

*Ambler's First Anniversary*  
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# Member appreciation Days

FRI SAT SUN  
OCT. 12, 13 & 14

MEMBERS GET AN EXTRA **5% OFF** & **10% OFF** WORKING MEMBERS GET A TOTAL OF

*Ambler's First Anniversary*

On Saturday, October 13, 4:30 - 7:30 p.m., we invite you to celebrate the one-year anniversary of Weavers Way Ambler!



Community-Owned,  
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# The Shuttle

OCTOBER 2018

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 46 | No. 10

## Goats in the City? Not a Baaad Idea.

by Laurie T. Conrad, for the Shuttle

**G**OATS — THEY ARE SO MUCH MORE THAN CHÈVRE AND YouTube videos.

In one determined woman's view, goats are a gateway to cleaner, safer, happier city neighborhoods. Karen Krivit is working to make that perspective a reality with the Philly Goat Project, which counts Weavers Way's Mort Brooks Farm among its neighbors at its home base at Awbury Arboretum.

That unexpectedly bucolic city setting off Washington Lane is where Philly Goat Project founder Krivit and her mostly volunteer team tend a herd of five goats already in demand as four-legged weed-whackers.

"Poison ivy is their favorite," says Krivit, as if anyone needed another reason to think goats are cool. "I gave them pasture with gorgeous wheat and alfalfa. They didn't like that. They like junk food." They also favor invasive Japanese knotweed and



Laurie T. Conrad photo

Oohagh and Oliver (or is it Anthony?) at home at Awbury Arboretum kudzu. And, just in time for autumn, fallen leaves.

Krivit adds, "We have a waiting list of people who want them to clear their yards."

Yes, the three miniature goats in the herd do goat yoga classes, but with a difference. First, the classes are fundraisers for the Philly Goat Project, and second, unlike in most goat yoga situations, these aren't babies that are basically prodding yogis ISO their mother's teats or a bottle. These goats are adults and

(Continued on Page 14)

## Chestnut Hill, Mt. Airy to Get Updated Point- of-Sale System

by David Chaplin-Loebell,  
Weavers Way Information  
Technology Director

**S**TARTING OCT. 15, THE INFORMATION Technology Department at Weavers Way will be installing a new POS system. That stands for Point of Sale (and yes, we've heard the jokes about what else it might stand for), which is the software that runs our cash registers. We will be rolling out the new system in Mt. Airy and Chestnut Hill, as well as the

(Continued on Page 22)

**HAUNTED HARVEST ON HENRY**  
SATURDAY, OCTOBER 27 3 PM - 7 PM

See Page 15 for all the scary details.



### EARLY BIRD WORD

Turkey orders start Nov. 1.  
*Always fresh, never frozen.*

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KEEP CALM *and* GOBBLE ON

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CHANGE SERVICE REQUESTED



# What's in Store at Weavers Way

## Check It Out!

by Karen Plourde, Weavers Way Communications Staff



### Bulk & Beyond

**Candy is dandy, especially this month.**

Most of us larger folk would get little more than a cold stare if we showed up on a stranger's doorstep and screamed "Trick or Treat!" on Oct. 31. Thankfully, we can treat ourselves to delectable autumn delights from **Marich Confectionery** in all three stores.



Ambler and Mt. Airy have packed out a Halloween select mix of foil-wrapped pumpkins, taffies and licorice shapes for \$8.99/lb., while supplies last. For the grownup palate, our bulk shoppers have also put together containers of Marich triple-chocolate toffees (\$11.99/lb.), and chocolate chai and Halloween fall caramels for \$9.99/lb. Mt. Airy and Chestnut Hill have pumpkin spice

caramels (yummy!) for \$9.79/lb. The Hill also carries the fall caramels and foil pumpkins by themselves.

New, sweet and destined to be around for a while on Carpenter Lane and Butler Avenue are **SunRidge Farms** mini-peanut butter cups (\$5.99/lb.). Be forewarned: They're dangerously delicious.

### All Wellness & Good

**New flavors of mushroom-based hot drinks Next Door. And did you know there's bulk shea butter in Ambler?**

Remember how Mom always told you to drink your mushrooms? No? Well, there are those in the wellness community who believe that drinking mushroom-infused beverages is a convenient and



effective way to reap their health benefits. In that spirit, Next Door has added two flavors to their line of **Four Sigmatic** organic mushroom drinks — Golden and Chai lattes. Those, and the four other varieties Next Door carries, are available in single-serve packets.



Organic shea butter in bulk has been available in the Ambler Wellness Department since the store opened last year — and yet, hardly anyone seems to know. It's on a back endcap across from the Boiron homeopathic remedies and is made by **Vermont Soapworks** of Middlebury. Containers are available on the shelf above the tub, and there are always a few premade packages available. Cost is 62 cents/oz.

### Bakery Bites

**Decadent sweets from Wildflour Bakery. And fresh bake-at-home pies in Ambler.**

Our new cornbread supplier is now doing double duty, providing us with single-serve treats as well. Selections from **Wildflour Bakery** of Holmesburg include extra-large cookies, brownies, carrot cake squares with cream-cheese filling and thick slices of vegan banana bread. Thus far, they're in Mt. Airy and Chestnut Hill, and soon in Ambler.



While you're waiting, check out a new pie option on Butler Avenue: apple and cherry pies from **Willamette Valley Pie Co.** of Salem, OR. They're shipped frozen and then stored in the bakery cold case at the end of the produce department. Pop them in the oven at 350 degrees for 12-14 minutes and they're ready for your fork, favorite topping and a steamin' cup of joe.

kplourde@weaversway.coop



# FARM MARKET

## FRESH PRODUCE & LOCAL PRODUCTS

### A Very Sweet Season for Weavers Way Honey

Zero to 55 in a year's time.

We're talking 55 5-gallon buckets of honey. Last year, our bees at Saul High School, across from Henry Got Crops farm in Roxborough, didn't come through. But in 2018 — wow. As a result, shoppers should be able to find the hyper-local sweetener at most Weavers Way locations well into the fall. And that makes David Harrod, the East Mt. Airy-based beekeeper who tends the 18 colonies there, one proud harvester.



Beekeeper David Harrod has a few honey-maximizing tricks up his sleeve.

"I have figured out what to do to make more honey over the time that I've been doing it," he said. "But also, it's been a pretty decent year. . . . If it had been warmer in May, we probably would have done even better. But we did all right."

David, who has a day job as an analyst for J.P. Morgan Chase, started keeping bees 10 years ago. "I was looking for a hobby that would get me outside, but I don't really like gardening," he said. "I thought beekeeping would be fun, and it has been."

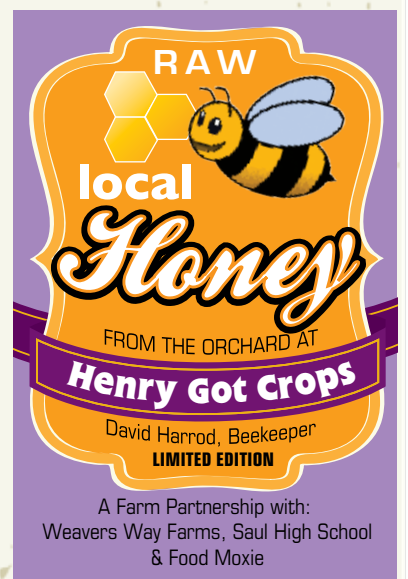
The raw honey is light in color with floral notes. "You can taste the difference between this honey and honey that's made in other parts of the city," David said. "That floral thing it has going on is kind of distinctive."

He credits the black locust trees near the apiary with giving the honey its lighter color, although he says this year's is slightly darker than in the past. "The rain washes the nectar out of the flowers, so I don't think there's as much locust in this year's honey," he said.

The harvest has been so abundant that David, who also tends a smaller colony behind a friend's house in Upper Roxborough, may not harvest what remains, leaving it instead for the bees to feed on during the winter. Normally he would supplement them with sugar water if needed.

Weavers Way Farm honey is available in bulk and jars at the Farm Market, and in bulk only in Ambler and Mount Airy. One-pound jars are \$13.99 each; the bulk price is \$11.99 a pound.

— Karen Plourde



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## What's in Store at Weavers Way



### Local Vendor

## Candles the Way She Wants Them

by Marissa Christie, for the Shuttle.

**G**RETCHEN CHRISTINA MASER lives by a guiding principle: “I won’t make anything — I won’t create a product or use an ingredient — if I am not 150 percent comfortable with it.”

The founder of the Christina Maser Co., maker of “clean products for you and your home,” never deviates from that principle. She makes everything at her Lancaster, PA, production facility, ensuring that each meets her exacting standards.

