

## agenda



### EAT & GREET

### BUSINESS MEETING 4:30-5:00

- President's Welcome and Report
- Approval of Spring 2015 General Membership Meeting Minutes
- General Manager's Report
- Weavers Way Community Programs Report

### MEMBER Q&A 5:00-5:20

### KEYNOTE SPEAKER 5:20-5:50

**Emily Moscato, Ph.D., Assistant Professor at St. Joseph's University.** Dr. Moscato's



research around food examines how consumers' decisions are heavily influenced by environmental cues with important consequences for health, consumption and public policy. She will focus on how these cues nudge purchasing, consumption and disposal decisions so as to better equip our membership with the knowledge needed to navigate the

increasingly confusing world of the grocery aisle. There will be time at the conclusion of her presentation for questions.

### CAKE & CONVERSATION 5:50-6:20

RSVP to [member@weaversway.coop](mailto:member@weaversway.coop) or call 215-843-2350, ext. 119.

## Weavers Way Fall General Membership Meeting Walk & Talk in the Woods SATURDAY, OCT. 10, 4 P.M.

The Schuylkill Center  
8480 Hagy's Mill Road  
Philadelphia

**D**ARE WE ACTUALLY SAY IT, BUT IT SEEMS AS THOUGH THE SUMMER MIGHT FINALLY BE BEHIND US. Gone are those sultry days. Autumn is upon us in all her cool, colorful glory, and what better way to celebrate than to stroll through the fields and forests of Northwest Philadelphia. Commune with nature and your fellow member-owners over good eats and a bit of business at the Weavers Way Fall General Membership Meeting at the Schuylkill Center, 8480 Hagy's Mill Road, on Oct. 10, beginning at 4 p.m.

The meeting will feature updates from Board President Chris Hill, General Manager Jon Roesser and Weavers Way Community Programs Program Director Jackie Schrauger, with time afterward allocated for discussion and member questions.

Following the business portion of the meeting, Dr. Emily Moscato, assistant professor at St. Joseph's University will give a presentation focusing on how the language around food influences consumers' decisions, so as to better equip you with the knowledge you need to navigate the increasingly confusing world of the grocery aisle. There will be time at the conclusion of Dr. Moscato's presentation for questions.

Stick around afterward for cake, conversation and more communing with nature. We hope to see you there! RSVP to [member@weaversway.coop](mailto:member@weaversway.coop), or call the Membership Department at 215-843-2350, ext. 119.

## Turkey, Turkey, Turkey!

We're giving away three Esbenshade's birds, complete with \$25 Weavers Way gift cards to complete your Thanksgiving larder!

Enter in store or online through October.  
Visit [www.weaversway.coop/turkeys](http://www.weaversway.coop/turkeys).

## Gleaning in the 21st Century

by Sue Wasserkrug, Weavers Way Food Justice Committee

**G**LEANING" IS ONE OF MY FAVORITE words. I like the sound of it, and the way my mouth feels when I say it. I also really like the famous 19th-century painting by Jean-Francois Millet. There's something both somber and hopeful on that piece of canvas. But mostly, I like what "gleaning" means: to collect bit by bit; to gather leftovers, particularly after a harvest. I like the no-nonsense efficiency of that activity.

I don't understand why gleaning is



## Food Justice Committee

not more mainstream. We hear so much in the news about food waste, and gleaning could really help combat that problem. Just as communities have created effective infrastructure to support widespread recycling of glass, plastic, paper and metal, I wish there were a similar,

(Continued on Page 10)

## INSIDE

What's in Store . . . . .	2	Mt. Airy Village Fair . . . . .	14-15
Five Things . . . . .	2	The Passionate Gardener . . . . .	17
Weavers Way Community Programs 4-5		Environment Committee . . . . .	18
Education Committee . . . . .	6	Health and Wellness Committee . . . . .	22
GM's Corner . . . . .	7	Weavers Way Calendar . . . . .	28
Harvest on Henry . . . . .	11	Cooperator of the Month . . . . .	26
Co-op Specials . . . . .	14	Staff Celebrity Spotlight: . . . . .	27



## Editor's Note

by Mary Sweeten, Editor,  
Weavers Way Shuttle



SO LAST MONTH, I GOT TO GO TO A trade show. The great thing about working at Weavers Way is that the trade shows you get to go to involve walking around and trying samples of food. Hey, someone has to do it, although it does make for sore feet. I guess convention center floors are designed with forklifts in mind, not muscle and bone.

One of the keynoters at the Natural Foods Expo East was Joel Salatin, and for all the free food in the aisles, that was really the reason I drove to Baltimore. If you can't place the name, Salatin is the wacky self-proclaimed grass farmer from the Shenandoah Valley you read about in "The Omnivore's Dilemma."

Yes, he is wacky on stage – though with more than 100 appearances a year, working his mantra of saving the family farm through high tech, low tech, any tech other than Big Tech, he gets plenty of opportunities to polish his shtick. (How is it, by the way, that this was the first time I ever heard the line, "Behind every successful man is an astonished woman"?)

Salatin doesn't much care for Big Government (one of his books is titled, "Everything I Want to Do Is Illegal"), including, as he calls them, USDuh and FDuh. In his talk, which was organized around current "orthodoxies" he hopes will have our grandchildren shaking their heads in disbelief in the future, he argued that "sterile = safe" is wrongheaded and that we're paying for cheap food with expensive health care. He wants consumers to spend more money on food, and he wants more people making good livings being farmers. (He claimed there are twice as many people in prison in the United States as there are on the farm. I didn't check that but it sounds about right.)

And while his labor-intensive Polyface Farm has a "high eyeball-to-acre ratio," he is, as he will tell you himself, no Luddite. The industrial-military complex may have jump-started chemical-based agriculture after World War II, but advances in compost-

(Continued on Page 8)

The Shuttle is published by  
Weavers Way Cooperative Association.

### Statement of Policy

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

Weavers Way members are welcome to submit articles or Letters to the Editor. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January. Articles should be 500 words or less; letters should be 200 words or less. Articles express the views of the writers and not those of the Co-op or its Board, unless identified as such. No anonymous material will be published, and all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or Letter to the Editor. Submit to [editor@weaversway.coop](mailto:editor@weaversway.coop).

### Advertising

Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January. Ad rates are available at our stores, online at [www.weaversway.coop/shuttle](http://www.weaversway.coop/shuttle), via email at [advertising@weaversway.coop](mailto:advertising@weaversway.coop) or by calling 215-843-2350, ext. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.



The Shuttle is printed  
on 100% recycled paper.

## What's in Store at Weavers Way

### New on the Shelves

by Karen Plourde, Weavers Way  
Chestnut Hill Grocery Staff

#### Finds for the Furry & Feathered

**Everyday bargains on Holistic dog food, and Tiki Cat upgrades kitty's daily fare.**

Attention dog owners: There are new deals on Holistic dog food Across the Way. Their two flavors are \$11.99 for the five-pound bag and \$49.49 for the 26-pounder — a real savings from the same products at other stores. Both are grain-free and feature a digestive support system that contains pre- and probiotics.



There's good news on the cat food front, also. Tiki Cat is a high-grade, low-carb, grain-free canned food that strives to include the fish and meat parts that Miss or Mr. Puss will like best. Available in two varieties.

#### Goings On in Grocery

**Some new bottled spices in the Hill, and Mt. Airy has added a vegan mayo.**

As part of the reset of much of Grocery in Chestnut Hill last month, bottled spices relocated to their own set of shelves next to bulk. That opened up space for Ceylon cinnamon (a customer request), adobo and smoked paprika, all from Frontier. In addition, Chestnut Hill



now carries Simply Organic Spice Right blends, which offer a dash of something extra to your dishes. There are four types, including an all-purpose salt-free version.

In Mt. Airy, there's a new mayo on the block. It's vegan and made by Hampton Creek, the Just Mayo people. They've also added a sriracha version. Prepare your sandwich accordingly.

#### All Wellness & Good

**Truce cream soothes aches and pains, and Badge Bomb buttons and magnets dress you up — and your fridge, too.**

For natural relief from the aches associated with an afternoon of raking leaves, look no further than Across the Way, where we're now stocking Truce pain relieving cream from Radnor. Truce uses magnesium sulfate and other organic healing ingredients to help control inflammation. And it has the same menthol smell of that other stuff with the guy's name.

If you're looking to add whimsy to your outerwear, bags, refrigerator door or filing cabinets, check out the buttons and magnets from Badge Bomb at ATW and Next Door. They hail from Portland, OR, and are made from 100 percent post-consumer recycled paper and 65 percent recycled steel. Chances are you'll find a button or magnet pack that speaks to you.



#### Picks in Produce

**Mostly local hard squash is here, and did we mention apples?**

Sharpen your implements — it's time to plan for that pumpkin you'll carve up on a pleasant fall afternoon without making it look like it's had a horrible accident. But don't stop there, with pumpkin bread to make and some fine recipes for pumpkin black-bean chili out there. Not to mention acorn and butternut squash to delve into.

Meanwhile, apple season keeps rockin' on. I'm looking forward to Cameos, and there are still others on the way. Try 'em all for 99 cents a pound on Wednesdays and Thursdays (except Honeycrisp, sorry). Can't beat that with a cornstalk. And cider doughnuts. You remember those, don't you?

*kplourde@weaversway.coop*

## 5 THINGS

Five Things is a service of Weavers Way.

Because there's nothing that can't be improved by something you bought at the Co-op!

### Five Things...For Some Eagles Football

Chip & Company will have us riveted through December, and beyond (we hope). Here's a guide to gear for Game Days.



1

**Martin's Specialty Sausages** — Made in Mickleton, NJ. Fresh Italian pork, andouille, turkey and enough varieties of chicken sausage to please players on both sides of the ball. Selection varies by store.



2

**Green Mountain Gringo tortilla strips** — Built all the better for serious dipping. In blue corn, white corn and original flavors, all GMO-free.



3

**Wing Time buffalo wing sauce** — It'll cling to your Bell & Evans wings or chicken tenders. Or seitan. Near the BBQ sauces in Chestnut Hill.



4

**Jolly Pets Monster Mouth treat dispensing toys** — Fido can go long and munch on yummys once he makes the reception. In three sizes at the Pet Store Across the Way.



5

**Field Day Napkins** — For cleaning up from the wings, or mopping up after you spilled your beer when the \*@#\$! ref blew the call.



# What's in Store at Weavers Way

## How to See How Much You Saved.



**Coop deals**  
Twice-a-month Co-op Deals.

**Coop basics**  
Everyday low prices on the things you buy most frequently.

**member specials**  
Working members get 5% off!

**FOOD FOR ALL Senior Discount TUESDAYS**  
Food for All and Senior Discount Members get 10% off!

**EASYPAY Credit Accounts**  
An EasyPay Account saves the Co-op money on credit card and debit fees.

**weavers way brand**  
5% Weavers Way branded items.

**Weavers Way Co-op**  
Weavers Way Co-op Mount Airy  
559 Carpenter Lane  
Philadelphia, PA 19119  
(215) 843-2350  
\*\*\* Duplicate \*\*\*

Ticket # 2748814 0 / 0  
09/04/2015 10:05 am User:566

Item	Qty	Price	Ext.
BACK TO NAT HARVST W	2	\$2.50	5.00
FIELD OG TOMATO BASI	1	\$2.99	2.99
APPLEGATE HERB RST T	0.50	13.49	6.75
CLEMENTINES 2 LB	3	\$5.99	17.97
MERRYM MILK 2% 64 FL	1	\$2.89	2.89

Sale subtotal \$35.60  
Work. Member Discou \$-1.78  
Food For All Discou \$-3.56  
Tax \$0.00  
Total \$30.26

Payments  
Cash \$30.26  
You spent \$2.89 on products from local farms and producers

999899  
Mr. Weavers Way Member

EasyPay Account Balance \$5.16  
Any item returned must be accompanied by a receipt.

Member Benefit:  
5% OFF Weavers Way Farm produce, WW Blend One Village Coffee, WW brand vitamins, snacks, and Philly Fresh Pickles ALL THE TIME!

2748814

## The Chicken, Our Eggs and The Avian Flu



NCG photo

by Paul Cantagallo, for the Shuttle

OVER THE SUMMER, ONE OF THE worst outbreaks of avian flu in North America forced poultry producers to euthanize around 50 million chickens and turkeys. Since the virus and the mass exterminations it provoked most strongly affected the egg-laying hen population, the price of wholesale chicken eggs rose to the highest level since the government began tracking national poultry prices in 1937. Consumers in grocery stores across the country experienced sticker shock as not only cartons of conventional eggs but products using liquid eggs rose sharply in price, in some cases doubling within one month.

And we may not have seen the last of avian flu this year. Experts believe the summer outbreak originated in wild birds migrating in the Pacific Flyway; migration patterns and weather changes suggest the virus could arrive in commercial poultry farms in the southeast in the fall.

As a devoted Co-op shopper, you may have heard of the avian flu outbreak, but you may not have noticed these dramatic

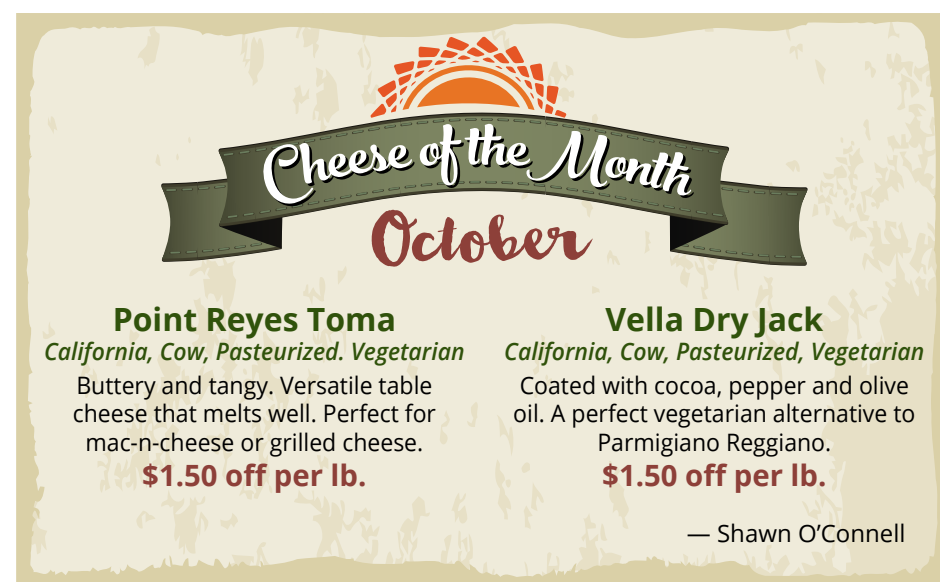
(Continued on Page 24)

## New Big Cheeses For Mt. Airy and Chestnut Hill

YOU MAY HAVE NOTICED, THERE ARE a couple of new big cheeses in town. Well, one for each town, with Shawn O'Connell taking over the deli in Mt. Airy, and Matt Budenstein the new deli manager in Chestnut Hill.

Shawn used to run the deli in Chestnut Hill and came to Mt. Airy after former deli manager Margie Felton left to open a restaurant.

A Delaware County native and Fish-town resident, Shawn has worked at the Co-op for three years. After college, she apprenticed with a caterer, "because I like to cook a lot but I wanted to learn to do things for real." She got to know cheese working at the Ardmore Farmers Market. "I worked at a flower stand, actually, but I got to bring home lots of great stuff to try," she recalled. "I got to know Jack from Downtown Cheese" — that would be Downtown Cheese in the Ardmore Farmers Market and the Reading Terminal Market — "eventually started working for him, and that's where I learned



**Cheese of the Month**  
**October**

**Point Reyes Toma**  
California, Cow, Pasteurized, Vegetarian  
Buttery and tangy. Versatile table cheese that melts well. Perfect for mac-n-cheese or grilled cheese.  
**\$1.50 off per lb.**

**Vella Dry Jack**  
California, Cow, Pasteurized, Vegetarian  
Coated with cocoa, pepper and olive oil. A perfect vegetarian alternative to Parmigiano Reggiano.  
**\$1.50 off per lb.**

— Shawn O'Connell

cheese." Before coming to Weavers Way, she was the cheesemonger at the now-closed Farmer's Cabinet, a restaurant in Center City.

She's looking forward to doing some research to get to know more about vegetarian cheeses — cheeses that use vegetable and microbial rennet, as opposed to animal rennet — so she can offer more of them.

Matt comes to Chestnut Hill from Salumeria at the Reading Terminal, where he ran the cheese and charcuterie program for two years. His serious cheese education started farther downtown, however, at DiBruno's on 9th Street, where he

worked for a year. "I kind of stumbled on it by accident while I was shopping there and they decided to hire me," he said.

A food lifer, the Bucks County native and South Philadelphia resident worked as a dishwasher in high school and at a bar and grill throughout college. "I actually kind of wanted to be a chef growing up, and I hope to work in food for the rest of my life," he said. As for what's in store in the Chestnut Hill deli, "I'm lucky in my career in food so far to know a lot of the producers I work with. I'd love to make it more local, I'd love to work with a lot of the local farmers I already have a relationship with."



