-6070

Salon 90 at Nicholas & David
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‘As You Like It,’ ‘Richard II’ in Mt. Airy

Mt. AIRY’S QUINTESSENCE 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 thechce@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 Floraum Flowers, Glenn Bergman, CHCE member M.J. Fischer.
He Survived a Foodie’s Worst Nightmare

by Mel Marmer, Weavers Way Staff

\[ \text{YOU LOVE FOOD. YOU LOVE DRINK.} \]

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 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 visitation 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 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 the latter, and it could’ve been prevented by a vaccination!

A wonderful recipe for crème brulée follows treatment options. “Texture, flavor, evocation, drama. The custard will play the part of Love…” And later, chocolate mouse 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 ring a bell mounted on a plaque in the radiation treatment area in the best “Julius” (Jewish-Buddhist) tradition. When he strikes it, “the goddamn bell breaks and pieces go flying all over.” (The sound was perfect.)

Author Lynn Hoffman considers his future in “Radiation Days”

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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 to 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, providing 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 (!).

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

Pre-sale event at Big Blue Marble Bookstore

All our favorite books are on sale! Staff picks 15% off in October!

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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 moisture. 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.
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 attenuate vibrational imbalance of specific organs in the body that may manifest in the bioenergetic 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. Their sound creates a sine wave, which readily resonates with the crystalline 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.

In his book “The Healing Power of Sound” (Shambhala Press, 2002), oncologist Mitchell L. Gaynor documents how he uses singing bowls with cancer patients to enhance the results of chemotherapy and other treatments.

Getting More Information

The International Sound Therapy Association, the Harmonic Therapy Association, the Vibration 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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By Lawrence H. Geller, for the Shuttle

Sitting in our mini-bus in Santiagode 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 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, determination 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 Baiz, 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.”

Baiz 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, Africa — 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.”

We Americans have an ongoing con-
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 Alzugaray of Havana 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 Nuestra, 65, a Wall Street banker and Cuban 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.
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 flock of the Civil War. How it made its way up north is still debatable, but some say that it followed the flock of the Civil War. How it made its way up north is still debatable, but some say that it followed the flock of the Civil War. How it made its way up north is still debatable, but some say that it followed the flock of the Civil War. How it made its way up north is still debatable, but some say that it followed the flock of the Civil War. How it made its way up north is still debatable, but some say that it followed the flock of the Civil War.

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-grey 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 adaptation) flat rooftops in urban areas.

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 cleanup 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.

bmalinics@gmail.com
Dropping Off, Dropping In At PSPCA Erie Ave. Shelter

by Anton Goldschneider, Weavers Way Pet Store

In conjunction with PETAPALOOZA 2014, WEATHER 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 untreated 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

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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 malkabhi@yahoo.com for more information visit www.paipl.org.

Registration is $10. We encourage you to register ahead of time at www.paipl.org. Contact Cheryl Pyrch at 215-432-2825 or cpyrch@summitpres.net to learn more.

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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 and lends 1,200 tools every month. Have a tool in good condition you no longer use? The library currently needs more table saws, weed whackers, tile saws and cordless drills. To buy new tools and to keep memberships (currently $20 to $50 a year, depending on income) affordable, the Tool Library is also looking for partners and investors and has started an Indiegogo campaign. For more information, or if you’d like to buy a membership or give one as a gift, visit westphillytools.org.
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 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.

Larry Goldfarb photo
A pat for Nina after she officiated at last year’s Cow Plop Bingo.
HERARE THREE UNCOMMON EDEIBLE
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 fuzzy 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 Jostaberries (left), gooseberries (photo by Michaelann Vickery) and honeyberries (right) grow on small bushes that are easy to maintain.

Gooseberries
In 1920, gooseberries were banned from planting by federal law in the Unit ed 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.

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 de- licious. 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.

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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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Again, the birds love these ber- ries, and if you are not quick to harvest, they will beat you to the sweet fruit. The plants stay petty 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 pollina- tion and a decent harvest.

Email Ron at ronkushner@comcast.net or visit his website, www.ronsorganicgarden.com.
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 Catho-
lities 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 “tol-
erance” — 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 believe in.