There are no additives or preservatives in her environmentally friendly goods. She buys from local farmers she knows personally. Her glass jars and tumblers come from right down the street. Herbs come from her own beds.

While her product line is broad — from award-winning jams and shrubs (organic fruit and apple-cider vinegar elixirs) to soaps and scrubs — it’s her soy-wax candles that usually steal the show.

They are 100 percent natural and biodegradable, with no added color or dyes. But what people notice, and what wins her fans (and keeps them), is the experience of her candles. Each scent is perfectly balanced, compelling enough to make you close your eyes and breathe deep, yet subtle enough that even sensitive sniffers will fall in love.

Each candle recipe is tested over and over with different fragrance formulations and varying wick sizes to ensure the perfect burn — not too hot, not too fast, and always with a glorious, even melt pool. The four newest additions to the line, Ginseng Pear, Fern, Thyme & Rose-



Gretchen Christina Maser’s small-batch soy-wax candles are earth-friendly. Many and Sandalwood Rose, were in development for months.

What Maser leaves out of her candles is important, too. Unlike many scented candles, hers are paraffin-, paraben- and

### STOCK UP!

All Christina Maser candles are 10% OFF for the month of October.

Across the Way, Next Door and Weavers Way Ambler all carry Christina Maser 10-oz. glass tumbler candles and 6-oz. tins in a variety of scents.

All three locations also carry selected Christina Maser bath products, including soaps, bath scrubs and milk baths. In addition, Ambler carries Christina Maser cleaning products and room/linen sprays.

phthalate-free. This is a vital distinction for health-conscious consumers.

“Lots of people love to burn candles,” she explains. “They don’t think about [the ingredients] because they’re not eating it, they’re not slathering it on their body. They don’t think about the consequences of burning contaminants like paraffin or phthalates.” The consequences are both clear and documented. A 2009 study by South Carolina State University concluded that paraffin candles release unwanted chemicals into the air, and found that is not the case with vegetable-based candles.

Every Christina Maser candle takes extra time to create, from the carefully placed wicks to the small-batch production, yielding only four to six vessels at a time. But that extra time is paying off.

“I’m excited at how we’re growing,” says Maser, noting that the company has increased its number of retail accounts by 20 percent in the last year. But for her, it’s not just about the numbers. It’s about the people.

“We are creating jobs for people in our community,” she says, “jobs for moms with kids, jobs for people who may need to supplement their income . . . and

we’re creating a sustainable business.”

She understands the challenge of those working moms well. When she started the company more than 20 years ago, raising her young children was both her “biggest challenge and the reason to launch.” She had sold a beauty salon business. Then she discovered a passion for making jam, which she began infusing with herbs from garden. That eventually led to soap-making, which led to candle-making.

Once her children were in school, she began building out the business, working from a space in her basement. The early years were challenging. “Marketing yourself and your product, plus being the one actually making the product is really hard,” she said.

Today, she has a small but mighty team of fewer than a dozen employees who share her passion for creating clean products that people love.

Which candles does Maser love having at home these days?

“I have Frankincense & Myrrh, Tuberose, and some of the seasonal candles. Oh — and I have Sandalwood Rose! That’s a must.”

*Marissa Christie is a Weavers Way Working Member.*

# MEATLESS MONDAY

Start Your Week on the Veggie Side.

Beginning Monday, Oct. 1, the hot bars at Chestnut Hill and Ambler will showcase vegan and vegetarian options, and all stores will feature Meatless Monday soups, sandwiches and other grab-and-go items.

Look for the Meatless Monday Sticker!

## SLICE IT DICE IT SERVE IT

**"What Do I Do With This?" THIS MONTH: BEETS**

Kieran McCourt, Weavers Way Ambler, answers the question:

- Shave thinly on a mandoline and add to a salad
- Wrap in foil with a little water (or orange juice or apple cider), salt and pepper, and steam-roast them in the oven at 375-400 degrees for 45 minutes or until tender. You can also wrap them in foil and cook them on the grill on high heat for 30 minutes or until tender. Cut into smaller pieces to reduce cooking time.
- Puree with a bit of the cooking liquid and stir into risotto or other starchy grain before serving.

**Dress cooked beets with:**

- Balsamic vinegar, Dijon mustard, grated fresh ginger

**Other add-ins:**

- Shallots, fennel, local tart apples, red onion (after they're roasted)
- Pistachios, pepitas, sunflower seeds
- Soft goat chevre, vegan cheese, or shaved hard cheeses like parmesan, manchego, or pecorino roma

**\*\*Warning: Beet juice stains everything!\*\***





An offshoot of Weavers Way Co-op

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## GIVING TWO DAY

OCTOBER 9

Drop a 2-spot at any register  
on the second Tuesday of this  
month to benefit Food Moxie!

## FOOD MOXIE

We dig what we eat.

### Seed to Supper: What a Wonderful Night on the Farm!

**T**HURSDAY, SEPT. 20, WAS A BEAUTIFUL night on the farm at the Agricultural Village at Awbury Arboretum in Germantown — perfect for Food Moxie's gala annual Seed to Supper farm-to table dinner. Staff, board, friends, volunteers and other supporters sat down to a delicious family-style meal catered by Weavers Way, featuring farm-fresh produce paired with wine from sponsor Moore Brothers Wine Co.

Besides celebrating the hard work of Food Moxie, Seed to Supper honored — and gifted with handsome commemorative watering cans — leaders in Philadelphia's broader urban agriculture landscape.

- Longtime Food Moxie fan **U.S. Rep. Dwight Evans** took time out of his busy schedule to break bread (provided by Philly Bread Co.) with us.
- Philadelphia's **Food Policy Advisory Council** accepted an award for its work to support food-justice advocates and amplify food justice issues across the city.
- And a real s-hero to Food Moxie, **Lisa Mosca**, was recognized for her volunteer role as Farm Adviser for Food Moxie in our 2017-18 season and beyond.

The dinner was an opportunity for some of Food Moxie's supporters and

partners to do what we love best — share a meal of delicious and healthy food and talk about our work. The menu featured eggplant, collard greens and herbs lovingly grown, harvested and prepared by Food Moxie staff and program participants during our 2018 growing and learning season.

A wonderful time was had by all down on the farm, and necessary funds were raised to help continue the work of educating and inspiring people to grow, prepare and eat healthy food.

— Allison Budschalow, Food Moxie Development Director

### Thanks to:



... our Seed to Supper: A Farm to Table Event sponsors, attendees, honorees and volunteers. We could not do our work without you!

For Their Support!



### Welcome Michelle!

**W**E ARE EXCITED TO ANNOUNCE THAT Michelle Burke has joined the Food Moxie team as our administrative manager. She's no stranger to Food Moxie, having worked as an assistant in the Weavers Way HR office across the street in Mt. Airy for the past year and a half. Now she's getting started in the nonprofit world.

Michelle earned her BA in psychology from Temple University and has a passion for justice, equity and fairness, beginning with our food. When she isn't making a contribution to the local community, Michelle enjoys spending time with her fiancé and dog, exploring plant-based cooking and hiking in the Wissahickon. She is eager to provide a strong home base for our team and is excited to be a champion for Food Moxie!

## Falling Leaves

A Mt. Airy Learning Tree Arts Salon

Join us for an afternoon with some of Philadelphia's finest jazz artists, featuring vocalists Shakera Jones and Michelle Lordi and accompanist / Pianist Joseph Block.

**Sunday, Nov. 4**  
**4-6 p.m.**  
**Grace Lutheran Church**  
801 E. Willow Grove Ave., Wyndmoor

\$20 registration fee supports Mt. Airy Learning Tree.

Neighbors teaching neighbors



Visit the MALT Facebook page at [www.facebook.com/events/265304234099614/](http://www.facebook.com/events/265304234099614/) for more info and to register.



2018-2019 SEASON | CHESTNUT HILL SERIES

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**OCT 19: PARIS QUARTETS**  
chamber music by the 1737 Paris sensation Georg Philipp Telemann

**DEC 7: HANDEL'S MESSIAH**  
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# An offshoot of Weavers Way Co-op

# FOOD MOXIE



Food Moxie board member **Hannah Chatterjee**, right, welcomes participants; far left, from top, Food Moxie staffers **Andrea Downie** and **Brandon Ritter** flank **Lisa Mosca**; board member

**Laura Siena**, U.S. Rep. **Dwight Evans** and **Kitty Kolbert**; **Tim Clair**, Food Moxie's interim director, talks to Elder **Rob Harrison**, executive director of Stenton Family Manor.

Music by Weez the Peeples.

Food Moxie photos by Wayne Morra/Irenic Photography.



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# ENDS

Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy.