Shawn O'Connell



Matt Budenstein



# Weavers Way Community Programs

## TENTH ANNUAL URBAN FARM BIKE RIDE

Growing Together, 25th and Dickinson.



Mark Klempner photo

Las Parcelas, Norris Square.



Jill Fink photo

Cloud 9 Farm atop Guild House.



Frankie Pandolph photo

Community Farm at Bartram's Garden.



Mark Klempner photo

Saturday Sept. 19, was a great day for urban agriculture, with 175 riders, volunteers and farmers. Thanks to our sponsors: Lindy Communities, Equal Exchange, the Co-op, Clif Bar, Digital Innovation, Philadelphia Brewing Company, Inspire Energy and Awesome Dudes Printing.

Open Kitchen Sculpture Garden in Kensington.



Jill Fink photo

Pedro Ospina discusses Open Kitchen's clay oven.



Jill Fink photo

Ride begins at Philadelphia Brewing Company.



Frankie Pandolph photo

# LYRIC FEST - Fall 2015

Concert Season [www.lyricfest.org](http://www.lyricfest.org) 215.438.1702

### La Dolce Vita - Italian Songs

Friday, October 2, 2015, 7:30pm  
at The Presbyterian Church of Chestnut Hill  
Sunday, October 4, 2015 at 3pm  
at The Academy of Vocal Arts



### The Raven - A Poe Fest

Song Settings of Edgar Allan Poe  
Sunday, November 8, 2015, 3:00pm  
at The Academy of Vocal Arts



### Sibelius celebrates 150 - in Song

Happy Hour and Mini Concert  
Tuesday, December 8, 6 pm  
at The Academy of Vocal Arts





# Weavers Way Community Programs

## New Programs, People & Nonprofit Status for WWCP

by Mira Rabin, Board President,  
Weavers Way Community Programs

IN MAY 2014, WHEN I WROTE THE INTRODUCTION to WWCP's strategic plan, I said it was time for Weavers Way Community Programs to think and grow strategically, that is, to really look at our mission, programs and infrastructure to make sure we are serving the people who need us, and doing so in an effective and sustainable way.

I am happy to report that, less than 18 months into our implementation process, we are reaching more people than ever with our innovative programming, and are stronger than ever. Here are some highlights of where we are and where we are going:

**Programs:** Our farming and nutrition programs for young people at Saul High School and at Stenton Family Manor continue to grow, and two new programs — working with intellectually disabled students at Martin Luther King High School, and with adults at Stenton — have been enormously successful. In the coming year, we will expand our offerings for adults at Stenton, and continue to seek ways to make a difference in the lives of children and families in emergency housing, possibly at an additional site.

**Staff:** Under the leadership of Executive Director Jill Fink, we have been able to hire and retain outstanding educators, farmers and administrators, to pay them a living wage and to give them opportunities for professional development. This year, we will hire a nutrition educator and a part-time development associate.

**Board/Infrastructure:** As part of our strategic goals, we applied for and received independent nonprofit status from the

“ I’m happy to report that we are reaching more people than ever with our innovative programming, and are stronger than ever. ”

IRS — a status we previously had as a “service group” of Mt. Airy Community Services Corp. This changes nothing about how we operate, but allows us to streamline our grant application process, our fundraising and our accounting.

As a result of our success in fundraising, we have been able to build our operating reserve, in keeping with best practices for nonprofit organizations.

We welcomed two dynamic new board members — Tim Clair, senior director for operations and planning at the Fairmount Park Conservancy; and Jocelyn Arnold, deputy director of the City of Philadelphia’s Office of Grants — and welcomed back Glenn Bergman, former

Weavers Way general manager and now executive director at Philabundance.

In the coming year, we will embark on a marketing/branding process to better tell our stories and celebrate our successes.

**Close Partners:** As always throughout our existence and moving forward, our relationship with Weavers Way Co-op is central to our identity. We are thrilled to be working with Jon Roesser, the staff and members to fulfill the missions of both organizations. Giving Tuesdays, the Urban Farm Bike Ride, our signature Farm to Table Dinner and our annual appeal provide opportunities for Weavers Way members to keep their giving local and to strengthen their community. In the coming year, we hope to enlarge opportunities for members to directly engage with our work, as volunteers and mentors.

To learn more about WWCP, visit our website at [www.weaversway.coop/wwcp](http://www.weaversway.coop/wwcp).

## Giving Tuesdays!

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

When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support WWCP programs and services. Your support enables WWCP to provide a wide range of farm education and nutrition programs to local children.

### WEAVERS WAY COMMUNITY PROGRAMS

608 Carpenter Lane  
215-843-8289

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

**Executive Director**

Jill Fink  
jill@weaversway.coop

**Program Director**

Jackie Schrauger  
jschrauger@weaversway.coop

**Development & Operations Associate**

Angela Faranda  
afaranda@weaversway.coop

**Youth Education Coordinator**

Tara Campbell  
tcampbell@weaversway.coop

**Farm Educator**

Melissa Powell  
mpowell@weaversway.coop

**Farm Manager**

Andrew Turner  
aturner@weaversway.coop

# THE PHILLY MART



MANAYUNK'S OPEN AIR ARTISAN MARKET  
SEPTEMBER 12 ■ OCTOBER 10



ART • FOOD TRUCKS • HANDMADE • VINTAGE

1 RECTOR STREET  
VENICE ISLAND RECREATION PARK  
BEHIND MAIN STREET

win our \$100. shopping spree!  
enter at : [thephillymart.com](http://thephillymart.com)  
#thephillymart



let's socialize



#MORRISARBORETUM

## JOIN US FOR fall fun!

LEARN MORE AT:  
[www.morrisarboretum.org](http://www.morrisarboretum.org)

Fall Festival Weekend  
Saturday, October 3 and  
Sunday, October 4, 10:00am – 3:00pm

Build a scarecrow, paint a pumpkin, meet animals from the Elmwood Park Zoo. Free with regular admission. Some activities have an additional fee.

**Morris Arboretum**  
UNIVERSITY of PENNSYLVANIA

100 E NORTHWESTERN AVE, PHILADELPHIA 19118 • (215) 247-5777 • [WWW.MORRISARBORETUM.ORG](http://WWW.MORRISARBORETUM.ORG)

Scarecrow Walk  
Saturday, October 3 through  
Sunday, October 25  
(One week longer this year!)

The scarecrows are here! More than 30 scarecrows along Oak Allée. Come vote for your favorite in the “Famous Art & Artists” theme to determine which ‘crows win ‘Best of’!

Bloomfield Farm Day  
Sunday, October 18, 12:00 – 4:00pm

Celebrate Bloomfield Farm’s agricultural history. Along with demonstrations, music, food, and a few animals, visit the restored Springfield Mill, originally constructed in 1760, and now grinding corn to produce meal. Muffins baked on site.



# Book Discussion Prompts Forum on Preparing for Aging

by Larry Schofer, Weavers Way Education Committee

**B**OOK GROUP SESSIONS ABOUT “BEING MORTAL” BY ATUL Gawande have grown into community discussions of the larger issues of living independently, living alone, services to the elderly, preparing for old age and a host of associated topics.

As reported in last month’s Shuttle, Weavers Way is partnering in a health-care forum on planning for the future, to be held Sunday, Nov. 8, from 1 to 4 p.m. at the Unitarian Society of Germantown, 6511 Lincoln Drive. Along with USG, the other participating organizations are Northwest Village Network and My Way.

Advance care directives are intended to respond to general questions such as when is it time to let go? How do we talk to doctors who do not have the training to talk with us? How do we handle “sticky” issues, such as dementia and inability to age in place?

There are many different kinds of families, and many different kinds of facilities. Dealing with these issues is intensely personal and family centered, but there are a number of general issues that can be explored through such means as this forum,

which will consist of a facilitated discussion among several health professionals, to be followed by small group discussions of the issues raised there.

In order to prevent the discussion from being too diffuse, the organizing committee has decided to focus on the following:

**MEDICAL:**

- What is the current medical perspective regarding end-of-life care?
- Palliative care as end-of-life care

**FAMILY AND CAREGIVERS:**

- Emotional and spiritual components of personal conversations
- Mechanics, forms, advocates of end-of-life care

The event is free and open to the public. The organizers see the forum as the basis for addressing needs here in Northwest Philadelphia; some of these issues will be dealt with in Weavers Way in the familiar workshop forum for small groups sponsored by the Weavers Way education committee.

[edcomm@weaversway.coop](mailto:edcomm@weaversway.coop)



## Education Committee

**We’re looking for a few good member workshops.**

Share your expertise and interests with other Co-op members, and get work credit too. What can you offer to others? Topics are unlimited.

Contact the Weavers Way Education Committee at:

[edcomm@weaversway.coop](mailto:edcomm@weaversway.coop)



Join Us for an Evening of Great Food, Entertainment and Drinks at our Annual Fundraiser to Celebrate Mt. Airy Excellence

**October 17, 2015 from 7:00 - 11:00 PM**

at the Brossman Center at The Lutheran Theological Seminary  
7301 Germantown Ave., Philadelphia, PA 19119

Featuring delicious cuisines from around the world that reflect the diversity of Mt. Airy; open beer and wine bar, live music and dancing!



Make Your Reservations and Donations online at [atoasttomtairy.com](http://atoasttomtairy.com)

We are looking forward to seeing you on October 17, 2015!

1 GUEST = \$100 or 2 GUESTS = \$150  
For an evening of food, drink, dancing and fun!

Contact [atoasttomtairy@gmail.com](mailto:atoasttomtairy@gmail.com) with any questions

**East Mount Airy Neighbors (EMAN)**

Founded in 1966 as a response to changing population patterns in Northwest Philadelphia, EMAN has been steadfastly committed to “Making a Good Community Better”.

We believe that people are the most important part of the community, and have a core commitment to justice and fairness. We work in partnership with the city and local organizations to maintain and improve the quality of life for residents, businesses, schools and other institutions in Northwest Philadelphia, and encourage projects that will bring positive growth to the neighborhood.

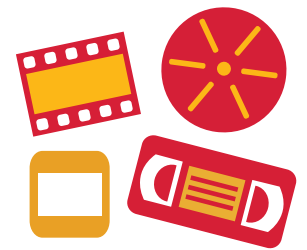
EMAN stands ready to respond to problems and think creatively about the future of East Mt. Airy!

Visit [eastmountairy.org](http://eastmountairy.org) for more information.



from **PHOTO**Lounge

Now in Chestnut Hill at the **Market at the Fareway**, behind the hotel



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

**Jay Tarler** 215.421.3863  
[jtarder@verizon.net](mailto:jtarder@verizon.net)

Serving Small Businesses, Individuals, and Organizations

**Mr. Fix It Computer Services**

Consulting, On-Site Service, Education, Upgrades, Software Installation, Network Installation and Trouble Shooting, Virus Removal, Virus Protection, Disaster Prevention and Recovery

**DO WE HAVE YOUR EMAIL?**



Don't miss out on important membership info, such as rebate announcements. Log in to the online Member Center and add your email address NOW. Need help? Contact Kirsten at [member@weaversway.coop](mailto:member@weaversway.coop) or 215-843-2350, ext. 119.

**Now accepting all major credit cards.**

**Gerard A. Plourde**  
Attorney at Law

Wills ■ Estate Administration ■ Real Estate Transactions  
Veterans Matters  
Misdemeanor Criminal Matters ■ Small Claims Court

Phone (215) 843-8203  
Mobile (215) 901-7222

Consultations at your location



**Locally Grown**  
Rebecca Buffum REALTOR®  
Making People feel at Home...

**BERKSHIRE HATHAWAY** | **Fox & Roach, REALTORS®**  
HomeServices

office: 215-247-3750 direct: 267-285-1456  
[rebecca.buffum@foxroach.com](mailto:rebecca.buffum@foxroach.com)



GM'S CORNER

# What's in a Name — or a Label?

by Jon Roesser, Weavers Way General Manager

I'VE BECOME SOMEWHAT OF A GROCERY tourist. Some people visit museums, others take cruises, I spend my free time poking around grocery stores. I admit this is may be unhealthy.

Last month, I visited Aldi. If you're unfamiliar, Aldi is a discount grocer, specializing in low prices and a limited, no-frills service model. Aldi's shoppers care about price, nothing more.

Or so I thought. For as I perused the aisles of cheap peanut butter, breakfast cereals and canned vegetables, my eyes were drawn to a seemingly incongruous Fair Trade symbol on a bag of coffee.

I did a double-take, but there it was: retailing for \$4.99, a 12-ounce bag of "Fair Trade Dark Roast Coffee" featuring the seal of approval from Fair Trade of America. There was no explanation on the packaging as to what made it fair trade, and the only other place fair trade was mentioned on the entire package was in the ingredients: "100% Fair Trade Coffee."

Well, with my wallet \$4.99 lighter, I took this 12 -ounce bag to the Co-op and thrust it into the face of anyone who was unlucky enough to be around. "Aldi," I proclaimed, with a mixture of admiration, skepticism, and alarm, "is selling

Fair Trade coffee!"

Now it turns out the coffee was pretty terrible. *Jus de chaussettes*, as the French would say. I'm no coffee snob, but Aldi won't get another \$4.99 out of me for that sock juice.

But that doesn't change the fundamental truth that the executives at Aldi have concluded that their shoppers, people for whom price is paramount, care enough about Fair Trade that they're offering it on their shelves, right next to the regular coffee (\$3.99, and presumably just as ghastly).

Fair Trade, it turns out, matters, and not just to people who shop at the Co-op. It matters to more and more people all the time. And not just Fair Trade. Words like "Natural," "Organic," "Sustainable" and "Ethical" all are finding their way onto more food labels in more stores every day.

From the back of a bag of chocolate chips in my kitchen cupboard: "We have co-created an ongoing program to develop a more ethical and sustainable cocoa supply . . . our cocoa beans are grown in a socially and environmentally responsible manner."

These chocolate chips are Costco's Kirkland Signature brand. No third-party certifications are provided to verify their claims, but we the customer should know "that when you purchase Kirkland Sig-

nature semi-sweet chocolate chips, you support a cocoa program that improves crops and helps farmers."

Well, I hope that's true. Is it? And is that bag of coffee from Aldi really Fair Trade? What, exactly, does that mean?

If you've found food labeling, food certifications and food buzzwords to be bewildering, I have good news and bad news. The good news is that you're not alone — it is bewildering. The bad news is that things are only going to get worse. Much worse.

As corporations like Aldi and Costco have figured out, consumers want to feel good about the products they buy even if, fundamentally, they still base their purchase on price. So you can count on food labels to become increasingly crammed with all kinds of language and certifications to make you feel good about your purchase.

What to do?

For starters, you really can trust the Co-op. Many of the grocery products we carry are marked with the same confusing food-marketing language you'll find anywhere, but the local products we sell have all been carefully vetted by our buyers, who serve as your consumer agents. Whether it's apples from Solebury Orchards, a Thanksgiving turkey from Esbenshade, or vegetables from our own farms, the local products offered at the

“  
Fair Trade matters, and not just to people who shop at the Co-op. And not just Fair Trade — words like “Natural,” “Organic,” “Sustainable” and “Ethical,” all are finding their way onto more food every day.

Co-op represent the very best option for consumers who want to feel good about the products they buy.

Also, come to the General Membership Meeting on Oct. 10 at the Schuylkill Center. Our guest speaker is St. Joe's food marketing professor Dr. Emily Moscato. Dr. Moscato will be giving a presentation to help us navigate the grocery aisles. It should be interesting. I'll be speaking at the meeting too, a most assuredly less interesting presentation.

See you around the Co-op.

*vroesser@weaversway.coop*

## October's Featured Rental Listings

**ME** Martin Elfant Inc. REAL ESTATE



**West Mt. Airy · 6 Br · \$3,000**  
Must see architectural beauty! 5,500 sq. ft. Fully detailed and upgraded. 3.5 baths and 3 car garage.



**Chestnut Hill · 2 Br · \$1,350**  
Located on Germantown Avenue. Free off-street parking! Walk to shops, dining and train.

Elfantre.com / 215 844 1200 / Mt. Airy

## Direct | Mortgage Loan Company

Serving Real Estate Investors And Developers -In the Philadelphia Area Since 1962-

ACQUISITION / REFINANCE  
REHAB / NEW CONSTRUCTION

DMLC-Lending.com / 215 844 1200 / Jared@Elfantre.com



# BARKING ON RELATIONSHIPS

We love Valley Green Bank, now a division of Univest Bank and Trust Co., where we are always welcomed and treated with loving customer service. It is one of our favorite places to visit when we are out and about.

GREAT PEOPLE YOU CAN COUNT ON!

MT AIRY BRANCH HEAD TELLER, VIRGINIA D'AMBROSIO, WITH RHYS AND CAELI, MEMBERS OF THE KARAOULIS FAMILY

VALLEY GREEN BANK

A DIVISION OF UNIVEST BANK AND TRUST CO.