I just wanted to restate my hope that we had only driven through it be-
cause if my conscience precludes the use of birth control, I must be closed-minded or anti-woman.

I was grateful for the opportunity to voice my concerns about a potential Eden Foods boycott at the enlightening article and some people’s opinion about this time, I felt the need to go communal.

This is a walkable community. Taking a stroll with your kids or friends to buy couple of items at the Co-op it is a very valuable experience.

Think about the carbon footprint of big-box stores, from their transportation to the way their food has been produced/ manufactured.

People in America would benefit from the understanding that if you want qual-
ity foods at the Co-op than go on a long vacation or buy a brand-new car ev-
ery 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.

Karen Rueda

I was a member of the Co-op. I am a working professional. I am a woman. And I am Catholic — one of those Catho-
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Karen Rueda
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)
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 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 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 Lake-wood Black Cherry concentrate again?”
r: (Heather MA) This item didn’t sell that well for us, but you can place a preorder for just three bottles. Fill out a preorder 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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Michele Cooley
THE COOLEY GROUP
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 support out Nestlé. … Nestlé in my opinion is a truly horrible company,” Weiss said.

“Ten years ago, we stopped selling Nestlé chocolate chips because Chris Swiftly, 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 chocolate manufacturer, the company has been exorcised 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 Peligrino sodas.

Board member Nathen 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 decisions. … 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
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
New Chefs Work on Their Chops at Enterprise Center
by Stephanie Kane, Weavers Way Local Program Coordinator

A t 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 their 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 food truck business. Would-be pre- neurs 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 love 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 Inquir- er’s Market Basket over the summer. We also carry MAD Cookies (Chesnut 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 entrepreneurs to get their small businesses off the ground, the many of the city’s food trucks use the Enter- prise 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

S OMETIMES THE LONGEST JOURNEYS ARE only a few steps, or 100 feet in the case of this month’s film, “The Hundred-Foot Journey.” Af- ter Kadampani (Hassan’s 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 on a small French street. 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 be- tween his family and the neighbors, Hassan crosses the street to cook for the competition, the fa- ther and deep-fried — delicious. For entrees, one person ordered the lunch special, which was defi-

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 Itha- ca, 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 Agri- cultural 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 expe- rience becoming food justice-certified by visiting www.greens tart.coop.

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 love 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 Inquir- er’s Market Basket over the summer. We also carry MAD Cookies (Chesnut 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 entrepreneurs to get their small businesses off the ground, the many of the city’s food trucks use the Enter- prise 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

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weaverswaycoop@gmail.com

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 formulas 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 Crunchi

Fair Trade Certification
For Food Made in the USA
Sue Wasserkrug, Co-Chair, Weavers Way Food Justice Committee

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

Unfortunately, the Fair Trade label does not apply to domestic food production. Yes, there’s or- ganic, and there’s local, but do you know how those local organic farm- ers feel about their enterprise? (Not exactly an 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 producers, 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 Jus- tice Certification label to verify that they adhere to certain standards re- garding 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 isus- 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 (aka CATA, El Comite de Apoyo a los Trabajadores Agricolas) in New Jersey were on hand to lead a discussion.

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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 formulas 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.

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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, 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

“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.”

And a statement of values:

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

Kirsten Bernal is our membership maven.

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

Iron Hill Brewery & Restaurant

Weavers Way Co-op
From late summer through the spring, Jaxon 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. Jaxon, 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 Jaxon was 10, and about a year and a half later, Jaxon’s dad, Andrew, met Jocelyn Jones, a tourist from Philadelphia, and they started dating. In 2001, Jade and Jaxon 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,” Jaxon 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 Jaxon the opportunity to continue his education in Philadelphia. Meanwhile, his mum, Yolanda, and her boyfriend, Tony, had a child together and they, along with Jade and Jaxon’s half-sister, Mya, moved to Englewood Cliffs, New Jersey.

Eighth grade was rough for Jaxon; high school, at Bishop McDevitt in Wyncote, was worse.

“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.”

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

Jaxon 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.

Jaxon 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.”

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

Follow us!

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

TO REGISTER, VISIT: weaversway.coop/pie

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