**AS A RESULT OF ALL WE DO:**

**END 1**

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

**END 2**

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

**END 3**

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

**END 4**

Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op's long-term vision.

**END 5**

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

**END 6**

The local environment will be protected and restored.

**END 7**

Weavers Way will have a welcoming culture that values diversity, inclusiveness and

## O.P.I.N.I.O.N

# Israeli Product Boycott a Step Forward for Food Justice

**A**S A JEW, A QUAKER, A LONGTIME activist for peace and social justice and a proud member of Weavers Way since 1978, I strongly urge Weavers Way to join with others around the world in a consumer boycott to nonviolently pressure the State of Israel to respect the rights of the Palestinian people.

There are times when upsetting the status quo is a good thing, and this is one of those times. Weavers Way is a community co-op that stands for human rights, a living wage, justice and positive global interdependence. Recent actions by the U.S.-Israel alliance have brutally trampled on any notion of justice.

Did you know that Israeli policy is to just barely keep Palestinians in Gaza alive, using gradual starvation tactics? The current U.S. plan to cut funding to the United Nations Relief and Works Agency for Palestinian Refugees in the Near East will drag down 2 million Gazans from an economy of scarcity into a politics of hunger. Now the Trump administration is closing the PLO's mission in Washington, D.C., to force the Palestinian people to yield to American and Israeli pressure.

Politics is negotiable; food must not be. Other humanitarian programs for Palestinians through UNRWA and USAID are also being cut, including those providing schools, hospitals and health care, vaccinations, water treatment, jobs and infrastructure development.

Worldwide political efforts to make anti-Israel boycotts illegal are evidence of the growing strength of the Boycott-Divestment-Sanctions movement. We, as a co-op that values diversity, inclusiveness and respect, need to get on board.

At a minimum, Weavers Way should study the list of food products identified by the Boycott National Committee

([bdsmovement.net/get-involved/what-to-boycott](http://bdsmovement.net/get-involved/what-to-boycott)), supported by the U.S. Campaign for Palestinian Rights, Adalah-NY, Jewish Voice for Peace and other boycott organizations, and develop a list of products made in Israel and products from the occupied territories. This would help members make an informed choice about their purchasing.

Of course, there are different opinions in our community. We can learn from the experience of the Olympia, WA, Food Co-op, which voted to participate as an organization in the anti-Israel boycott in spite of member disagreements. If we work at it, I'm sure we can educate ourselves while also demonstrating genuine respect for the different opinions of our members.

As a first step, let's start moving in the direction of walking the walk and challenging the cruel policies of our own government.

For more information and to support this effort, contact me at [marsantoyo@gmail.com](mailto:marsantoyo@gmail.com).

*Marlena Yassky Santoyo*

### SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to [editor@weaversway.coop](mailto:editor@weaversway.coop). The deadline is the 10th of the month prior to publication. Include a name and email address or phone number for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. The Shuttle reserves the right to decline to publish any letter.



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The Shuttle is published by Weavers Way Cooperative Association.  
**Statement of Policy**

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

Weavers Way members are welcome to submit articles (about 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community.

No anonymous material will be published; all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or letter. Submit to [editor@weaversway.coop](mailto:editor@weaversway.coop). Articles and letters express the views of the writers and not those of the Shuttle, the Co-op or its Board, unless identified as such.

**Advertising**

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

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**Great Minds Think Alike  
(Or Maybe It's Something in the Iced Tea)**

I READ WITH GREAT INTEREST THE Editor's Note in the August issue of the Shuttle. Plastic straws are an environmental problem. A while back I read that an Italian restaurant had started using pasta as an alternative to straws. I researched some possibilities and tried a few of these with great results. One example is the Anna-brand pasta "long ziti #19". These held up very well with iced tea, soda and water. I even gave our granddaughter one to try with juice — no complaints. They also offer other sizes that worked equally as well. Different brands of pasta have similar ones available. Not to mention you can eat your straw if you want. Zero waste.

*Jeanne Schmidt*

WITH REGARD TO MARY SWEETEN's article on plastic vs. paper or polylactic acid straws (The Shuttle, August 2018), I would like to mention an innovative alternative that I was pleased to find served to me recently at an outdoor cafe at the Baltimore Inner Harbor: PASTA! Each of our iced drinks was served with a long, hollow noodle approximating the length and diameter of a standard straw. I cannot say whether this straw was made of wheat, rice flour or some other grain but I can say that it functioned admirably in the hot sun, soaking in a glass of iced tea for 20 or 30 minutes, never becoming limp or even soggy. I do not know the price of noodles these days but I think it's worth finding out and comparing it to the half-cent price of plastic straws and 4-5 cent price of paper straws described by Ms. Sweeten. Perhaps an out-of-the-box solution is at hand?

*Jim Cohen*

A·D·V·O·C·A·C·Y

**Here's What's New in the Fight Against Gerrymandering in PA**

by Sue Wasserkrug, for the Shuttle

THERE WAS GOOD NEWS AND BAD news in the fight against gerrymandering in Pennsylvania over the past year and a half. It's good news that the Pennsylvania Supreme Court ruled this year that the map of our U.S. Congressional districts was unconstitutional because the districts were drawn to give an advantage to the Republican Party. The court ordered a new map drawn to eliminate this partisan gerrymander, and that map will be in effect for next month's elections as well as in 2020. That's something to celebrate!

But it's not such good news that the new map only addresses the gerrymandering of Congressional districts. The maps for state districts (the state House of Representatives and state Senate in Harrisburg) remain unchanged. A new map will not be drawn until 2021, after the 2020 Census, and, unfortunately, the court did not order any change in the process of drawing that map. So it's entirely possible that future districts will be just as gerrymandered all over again.

Bottom line: the Pennsylvania Supreme Court only fixed part of the problem, and the fix is short-term at best.

Fair Districts PA, a nonpartisan organization committed to redistricting reform, advocates for the creation of an independent citizens' commission to redraw the districts, instead of leaving the process in the hands of elected officials — who invariably want to be re-elected and therefore draw district lines to accomplish that, instead of drawing them to reflect communities of interest. That's why so many districts look so peculiar; for example, the old 7th Congressional District in Pennsylvania was described as looking like Goofy kicking Donald Duck!

In Pennsylvania, a state constitutional amendment would be necessary to create an independent commission tasked with drawing district lines. Politics being

the complicated endeavor that it is, the first step toward a constitutional amendment is the passage of a law in both the state House and the state Senate.

Hundreds of FDPA members spent thousands of hours trying to get the Pa. General Assembly to enact such a bill. We visited our legislators, we called them, we sent them letters and emails, we rallied in Harrisburg, we tabled at community events to educate voters, we wrote op-eds to highlight the issue. In fact, at hearings earlier this year, several legislators noted that redistricting reform was the No. 1 issue that they were hearing about from their constituents. But those hearings turned out to be disastrous: Amendments to the proposals basically reversed the effect that they would have in terms of getting the politics out of drawing district lines.

Now for the bad news. Despite a lot of effort on the part of a lot of folks across the state, no redistricting bill was passed. And because of other wonky requirements, this means that there is no way that comprehensive, enduring redistricting reform will be accomplished before the 2020 election.

FDPA is not packing it in, though. We're still very much committed to educating the public about the problem of gerrymandering. The bottom line is, when districts are gerrymandered, not all votes count. So before you go to the polls Nov. 6, find out which candidates support redistricting reform. Check out the "Know Before You Vote" resource on the FDPA website, [www.fairdistrictspa.com](http://www.fairdistrictspa.com). Tell your friends. Tell your neighbors.

FDPA is also encouraging voters to get involved and spread the word. Everything you need to know is on the website.

*Sue Wasserkrug is a Weavers Way Working member. Reach her at [wasserkrug@gmail.com](mailto:wasserkrug@gmail.com).*

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# Editor's Note: Will Pinch-Hit for Chocolate

by Mary Sweeten, Shuttle Editor

THE FOCUS FOR OCTOBER FOR THE WEAVERS Way Neighborhood Nutrition Team is chocolate and coffee. Now, I'm not a member of the Weavers Way Neighborhood Nutrition Team and I don't even play one on TV. But they're shorthanded this month and I do (ahem) know something about chocolate . . . just not that much about its supposed health benefits.

## The Antioxidant Puzzle

However, a little research online reminds me that chocolate in its raw form contains lots of antioxidants. Antioxidants — which are present in all the best vegetables, *especially* crucifers — help get rid of free radicals, those errant toxic molecules that are natural by-products of ongoing biochemical reactions in the body and may play a role in heart disease, cancer and other diseases. (Mayo Clinic Online definition — I'm not an organic chemist, either.)