ValleyGreenBank.com

MT AIRY | 215.242.3550  
CHESTNUT HILL | 215.242.1550  
SOUTH PHILADELPHIA | 215.462.2265  
RADNOR | 610.995.2265  
CENTER CITY | 215.569.2265





# Join Interfaith Climate Activists at Annual Conference

I urgently appeal, then, for a new dialogue about how we are shaping the future of our planet. We need a conversation which includes everyone, since the environmental challenge we are undergoing, and its human roots, concern and affect us all.

*Pope Francis, "Laudato Si — On Care for Our Common Home"*

POPE FRANCIS HAS COME AND GONE FROM PHILADELPHIA, but the "new dialogue" he has called for will continue at the sixth annual conference of Pennsylvania Interfaith Power & Light, people of many faiths working together to address climate change as a moral issue.

This state conference is co-sponsored by the Lutheran Theological Seminary at Philadelphia and the Reconstructionist Rabbinical College, and all are invited for an afternoon of speakers, workshops and networking, including vegan snacks from Weavers Way.

Keynote speakers are:

- Theologian Dr. Arthur Green, rector of the Rabbinical School at Hebrew College in Boston, former president of the Reconstructionist Rabbinical College in Wyncote and a former resident of Mt. Airy
- Keya Chatterjee, executive director of the Washington, DC-based U.S. Climate Action Network.

They'll respond to the Pope's teachings from their unique perspectives in a panel that also includes Sister Mary Elizabeth Clark of the Catholic Climate Covenant, director of the Sisters of St. Joseph's Earth Center at Chestnut Hill College.

A choice of workshops will follow the keynotes

**Speak My Language: Racial Justice and Environmental Justice.** Led by Bishop Dwayne D. Royster of Phila-

**Hope in the Age of Climate Crisis:  
Finding our Moral Compass**  
Pennsylvania Interfaith Power & Light (PAIPL)  
state conference

**Sunday, Oct. 25, 1:30-5.p.m.**  
Brossman Center at the Lutheran Theological  
Seminary at Philadelphia, 7301 Germantown Avenue

**For more info and to register, visit [paipl.org](http://paipl.org)**

delphians Organized to Witness, Empower and Rebuild, or POWER.

**Living a Zero Footprint Lifestyle.** Led by Keya Chatterjee, author of "How to Save the Planet While Raising a Healthy Baby."

**Green Justice Philly.** Learn about the work of a dynamic new coalition of environmental, public health, faith, labor and other organizations and businesses promoting a just energy future with jobs for the Philadelphia region.

**Prayer as if the Earth Really Matters.** Interfaith conversation led by Rabbi Arthur Waskow of the Shalom Center and Dr. Karyn L. Wiseman of the Lutheran Theological Seminary.

**A Jewish Theology of Creation.** Led by Dr. Arthur Green, Irving Brudnick Professor of Jewish Philosophy and Religion at Hebrew College.

**PAIPL Climate Advocacy.** Led by Paul Kline, Ed.D., Quaker educator and activist, on strengthening our public witness across the state.

From 5 to 6 p.m., all are invited to the PAIPL annual meeting, to learn about our work, including an active chapter in Northwest Philly. We'll also present the PAIPL 2015 Visionary Award to Rabbi Waskow, director of the Shalom Center and Mt. Airy resident.

Registration is \$20 (\$25 at the door, \$10 for students/limited income). Scholarships are available. Visit [paipl.org](http://paipl.org) or contact the Rev. Cheryl Pyrch at [cpyrch@summitpres.net](mailto:cpyrch@summitpres.net) to learn more.

## Editor's Note

(Continued from Page 2)

ing science and infrastructure have been nothing but good for the organic crowd ever since. "Plastic pipe! Electric fencing! Loaders! Sifters! We have the coolest stuff ever!"

Don't tell Joel Salatin organic can't feed the world. The main problem, as he sees it, is distribution. How do you efficiently move small amounts of product to consumers? His answer: "Electronic aggregation." He didn't say "Amazon," but he mentioned relayfoods.com, a website he works with that organizes mail-order and customer pickup for organic producers. And he did utter the words "the demise of the brick-and-mortar supermarket."

Wait, where am I going with this? Mother of mercy, is this the end of Weavers Way?

Nah. For one thing, and likely for the purpose of argument, Salatin's ignoring the crucial agoranness of a supermarket, not to mention a food co-op — a place where people meet, greet, catch up, even learn things other than gossip. We're determined to keep Weavers Way that kind of place. So I'm not switching into muck boots just yet.



I'm not the only one who's been hitting the road for work. General Manager Jon Roesser describes his latest visit to one of our competitors, the discount food chain Aldi, in his column on Page 7.

And I would be remiss if I didn't note that October is Co-op Month. In that spirit, on Page 9 opposite, we give space to the president of the Ambler Food Co-op (no bricks and mortar just yet) making a case for "what's in it for Weavers Way." And we have a story on Page 25 from Equal Exchange, one of our coffee suppliers, which just happens to be a co-op, too. My personal fave: Organic Love Buzz. Get it on sale in October.


[msweeten@weaversway.coop](mailto:msweeten@weaversway.coop)

# Wissahickon Dance Academy

• 38 E. School House Lane • Philadelphia PA 19144 • 215-849-7950 •  
[www.wissahickondance.com](http://www.wissahickondance.com)

*For the Best in Dance Training  
Children ages 3 to Adult...*

- Ballet
- Tap
- Jazz
- Modern
- Hip Hop
- Yoga



*Performance Opportunities with  
The Donetsk Ballet  
in The Nutcracker*

Sponsored by  
INTERNATIONAL  
BALLET EXCHANGE

**FALL  
REGISTRATION  
ONGOING**

**FREE  
TRIAL CLASS  
for New Students**

*Photo: e.a.kennedy*

# SALON 90

*at Nicholas & David*

.....

## Your Hair is Our Art

215.242.2888 • [WWW.SALON90.NET](http://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

## Avenue Art & Framing

*Your neighborhood shop for quality custom framing*

Open Tuesday through Friday 10 to 5:30  
and Saturday from 10 to 4.



6837 Germantown Ave.  
Philadelphia, PA, 19119  
215.848.4420



**Good Deals  
Every Day.**



## LETTER • FROM • AMBLER

**The View of Weavers Way Expansion From Over Here**

by Kathleen Casey

WHEN I TOLD MY FATHER, WHO GREW UP IN A rowhome in Germantown, that I was moving from San Diego to his old neighborhood, he was unsure why I would make such a move. But then a friend of his told him about Weavers Way Co-op. The presence of the Co-op offered a sign to my father, no less myself, that there was a place to go not only for good food, but for community.

Later, my family and I decided to move to the woods backing up to Fort Washington State Park. Less noise, more ticks, but farther from the Co-op, which matters to me. Not long after moving, I met a woman in a hardware store in Ambler who told me about a community meeting about starting a food co-op. And so I went to that meeting, which had over 150 people, and listened to co-op true believer David Woo and the organizers from Ambler who had called the meeting to “test the waters.” Over 30 people volunteered to help and I was one of them.

That was three years ago. The organizers of the first meeting were onto something: Not only do people want a co-op, but Ambler has a problem with grocery stores — they keep leaving. Where once there was an Acme and an A&P, now there is nothing. This in a town with a high percentage of elderly and low-income people (32% according to Community Development Block Guidelines) who have limited transportation options.

For corporate stores, Ambler is not an ideal location. There is no room for a “big box” store. While the building that housed the Bottom Dollar (now shuttered) is the biggest in the borough, it pales in comparison to the size of a Giant (where you need a jet pack to buy three items in less than 10 minutes).

Of course, a co-op is about more than bringing food to the community, even while the urgency to do so is great. We are interested in creating that “third place.” Many like to say more Ambler politics got done in the aisles of the Acme than anywhere else. This is a very neighborhood oriented town, with lots of people committed to its people and its environment. We all have to eat — and grocery stores bring people together.

We do not like that there is nowhere to learn about area happenings or volunteer opportunities, a place where we might educate ourselves about food, nutrition and the environment. Those of us working for an Ambler Food Co-op want to see a site for this kind of community engagement. We see our effort as a journey toward creating something that will last for generations.

But there is a reality to the fact that we seek to open a grocery store and not, say, a community center. The grocery business is hard work, with slim margins and loads of competition. Whole new spins on “natural foods” have altered co-ops’ unique position in the market. We volunteers are not retail operators; we know we need expert advice. How can we satisfy the need for a grocery store and a community center and at the same time create a business that will persist?

The stakes, we believe, are quite high. We need a grocery store. Nobody else but us can put it here.

Weavers Way has staying power. It has grown and adapted for over 40 years. It offers “food with integrity.” People around here know Weavers Way and like it. Why wouldn’t we ask for help in our situation?

Could we open a store without Weavers Way? Absolutely. But it would take exponentially longer. Couldn’t we just start small? Maybe, but we like the idea of living up to our potential, able to satisfy the needs of the many households that are hungry for good food and good community. From our viewpoint, Weavers Way’s interest in a potential expansion is equivalent

to our plan for success. If we didn’t ask the question about whether we could align our interests, we would be nothing short of foolish.

What does the Ambler Food Co-op bring to Weavers Way?

From a business perspective, quite a bit. We are a new and formidable market for Weavers Way. Our sales could potentially raise Weavers Ways sales by 50 percent; currently, 70 percent of food retail is “leaked” out of Ambler. This is a community of generations of families who want to shop in Ambler, who will walk to shop and who will help the Co-op succeed because of the fact that it is locally owned and will keep revenues local.

We also bring members, a community as well as access to grants and other financial resources. We’ve begun to try to tap into potential resources: the state Redevelopment Assistance Capital grant (\$1 million) and the USDA (which has an interest in helping “low supermarket access” communities like us). We have spoken with donors and fundraisers. Our local politicians are deeply committed to our success.

We’re already a co-op. We are not lobbying to have a corporate chain here. We want to grow the Co-op.

That commitment to the principles of co-ops and to our community will persist regardless of the name out front. Our group is strong and our ties to our community are deep. We are already invested. This fact would help Weavers Way by expanding its membership base with dedicated people, exponentially increasing its core group of committed cooperators, helping its mission of strengthening the cooperative economy and, of course, ensuring its success in another location.

*Kathleen Casey is the president of the Ambler Food Co-op. Reach her at [president@amblerfoodcoop.org](mailto:president@amblerfoodcoop.org). Keep up to date on the Ambler Food Co-op by visiting [www.amblerfoodcoop.org](http://www.amblerfoodcoop.org).*



**Green Woods Charter School**  
 “Creating Active Young Stewards of the Natural World!”

Application/Admissions for  
 September 2016

[www.greenwoodscharter.org](http://www.greenwoodscharter.org)

**APPLICATIONS**

**NOVEMBER 16, 2015**  
 through  
**JANUARY 16, 2016**  
 at:

[www.greenwoodscharter.org](http://www.greenwoodscharter.org)

**OPEN HOUSE**

**SATURDAY,**  
**NOVEMBER 21, 2015**  
 KINDERGARTEN 9:00AM  
 GRADES 1-6 11:00AM

**PUBLIC LOTTERY**

**JANUARY 27, 2016**  
 6:00PM

Public lottery held at the school  
 cafeteria at  
 468 Domino Lane  
 Philadelphia, PA 19128  
 (215) 482-6337

**QUESTIONS?**

Please contact:  
[registrar@greenwoodscharter.org](mailto:registrar@greenwoodscharter.org)  
 or call  
 (215) 482-6337 and ask for the  
 registrar.



## Gleaning

(Continued from Page 1)

large-scale infrastructure to allow for the use of food products that would otherwise go to waste. Instead, nonprofit groups around the country carry on gleaning operations on a much smaller scale, as charitable nonprofits generally do.

Gleaning can refer to the gathering of excess fresh food from any source, but traditionally it has referred to gathering food left in the fields after harvest. The concept is at least as old as the Old Testament, which instructs farmers to leave some of their harvest for the poor and vulnerable. More recently, the USDA has encouraged such activities with its “Let’s Glean” booklet, a toolkit with step-by-step instructions for starting a gleaning project in the community. It includes tons of resources as well as some interesting success stories, and it’s available online here: [www.usda.gov/documents/usda\\_gleaning\\_toolkit.pdf](http://www.usda.gov/documents/usda_gleaning_toolkit.pdf).

In our own community, Philabundance, a leader in the fight against hunger locally (and in case you missed it, the organization that lured away our last general manager, Glenn Bergman), recently created a traditional, hands-in-the-fields gleaning project in collaboration with Delaware Valley University. This initiative complements the less-traditional gleaning activity that Philabundance has been engaged in for years, accepting donations from restaurants and other food businesses of perfectly good food that would otherwise go to waste.

Today, Philabundance gets food do-



“Des glaneuse (The Gleaners),” Jean-Francois Millet, 1857

“  
**We hear so much about  
 food waste, and gleaning  
 could really help combat  
 the problem.**”

nations from food producers, wholesalers and retailers, as well as from individuals and farms, and distributes the food to those experiencing hunger — directly to individuals as well as through local agencies, such as food pantries and shelters, and through its Philabundance Community Kitchen, a culinary job-training program for low-income adults.

A number of farms in the area have invited Philabundance to glean directly from their fields during the harvest season. If you’re a farmer and you’d like to participate in the project, contact Philabundance at 215-339-0900. Similarly, if you have a backyard garden that pro-



Philabundance photo

Volunteers glean surplus corn this summer at the AT Buzby Farm in Salem County, a longtime Philabundance collaborator.

duces more than you can eat, you might be able to donate the excess to Philabundance; just be sure to contact them first to make sure they can use what you’ve got.

If you’re not a farmer, you can still get involved by volunteering to glean with Philabundance. The gleaning season is almost over for 2015; October is the last month. If you think you’ll have a little time on your hands this month, and you’re not eager to let go of summer, you can sign up to volunteer as a gleaner at [aginitatives.philabundance.volunteerhub.com](http://aginitatives.philabundance.volunteerhub.com).

As one of the co-chairs of Weavers Way’s Food Justice Committee (which has been on hiatus for a variety of reasons), I thought gleaning would be a great activity for the committee. It’s too late for this season, but it’s never too early to start planning for next year. If you’re interested, contact me at [wasserkrug@gmail.com](mailto:wasserkrug@gmail.com) and by summer we’ll have a gleaning project.

(And in case you’re wondering, my other favorite words are “conductive” and “toast.”)

[wasserkrug@gmail.com](mailto:wasserkrug@gmail.com)

phillywaldorf.com

# welcome:

**We’ve moved!**  
**Visit our new campus:**  
 6000 Wayne Ave  
 Germantown

# home

Welcome to a curriculum that ignites  
 your child’s capacity for thinking,  
 creating and achieving.

To a space that nourishes the mind,  
 body and spirit of childhood.

To a vibrant community of like-minded  
 parents, teachers and thinkers.

**Welcome to your new school.**



It’s not what to think.  
 It’s how to think.





WEAVERS WAY FARMS AND SAUL HIGH SCHOOL PRESENT

# HARVEST ON HENRY

5th Annual Farm Festival

SATURDAY, OCTOBER 17 • NOON TO 4 PM

Henry Got Crops CSA Farm, 7095 Henry Ave. (at Saul High School)

by Nina Berryman, Weavers Way Farm Manager

JOIN US AT THE FIFTH ANNUAL HARVEST ON HENRY farm festival, brought to you by Weavers Way Co-op and W.B. Saul Agricultural High School, at the Henry Got Crops Farm on the Saul campus. It's a day of fun on the farm, to celebrate the end of the season and raise money for the farm's operations.

Try veggie-themed games like vegetable car racing, pumpkin bowling, pumpkin golf and pumpkin painting; take a hayride; get your face painted; listen to music or stroll the vendors' tables. Saul High School students play a key role, running the games as well as working the petting barnyard.

Enter your tried-and-true, all-time favorite pie in the pie judging. This year's panel of local celebrity judges includes Alex Fries from Earth Bread + Brewery, Meg Hagele from High Point Café and Scott Piergrossi, a certified official pie arbiter!

Don't feel like being judged? You can still contribute a pie to the bake sale, to be sold alongside Saul students' homemade ice cream.

For more pie info, visit [www.weaversway.coop/pie](http://www.weaversway.coop/pie).

The food focus continues with new food trucks this year, all donating 10 percent of the day's sales. You can also get your fill of apples, apple cider and apple cider doughnuts from Solebury Orchards.

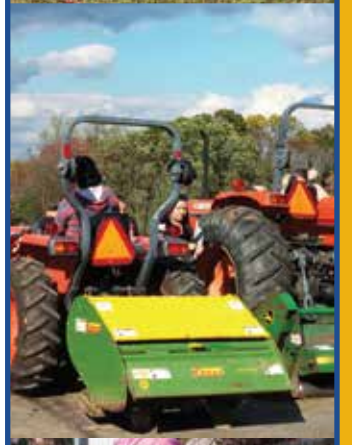
The three-acre Henry Got Crops farm, located on the Wissahickon Park side of the Saul campus in Roxborough, is used to teach small-scale organic vegetable growing to Saul students. A partnership of Weavers Way, Weavers Way Community Programs, Saul and Philadelphia's Department of Parks and Recreation, the farm is a community space, where customers picking up vegetables can connect with neighbors and the growers and children can run in the grass, visit the sheep and pick tomatoes off the vine.

Together with the Mort Brooks Memorial Farm at Awbury Arboretum, Weavers Way farms produce tens of thousands of pounds of food. Weavers Way produce is available in season at the Henry Got Crops CSA, the Henry Avenue farmstand, the Head House Farmers Market, the Saul cafeteria, the Weavers Way Co-op produce departments and local restaurants.

Harvest on Henry is the perfect opportunity for a day out, even if you're just grabbing lunch or walking the grounds. No matter how you participate, you'll be supporting our farms!

Rain date: Sunday, Oct. 18.

For more information, visit [www.weaversway.coop/harvest-on-henry-2015](http://www.weaversway.coop/harvest-on-henry-2015)



## FAMILY FUN

Pumpkin Painting, Bowling, Golf  
Scarecrow Making 🍎 Apple Pressing  
Cow-Plop Bingo 🌻 Petting Zoo 🌻 Hayrides

🎸 Live Music 🚚 Food Trucks 🍎 and more!



WHERE TO BUY  
WEAVERS WAY PRODUCE

i'm  
local

**Weavers Way Mt. Airy**  
559 Carpenter Lane

**Weavers Way Chestnut Hill**  
8424 Germantown Ave.

Farm produce is delivered to the stores  
Monday, Wednesday and Friday mornings.

**Henry Got Crops Farmstand**  
7095 Henry Ave. (across from Saul High School)  
Tuesdays 2-7 p.m. and  
Fridays 2-6 p.m., through October.

**Weavers Way Farmstand at  
Headhouse Farmers' Market**  
2nd and Lombard streets  
Sundays 10 a.m.-2 p.m.

**Weavers Way Community  
Programs Farmstand**  
in front of Weavers Way Chestnut Hill  
Tuesdays 3-6 p.m.



# Fall For — and In — the Wissahickon with FOW

by Erin Mooney, for the Shuttle

AS TEMPERATURES COOL AND THE days grow shorter, the Wissahickon is the perfect place to experience all that autumn has to offer. The season's changing light, trees shedding their summer foliage, animals getting ready for the winter, all of it takes place on the park's stage — a wonderful place to take a moment, or a day, to center yourself.

At Friends of the Wissahickon, this season brings a busy schedule, as we work to finish large and small projects alike. Thanks to a group of volunteers, we just put a coat of paint on the Wissahickon Environmental Center (the Tree House) and we're doing trail work along the Yellow Trail near Valley Green Inn and native tree plantings along Valley Green Road. (See below for volunteer opportunities.)

On Friday, Oct. 23, we hope you will

join us for one of our favorite FOW events as Whispers Along the Wissahickon takes place at the newly restored Wissahickon Environmental Center. Whispers has become a tradition for many families — a Friday night (5:30 to 9 p.m.) that celebrates the fun of the season with something for everyone. We'll offer a casual dinner with beer and wine, hayrides, face-painting, live music, a bonfire and other seasonal activities.



This year, Whispers is presented by Best Nest, a local home-staging and organization business, with additional support from Green Mountain Energy, Stone Brewing Co., Nolan Painting, Penns Woods Winery and Philadelphia Parks and Recreation. Tickets are \$30 for adults, \$15 for children and \$85 for a family of four. To buy online: [www.fow.org/whispers2015](http://www.fow.org/whispers2015).

We're grateful for all of the community support we receive — from the vol-



FOW photos

Volunteers repainted the Wissahickon Environmental Center, a/k/a the Tree House, in daylight; if darkness is more your style, don't miss Whispers Along the Wissahickon on Oct. 23.

unteers who join us to clear park trails and maintain park structures to the businesses that help support our events and mission. We hope you can join us at an upcoming volunteer day!

### Yellow Trail Maintenance Days Saturday, Oct. 3 and 17, 9 a.m.-1 p.m.

A trail segment from just above Valley Green Inn south to the Pachella Field park entrance is in need of some maintenance. We'll be fixing some stonework, narrowing some smaller trail sections, adding drains and nicks and fixing up some old ones, and closing

some rogue trails. Meet at Pachella Field, 6839 Henry Ave.

### Valley Green Road Tree Planting and Workshop Saturday, Oct. 31, 9 a.m.-1 p.m.

Come on out for a fall tree planting workday. We'll be adding trees to a strip of forest edge across the creek from the Valley Green Road parking lot. Never planted a tree? No worries! We'll have an expert on site. Meet at the Upper Parking Lot on Valley Green Road.

Reach FOW publicist Erin Mooney at [erinrosemooney@gmail.com](mailto:erinrosemooney@gmail.com).

# AWBURY ARBORETUM HARVEST FEST 2015

**SATURDAY, OCTOBER 10TH, 10AM - 3PM**  
901 EAST WASHINGTON LANE, PHILADELPHIA, PA, 19138

**FREE ADMISSION**

- LIVE MUSIC
- FLEA MARKET VENDORS
- PUMPKIN PAINTING
- FOOD FOR SALE
- HAYRIDES
- KIDS' ACTIVITIES

**SPONSORED BY:**

**MORE INFO AT [WWW.AWBURY.ORG](http://WWW.AWBURY.ORG)**

GERMANTOWN FRIENDS SCHOOL

**K** through *through* **LIFE**

**OPEN HOUSES: October 24 & November 11**

31 WEST COULTER STREET, PHILADELPHIA, PA 19144  
215.951.2345 [WWW.GERMANTOWNFRIENDS.ORG](http://WWW.GERMANTOWNFRIENDS.ORG)

**HOUSE AT POOH CORNER**

where learning comes naturally  
*Teri DiCesare, M.Ed.*

INFANTS • TODDLERS • PRE-K

Over 30 years of quality care  
215-843-0815

Visit our website [www.houseatpoothcornerdaycare.com](http://www.houseatpoothcornerdaycare.com)

Become a member of the

# ABC CLUB!

Kids Under 12 Can Enjoy  
A Free **Apple**, **Banana** or **Carrot!**

Ask a staff member for details.



# Grant for Henry School Garden

**M**T. AIRY'S C.W. HENRY SCHOOL has received a \$250 grant for its gardening program from the Hardy Plant Society/Mid-Atlantic Group, a volunteer organization of gardeners devoted to sharing knowledge, skills and plants with each other.

The Henry School garden, a project of the Henry School PTA, was started in June 2010 with support from Weavers Way Community Programs. The Hardy Plant Society has provided several grants that have supported student learning sessions during the school day with Farm Educator David Siller. In addition to class lessons with Farmer David, students participate in hands-on learning in the garden through an after-school garden club and weekend and summer volunteering with their parents. Students enjoy the opportunity to learn outside of the classroom using their five senses, especially tasting new things.

"We are thrilled to be able to support this important initiative, which advances the knowledge of our younger generation

regarding where our food comes from and the benefits of growing and eating organic produce," said Carol Verhake, HPS VP and Chair of the grant committee.

Garden produce is shared with Henry students and families, other garden volunteers and neighbors as well as nearby shelters including Interim House and Whosoever Gospel Mission.

The Henry School garden is also supported by the PTA's annual spring plant sale and a Community Needs grant from the First United Methodist Church of Germantown, plus training in organic practices and in-kind materials and supplies through the Pennsylvania Horticultural Society's City Harvest Program. The garden has also received support from the Recyclebank Green Schools Program and the Weavers Way Environment Committee.

The Henry School gardeners welcome community volunteers. Contact Kelly Tannen at [kbtannen@hotmail.com](mailto:kbtannen@hotmail.com) for information.

The Hardy Plant Society/Mid-At-



Cool weather vegetables have been planted, but the fall raspberries were still going strong in the Henry School garden late last month.

lantic Group, formed in 1986, has more than 700 members. Education on horticulture, visits to unique private gardens and a seed exchange remain key organizational initiatives. Twice a year, HPS/

MAG awards grants to individuals, community groups, schools and other organizations. The next submission deadline is January 1, 2016. Visit [www.hardyplant.org](http://www.hardyplant.org) for more information.

**PLYMOUTH MEETING FRIENDS SCHOOL**

**2015 OPEN HOUSES**

Thursday, Oct. 8  
9:30am

Sunday, Oct. 25  
2:00pm

Pre-K - 6th grade

RSVP:  
[info@pmfs1780.org](mailto:info@pmfs1780.org)  
or call 610.828.2288 ext 226

**COME VISIT!**  
Accepting Applications for 2015-2016

2150 Butler Pike Plymouth Meeting PA 19462 | [www.pmfs1780.org](http://www.pmfs1780.org) | 610-828-2288

**A Big World in a Small Quaker School**

**AFS** | come see the difference  
Abington Friends School

**Visit our Open House on Saturday, October 17**

Call or visit us online to register, to learn about our tuition assistance program or to schedule a visit.

*AFS offers a bus shuttle service for our students coming from Northwest Philadelphia.*

[www.abingtonfriends.net](http://www.abingtonfriends.net) | 575 Washington Lane, Jenkintown, PA 19046 | 215-886-4350

*Abington Friends School is an independent Quaker college preparatory school for students age 3 through grade 12*

**OMC** *Our Mother of Consolation Parish School*

Pre-Kindergarten through Eighth Grade

**Catholic Values and Academic Excellence Since 1862**

Call to RSVP for an upcoming Observation Morning  
10 AM Fri Oct 16 • 10AM Tues Nov 24  
10 AM Fri Dec 18 • 10 AM Tues Jan 12

17 East Chestnut Hill Avenue  
215-247-1060 • [school.omcparish.com](http://school.omcparish.com)

f OMCParishSchool • @OMCParishSchool



# The 2015 Mt. Airy Village Fair had it all, of course . . .



Robert Smith photos

**CHECK OUT [WEAVERSWAY.COOP/DEALS](http://WEAVERSWAY.COOP/DEALS)**



## October Member Specials

Valid from Sept. 30 - Nov. 3

For more member savings, visit [www.weaversway.coop](http://www.weaversway.coop)



**ORGANIC VALLEY**  
Organic Pasteurized Mozzarella 8 oz  
**\$5.69** REG \$6.45



**RAPUNZEL**  
No Salt Vegetable Bouillon 2.4 oz  
**\$2.59** REG \$2.99



**RADIUS**  
Totz Toothbrush  
**\$2.99** REG \$3.15



**ANNIE'S HOMEGROWN**  
Rice Pasta & White Cheddar 6 oz  
**\$2.59** REG \$3.65



**TOFURKY**  
Sweet Italian Veggie Sausage 14 oz  
**\$3.99** REG \$4.79



**TOPRICIN**  
Pain Relief Cream 4 oz  
**\$17.99** REG \$22.75



**FARMER'S**  
Organic Pumpkin 15 oz  
**\$1.69** REG \$2.89



**JOLLY LLAMA**  
Mango Sorbet Pops 4 ct  
**\$3.99** REG \$4.69



**WELEDA**  
Children's Tooth Gel 1.7 oz  
**\$4.99** REG \$6.29



... art, music, food, animals, firetrucks, teepees, balancing, weaving, pie-eating...



Nick Nehez photo



Nick Nehez photos



Nick Nehez photo



Alexis Lieberman photos



### 3 ways to save every day at the Co-op

**Co-op basics**

**member specials**

**Co-op deals**

For more savings, visit [weaversway.coop/deals](http://weaversway.coop/deals)

## Co-op basics

### Good Deals Every Day.

Introducing Co-op Basics, with everyday low prices on the things you buy most frequently. We've cut prices on more than 100 items across the Co-op to provide better access to our high-quality organic and natural grocery, dairy, freezer, deli and paper products.

And this is just the beginning! As Co-op Basics takes off, we'll be making more room on the shelves for more value-priced items.

One of the ways we're doing this is by extending our partnership with Field Day. Field Day sources the best ingredients to create products you and your family will love. And 91% are certified organic and 94% are Non-GMO

Project Verified. Taste and compare for yourself.



## Co-op deals

### Great Monthly Savings.

Each month, The Co-op Advantage helps participating co-ops offer their members tremendous savings on dozens of products. Most food co-ops were formed by people who realized that by pooling their resources, they could save money and have greater control over their purchases. A few years ago, the co-ops of the National Cooperative Grocers Association formed the Co-op Advantage Program, or CAP, now called "Co-op Deals." When co-ops combine

their buying power to get volume discounts, their members save money!





## The Schuylkill Center at 50

# Dear 2040: Letters to the Future

by Mike Weilbacher, for the Shuttle

IN OCTOBER, THE SCHUYLKILL CENTER concludes the yearlong celebration of our 50th anniversary by burying a time capsule that will be opened 25 years from now. We invited 100 leaders of the environmental community to submit letters to the future, letters to be pulled from the time capsule in 2040. Here is a sample of what they wrote.

There was optimism. **Barry Seymour** directs the Delaware Valley Regional Planning Commission, which was also founded 50 years ago. "Back in 1965," he wrote, "our air, land and water were much more polluted than today. We took steps both locally and as a nation to protect, improve and enhance those resources; by 2040, I expect our environment will be cleaner still."

Sustainability pioneer **Judy Wicks**, founder of the White Dog Café, wrote, "The work of planet-saving will likely not be finished by 2040, but I hope by then that you . . . will have found our

place on this planet, not as exploiters, but as lovers of life. And live with great joy in your hearts."

There were questions. **Maya van Rossum**, the Delaware Riverkeeper, queried, "So now, 2040, tell me about my River. Is it healthy? Is it still free-flowing? Do all its waters support all life stages for fish populations? Has our unique population of Atlantic sturgeon rebounded? Do we once again have a vital horseshoe crab population in the Bay? If these things have not come to pass, come find me."

"What if," asked ecological landscape architect **Tavis Dockwiler** of Viridian Landscape Studio, "we were able to develop a policy that allowed cities to take ribbons of land back? What if we . . . created interconnected parks from our ruined land and developed methods to allow it to reclaim itself? What if these lands formed the basis for walking and biking paths that helped us all move from place to place within our cities safely?"

No surprise, climate change was mentioned, too. "Philadelphia, a city bor-



The 50th anniversary Schuylkill Center time capsule will contain letters from 2015.

foreseeable future . . . you'll judge how well we did."

And some dreamed lofty dreams, like environmental artist **Stacy Levy**. "I want to think that you will be living in a world that promotes nature to thrive in between the cracks of the built environment. I want to imagine that my old parking lots are now your meadows and wetlands. I hope that you can sense the weather, the rainfall, the temperature, within a building; that the outdoor world is interacting with the indoor world.

"We always think that the future will be full of change," Levy concluded, "but I am struck by how similar the future is to the past. . . . My greatest hope is that you can feel the interconnectivity of this biome, see your place in the complex web . . . and feel at home in the world."

What would you like to say to 2040? Send me an email, and I'll place your letter in the capsule.

*The Schuylkill Center for Environmental Education is in Roxborough. Reach Director Mike Weilbacher at [mike@schuylkillcenter.org](mailto:mike@schuylkillcenter.org).*

*"I might not be teaching biology anymore, but my green thumb sure hasn't retired!"*

**Sarah West**  
Cathedral Village  
resident since 2004  
MS Biology, Yale University

**Cathedral Village®** offers luxurious apartments and fabulous amenities. Our stimulating lifestyle addresses every passion, like gardening, fitness, horticulture, technology, art, music and literature. Sculpt your own David on Monday and plant veggies on Tuesday. Join friends in Center City on Wednesday. Need a rest? We've got 40 acres of beautifully landscaped grounds just waiting to be explored at your leisure.

Call **215-984-8620** today to schedule a personal visit.



600 East Cathedral Road  
Philadelphia, PA 19128  
[www.cathedralvillage.com](http://www.cathedralvillage.com)  
215-487-1300



Ask Us About

**CARE Pointe**  
at Cathedral Village

**Short-Term Rehabilitation & Wellness**

Call 215-984-8695 for information about our physical, speech, occupational and aquatic therapies & pain management.

# FREE COMPOST DAY

**SATURDAY, OCT. 24 9 A.M.—2 P.M. SAUL HIGH SCHOOL**

Across from the main Saul buildings at 7095 Henry Ave. (look for the signs)

Bring bags, buckets, even your pickup truck (limit one free scoop, additional scoops only \$10)

**COFFEE, CIDER, SNACKS AVAILABLE**

On hand to help you: Henry Got Compost Student Ambassadors like the ones pictured. →

In this highly sought-after position, students learn merchandising and the customer service side of compost.

**SPONSORS:**





The Passionate Gardener

# Eat Your Weeds!

by Ron Kushner, for the Shuttle

**M**AYBE WE SHOULD TAKE ANOTHER look at our weeds.

All gardeners are familiar with them. We may not know the Latin names or the botanical history, but we sure know they are not welcome in our lawns or flower beds or growing with our beans and tomatoes.

Most weeds prefer disturbed soil or bare ground, and most prefer full sun. Soil condition doesn't really matter. They generally produce huge amounts of seed, which can lie dormant in the soil for years. They can be either annuals or perennials.

Many weeds do not necessarily need to be controlled or removed, as they can help improve soil, attract beneficial insects and actually provide us humans with a source of food.

The following common weeds are all edible and may offer other benefits, too.