Before antioxidants became a buzz word in the '90s, chocolate was just the most wonderful of the high-fat, high-sugar indulgences we weren't supposed to eat. Now it at least has the possibility of being good for you — although it has a long way to go before it's the new kale, because the antioxidants in chocolate, mostly flavonoids, are degraded by heat, and chocolate undergoes a LOT of hot processing before it lands in your mouth.

To find out more about whether the research supports the efficacy of chocolate in delivering that antioxidant punch, mark your calendar for Nicole Schillinger's workshop, "The Truth About Coffee and Cocoa" on Wednesday, Oct. 24, at 6 p.m. at the Ambler store. Nicole is a registered dietitian and real member of the Neighborhood Nutrition Team.

Meanwhile, chocolate also contains the stimulant theobromine, similar to caffeine, which is increasingly seen as not harmful, and maybe even beneficial, to humans, though not dogs and other creatures. In an anecdote that I cannot resist repeating, publications in New Hampshire and then around the world reported that in 2014, four bears were found dead of heart attacks after demolishing 90 pounds of chocolate. (New Hampshire game officials subsequently banned the baiting of bears with chocolate.)

## Food Justice

I feel more comfortable in this area, which, of course, is also of concern to nutritionally minded

people, and a fine topic for the month that has Halloween in it.

Almost all of the world's cocoa is grown in developing countries and consumed in industrialized countries, and cacao plantations in West Africa, mainly in Ghana and Ivory Coast, still provide 80 percent of the world's chocolate. In the beginning of this century, when the prevalence of child trafficking and slavery in the cacao business in West Africa was exposed, there was pressure for commodity chocolate manufacturers to police, or at least investigate, their sources. By and large, however, this still has not occurred.

Meanwhile, the meaning of "Fair Trade" has become murky. Hard-core fair-traders, like Equal Exchange, complain that the global movement has abandoned small farmers and local communities in favor of enlightened plantation conditions. (Read more here: [equalexchange.coop/fair-trade](http://equalexchange.coop/fair-trade)). So, unfortunately, my conclusion remains the same as it was when I last wrote about this four years ago: If you're worried about how your chocolate was grown, stick with chocolate sourced from Latin America, where child slavery hasn't been reported, most cacao is cultivated and processed by small holders and the bulk of the world's organic cacao is from.

Here are some brands we carry at Weavers Way:

- **Equal Exchange** (small farmer co-op grown in Peru, Ecuador, the Dominican Republic and Panama)
- **Alter Eco** (small farmer grown in Peru and Ecuador)
- **Divine** (from Ghana, but the company is controlled by a farmer cooperative)
- **Theo** (small grower cooperatives in Peru and Democratic Republic of Congo)
- **Madecasse** (vertically integrated from cacao tree to chocolate bar in Madagascar, one of the poorest countries in the world)

## And Now, Halloween

Give 'em Equal Exchange dark-chocolate minis. They're organic, vegan, kosher and about the same size as a mini-Nestle Crunch, and maybe other parents will take a look at the wrapper later and learn something. Weavers Way members can get a discount by buying in bulk — a box of 150 is \$33.75. Don't eat them all yourself.

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



## WEAVERS WAY Neighborhood NUTRITION TEAM



## What the Team Has in Store

- **OCTOBER: Coffee & Chocolate.** As we talk about sourcing, nutrition and the impacts of these delicious treats on health and wellness, we'll also offer tastings.
- **NOVEMBER: Herbs for Everyday Wellness.** Taste teas, explore tinctures, discuss the use of culinary herbs and the impact of herbs on our health as we focus on traditional herbal supports for self and community.
- **DECEMBER: Healthy Holidays.** Holiday eating can often compromise nutrition and digestion. We'll suggest strategies, recipes and resources to help you stay well and feel great throughout the season.

## ATTEND A WORKSHOP

Nutrition Team workshops are FREE.

Go to [www.weaversway.coop/events](http://www.weaversway.coop/events) to RSVP.

### Superfood Brownies

Wednesday, Oct. 10, 6-7 p.m., Weavers Way Ambler, 217 E. Butler Ave.

Enjoy guilt-free, delicious, chocolatey brownies the Superfood way this Halloween season! Come learn from the best — join Weavers Way Nutrition Team Member **Dorothy Bauer**, our resident expert. Find out how easy these no-bake brownies are to create using Superfood ingredients such as cocoa nibs, goji berries, coconut and more!

### The Truth About Coffee and Cocoa

Wednesday, Oct. 24, 6-7:30 p.m., Weavers Way Ambler, 217 E. Butler Ave.

How much is too much coffee? Aren't there benefits, too? Is dark chocolate really better than milk chocolate? Weavers Way Neighborhood Nutrition Team member **Nicole Schillinger** will help dispel the confusion around the health benefits of coffee and cocoa in this workshop. She'll also discuss Fair Trade certification and offer taste tests.

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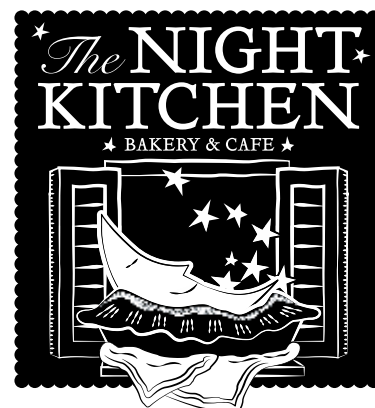
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## Hey, It's Co-op Month — Let's Get Through This Together

by Jon Roesser, General Manager,  
Weavers Way Co-op

OCTOBER IS, AMONG A LONG LIST OF OTHER THINGS, AIDS Awareness Month, Italian-American Heritage Month, Eat Better, Eat Together Month and National Caffeine Addiction Recovery Month (no kidding).

October is also — as if you needed reminding — National Co-op Month, during which we are all encouraged to be exceptionally preachy about the ills of our modern world: Scold your neighbors for not recycling properly; hector them about the evils of multinational corporations; and wail about the decline in the world's fish populations.

The louder and more verbose you are, the better. Consistency is key; if the mantra of salespeople is “Always Be Closing,” the mantra of co-op people is “Always Be Lecturing.” If by November 1st you've gotten on the nerves of everyone in your life at least once, you'll know you've celebrated properly.

This year, the theme of National Co-op Month is “Cooperatives See the Future.” There's a website — [www.coopmonth.coop](http://www.coopmonth.coop) — complete with suggested activities (“plant a tree,” “have a cookout,” etc.), videos and writing samples.

In truth, after spending enough time poking around the Co-op Month website, even a snarky, jaded Philadelphian can walk away with a renewed appreciation for the cooperative model and how it betters our world.

You can read about Great River Organics, a four-year-old farmer cooperative in Ohio that markets and distributes the produce grown by its farmer-owners. By providing vital business services and identifying wholesale opportunities, GRO allows its owners to concentrate on running their farms and expanding acreage in Ohio devoted to organic farming.

The six-year-old Agua Gorda Cooperative of Minnesota offers Latino farmworkers pathways to farm ownership. Agua Gorda conducts business-management training and provides access to Minneapolis restaurants for the farmers' organically grown produce.

In 2017, North Wind Renewable Energy of Wisconsin converted to employee ownership. North Wind specializes in the design and installation of solar electrical systems for residential and commercial customers. As a worker cooperative, its success and growth are now shared by its employee-owners, who naturally are committed to the long-term success of the company.



There are literally thousands of other examples of various cooperative enterprises — producer co-ops, purchasing co-ops, banking co-ops, worker co-ops and, like Weavers Way, consumer co-ops — that are doing good work on behalf of their member-owners.

The common thread in the formation of all of these co-ops is dissatisfaction with the status quo by their members. Whether it's a group of neighbors in West Mt. Airy who in 1973 were dissatisfied with the lack of quality produce in their neighborhood or a group of Latino farmers in Minnesota who in 2012 were dissatisfied with the prospect of forever toiling on someone else's land, the cooperative model proved to be the solution.

Cooperatives are by their nature commercial enterprises and, like any organization engaged in commerce, they are subject to the market forces of competition, supply and demand, as well as the changing whims of the consumer. Co-ops that meet the needs of their members thrive. Co-ops that fail to meet the needs of their members flounder.

At Weavers Way, we know we're hardly perfect. Items are out of stock too frequently, our equipment breaks down too regularly and, well, try shopping in any of our stores late on a Friday afternoon and you'll experience how frenetic they can be.

But we get a lot of things right, too, and our success is reflected in the continued — and growing — patronage of our members. Membership in Weavers Way continues to grow: sometime soon, probably this winter, we'll reach 10,000 households. This growth is proof that, despite our preachiness, our Co-op's values matter to more and more people.