**White clover (*Trifolium repens*):** This common, low-growing perennial is a member of the legume (bean) family. It improves soil fertility and the flowers attract pollinators. The leaves are edible, with a lemon flavor that's great to add to a green salad.

**Dandelion (*Taraxacum officinale*):** The dandelion may be the most easily recognized perennial weed, with its yellow flowers, puffy seed heads and serrated, sword-shaped leaves. Dandelion greens can be eaten in early spring, and the yellow flowers can be added to a stir-fry, fritters or tem-

pura. The roots can be dried and added to stews and soup or ground up and steeped to make a healthful warm drink. Eating the pollen-rich flowers may even help desensitize those with seasonal allergies.

**Purslane (*Portulaca oleracea*):** Purslane is a self-seeding annual and identifiable as one of the only succulent weeds found in our area. The low-growing leaves and stems are thick, juicy and pleasantly crunchy. Purslane is highly nutritious and excellent in a salad, stir-fry or soup (which it will naturally thicken).

**Violet (*Viola species*):** These perennial, self-seeding, low-growing plants have familiar flowers of light blue, yellow, white and, of course, violet and many combinations. Pansies and Johnny-jump-ups are the ornamental types. Both the spring leaves and flowers are delicious in salads.

**Lamb's quarters (*Chenopodium album*):** A member of the beet and buckwheat family, related to domestic beets and spinach, this tall-growing annual has triangular, grayish-green leaves and needs warm weather to emerge. The leaves of the young plant are a good substitute for spinach, either cooked or raw in salads.

**Wild onions (*Allium species*):** Wild onions or chives sprouting in your garden are edible. They are usually the first plants to sprout in the spring, which is also the best time to eat them, as that's when the leaves are the juiciest. They are easily identified by their onion-like aroma. They are perennial, but die back in early spring so they don't interfere with other plants growing around them. Under



Lamb's quarters, left, grows in a crack in the pavement where trash bins are stored at Weavers Way Mt. Airy; chicory flowers mark the spot where the edible roots and leaves can be found.

the right conditions, they may reappear in cool autumn weather.

**Chicory (*Cichorium intybus*)** Bright blue daisy-like flowers along roadsides and fields on summer mornings mark chicory plants. The flowers are generally closed by afternoon. Chicory can be eaten as a salad green or with other cooked vegetables. Roasted chicory root has long been used as a coffee substitute.

**Common mullein (*Verbascum thapsus*)** This weed is easily identified by its wooly, gray-green leaves. It is biennial, with a low rosette of leaves the first year. In its second year, it sends up tall yellow flower spikes that can reach five feet in height. It is self-seeding and attracts beneficial insects. The leaves can be used for a tea said to have medicinal qualities.

**Plantain (*Plantago major*)** A common, low-growing perennial weed with a broad, deep green rosette of leaves, plantain is highly edible and reputed to have medicinal value. The young leaves make an excellent, nutritious salad green, and even older, tougher leaves can be eaten when cooked.

For more information on wild edibles and foraging, visit [www.wildfoodies.org](http://www.wildfoodies.org), where you can find field guides and plant lists that you can download for free. The website also has a large list of guidebooks and related websites.

Bon appétit!

For questions or comments, email [ron@primexgardencenter.com](mailto:ron@primexgardencenter.com) or visit [www.ronsorganicgarden.com](http://www.ronsorganicgarden.com).



**Wissahickon Tree & Landscape Services, LLC**

Brian Ames  
Certified Arborist

CUSTOM PRUNING  
DESIGN & INSTALLATION  
ORGANIC & NON-CHEMICAL  
SOLUTIONS  
GARDEN STRUCTURES

215-681-2436  
[www.wissatree.com](http://www.wissatree.com)

**K.K. Lawn Service**

Free Estimates

**Kevin Kitt**

President & C.E.O.

Grass Grooming  
Hedge Trimming  
Planting Flowers & Hedges

(215) 432-4069

[beareeu72@yahoo.com](mailto:beareeu72@yahoo.com)



Custom landscape design  
Elegant container plantings  
Landscape consultation

CHRISTINA SPOLSKY  
LANDSCAPE DESIGNER  
215-609-2809  
[CSPOLSKY@VERIZON.NET](mailto:CSPOLSKY@VERIZON.NET)



**Good Deals Every Day.**



**PrimexGardenCenter.com**

Organic Gardening Supplies • Vegetables • Herbs • Fruit • Native Plants • Perennials • Trees • Backyard Chicken Supplies • Rain Barrels • Composters

435 W Glenside Ave, Glenside, PA | 215-887-7500 | Find us on Facebook!

**Weaver's Way Members Receive 5% Off** \*MUST PRESENT CARD\* SOME EXCLUSIONS APPLY



Design, Installation & Management for Over 20 Years  
Terraces, Walls, Walks, Water Gardens  
Garden and Lawn Maintenance

**David Brothers Landscape Services & Native Plant Nursery**

Bean and Whitehall Roads, Worcester, PA  
215-247-2992 [davidbrothers.com](http://davidbrothers.com) 610-584-1550



**redbud** native plant nursery

643 W. Baltimore Avenue  
Media, PA 19063  
610-892-2833

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

native plants

trees, shrubs, wildflowers, vines, ferns and grasses

open mid-march through november  
tuesday through saturday 9 to 5



## ECO TIP

### Reuse Those Silica Packets

by Marsha Low, for the Environment Committee

What to do with those annoying little silica gel packets that come in everything from medicine and supplement bottles to boxes of new shoes and even inside new handbags?

Well, since silica is a non-toxic substance that absorbs and holds water, those packets can be repurposed in many ways. One is for gardeners who save seeds: Put them into a relatively airtight container along with a silica packet, which will keep the seeds from going moldy, then store the containers in a dry, cool place.

Here are some other ideas:

- Throw a few packets into your gym bag, along with your sweaty, post-workout clothes — the silica will wick away some of the moisture, helping reduce odor.



## Environment Committee

- If you like to dry flowers, speed up the process by placing your blooms in a plastic bag with some packets.
- Help prevent your silver jewelry or flatware from tarnishing, a process facilitated by humidity, by placing a few packets in your jewelry box or silverware drawer.
- And here's a really good one: If you drop your cell phone into water, silica packets can help dry it out and perhaps save it. You have to move fast, though. Dry off the phone as best you can, remove the battery, then put the phone and battery into a plastic bag with several silica packets, seal the bag and wait a day or two before trying to turn your phone on.

## ELECTRONICS RECYCLING

### Save the Date & Your Stuff!

A larger-than-usual electronics recycling event, co-sponsored by Weavers Way Environment Committee and GRinCH (Greening in Chestnut Hill) will take place on Saturday, Jan. 16, from 10 a.m. to 2 p.m. in the parking lot at Norwood-Fontbonne Academy, 8891 Germantown Ave.

We've decided to hold a joint collection (GRinCH will not be holding its usual electronics recycling event this November) because eForce Compliance, the company that takes electronic items, then responsibly reuses or dismantles them, is now charging a large fee to conduct the event. Through donations collected on the day, we hope not only to cover the cost but to raise money for WWEC's grants program and GRinCH's Green Warrior Student Grant Program.

Look for more details in upcoming issues of the Shuttle and in the eNews, and start cleaning out your basement. (We'll be providing a list, but, basically, anything with a plug will be accepted.) Hope to see you (and your stuff) there!

— Marsha Low



Morris Arboretum photo by Carolyn Clement

Jon and Elliott Boyd toured Springfield Mills, the 160-year-old working grist mill.

## Celebrate Morris Arboretum's Bloomfield Farm

TAKE ADVANTAGE OF A RARE OPPORTUNITY to glimpse a different time with a short trip to Morris Arboretum's Bloomfield Farm, located across the street from the Arboretum's main entrance on Northwestern Avenue, on Sunday, Oct. 18 from noon to 4 p.m.

Visitors can enjoy demonstrations, vendors, music and delicious food and drink, and even visit with farm animals courtesy of Saul High School.

Learn about Bloomfield Farm's rich agricultural history with a guided tour of the historic creekside flour mill, Springfield Mills. Watch one-ton millstones grind corn and observe 160-year-old machinery transport and sift the ground corn to produce meal.

Explore time-honored farming professions from educational instructors Philadelphia Guild of Handweavers, who will demonstrate spinning and weaving. Other craftsmen exhibits that are new this year include woodworker John Barrett and blacksmith Solomon Matisoff. Guests may create a sweet-smelling apple pomander or try their hands — and arm muscles — at making butter the old-fashioned way.

Or take the new "Trees on Trial" tour, led by Arboretum guides, and discover current research projects conducted on the farm property.

Savor hot food and beverages from the Compton Café while listening to the sweet sounds of Valley Creek's bluegrass music. Also on site from 1 to 3 p.m. will be Yards Brewing Company with a variety of flavorful beer samples and fun giveaways.

This event is free with regular Arboretum admission. For more information about this or any other Morris Arboretum event, visit [www.morrisarboretum.org](http://www.morrisarboretum.org) or call 215-247-5777.

## Chris Hill Media

[www.chrishillmedia.com](http://www.chrishillmedia.com)  
[chris@chrishillmedia.com](mailto:chris@chrishillmedia.com)  
 215-843-5704

- ▣ vibrant wordpress sites
- ▣ Web solutions for all needs and budgets
- ▣ websites optimized for desktop, tablet AND phone
- ▣ sites you manage yourself
- ▣ inexpensive, easy-to-manage online stores
- ▣ Great low-cost online tools  
 dynamic calendars, galleries, slideshows, searchable databases, blogs, social media integration, easy-to-use e-newsletter management tools, member-driven content, great SEO tools ... and more

web and print services for businesses and organizations driven by sustainable values



OMS Private Label • Green Sleep  
 WJ Soutbard • Cozy Pure  
 Royal-Pedic • Shepherd's Dream

1075 Main Street, Hellertown, PA 18055  
 Showroom Equidistant from Philadelphia & New York City  
[www.theorganicmattressstore.com](http://www.theorganicmattressstore.com)



Toll Free: 1.866.246.9866



We've gone GREEN...  
 Now using environmentally-friendly Waterborne paint!

## MACLENS

Collision Repair Professionals Since 1945  
 Family Owned & Operated

20 W. Allens Lane  
 Philadelphia, PA 19119

Tel (215) 247-3906  
 Fax (215) 247-9506



Up-to-the-minute Co-op news...  
 like us on Facebook.





# Here's One Thing Not to Be Scared of This Halloween: Bats

by Brenda Malinics, for the Shuttle

**B**ATS GET A BAD RAP AT HALLOWEEN that extends throughout the year.

They are seldom portrayed as the clean, docile and intelligent creatures that they actually are. Few people celebrate bats as the cornerstones of a healthy environment. Why? Myths and ignorance. Sadly, bats are among the most feared creatures on the planet, and they have been persecuted to the point of extinction. With the appearance in 2006 of a deadly fungus called White Nose Syndrome that has killed millions of bats, coupled with the slaughter of hundreds of thousands by wind turbine blades (birds are also affected), bats need our help more than ever.

Because bats, unlike birds, have fur and teeth and fly at night, they have been grossly misunderstood throughout time. Movies and books about a certain Transylvanian count reinforce these scary myths. But without bats, the vacuum cleaners of the night sky, we would scarcely be able to go outdoors at night. Bugs would increase and our crops would be destroyed, unless, of course, we poured on more insecticides to keep agricultural pests at bay.

Recall that Pennsylvania is an agricultural state; we need bats on many levels, not to just eat annoying mosquitoes. Pennsylvania has nine species of bats; one, the Indiana Bat, is federally endangered. A sad fact is that when I started working with bats 25 years ago, Pennsylvania hosted 11 species of bats.

Our most common bat, the Big Brown, spends only 7-8 months catching bugs at night, while our foliage bats migrate each fall to warmer climates. Our

crevice dwelling bats join colonies and go into hibernation in caves or mines.

Because bats hibernate in huge numbers they are especially vulnerable to man's destruction as evidenced by one act of vandalism that killed over 30 million Mexican free tail bats in one cave

So this Halloween, be a bat ambassador, not a fear monger. Bats need our help; consider putting up a bat house, and share information about bats with others. Here are some interesting facts to think about as you put up your decorations this year:

- Bats are the main night predators of insects, especially agricultural pests that damage food supplies.
- All bats in North America are insectivorous.
- Bats can consume more than half their weight in insects in one night and can consume 600 mosquitoes in one hour.
- There are 1,000 bat species worldwide; 40 percent are listed as endangered or threatened, and within the last two decades, several bat species have become extinct.
- Half of the 42 bat species in North America are listed as endangered or are candidates for the list
- Bats are the only true flying mammals (flying squirrels glide). They're not rodents, either, but members of their own order, Chiroptera.
- Over 250 species of bats pollinate flowers or disperse seeds of economically important products like bananas, avocados, vanilla beans, dates, figs, cashews and agaves.
- The world's smallest bat is the



Think bats are scary? Imagine how bats feel about wind turbines.

bumblebee bat of Thailand, which weighs less than a penny. The largest, the "flying fox," has a wingspan of 6 feet. All flying fox species live in the tropics.

- In Africa, flying foxes are the only known seed dispersers for the iroko tree, the source of millions of dollars worth of timber annually.
- The pallid bat of western North America is immune to the stings of scorpions and centipedes, its favorite food.
- There are fishing bats that can detect a minnow's fin as fine as a human hair as it protrudes above a pond's surface.
- Disk-wing bats of Latin America have adhesive disks on wings and feet that enable them to live in unfurling banana leaves, or even walk up a windowpane.
- The tiny woolly bats of West Africa live in the large webs of colonial spiders
- The African heart-nosed bat can hear the footsteps of a beetle walking on sand more than 6 feet away.
- The U.S. military is studying the complexities of bat echolocation while pharmaceutical companies are utilizing the anti-clotting enzyme in vampire bat saliva for possible use in heart surgery.

- Bats are among the most endangered animals in America and are the slowest reproducing mammals of their size in the world. (Most bat species only produce one pup per season.)
- Bats mate in the fall, but the females store the sperm until spring when fertilization occurs.
- Baby bats begin flying at 4 weeks. Only 50 percent of newborns survive their first year.
- Only half of one-percent of bats ever become infected with rabies.
- No, there are no vampire bats in North America; yes, there are three species in Central America. No, they don't suck blood — they lick it. They prefer the blood of livestock.
- Bats do not use nests; hence they have no interest in your hair!

If you find an injured wild animal, call the Schuylkill Center Wildlife Rehabilitation Clinic at 215-482-8217. Care is free; donations are always needed.

*Brenda Malinics is the Bat Woman. She is certified in wildlife rehabilitation and runs Brenda's Cat Rescue. Contact her at [brendasrescues@gmail.com](mailto:brendasrescues@gmail.com).*

**MT. AIRY ANIMAL HOSPITAL**  
ANDORRA VETERINARY CLINIC

**Awarded for 25 years of Excellence**  
by the American Animal Hospital Association

114 East Mt. Airy Ave. | Phila., PA 19119 | 215-248-1886 | [www.mtairyvet.com](http://www.mtairyvet.com)

**Chestnut Hill Cat Clinic**

Nicole Hehn VMD  
Scott Gellman VMD

215-247-9560  
8220 Germantown Avenue  
[www.chestnuthillcatclinic.com](http://www.chestnuthillcatclinic.com)

Taking care of cats and their people for over for over 25 years.

*Need to reclaim precious hours of your life?  
Have just a few too many projects on your plate?  
Want to avoid the dangers and drudgery of maintenance?*

- Professional moving service
- Lawn and yard maintenance
- Gutter Cleaning
- Yard waste cleanup: animal waste/remains and storm debris
- Removal of appliances, furniture, spring cleaning, trash disposal and much more

**(302) 613-8644** Darryl Brown  
[LibertyServices.biz@gmail.com](mailto:LibertyServices.biz@gmail.com)

*Our skilled professionals move with the utmost care and can handle any size move, cleanup job or junk removal.*

**LIMITED TIME OFFER:** 25% discount for Lawn and Garden services during spring or appointments made for regular summer L&G service.

**No gettin' ticked off!**

Across the Way has lots of natural and conventional products to keep your furbabies tick-free this fall!

**across the way** PET SUPPLIES 610 Carpenter Lane

**coop basics**

**Good Deals Every Day.**

**Look for the tag!**

**Cheryl Shipman**

Garden planning and care  
Home organizing, decluttering  
Upholstery and chair caning  
Custom slip-covers, curtains, cushions and pillows

[shipman.cheryl@gmail.com](mailto:shipman.cheryl@gmail.com) 215-681-9440



**Interior/Exterior Painting  
Power Washing • Deck Staining**

**25 Years of Professional Experience**

Locally owned and operated  
Schedule your free estimate

**Visit us online!**



**planet paint  
SOLUTIONS, INC.**

planetpaint.org

**215.948.3747**

**Grant Fox  
Contracting**



Custom Renovations • Fine Cabinetry  
Old House Renovations and Repairs  
Kitchens • Baths • Additions  
*Over 25 Years of Experience*  
Co-op Member

Grant@GrantFox.biz 215-771-2713



[www.MacIntoshConstruction.com](http://www.MacIntoshConstruction.com)

**215-843-2090**  
MacintoshConstruction@verizon.net

Fully Insured  
PA License # PA018646

**Now is the time to begin thinking about that great new kitchen or bathroom! When the weather gets colder, you will begin spending more time indoors – why not have that new room of your dreams? Call us NOW for your FREE estimate**

**PS -- don't forget to think about new windows before that cold winter weather! Brrrrrr**

Kitchens -- Bathrooms -- Decks -- Windows -- Porches  
Doors -- Additions -- and more

Proudly serving Chestnut Hill, Mt. Airy, Germantown and surrounding areas for over 20 years

**John Sutton  
Masonry**

- Concrete Sidewalks
- Basement Walls
- Brick and Stone Repointed & Repaired
- Stucco
- Flagstone

Contact John for a free estimate:  
masonrytradesman@gmail.com

**215.510.6724**

License #39705

## 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.

A sales rep recently sent me information marketing a drink that supposedly promotes astral travel and lucid dreaming (because it contains extract of chaga and reishi mushrooms). This is a drink I think we need to make available. I don't remember any other product claiming these kinds of beneficial results. For one thing, if more people travel astrally, we'll have fewer parking issues. But we have to proceed with caution, because by dramatically increasing the number of astral travelers, especially in cities, we'll start needing astral travel air traffic controllers. Plus astral travel insurance, for when while travelling astrally you bump into an Amazon drone delivering Doritos to your neighbor.

Speaking of Amazon drones, two ways the food industry has changed in the past decades that are related to technology include the rising popularity of home delivery (although it was still only 1.9 percent of total U.S. grocery sales last year, with forecasts for 2.9 percent in 2018) and the recent concern about waste in our food system. With home delivery,



technology powers online ordering systems and streamlines the back end of order fulfillment systems. Regarding food waste, it appears one of the ways some people expect technology to help is by devices that let you know what is already in your refrigerator and pantry, their expiration dates, and even provide recipes. In addition, some new refrigerators can record what they contain and can send you a picture of the contents on demand.

Food waste, which is bad, sinful even, is a large problem. Some estimates are that a third of food produced is wasted. In countries like ours, it's mostly wasted at the consumer level, as opposed to the production level (although there is plenty of waste there too). It's emblematic of our society that after not caring about wasting food for decades, it has become recognized that this kind of waste is not good, and our way to fix it is to find yet another way to use cell phones.

Partially it's technology that caused

(Continued on Next Page)

## BASEMENT PLUS CO.

### ...Plus We Waterproof

- Get your basement dry and odor-free
- Repair old crumbling walls
- Sump pumps & French drains
- New windows, doors, locks and steps
- Clean, paint & seal pipes and flooring
- Eliminate molds and mildews



### ...Plus We Renovate

- Redesign your basement
- Drywall, drop ceilings, closets
- Pergo flooring, carpeting, ceramic tile
- New bathroom, shower, toilet & sink in one week
- We handle all plumbing & electrical in basement

**Show This Ad and SAVE \$100**

[www.basementplus.com](http://www.basementplus.com)

**215.233.4598**

*Insured & Licensed*

*Free Estimates*

## Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry  
Energy Conservation - Architectural Design Services

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

Office: 215-277-1540 Fax: 215-277-1390

Lic.# PA022176

EPA Lead Certified



**Please Patronize *Our* Advertisers**



(Continued from Preceding Page)

the problem — the ability to produce so much food so cheaply and have it so available makes for a couple generations of people who don't think twice about wasting food. Ideally, people would recognize that food is inherently a pretty high value thing, that a bunch of effort and energy and resources (like water, labor, oil) went into producing it and getting it to us, and it has nutrients we need to live, so trashing it is kind of devaluing all of that effort, and also creates additional problem of trash disposal. You would think something so valuable would be worth a little more effort to be sure it doesn't go to waste, effort as in thinking about the quantity and type of food you acquire and taking responsibility for not letting it go to waste. That this might require a bit of effort, i.e., looking in your fridge and pantry yourself and eating the things you already have, seems to be a responsibility most people could handle without an app. It might even be healthy to use your memory and low-level technology like pencil and paper to achieve this goal. Then you can share your virtuous food behavior with your friends via social media.

**suggestions and responses:**

**s:** "Lifeway non-organic plain kefir — it's \$1 cheaper! Thanks!"

**r:** (Kathryn MA) Thanks for the suggestion. I'll ask around to see if there's collective interest in conventional kefir.

**s:** "Please order Talenti Black Raspberry Chocolate Chip THE BEST!"



**It's emblematic of our society that after not caring about wasting food for decades, it has become recognized that it's not good, and our way to fix it is to find yet another way to use cell phones.**



**r:** (Kathryn MA) I've been thinking of doing a rotating flavor in the Talenti. Maybe we'll try black raspberry first and see if other shoppers are interested.

**s:** "Organic textured vegetable protein?"

**r:** (Kathryn) The TVP we carry in bulk is non-GMO, but not organic. Organic is available via pre-order, see me for details.

**s:** "Bionaturae tomato products. Also, Lee Kum Kee Sriracha sauce has no preservatives, unlike kind we carry."

**r:** (Kathryn MA) We carry Bionaturae tomato products and they are not popular with our shoppers, so I'd want to see more demand before bringing in any more. I'm bringing in Organicville Sriracha very soon as a cleaner alternative to the Huy Fong. Thanks for the suggestion!

**s:** "Carr's Cheese Melts — please bring back!"

**r:** (Kathryn) Thanks for suggestion. We liked the Cheese Melts too! But our supplier discontinued them, so we can't get them, sorry.

**s:** "We stopped ordering Sweetwater Bread's raisin-walnut loaf. It's in CH but not in Mt. Airy. Also, can we get the mul-

tigrain sourdough to come sliced?"

**r:** (Matt MA) I've asked Sweetwater to deliver more walnut raisin bread, so I expect to see it on our shelves soon. I'm not sure if they offer sliced loaves, but if they do, I'd be happy to take pre-orders for it at matt@weaversway.coop.

**s:** "With all this talk of home delivery and "smart refrigerators" to make food acquisition more convenient and less wasteful wouldn't it be better to go all the way, i.e., eliminate the need to grow, harvest, process, package, distribute, shop for, cook, chew and swallow food once and for all? We need our scientists to figure out a way to infuse the air we breathe with the nutrients we need. If we can globally warm the planet, maybe we can globally nutrify it as well, which would also mean everyone would have equal access to all the food they need. The air is already filled water vapor, bacteria, molecules of things we smell, dust, etc. All we need to do is genetically modify some highly nutritious plants. Take kale, for example. We could engineer it to grow in very tiny shapes that are conducive to staying airborne. Maybe the tiny leaves can even be engineered to flap. Ideally, the kale would also be en-

gineered to self-reproduce, and the rate of reproduction would be set by sensory cells that could tell the caloric needs of the humans in the vicinity. Presto, we get the nutrients we need. No wasted food, no garbage, no sewage system needed. The savings on diapers alone could pay for the research. Of course we'd lose traditions like Thanksgiving dinner, but traditions should evolve like the rest of life, so instead of gathering to eat turkey, families can gather and do pranayama together.

**r:** (Norman) Sorry, we don't have space to add another variety of air.

**s:** "Gazpacho — the new recipe is spicier than the old one. Hard to swallow for some of us. Also, the chunkier version (esp. the big carrot pieces) is more akin to vegetable soup. Any chance of reverting?"

**r:** (David B. MA) We will not be making gazpacho again until next summer, at which time we'll make both recipes. Thanks for feedback.

**s:** A couple years ago, we replaced the iced lemon pound cake made by the 110th St. Bakery with that made by Le Bus, which to me is way inferior, both in taste and in texture! Can we go back to 110th St.? Or don't they make it anymore? Thanks."

**r:** (Matt MA) I believe the shift to Le Bus was motivated by our focus on local goods, so rather than pound cake shipped from the Bronx, we decided to buy from Le Bus, which bakes in King of Prussia. I can special-order you a lemon pound cake from 110th St. if you'd like. A loaf is 16 slices and freezes well. Email matt@weaversway.coop if interested.

normanb@weaversway.coop

Proudly serving our local community since 1987



**Complete Roofing Services  
Residential & Commercial  
Prompt, Reliable, Quality Work**

Please call us for your **FREE** Roof Inspection

**It's Fall! Time to get your gutters cleaned!**  
If you have clean gutters at the beginning of fall, the leaves will still be dry and easier to remove. When precipitation occurs, the water will flow freely through the gutter and into the downspout ensuring little or no damage to the gutter. And, because there is no debris to be washed into the down spout, this will not become clogged, making it easier to clean it out.

**Call 215-843-1970**  
**Email: AppleRoofing@verizon.net**

We serve Germantown, Chestnut Hill, Mt. Airy, and surrounding areas

**www.AppleRoofingCo.com**

**H**  
HANSON SERVICES  
*Small Projects for the Home*

Interior/Exterior Carpentry  
Custom Cabinetry  
Door & Window Installation/Repair  
Structural Work, Roofing  
Porch Repair, Deck Construction  
Hardwood Flooring  
Energy Efficiency Consultation  
Drywall/Plaster Work  
Painting, Masonry & Stucco  
Fire Protection  
Electrical & Plumbing

214 KALOS STREET, PHILADELPHIA  
Tel 215 483 - 8338 ~ HGCINC.BIZ

\*\*\*\*\*  
\* **COMPUTER HELP!!** \*  
\* Having trouble getting your computer, \*  
\* printer, scanner, CD/DVD/Blu-Ray, \*  
\* digital camera, or system software \*  
\* working properly? \*  
\* Would you like to set up a home wired \*  
\* or wireless network to share your files, \*  
\* multiplayer games, and Internet access \*  
\* between all of your computers? \*  
\* **Need help removing VIRUSES,** \*  
\* **SPYWARE,** or other malware \*  
\* which may have invaded \*  
\* your system? \*  
\* Need help finding, designing, \*  
\* repairing, or upgrading a PC \*  
\* and setting up software which \*  
\* best meets **YOUR** needs? \*  
\* For expert, reasonably-priced **service,** \*  
\* **instruction,** and **assistance** in your \*  
\* own home or office... \*  
\* call \*  
\* **Lauren Royce Emery** \*  
\* Phone: (215) 844-5570 \*  
\* E-mail: LREmary@fast.net \*  
\* 24 hours, 7 days \*  
\*\*\*\*\*

**COMPLETE MASONRY SERVICE**  
**Flagstone, Brick & Stone Pointing**  
**JAMES G. CARDAMONE**

- Concrete Work
- Chimney Repairs
- Stucco
- Basement Wall
- Walkways & Patios
- Glass Block Windows
- Plastering & Waterproofing
- Retaining Walls
- Ceramic Tile

**www.jgcardamonemasonry.com**  
Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401 All Calls Returned **215-887-9323** **GLENSIDE**

**coop basics**

**Good Deals Every Day.**

*Look for the tag!*

**Computer Service and Repair**  
**Call Ed "The Tech Guy"**

**FOR ALL WINDOWS  
PC COMPUTER SERVICES  
IN-HOME OR REMOTE ASSISTANCE**

**LOW RATES**  
cell 719-964-9538  
**www.edttg.com**



**We Love Our Advertisers — So Will You!**



# What It Sounds Like When We Say 'There's Nothing to Worry About'

by Claudia Apfelbaum, for the Shuttle

**H**OW MANY TIMES IN OUR LIVES HAVE WE BEEN told, "There's nothing to worry about"? How often has this actually been true?

Isn't it true more often that our worries feel deeply worrisome to us and those words don't make us feel any less worried? From my perspective, being told repeatedly "not to worry" is akin to being told to shut up. It communicates a lack of interest and caring.

What kind of response would be more helpful? And how can we help our children with their worries?

The most helpful first step is to listen to and acknowledge a person's feelings of worry or anxiety. Can you remember how you felt when you were listened to

with respect and thoughtfulness?

For example, if we say we are worried about a job interview, it is helpful for someone to say, "Job interviews are nerve-racking, aren't they?" These are words of confirmation. They let the other person know that his or her feelings are not weird or crazy. They may let the person know that other people share their feelings. Hearing that others experience similar things counters the sense of isolation and tendency to self-criticize. Joining others in their anxiety is like letting some steam out of the pot.

So too for children: They want their thoughts and experiences acknowledged. They hunger for us to know and understand what is going on inside them and in their lives.



Some of us may acknowledge their experience in our minds. Some of us pay lip service-type acknowledgment. But real acknowledgment has an altogether different character. Real acknowledgment means tuning in and really listening to what children are saying and hearing the pain, fear or anger that they are experiencing. The simple act of being heard

gives a child relief from the worries and anxiety he or she is experiencing.

What does listening look like?

Let me preface this by saying that listening to children's real feelings is not easy. In fact, it can be painful to hear how

(Continued on Next Page)



**Janet Ames**  
Member of **EXECUTIVE REALTY'S Green Group**

610 Old Lancaster Rd.  
Bryn Mawr, PA 19010  
Office: (610) 520-0400  
Cell: (610) 308-0802  
realtorjanetames@gmail.com  
www.realtorjanetames.com



**FIVE STAR REAL ESTATE AGENT**  
Janet Ames

**Multi-Year Winner**

As seen in *Philadelphia Magazine*


• Five Star Professional surveyed Philadelphia area residents who purchased a home priced at more than \$150,000 within an 8-month period. The final list of 2015 Five Star Real Estate Agents is a select group, representing less than 5% of real estate agents in the area.



## HAPPY HALLOWEEN!

**...and don't forget to Fall Back!**  
Daylight Savings Time Ends at 2am on Sunday November 1st!

Also visit me at:  
[www.facebook.com/realtorjanetames](http://www.facebook.com/realtorjanetames)  
[www.linkedin.com/in/realtorjanetames](http://www.linkedin.com/in/realtorjanetames)



## Mt. Airy Psychotherapy & Wellness

BRINGING HOLISTIC HEALTH TO THE NORTHWEST COMMUNITY

**Psychotherapy**  
Genie Ravital, LCSW  
Lauren Kahn, LSW, LMFT  
Lenore Jefford, LPC  
Eda Kauffman, LSW  
Althea Stinson, MSW  
Willie Knight, MA  
Jennifer Ellis, MEd, LPC

**Homeopathy**  
Ameet Ravital, PhD, DiHom

**Massage & Yoga**  
Lisa Kaye, LMT

**Acupuncture**  
Anna Beale, LAC

7127 Germantown Ave • Philadelphia, PA 19119

215-242-5004

[www.MtAiryPsychotherapy.org](http://www.MtAiryPsychotherapy.org)



**Berkshire Hathaway HomeServices**  
Fox & Roach, REALTORS®  
Ingrid Brown  
215 248 6520

**A Name to Remember—Service Not to Forget**

**INGRID BROWN, GRI, Senior Real Estate Specialist**  
Associate Broker since 1975  
8400 Germantown Avenue, Philadelphia, PA 19118-3315  
215 248 6520 direct • 215 353 3917 cell  
215 247 3750 office  
Ingrid.Brown@foxroach.com  
Over 1,000 houses sold


A member of the franchise system of BHH Affiliates, LLC

## Dental Arts of Chestnut Hill, LLC

8625 Germantown Ave. Philadelphia, PA 19118  
Tel. 215-242-6630 Fax 215-242-6633

**Axel Ramke, D.M.D., D.D.S., Ph.D.**  
General Dentistry

[www.DentalArtsOfChestnutHill.com](http://www.DentalArtsOfChestnutHill.com)



**CHESTNUT HILL Computer Spa**  
PC & Mac Repair,  
iPhone Screen Replacement!

Joanne Davis  
215-939-2534

**COMPLETE COMPUTER SERVICES AND TRAINING**


215-939-2534 CHComputerSpa@gmail.com

for health, balance, manifestation

**LEO MCELROY**  
215-843-9718


*Shiatsu Bodywork*  
*Shamanic Healing Practices*

Cresheim Healing Arts 138-A West Gorgas Lane  
[www.ShiatsuLight.com](http://www.ShiatsuLight.com)



Energy/Sound Healing Arts  
Therapeutic Touch  
Tibetan Bowls  
Shamanic Drums and Journeying

Alternative Healthcare for Women



Holistic Gynecology  
Natural Menopause Counseling  
Fertility/Pregnancy Consultations

Energy/Sound Healing Arts  
Therapeutic Touch  
Tibetan Bowls  
Shamanic Drums and Journeying

Iris S. Wolfson, CNM, CRNP  
133 W. Phil-Ellena Street  
Philadelphia, PA 19119  
(215) 842-1657  
[iriswolfson.com](http://iriswolfson.com)



## IMMUNE CENTRAL

**Winter's coming — time to work on your well-being.**



**next door across the way**



(Continued from Preceding Page)

much pain they are in. The beauty is that within the listening lie the roots for change, growth and greater ease.

So, how does one listen well to one's young people? One hears not only the words, but also the intent of what they are saying.