In fact, maybe our preachiness and our growth are more linked than we realize. There's good reason we co-op folks are constantly prattling on about the world's problems. The truth is we don't recycle enough, multinational for-profit corporations can be sinister and the oceans really are being depleted of fish. We just want more people to pay attention!

So this October, while I'm sure you'll be busy celebrating National Chiropractic Month, National Pickled Peppers Month, National Protect Your Hearing Month and National American Cheese Month (I swear these are all true), be sure to take a little time to celebrate National Co-op Month.

The world might be a mess, but at least we've got each other.

See you around the Co-op.

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

## 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



The Passionate Gardener

# Biochar: You Can Field-Test It Yourself

by Ron Kushner, for the Shuttle

## BIOCHAR — WHAT IS IT?

Biochar is a solid material obtained from the carbonization of organic matter in an oxygen-limited environment. It is produced by the decomposition of organic material under a limited supply of oxygen at relatively low temperatures. The process is similar to the production of charcoal, but biochar differs from charcoal in that it is used as a soil amendment. It improves soil function and emits less greenhouse gas than plant material, or biomass, that decays naturally. Charcoal briquettes are made at lower temperatures, in a smoldering process that is also highly polluting, that allow tars and oils to remain and produces a good cooking fuel, but not a good material for your soil. Biochar uses a higher temperature than charcoal briquettes; most of the tars and oils burn out and leave a pure carbon char composed mostly of carbon and minerals.

There are many different kinds of biochar. It can be made from wood, grasses, bamboo, nut shells, corn cobs, fruit pits, rice hulls, manure and bone. All these materials have different properties resulting in different content of ash and minerals.

So how is biochar supposed to help our environment?

Some consider the creation of biochar to be a 2,000-year-old practice that converts agricultural waste into a soil

enhancer than can hold carbon, boost food security, increase soil biodiversity and discourage deforestation. The fine-grained, highly porous charcoal helps soils retain nutrients and water.

Biochar is found in soils around the world as a result of vegetation, fires and historic soil-management practices. Biochar-rich earth in the Amazon has led the way to discovering its unique properties as a soil enhancer. It could be an important tool to increase food production and diversity in areas with depleted soil, lack of organic resources and inadequate water supply.

Increasing the retention of nutrients and agrochemicals in the soil may also improve water quality. Nutrients stay in the soil rather than leaching into groundwater and causing pollution.

According to the International Biochar Initiative, the carbon in biochar resists degradation and can hold carbon in soils for hundreds to thousands of years.

Biochar stimulates the activity of soil microorganisms. Because it attracts and holds nutrients, it can reduce fertilizer requirements.

How can we actually use biochar in the soil?

It is best to add biochar in small amounts every year and allow it to slowly build up in the soil. The amount could vary from as little as 1 percent and as much as 20 percent.

In many cases, it is necessary to charge biochar with nutrients and microbes before use. This depends on the soil pH and the amount of biochar used.

If a large quantity of biochar is to be added, it is best to add nutrients at the same time. The best way to charge biochar is to compost it with other organic material.

Testing soil pH after application is a must, as biochar could raise pH to harmful levels because of its high wood-ash content. In addition, soil with large amounts of biochar added should be mulched, as it can wick water to the surface where it evaporates and dries the soil surface.

Many field studies have been performed using biochar in a variety of locations, soil types and climates, with mixed results. Corn yields showed large increases in some control plots while others showed no difference and some a decline. Rice field studies showed little increase in yield. But wheat production in Australia showed significant yield increases with the application of biochar.

A test plot at Oak Hill Farm in Sonoma, CA, grew larger winter squash plants with larger fruit than a control plot but, also sprouted more weeds, requiring greater labor.

My personal belief is that organic practices and the creation of humus from the composting of all organic material is still the solution to our agricultural problems — not the addition of some new material created by burning stuff in fac-



Oregon Department of Forestry photo

A sample of ready-to-apply biochar

tories. Cutting back on emissions we are spewing into the air is also a fundamental requirement for environmental well-being in the future.

That said, it appears that small amounts of biochar added to the soil can be productive, especially when composted first with other organic matter. Biochar can improve the water- and nutrient-holding capacity of the soil but it is not a fertilizer.

A better understanding of the variables of how biochar is produced and how it is used needs to happen before biochar can be recommended.

The biochar market is still in its infancy but there are sellers. A good place to start is your local garden center. Buy a bag of biochar and do your own field test. It can be done simply in two small raised beds or in containers. I would be very interested in hearing about your results!

For questions or comments: ron@primexgardencenter.com.

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# Temple Ambler Garden Grows from the Heart

by Judy Endicott, for the Shuttle

**I**AM WHAT I AM BECAUSE OF WHO WE ALL ARE.” THIS is a statement that my son embraced during his work with the Rev. Desmond Tutu, the South African archbishop and activist, on a Semester at Sea voyage in 2008. It refers to the Bantu word “ubuntu,” which refers to the essence of being human. It speaks to the fact that you can’t exist as a human being in isolation. My son, John Paul Endicott, was influenced and inspired by what he saw and learned on this voyage, and he brought this philosophy back home with him along with a newfound appreciation of the level of advantage and opportunity that we have here in America. He saw how people around the world do more with less and believed that we all could collectively do more to help within our own communities.

The Food Crops Garden at Temple University Ambler and our recent connection with Weavers Way are great examples of the power of relationships and working together.

John Paul would be turning 40 this month had he survived a motor vehicle accident in 2010. At that time, he was a student at Temple Ambler and was pursuing a master’s degree in horticulture. It was there that he became passionate about establishing a way to get unused produce from the Temple Ambler community garden on campus into the local food cupboard. His efforts had only just begun.

In his memory, the John Paul Endicott Summer Intern was established in 2011 and his locally grown food donation plan was the impetus for the expansion and establishment of the current Food Crops Garden. As part of their coursework, students in the Temple Ambler food-crops class start plants in the greenhouse and plan and plant the garden before the semester comes to an end. The summer intern then directs garden activities for the duration of the summer. We count on the help of volun-



Volunteers tend to the rows that produce the bounty on the bench; at right, Shannon Ryan and 9-year-old River Ryan-Endicott assess the cherry tomato crop

teers at monthly work sessions starting in May and ending in September, when the fall semester begins.

This summer’s relationship with Weavers Way has been a boost to our volunteer ranks, but we can always use more! Co-op Working member hours can be earned using harvesting and tending to gardening tasks. All gardening tools and supplies are provided.

For the last two years, everything grown in the garden has been donated to Seeds of Hope Community Food Pantry at the Cheltenham Baptist Church in Dresher. Our freshly harvested produce has been shared in the past

with Manna on Main in Lansdale, the Mattie N. Dixon Community Cupboard in Ambler, the Ambler Manor and Seeds of Hope.

Our partnerships with Temple University and Weavers Way are an example of ubuntu. It speaks about our interconnectedness. What we do as individuals affects the whole world. Our connections allow us to reach out and help others. Perhaps you’d like to join us in the garden next summer. We hope so.

*Visit the John Paul Endicott Memorial Garden on Facebook for more info.*

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# Spotted Lanternfly: Lovely & Deadly

by Brenda Malinics, for the Shuttle

**D**ON'T BE FOOLED BY ITS BEAUTY. You might think you are seeing a new butterfly gracing your yard, but those brilliant colors and striking markings signify a new, dangerous and invasive pest.

The spotted lanternfly, which is the size of a large moth or small butterfly, strikes fear into those who understand how its presence will affect our agriculture and hardwood industries. Folks say it will cause more destruction than the emerald ash borer, which has killed the majority of ash trees in Pennsylvania.

According to the Pennsylvania Department of Agriculture, the spotted lanternfly poses a significant threat to the state's grape, apple and stone-fruit harvests, which are worth nearly \$175 million, as well as the state's multibillion-dollar hardwood industry.

This fancy plant hopper, a native of China, India and Vietnam, was first detected in Pennsylvania in Berks County in Fall 2014. It quickly spread to Bucks, Chester, Lehigh, Montgomery and Northampton counties.

I've been hearing about this pest for almost a year, and over Labor Day, I got to see it in person. Fortunately, it was in a jar, caught by informed property owners in Bucks County. I was surprised how delicate and beautiful it looked. This lovely appearance may trick people into not killing it. However, the public needs to become educated in to how to spot, re-

port and ultimately destroy this pest at all stages of its life.

Adult lanternflies are about an inch long and a half-inch wide when folded up at rest. The lanternfly's forewing is gray with black spots, and the wingtips have a net-like appearance in black and gray. The hind wings have contrasting patches of red and black with a white band between them, not visible when they are folded up. The legs and head are black, and the abdomen is yellow with broad black bands. Immature stages, called nymphs, are first black with white spots and then develop red patches as they grow.

Lanternflies' favorite food and egg-laying host is Tree of Heaven (*Ailanthus altissima*) — another invasive species from Asia, now firmly entrenched in Pennsylvania. However, any smooth surface, from trees to vehicles, yard furniture, farm equipment and other items stored outside can act as sites for egg laying. Adult lanternflies begin laying eggs in late September and continue through late November or early December. The state has issued guidelines about buying, inspecting and relocating firewood and transporting brush piles, yard waste and even construction materials since so many counties are listed as "under quarantine."

The U.S. Department of Agriculture last summer funded control efforts and public outreach in Pennsylvania. Because insecticides also have deadly affects on valuable pollinators, the state is using



Do they like apples? Yes, and grapes and many other crops and shade trees. Ag-agency images depict the Spotted Lanternfly at its showiest and most voracious.

integrated pest management. One of the recommended solutions is wrapping trees with large bands of sticky tape, but this tape also catches a variety of other wildlife, often with deadly consequences. I am aware of bats and birds (even a red-tailed hawk) that became stuck to these wrapped trees.

I urge everyone to learn about the devastating effects of the Spotted Lanternfly, including the warning signs that lanternfly nymphs are chewing their trees in the spring. We need to recognize the Spotted Lanternfly's egg masses, its

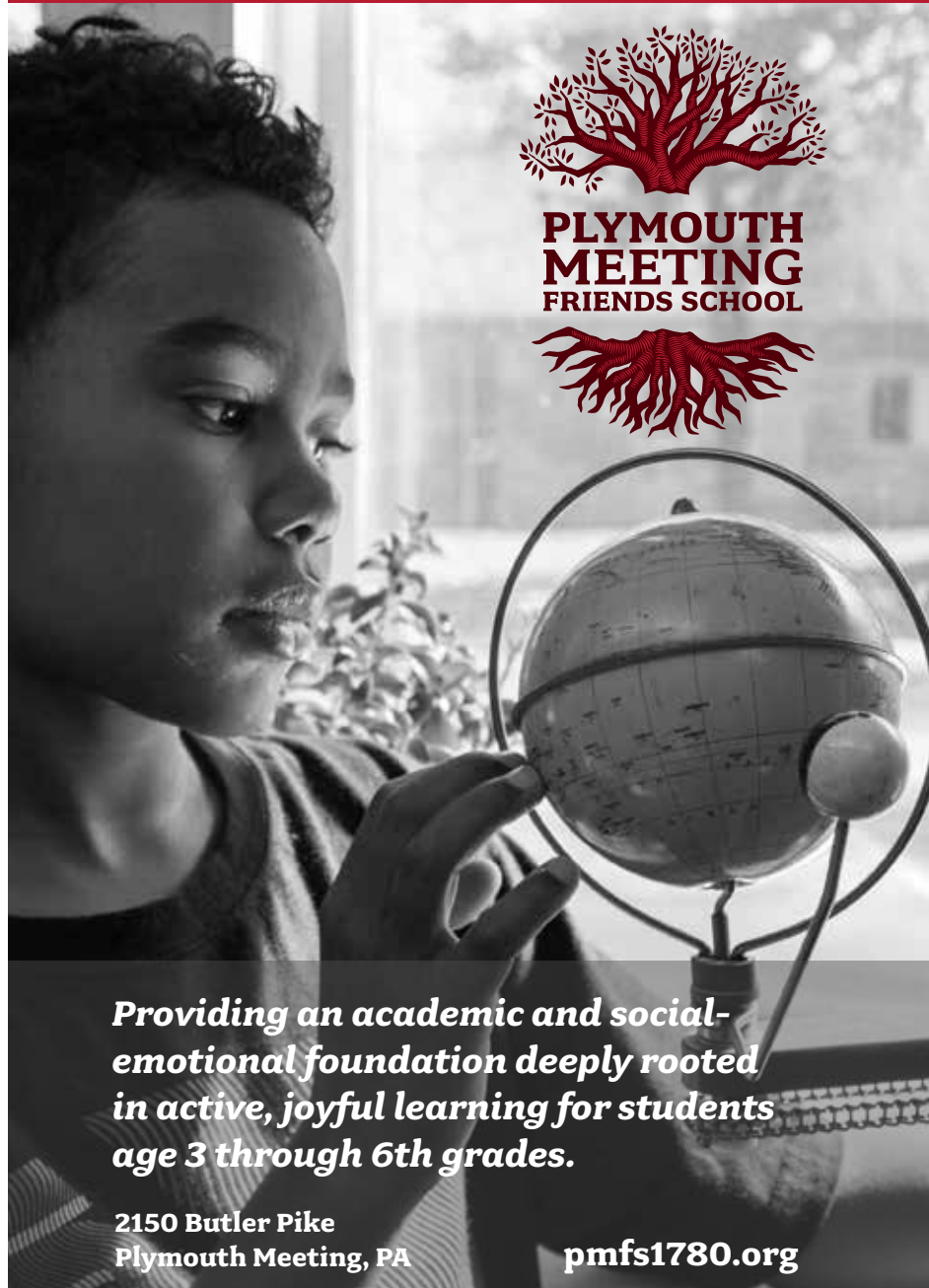
nymphs and its adults. We need to know to collect specimens and how to report and kill them.

To learn more, see photos and get informed, contact these agencies:

- Pa. Department of Agriculture: [www.agriculture.pa.gov](http://www.agriculture.pa.gov)
- Penn State Extension: [extension.psu.edu/Spotted-Lanternfly](http://extension.psu.edu/Spotted-Lanternfly) or 888-4BADFLY (888-422-3359).

*Brenda Malinics is a wildlife rehabber and cat rescuer. Reach her at [brendasrescues@gmail.com](mailto:brendasrescues@gmail.com).*

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# A Watershed Moment with Lasting Impact

by Maura McCarthy, Executive Director, Friends of the Wissahickon

ON WEDNESDAY, OCT. 24, FRIENDS OF THE WISSAHICKON and the Wissahickon Valley Watershed Association will co-host “Communities Connecting for a Clean Wissahickon,” to share progress on the Wissahickon Clean Water Partnership. Regional and local stakeholders will discuss the watershed-wide research and planning that will result in a new, holistic approach to improving water quality in the Wissahickon watershed.

The 64-mile watershed plays a critical role in our region. It flows through 12 municipalities from its beginning in eastern Montgomery County to its confluence with the Schuylkill in Northwest Philadelphia. Wissahickon Creek is a vital part of this watershed. Besides its beauty and popularity for recreation, it contributes to the



drinking water of 350,000 Philadelphians and provides habitat for local wildlife. More than 130 species of birds can be found in the watershed, as well as 15 mammal species and 574 species of native plants.

The U.S. Environmental Protection Agency released a report in 2015 demonstrating the importance of small

streams and wetlands to water quality, concluding as a scientific fact that what happens upstream affects what happens downstream. Challenges to the health of the Wissahickon and its tributaries throughout both the upper (Montgomery County) and lower (Philadelphia County) portions of the watershed are getting worse. They include increased development, stormwater runoff, pollution (including trash) and flooding, plus climate change, and threats to habitat.

If we want future generations to continue to enjoy this special place, it’s incumbent upon us to take care of it. Through “Communities Connecting for a Clean Wissahickon,” we hope to raise awareness – and spur action – by bringing municipalities and residents together for a sobering look at the situation, to better understand it and learn what they can do to help.

Join me and WVWA Executive Director Gail Farmer, who will be moderating a panel of local experts:

**Patrick Starr**, executive vice president of the Pennsylvania Environmental Council. He will provide background on the regulatory framework that made this collaboration possible.

**Laura Toran, Ph.D.**, the Weeks Chair of Environmental Geology at Temple University, who teaches and conducts research on hydrogeology and urban hydrology. She leads a team of experts from Temple that is working to support better understanding of the Wissahickon through monitoring, computer modeling and assessment.

**Jay Cruz**, an environmental scientist at the Philadelphia Water Department. He has directed many watershed assessment, water-quality modeling, and green-infrastructure monitoring projects. Jay has extensively studied the physical, water-quality and ecosystem-level changes that occur in small watersheds as a result of urbanization as well as the water quality and hydrologic performance of stormwater management practices.

**COMMUNITIES CONNECTING FOR A CLEAN WISSAHICKON**

WEDNESDAY, OCTOBER 24 / 6:30 - 8:30 PM  
Springside Chestnut Hill Academy, Cherokee Campus  
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**Mary Aversa**, Ambler borough manager, will bring her knowledge about operations at the Waste Water Treatment Plant and the Water Company, both owned and operated by the borough, serving several municipalities. Her background also includes all aspects of Ambler’s stormwater runoff management and wastewater treatment as it relates to the discharge from the water treatment plant.