One does not deny or disagree with what they are saying — one "joins" them. Joining is expressed by reframing or paraphrasing what they have said, so they know you have "gotten it." Doing joining right may take a while. They may correct you along the way. Keep trying. Your effort matters to them, no matter what. It communicates that you care!

Next is the time for figuring things out. They probably want your help with the situation they are facing. Sometimes this involves intervening directly. More often, it means helping them to think creatively about how

they can handle the situation. Brainstorming an action plan with them is one way to help them come up with new strategies for the situation. Role playing with them what they will say or do is another helpful approach.

When you to listen to your child like this, for even five minutes a day, you are changing your child's life for the better. You are improving his or her resiliency by communicating that they matter, and helping them to problem-solve.

What else can we do to help them with their anxiety? Here are some ideas:

- Spend time with your children. It nurtures them and, without words, tells them you feel good about them.
- Teach your children relaxation techniques. Children can learn calm breathing, meditation and creative visualization. Doing such things reduces anxiety and can offer you and your child another way to connect.
- Don't over-schedule. Children need downtime to


decompress. They do better emotionally, socially and academically when they are not overextended.

- Adopt a nightly ritual. Spend time with your children before they go to sleep and let them talk.

Listening to our children with this level of attention can be hard work. It may mean giving to them what we ourselves did not receive as young people. But the rewards are great! The love we have for our children flourishes when we are able to give them the nurturing they need. Love, feelings of closeness and connection, and seeing them become confident young people are the rewards we will receive!

*Health & Wellness Committee member Claudia Apfelbaum, MSS, LCSW, has expertise in helping people evolve from who they are to who they want to become. Contact her at [claudialistens@gmail.com](mailto:claudialistens@gmail.com). Views expressed here are those of the author, not necessarily of the Health & Wellness Committee.*

**A FRESH BREEZE IN YOUR LIFE**  
Therapy for Individuals, Couples and Groups



Trauma, Anxiety, Divorce Recovery,  
Adult Children of Alcoholics/Addicts  
LGBTQ Positive and EMDR

**Sylvia G. Brown, MSS, LCSW, PhD, JD**

**Office:** Center City      **By Appointment:** 484.574.6819  
Sliding Scale

**Integrative Physician and Functional Medicine Practitioner**  
**Heather Moday, MD, ABHIM**

*Now accepting new patients in Rittenhouse Square*

Discover a proactive, functional wellness approach to your health. We use cutting-edge diagnostic testing to get to the root of your symptoms.

Specializing in holistic treatment of

- Autoimmune conditions
- Thyroid disorders
- Gastrointestinal dysfunction
- Adrenal fatigue



110 S. 20th Street, 4th Floor  
Philadelphia, PA 19103  
(215) 558-2731  
[modaycenter.com](http://modaycenter.com)

**MODAY CENTER**  
*for functional and integrative medicine*

**GOOD VIBRATIONS**  
**HOLISTIC OPEN HOUSE SERIES**  
Saturdays: 9/19, 10/17, 11/14  
1 PM to 4 PM

Fellowship Hall, UUC Restoration  
Stenton Ave. & Gorgas Ln, Phila. 19150  
Free with advance registration 267-251-6052 or [www.ReikiSoundbliss.com](http://www.ReikiSoundbliss.com).  
\$5 at the door. (Under 18 must be accompanied by parent)

Stress Management Consulting by Natalie Bliss, sponsor

**Rev. Dr. Nadine Rosechild Sullivan**  
Spiritual Counseling & Hypnotherapy





215-704-4264  
[drsullivan@rosechild.org](mailto:drsullivan@rosechild.org)  
[www.rosechild.org](http://www.rosechild.org)

*LGBTQ-Affirming*

"it takes courage to grow up and turn out to be who you really are."

Coop Member Discount  
215-843-8258  
[www.mollykellogg.com](http://www.mollykellogg.com)

**Molly Kellogg, RD, LCSW**  
Psychotherapist and Nutritionist

100 East Sedgwick St.  
Mt. Airy      135 South 19<sup>th</sup> Street  
Center City

**You can feel better about your life!**

- Do you have conflicts and tensions in your family?
- Are you experiencing communication road blocks?
- Do you need a place to talk about stuff?

*call or email Claudia today!*



215.317.8855 \* [claudialistens@gmail.com](mailto:claudialistens@gmail.com) \* [ClaudiaListens.me](http://ClaudiaListens.me)  
**Claudia Apfelbaum, LCSW, Psychotherapist**

**SAVE MONEY. LOOK BETTER. FEEL BETTER. LIVE BETTER. THERE'S A VIVANA FOR EVERYONE.**



**VIVANA** Affordable Concierge Medicine. Starting at \$9 a Month.  
Learn more at [vivanawellness.com](http://vivanawellness.com) or call (800) 948-6927 for more information.

This is NOT insurance nor is it intended to replace insurance coverage, and does not meet the minimum creditable coverage requirements under the Affordable Care Act.



## Chickens & Eggs

(Continued from Page 3)

price changes. According to Purchasing Manager Norman Weiss, there has been no significant change in the price of eggs at Weavers Way since the avian flu epidemic began. Weavers Way sources only free-range, organic or pastured eggs from smaller local producers who, presumably due to their smaller flock sizes and elevated chicken-welfare practices, have been minimally affected by avian flu.

(Vendors whose products contain eggs or egg products may have been forced to raise wholesale prices, which have been passed on to retail shoppers, but at the moment, the Co-op has no way of discriminating between products that contain conventional eggs and those that do not, but as a rule, products that are USDA-certified organic do not contain conventional eggs.)

Notably, the price of conventional eggs have risen such that they are now approaching eggs that come from more humanely raised chickens.

In other words, price-sensitive grocery shoppers who would ordinarily purchase conventional eggs because they are much cheaper than organic, free-range, or pastured products may find it easier in the aftermath of the outbreak to “buy with their conscience.”

### Life & death in the egg factory

Since there is no avian flu vaccine, both infected and healthy birds must be exterminated to contain the virus. (The virus does not affect consumers of poultry or eggs, only fowl.) For egg-laying hens primarily housed in cages situated above floor level, the only USDA-approved method for euthanization is asphyxiation by carbon-dioxide gas. Broiler chickens and turkeys raised for meat that are floor-reared may be suffocated en masse using a foam similar to that expelled from a fire extinguisher. Naturally, animal-rights advocates such as the Humane Society have protested vigorously against these mass extermination practices.

“

**Experts have pointed out that crowded conditions and the factory farming model have made mass avian flu outbreaks inevitable. Meanwhile, opposition from the pork and beef industries has made legislation requiring more humane treatment of chickens unlikely.**

”

Unfortunately, life for many of these birds may be worse than death by gas or foam. There are currently around 300 million egg-laying chickens on our nation’s commercial farms; they dutifully produced an estimated 50 billion eggs last year. According to the USDA, only 3.2% of those eggs were laid by cage-free chickens. Or, to put it another way, 93.4% of America’s eggs are produced by hens in “battery” cages, which often contain 5-10 birds, each with only 67 square inches of floor space —smaller than a sheet of letter-sized paper.

These chickens cannot flap their wings, roost or take dust baths. Besides being confined in cages, they are housed in enormous facilities that admit no natural light, harbor miasmas of moist, bacteria-laden air and riot with the cacophony of tens or even hundreds of thousands of virtually identical birds.

Experts unaffiliated with the egg industry have pointed out that these crowded conditions and the factory farming model that supports them have made mass avian flu outbreaks inevitable. And while the mainstream media has focused its attention on the adverse impact the outbreak has had on the egg industry, especially the gruesome task commercial farms faced in disposing of 50 million dead birds, it has been left to activist groups to point out the obvious: In the words of Dr. Michael Greger, director of public health and animal agriculture for the Humane Society of the United States, “Commercial poultry farms are designed like a disease incubator.”

### Chickening out on regulation

Things were not always thus. Prior to World War II, most of the eggs in America came from farms with fewer than 400 hens. With the rise of the factory farming model during the 1960s came the rapid consolidation and growth of the egg industry. From around 10,000 active egg farms evenly spread across the country, by 2015, just under 200 commercial egg mega-producers exist. These massive farms produce nearly all of our 50 billion eggs, and they almost exclusively deploy industrial food production methods to mass-produce them cheaply.

A glimmer of hope arrived for American egg-laying chickens in 2012, only to be snatched away again by the egg industry’s big bad cousins, the pork and beef industries.

At the behest of consumers who demanded more humane chicken-raising practices and under pressure from animal welfare groups, the United Egg Producers (UEP), which represents companies that own 95% of the country’s egg-laying hens, in conjunction with the Humane Society, introduced a bill in Congress that would have banned battery cages. Called the Eggs Products Inspection Amendment, the bill had many legislative sponsors but was never put up to a vote. While the bill had the support of the nation’s largest egg industry association, it ran afoul of the pork and beef producers, as well as the American Farm Bureau, who aggressively lobbied Congress to reject the bill. Afraid better living conditions for chickens could mean stricter regulation on pig and cow rearing, they killed the amendment.

The Humane Society has admitted that against determined opposition from the pork and beef industries, they simply cannot win legislation that would require more humane treatment of chickens.

### Consuming for change

As this galloping survey of the egg industry shows, eggs are one part of the meat, poultry and dairy food system that will continue to use cost-saving industrial methods on animals in order to deliver mass quantities of inexpensive meat and poultry as long as we don’t stop eating it.

So with the industry seemingly unable to reform itself, the only hope for the chicken and egg problem lies with consumers. Which brings us back to you, the devoted Co-op shopper.

At Weavers Way, buying your conscience even has different price points:

- Eggs from cage-free chickens, produced locally and packaged under the Nature’s Yoke label, are now guaranteed only \$2.79 a dozen under the Co-op Basics program — no more expensive currently than conventional eggs sold at many supermarkets. Nature’s Yoke’s free-range chickens, while not crammed into cages, are not necessarily given access to the outdoors or fed organic feed.
- Digging a little deeper into your purse, you can choose local pastured eggs from Swiss Villa or regionally produced organic eggs from Organic Valley (Chestnut Hill only). Swiss Villa’s hens go outside and, as the label implies, get to pick around in the grass. Swiss Villa eggs are currently \$5.35 a dozen. By organic certification standards, Organic Valley chickens are fed only organic feed and must be cage-free. Organic Valley eggs are currently \$5.59 a dozen.

And for those making the ultimate pro-chicken statement, don’t forget that the Pet Store carries organic chicken feed and other chicken-rearing basics.

*paulcantagallo@gmail.com*

## One Grows, the Other Paints



“Cross Fertilization,” Ginger Garrett Arthur

Ginger Garrett Arthur, Weavers Way’s floral buyer, is also a fine-art painter, and she is opening her studio for the **Philadelphia Open Studio Tour 2015**, Saturday and Sunday, Oct. 17-18, from noon to 5 p.m.

Ginger’s studio show, “Cross Fertilization,” features Love’n Fresh Flowers, grown in Roxborough. The centerpiece is a 12-foot triptych of the cut-flower

fields (pictured). Jenny Love’s locally grown flowers are available at Weavers Way in season.

An artist’s reception will be held Friday, Oct. 16, from 5 to 8 p.m. at the studip, 8042 Germantown Ave. View more of Ginger’s work at [GingerArthur.com](http://GingerArthur.com).

**Philadelphia Open Studio Tours**, or POST, a program of the Center for Emerging Visual Artists,

is the largest tour of artist studios and creative workspaces in the region and one of the premier open studio tour events in the country.

The tours span 20 unique Philadelphia neighborhoods and feature over 300 participating artists. To learn more about POST, visit [philaopenstudios.org](http://philaopenstudios.org).





## Chickens: Why Not in Our Backyard?

by Maureen Breen, for the Shuttle

PHILADELPHIA BACKYARD CHICKENS HAS been busily approaching current and prospective City Council members asking that chickens be returned to Philadelphia backyards.

Our analysis of current and prospective Council members indicates that most who outlawed the chickens back in 2004 are no longer involved with city government.

We reached out to all the primary election candidates to ask where they stood on legalizing backyard chickens and shared this information with members on our Facebook page. We are encouraged by Councilman Mark Squilla's comment in a recent Philadelphia Magazine story that he is sympathetic to the cause. (Read the full story here: [www.phillymag.com/news/2015/06/14/philadelphia-urban-chickens-illegal](http://www.phillymag.com/news/2015/06/14/philadelphia-urban-chickens-illegal).) Candidate Derek Green responded very positively about his personal experience with backyard chickens.

Next steps are to focus our efforts to work



Mark Klempner photo

Illegal activity seen on the Urban Farm Bike Ride.

with the City Council and mayor as Philadelphia continues taking steps toward local food and sustainability. We ask people to assign themselves to a council member or candidate, build a relationship and educate him or her about backyard chickens: how far from best practices Philadelphia is and how we want the law changed to bring Philadelphia into the forefront of urban homesteading and local food.

Over the summer, several members of our group were reported to the city's animal control agency for having chickens. These reports often followed a difference of opinion between neighbors that was not related to the chickens. The illegality of chickens allows a neighbor to harass a chicken-keeping neighbor and waste city resources. In none of these incidents were the chickens the first or only problem between the neighbors. This threat looms over every Philadelphian who has or enjoys backyard chickens.

We urge chicken-positive Philadelphians to join the 650 members on our Facebook page.

Contact Maureen Breen at [LegalPhillyHen@gmail.com](mailto:LegalPhillyHen@gmail.com).

## THINKING COFFEE



### Your Beans at Risk

by Lynsey Miller, for the Shuttle

GROWING COFFEE ON FAR-FLUNG MOUNTAIN SLOPES IN WAYS THAT respect the earth and build rural communities is quite an accomplishment, with significant challenges to overcome on a daily basis. But now a new threat is hitting many communities hard all at once.

Coffee leaf rust, or *roya* in Spanish, is a fungus that starts with visible spots on the coffee tree's leaves. As it progresses, *roya* renders the leaves unable to photosynthesize, essentially choking the plant. The fungus spreads from tree to tree, farm to farm, community to community. Its range has reached across continents. Its spread is fast and impact severe. Some farmer co-ops have seen production levels drop 80 percent in a span of three years.

This plague is caused by a variety of factors, but likely one of the most significant is climate change — specifically, an increase in temperature at higher altitudes, where the fungus previously could not thrive. (This is one example of how the unsustainable use of resources in industrialized countries contributes to climate change that leaves some of the most vulnerable communities to bear the biggest burden.)

For some farmers, the solution to *roya* is spraying fungicides. But the most effective fungicides are not organic and are unrealistic solutions for our farmer partners, who are committed to small-scale, organic production. Through their own field tests, our farmers report that the best results come from bolstering soil health and replacing diseased trees.

Equal Exchange has responded in two ways. The first is to continue doing what we do: focusing not just on a product, but on the people and infrastructure that grow the product. We provide pre-harvest financing, support replanting projects and facilitate information sharing among farmers. In addition, we have dedicated \$150,000 this year to directly fund Coffee Leaf Rust projects that farmers are managing in Mexico, El Salvador, Peru and Guatemala.

Equal Exchange products are on sale in October, and we hope to draw attention both to the serious challenge of coffee leaf rust and to the perseverance and leadership of small farmers in finding better solutions.

With your help and your purchases, together we can continue to fuel an alternative trade model that does more than just trade.


For more thoughts and analysis about this ongoing work, please visit our website, [www.EqualExchange.coop](http://www.EqualExchange.coop), and our blog, [www.SmallFarmersBigChange.coop](http://www.SmallFarmersBigChange.coop).

Lynsey Miller is the sales director at Equal Exchange.

**Staff Favorite** ★

**Blue Sky Creamy Root Beer**

"Can't beat the price. (69¢ a can). Me and my friends get it all the time."




**Anthony Watkins**  
Weavers Way MA Deli Staff

**Coffee of the Month**

**BULK BEANS**  
All Varieties EXCEPT Decaf

**SALE**

**\$8.99/lb.** reg. \$11.99/lb.



Sept. 30 - Nov. 3

★ **Staff Favorite**



**Josh Magnitzky**  
Produce & Grocery - CH

**Field Roast Vegan Sausage**  
Apple Sage Flavor

"...a really great product to help fit in with other meat eaters...you can grill those up or cut them up and put them in a pasta dish."

**AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES**

Free Beer Tastings Every Sat 3-5 PM

Over 6,000 sq ft of Liquid Pleasure!

**Craft Beers**  
Belgians  
Imports  
Ciders  
Lambics  
Organics  
Sorghums  
Gluten-Free



One-Stop Shopping For All Your Beverage Needs

**Sport Drinks**  
Seltzers  
Juices  
Teas  
Water  
Sodas  
Organics  
Ginger Beers

Best of Northwest Philadelphia '08!

Cases - Kegs - Ice - Snacks - Cigars - PA Lottery - Open 7 Days - Free Parking - We Deliver  
7401 Germantown Ave, Phila, PA 19119, 215.242.3110, [www.mybrewersoutlet.com](http://www.mybrewersoutlet.com)

**coop basics** **Good Deals Every Day.**



**Curtis Roberts**

**Joined Weavers**

**Way:** 2014, with his wife, Robin. They'd been shopping as nonmembers for 8 years beforehand.

**Lives in:** Mt. Airy

**Current job:** Case manager for a state agency. He recently completed training in imaging technology and is looking for a position in that field.