**Mark Grey** is a supervisor in Lower Gwynedd Township and serves on several sub-committees including the Environmental Advisory Council. He also co-chairs the Wissahickon Clean Water Partnership, which includes 13 municipalities and four waste water treatment facilities.

“Communities Connecting for a Clean Wissahickon” takes place 6:30-8:30 p.m. at Springside Chestnut Hill Academy, Cherokee Campus. Thank you to our sponsors Green Mountain Energy, Pennsylvania Environmental Council and the William Penn Foundation. For more info and to register, visit [www.fow.org/event/clean-wissahickon](http://www.fow.org/event/clean-wissahickon) or [wvwa.org/calendar](http://wvwa.org/calendar).

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Laurie T. Conrad photo



## Philly Goat Project

(Continued from Page 1)

the classes help them acclimate to people, Krivit explains.

“They love the attention. They love climbing. I know they like it because they always play,” she says. “They are litter-trained, for the most part,” Krivit adds, knocking on a wooden picnic table for luck while keeping a wary, loving eye on her admitted favorite, a honey-colored mini named Anthony who’s standing on said table.

A longtime social worker, Krivit envisions the project as a way to teach husbandry in a city setting and to cultivate environmental awareness. Goats take well to human kids and make great therapy animals, too. They’re smaller, sturdier and easier to take care of than, say, cows or horses. Then there’s the fact that they’re food producers.

“Philadelphia doesn’t have goat raising as a business. . . . It’s something a lot of people can do,” Krivit says. (Philadelphia only allows “farm animals” — including goats, but also, notoriously, chickens and pet pot-bellied pigs — on parcels of three or more acres, a bill that Awbury fills.) She believes the Philly Goat Project is the first such program in the country that has multiple goals. It also has multiple funding sources, including grants, donations and fee-based activities.

Food production is a down-the-road goal but one Krivit hopes the project will achieve. Already, there are community

That’s Anthony with Philly Goat Project founder Karen Krivit with Weavers Way Awbury Field Manager Alessandro Ascherio; top right, Ivy shows just how tidy goats can be when they visit, as at a recent trip to Hood Cemetery in Germantown.

programs and school visits at Awbury, and the goats have lent authenticity to historical events — they are even scheduled for a meet-and-greet with volunteers at Germantown’s historic Hood Cemetery. Animal therapy is offered for individuals and groups.

Speaking of can-do, Krivit has a lot of that. The project began in February, when Krivit and “all my friends and family” began clearing an overgrown dumping area and digging 56 postholes to create space for a pen and small barn at Awbury’s Agricultural Village. The goat area nestles against a 100-year-old stone wall. Goats are low-maintenance, but they do need a safe, dry place to call home. In fact, ensuring the goats’ safety wherever they travel is priority No. 1 for Krivit.

“It’s no joke. This is a city,” she says. “People do stupid things. [Awbury] is a public place and people can walk through.”

Familiarity breeds friendship, though. Community goat walks are held regularly “so people can know about the goats and share our love for them.” Her always-in-need-of-more volunteer team draws members from the neighborhood, too.

Krivit spent a year shadowing breeders, dairy farmers and other “incredible” mentors to learn goat husbandry. Her lack of prior knowledge is itself a teachable moment: “You don’t have to go to school to do something well, or have it in your family.”

Alessandro Ascherio, Weavers

Way’s Awbury field manager, has been there “every step of the way” as the goat project has unfolded — “just neighbors who adore each other,” Krivit says.

Ascherio likes Awbury’s newest partnership for its “friendliness and community.” It doesn’t hurt that, “in the long run, they are going to clear out a lot” of overgrowth on the Arboretum’s 55 acres.

Finding goats for the herd, which Krivit hopes to expand to 10 goats next spring, was a challenge, as owners are often reluctant to part with their animals. The three small ones, a set of twins and their half-sibling, all born in March, were purchased for the Philly Goat Project. The standard goats were donated on the condition that they wouldn’t be separated — and that they’d be of service.

Google “goat videos” and you get, no lie, 108 million YouTube hits. But when they’re not gamboling in pajamas or kneading giggling yogis, goats could be creating jobs and products for Philadelphia residents, helping people cope with mental-health issues, widening schoolchildren’s worlds. And eating poison ivy.

That’s an itch the Philly Goat Project hopes more people will want to scratch.

For more information on Philly Goat Project programs or to volunteer, go to [phillygoatproject.org](http://phillygoatproject.org) or [phillygoatproject.org](http://phillygoatproject.org) on Facebook or Instagram.

Laurie T. Conrad is a Weavers Way Working Member.

### FUN GOAT FACTS

- ❁ Goats have 320-degree vision and rectangular pupils in their eyes. Toads and octopi share that sharp-eyed attribute.
- ❁ Goats don’t eat “everything.” They are vegetarians.
- ❁ That said, goats do relish tough greenery like poison ivy and bamboo. Their four-chambered stomachs aid digestion.
- ❁ Goats burp a lot but don’t pass gas in the other direction. This accounts for their sometimes bulbous midsections.
- ❁ Happy goats don’t bleat (much).

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# HAUNTED eco tip

## Don't Toss That Pumpkin!

by Marsha Low,  
Weavers Way Environment Committee

Walk down any street, and with Halloween just a few weeks away, you're likely to see pumpkins on steps and piled next to front doors. Sadly, of the 1.4 billion pounds of these colorful emblems of Fall grown in the United States every year, most end up being tossed out after Halloween. It doesn't have to be this way. Whether your home is decorated with an uncarved pumpkin or a jack-o-lantern, there are ways to use it after the trick-or-treaters have come and gone.

Halloween pumpkins are nutritious and perfectly edible if they haven't been carved (and haven't been left outside so long they get hit by frost and start to rot). While the Halloween "face" pumpkin is not the chef's choice — they're pretty watery when cooked down — they, like pumpkins of almost any variety, have flesh high in fiber and beta-carotene. Many of the other pumpkins available now, such as "cheese" pumpkins and "cinderellas," so called because they resemble a certain carriage, make great decorations and are better for steaming, baking and pureeing.

And don't trash those seeds! A great source of protein and unsaturated fats, including omega-3, pumpkin seeds also contain iron, selenium, calcium, B vitamins and beta-carotene. So roast them, and enjoy a highly nutritious snack.

A carved pumpkin is not suitable for cooking and eating, but can still be put to good use if you have a compost heap. Remove any candlewax from the inside and compost the rest. (It's best to chop it up so it will decompose faster.) Don't have the space for a compost heap? Just chop it up and bury in the garden, where it will decompose and enrich the soil.



## Something has changed for the 8th annual Harvest on Henry Farm Festival — it's become . . .

# HAUNTED HARVEST ON HENRY

**SATURDAY, OCT. 27, 3-7 P.M.**

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

Join us for pumpkin painting, live music, food and games for all ages. Saul students are busy helping get ready for this haunted night of fun. The Farm Market will be open with plenty of apples, pumpkins and all the apple cider doughnuts you'll need for celebrating fall on the farm — and getting over your . . .

**FEAR!**

### How did our festival become haunted? Here's the legend:

Farmer Walter and his brother Henry grew up on Saul Farm and worked the fields since they were young, just as their ancestors did for the last 100 years.

Walter was strong, tall and beloved by the customers who came to the market each week. He'd chat, and make jokes as he helped run the cash registers and then hustle back to continue his work on the farm.

Henry was brilliant. Even as a child, he was always taking farm machines apart to try to make them work better — and make the farm work easier, because Henry was also much smaller than his brother. Nor did he have Walter's winning personality; he lacked the patience and desire to mingle with customers. Their parents did not approve. They demanded that Henry go out and do the work the way they had always done it.

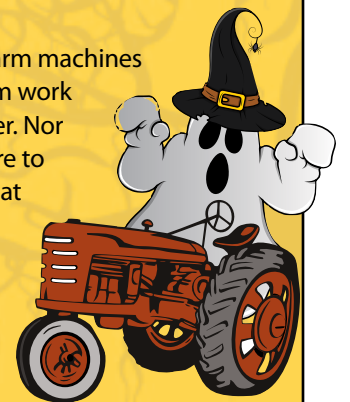
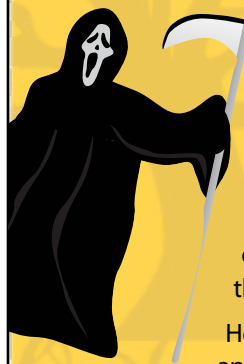
Not able to keep up with his brother, Henry would often miss dinner and be in the fields until dark. Sometimes, once the sun went down, Henry would steal into his machine shop and bring his inventions out to do the work. He would simply program them to come back before sunrise to keep his secret safe.