**Why they waited to join the Co-op:** He was a cook for many years and had most of his meals on the job.

**Co-op jobs he did to fulfill his hours:** Helped in meat/poultry/fish. Also packed dried fruits on the second floor.

**Favorite Co-op products:** Cheeses, produce (especially English cucumbers), pine nuts

**Why he became a working member:** He had the urge to get back into food-prep after having been away from it for a few years. "Why not help where I'm needed? It's not a hard job."

**What he likes about the Co-op:** "It's friendlier [than a supermarket], and the selection's a lot better. ... I worked in restaurants and high-end hotels, so I've got a nice palate."

*Cooperator of the Month*



# We Put the 'Co' in Community Partnership

by Kirsten Bernal, Weavers Way Membership Manager

THE SEVENTH INTERNATIONAL COOPERATIVE Principle is Concern for Community. To that end, Weavers Way seeks to support other local retailers in a way that is collaborative and sustainable. We are interested in forming mutually beneficial partnerships with area businesses and service providers as a means of strengthening our local economy.

This month, Principle 7 has been on my mind as the Membership Department begins work on an overhaul of one of our most valuable member benefits. Right now, though, I would not be surprised to learn that many of you are not even aware that we have long had a Community Discount Program. It was launched several years ago, but has not been maintained in the way that we would have liked. As a result, it has sort of become a well-kept secret among those in the know!

You can review the program on the Weavers Way website. Just navigate to [www.weaversway.coop/community-discounts](http://www.weaversway.coop/community-discounts), or click on "Join the Co-op" on the main page of the website, then select "Member Benefits" in the dropdown menu and click the link "Discounts from local retailers and service providers."

You'll find a variety of categories, from dining and home improvement to counselors and landscaping, each with listings of businesses and indi-

viduals that provide discounts or special offers to Weavers Way members. Examples include Ten Thousand Villages, Golden Crust Pizza and Killian's Hardware.

We're working to enhance the program and to spread the word that Weavers Way and our commu-

nity partners are collaborative and cooperative, not competitive. To help get the word out, we will be providing a logo for our partners to display. You'll know that the business is a participant in our Community Partners Program when you see the logo, and you will be able to present your Weavers Way member card to take advantage of the special offers that are available. We are working to increase participation and in January, we expect to publish a comprehensive, up-to-date list that will serve as a resource for 2016.

Here's to keeping it local! And what better way than by investing our resources in the community where we live?

You're welcome to begin taking advantage of the discount program as it exists today, and stay tuned for the excellent enhancements we have planned. If you have misplaced your member card, contact me in the Membership Department for a replacement card. If you are a local retailer or provider who is interested in becoming a Community Partner, you can also contact me for more info.

*Kirsten@weaversway.coop*

**The Community Discount Program makes it easier for our members to support local businesses.**

## Yes, Sometimes It Actually Is Heavy Lifting



Cold hands are all in a night's work for James Mitchell.

Ever wonder what goes on overnight in the store? Well, last month, we did a grocery reset in Chestnut Hill. That's when we tweak the contents of the shelves to make them more inviting and, we hope, easier for our shoppers.

Most nights, though, it's business as usual — restocking, cleaning, picking up and delivering food and other products from the warehouse in Nicetown, cleaning, restocking, cleaning, restocking — in fact, doing the heavy lifting!

Photos by Dennis Brookshire



After dark in the kitchen: Joe Stanton, Chris Holder and Lee Feitelson.



Steve Hansteen on overnight chocolate bar duty.



General Manager Jon Roesser, left above, and third-shift driver Walter Wilson; at right, staffers from natural products supplier UNFI work on the reset one night last month. (That's assistant Chestnut Hill manager Riley Lucas in yellow at the back.)





# Co-op Lifer Cuts Route to Success As an Apprentice in the Meat Room

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

**J**AKE LEMAY'S ROOTS IN WEAVERS WAY GO BACK more than 25 years, to the days when he'd sneak ahead of his family to grab their member card at the checkout in Mt. Airy. From that task he went on to become a cooperator, and an employee, twice, for three different departments. Since May, he's been settling into his latest role: apprentice meat cutter in the Chestnut Hill store.

Jake, 31, grew up in Germantown, the middle child of WXPN-FM general manager Roger LeMay and public school teacher Peggy Bradley. Upon graduating from Germantown Friends in 2002, he got a scholarship to Drexel University to study engineering. But it found it wasn't a good fit for him, and transferred to the Wharton School at Penn. He liked that even less. "I hated the environment," he said. "Everything is uber-competitive, no matter what. ... You couldn't just win, you had to beat everyone else, which is just not my life philosophy." Around the same time, his parents divorced and his grandmother died. He went into a severe depression and left school.

In 2004, Jake got a job as a ticket-taker at the newly opened World Cafe Live in University City. He moved up to being a ticket seller, and eventually became the system box office manager. But after six years there, he realized he needed to move on. In the fall of 2011, he enrolled at Jacksonville University

in Florida with the intention of becoming an air traffic controller. During his summer at home in 2013, he worked as a dishwasher at Weavers Way Chestnut Hill.

That fall, his plans hit a roadblock: the Federal Aviation Administration severely cut its budget, leading to the closure of more than 100 air traffic centers and the cutting of education funding for his program. He returned home, got a job at Holod's Home and Garden Center in Lafayette Hill, and did tree-cutting work on the side.

In September of last year, Jake came back to Weavers Way, this time as a deli clerk in Chestnut Hill.

"I was definitely drawn by the benefits — they're phenomenal here," he said. "The health insurance. ... You couldn't get anywhere near that anywhere else at that kind of job level."

Jake saw a posting for the apprentice meat cutter position in the spring and did a cut test, along with several other applicants, for Chestnut Hill meat manager Ron Moore. He'd only had a little experience with meat cutting, but had cleaned fish as a boy while spending summers with his dad's family in Old Saybrook, CT. He'd also done knife work in prepared foods at Weavers Way and at Fiesta Pizza in Chestnut Hill for a couple of summers.

The Conshohocken resident enjoys working with Ron, meat cutter Rico Stevenson and Ron DeMar-

## Staff Celebrity Spotlight: Jake LeMay



Karen Plourde photo

co in their tight-knit department. "I like the independence of it over there," he said. "I like that we are trusted to manage our own department. It's on us, and no one really tells us what to sell or how to sell it."

His positive feelings extend beyond the meat room to the overall attitude Weavers Way has toward its employees. "I've worked for a few companies, and some of them, they'll replace you tomorrow," he said. "The Co-op [is] very dedicated. ... there's really a commitment [to] making it a positive work environment."

kplourde@weaversway.coop

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

### Weavers Way Board

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

The Board's October meeting is at 7 p.m. Tuesday, Oct. 6, in Mt. Airy, at the Summit Church, 6757 Greene St. The November meeting is scheduled for Tuesday, Nov. 3.

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

### 2014-2015 Weavers Way Board

**President:** Chris Hill  
**Vice President:** Joshua Bloom  
**Treasurer:** Emmalee MacDonald  
**Secretary:** Laura Morris Siena  
**At large:** Megan Seitz Clinton, Larry Daniels, Lisa Hogan, Stu Katz, Joyce Miller, Linda Shein, David Woo

### The Shuttle

**Editor**  
 Mary Sweeten, 215-843-2350, ext. 135  
[editor@weaversway.coop](mailto:editor@weaversway.coop)

**Art Director**  
 Annette Aloe, 215-843-2350, ext. 130  
[annette@weaversway.coop](mailto:annette@weaversway.coop)

**Advertising**  
[advertising@weaversway.coop](mailto:advertising@weaversway.coop)  
 Karen Plourde, Advertising Coordinator  
 215-843-2350, ext. 314  
 Virginia Herbaugh, Advertising Billing  
 215-843-2350, ext. 315

**Proofreaders for this issue:** Emily Law, Nancy Morris, Andrea Moselle, Pam Ozaroff

**Contributors for this issue:** Claudia Apfelbaum, Kirsten Bernal, Nina Berryman, Maureen Breen, Paul Cantagallo, Ron Kushner, Marsha Low, Brenda Malinics, Karen Plourde, Mira Rabin, Jon Roesser, Lawrence Schofer, Sue Wasserkrug, Norman Weiss

### OPEN EVERY DAY

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

**Mt. Airy main number:** 215-843-2350

[contact@weaversway.coop](mailto:contact@weaversway.coop)

**Chestnut Hill main number:** 215-866-9150

#### Mt. Airy

8 a.m.-8 p.m.  
 559 Carpenter Lane

#### Chestnut Hill

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

#### Across the Way

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

#### Next Door

9 a.m.-8 p.m.  
 8426 Germantown Ave.  
 215-866-9150, ext. 221/222

### HOW TO REACH US

**General Manager**  
 Jon Roesser, ext. 131  
[jroesser@weaversway.coop](mailto:jroesser@weaversway.coop)

**Controller**  
 Nancy Pontone, ext. 116  
[npontone@weaversway.coop](mailto:npontone@weaversway.coop)

**Purchasing Manager**  
 Norman Weiss, ext. 133  
[normanb@weaversway.coop](mailto:normanb@weaversway.coop)

**Marketing Director**  
 Crystal Pang, ext. 121  
[cpang@weaversway.coop](mailto:cpang@weaversway.coop)

**HR Director**  
 Sherice Sargent, ext. 132  
[hr@weaversway.coop](mailto:hr@weaversway.coop)

**Membership Manager**  
 Kirsten Bernal, ext. 119  
[member@weaversway.coop](mailto:member@weaversway.coop)

**Outreach Coordinator**  
 Bettina de Caumette, ext. 118  
[outreach@weaversway.coop](mailto:outreach@weaversway.coop)

**Mt. Airy Store Manager**  
 Rick Spalek, ext. 101  
[rick@weaversway.coop](mailto:rick@weaversway.coop)

**Chestnut Hill Store Manager**  
 Dean Stefano, ext. 212  
[dstefano@weaversway.coop](mailto:dstefano@weaversway.coop)

**Executive Chef**  
 Bonnie Shuman, ext. 218  
[bonnie@weaversway.coop](mailto:bonnie@weaversway.coop)

**Farm Manager**  
 Nina Berryman, ext. 325  
[nberryman@weaversway.coop](mailto:nberryman@weaversway.coop)

**Next Door Manager**  
 Amira Shell, ext. 220  
[ashell@weaversway.coop](mailto:ashell@weaversway.coop)

**Mt. Airy Wellness Manager**  
 April Pedrick, ext. 114  
[apedrick@weaversway.coop](mailto:apedrick@weaversway.coop)

**Pet Department Manager**  
 Anton Goldschneider, ext. 276  
[petstore@weaversway.coop](mailto:petstore@weaversway.coop)

**Grocery**  
**(MA)** Kathryn Worley, ext. 140  
[worley@weaversway.coop](mailto:worley@weaversway.coop)  
**(CH)** Riley Luce, ext. 217  
[rluce@weaversway.coop](mailto:rluce@weaversway.coop)

**Prepared Food**  
**(MA)** Dave Ballentine, ext. 102  
[dballentine@weaversway.coop](mailto:dballentine@weaversway.coop)

**Deli**  
**(MA)** Shawn O'Connell, ext. 109  
[soconnell@weaversway.coop](mailto:soconnell@weaversway.coop)  
**(CH)** Matt Budenstein, ext. 209  
[mbudenstein@weaversway.coop](mailto:mbudenstein@weaversway.coop)

**Meat, Poultry & Seafood**  
**(MA)** Dale Kinley, ext. 104  
[dale@weaversway.coop](mailto:dale@weaversway.coop)  
**(CH)** Ron Moore, ext. 205  
[rmoore@weaversway.coop](mailto:rmoore@weaversway.coop)

**Produce**  
**(MA)** Jean MacKenzie, ext. 107  
[mackenzie@weaversway.coop](mailto:mackenzie@weaversway.coop)  
**(CH)** Mike Herbst, ext. 211  
[mherbst@weaversway.coop](mailto:mherbst@weaversway.coop)

**Floral Buyer**  
 Ginger Arthur, ext. 317  
[floral@weaversway.coop](mailto:floral@weaversway.coop)

### Weavers Way Welcome Meetings

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

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

Meetings start at 6:30 p.m., in Mt. Airy in the Community Room, 555 Carpenter Lane, or in Chestnut Hill upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.  
 RSVP: [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or **215-843-2350, ext. 118.**

**NEXT MEETING: Wednesday, Oct. 7**  
 Mt. Airy

weavers way COOP



Connect to the network **WW\_PUBLIC**  
 Use the password **weaversway**

Follow us!

**Advertise in the Shuttle**  
[advertising@weaversway.coop](mailto:advertising@weaversway.coop)





# OCTOBER

## CALENDAR of EVENTS

### ALL MONTH LONG

#### OUR FARMSTANDS

##### HENRY GOT CROPS

7095 Henry Ave. (Saul High School) 11 a.m.-7 p.m. Tuesdays/11-6 Fridays

##### WEAVERS WAY FARMS AT HEADHOUSE MARKET

2nd & Lombard streets, 10 a.m.-2 p.m. Sundays

##### WEAVERS WAY COMMUNITY PROGRAMS

Outside the Chestnut Hill store, 3-6 p.m. Tuesdays



#### Friday, Oct. 9

7-8:30 p.m.

**Movie Night at the Farm: 'Curious George Halloween Boo Fest'**  
It's our last free movie night of the year! Bring a blanket, bring a picnic and join us for an evening under the stars at the Henry Got Crops Farm at Saul High School, 7095 Henry Ave. Come early to shop the farmstand until 6 p.m., and spend some time exploring the fields before the movie rolls at 7 — there's still a lot going on! Info: skane@weaversway.coop.

#### Saturday, Oct. 10

4-8 p.m.

##### Fall General Membership Meeting

Be there for our "Walk & Talk in the Woods," featuring some insights about how food labeling and language affect buying. Plus the usual reports and the usual delicious light dinner from the Weavers Way Kitchens. All in the sylvan confines of the Schuylkill Center on Hag's Mill Road in Upper Roxborough. For more info, visit [www.weaversway.coop/Fall-2015-GMM](http://www.weaversway.coop/Fall-2015-GMM).

#### Monday, Oct. 12

All Day

##### Columbus Day

Weavers Way stores are open our usual hours!

#### Saturday, Oct. 17

Noon-4 p.m.

##### Harvest on Henry Farm Festival

It's a day of celebration and support for our Henry Got Crops Farm at Saul High School, 7095 Henry Ave. Visit the animals, play some games, listen to music and eat terrific food from the food trucks. Buy a pie, or enter the pie contest! Info: [www.weaversway.coop/Harvest-on-Henry-2015](http://www.weaversway.coop/Harvest-on-Henry-2015).

#### Wednesday, Oct. 21

7:30-9 p.m.

##### Weavers Way Environment Committee Meeting

Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). All are welcome! Info: shebden@weaversway.coop.

#### Wednesday, Oct. 28

6-8 p.m.

##### Weavers Way Open Member Forum

All members are invited to bring questions, concerns, even kudos, to this quarterly session with General Manager Jon Roesser. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@weaversway.coop or 215-843-2350, ext. 118.

#### WEAVERS WAY CHESS CLUB

Read & Eat, 7141 Germantown Ave., 7 p.m. Mondays

#### Saturday, Oct. 3

9 a.m.-1 p.m.

##### Farm Volunteer Day

Last chance this season to get your hands dirty helping out the farmers at our Mort Brooks Memorial Farm at Awbury Arboretum in Germantown. But check out the online work calendar — cooperators shifts are still available, so make your plans!

#### Tuesday, Oct. 6

7-9 p.m.

##### Weavers Way Monthly Board of Directors Meeting

This month in Mt. Airy, in the Parlor Room at Summit Church, 6757 Greene St., just down the street from the Co-op. All are welcome! RSVP: boardadmin@weaversway.coop.

#### Wednesday, Oct. 7

6:30-8:30 p.m.

##### Welcome Meeting for New Members

Let us introduce you to all that we are. You'll learn how to make the most of your Co-op Member-Ownership and earn two hours toward working member status. This month, meet us in the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: member@weaversway.coop or 215-843-2350, ext. 119.

#### Thursday, Oct. 8

6:30-8 p.m.

##### Weavers Way Health & Wellness Committee Meeting

Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). All are welcome! Info: apedrick@weaversway.coop.

Check the **ONLINE EVENTS CALENDAR** for the **LATEST UPDATES:**  
**WWW.WEAVERSWAY.COOP**

To suggest an event, or for more information, contact Outreach Coordinator Bettina de Caumette:  
outreach@weaversway.coop or 215-843-2350, ext. 118.



## International Co-op Principles

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

Your favorite foods are local.  
Your favorite sports teams are local.  
Our *Morning Edition* host is local.

Jennifer hosts WHY?Y's *Morning Edition*. A familiar voice to WHY?Y listeners and a Delaware Valley native, Jennifer Lynn really knows local.



**WHY?Y FM 90.9**

**Morning Edition**  
Weekdays from 6 a.m. to 9 a.m.