Early one morning, Walter caught a glimpse of the farm monsters. He threatened to tell if Henry did not build more monsters to do his work as well! So the two kept the secret and Walter soon became known as the best farmer in the city. But the increased business meant that Henry ended up working harder than ever — and a deep tension built slowly between the two brothers.

### Then one day, something went wrong . . .

... but you'll have to come Oct. 27 to find out what happened!

— Saul students told this tale. Weavers Way Farms Manager Nina Berryman and Nicole Yodice, Henry Got Crops CSA shareholder, wrote it for the annals.



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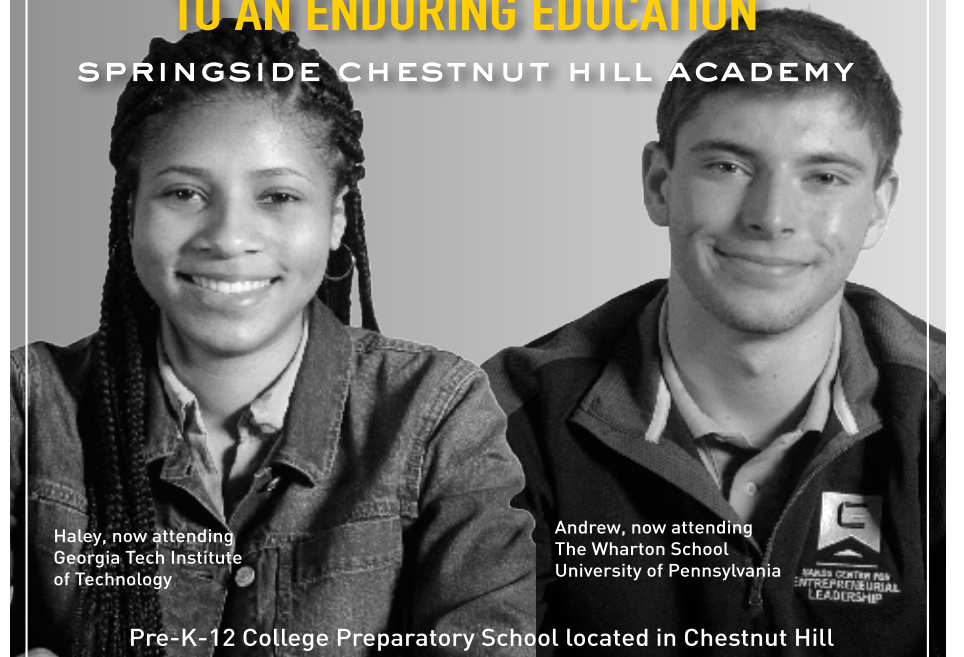
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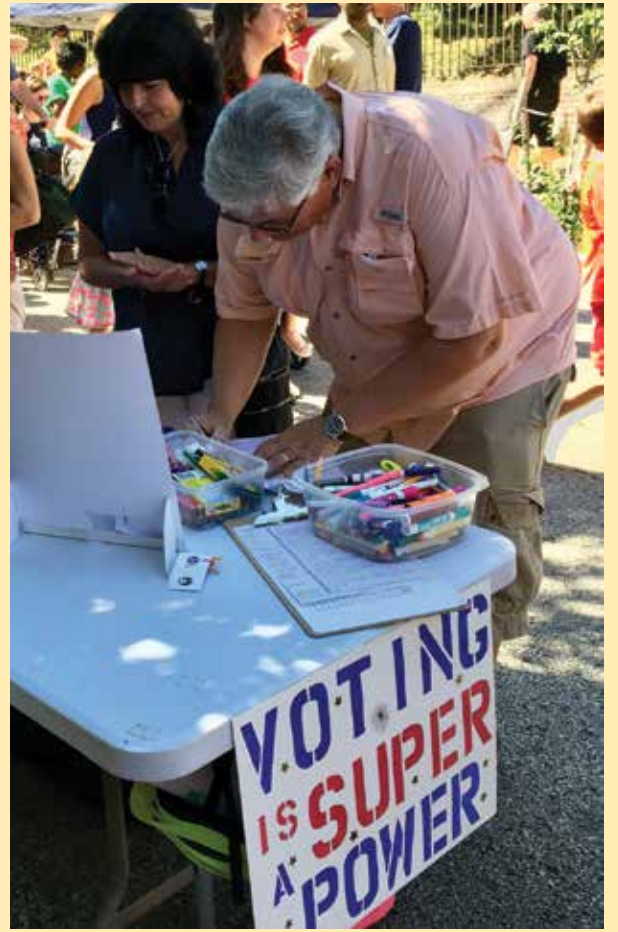
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## A Fair-Weather Mt. Airy Village Fair 2018



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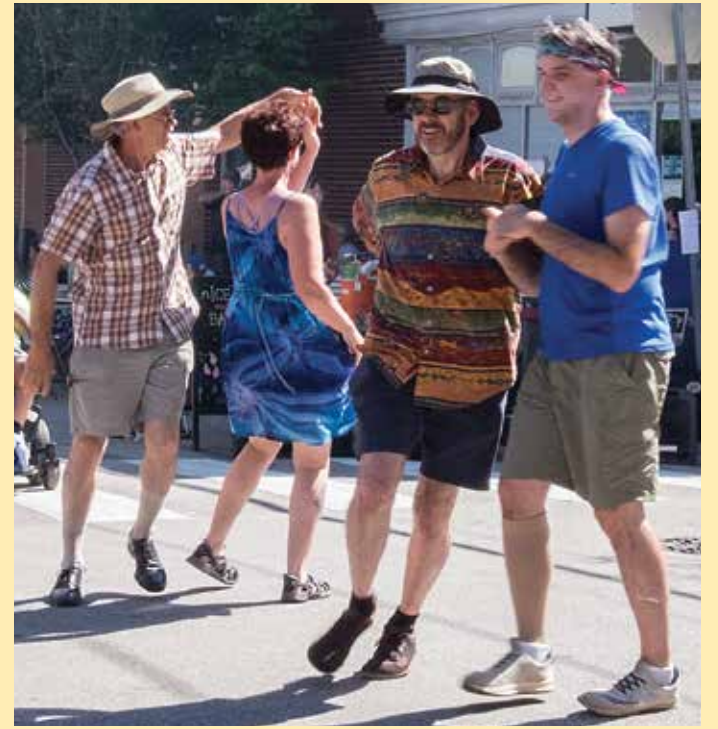
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This year's Mt. Airy Village Fair on Sept. 16 had it all, starting with blue skies! There was dancing, live music, politics, kids' stuff, more dancing, sausage-and-pepper sandwiches hot off the grill (courtesy of Weavers Way's Apollo Heidelmark, below left) and Zero Waste to boot.

Photos by Weavers Way Working Members Ellie Seif and Brian Rudnick



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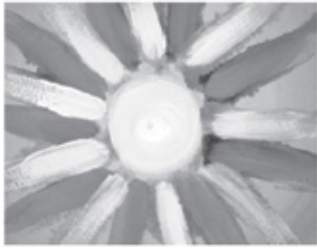


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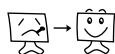
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GLENSIDE

# 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.

Here are some interesting sales quantities from the first two weeks of this September:

### Barbara's Cheese Puffs (Original 7 oz.)

Mt. Airy: 87  
 Chestnut Hill: 13  
 Ambler: 18

### Fresh corn

Mt. Airy: 2,079 ears  
 Chestnut Hill: 1,475 ears  
 Ambler = 777 ears

### Self-serve soup

Mt. Airy: 701 pints  
 Chestnut Hill: 561 pints  
 Ambler: 390 pints

### Made-to-order sandwich

Mt. Airy = 0 (trick question, we don't make sandwiches to order in Mt. Airy)

Chestnut Hill = 103

Ambler = 124

What are these numbers telling us about ourselves? Do Mt. Airy peeps have a taste for cheese puffs as a result of some outside phenomenon like Prius driving? Or could it be that Barbara's are on the way to the cash registers, right at eye level? Do Hillers eat less corn on the cob or are they buying it somewhere else? (Looking at you, Maple Acres.) And why does Ambler, with 3,200 fewer shoppers per week than Chestnut Hill, sell more made-to-order sandwiches? Do people in Ambler have more time to wait for their sandwiches? Or could it be that they like to sit and eat them in the The Café?

What we do know both anecdotally and from sales data is that the same items sometimes sell at drastically different rates in each store. Whether this has to do with demographics, store and product layout, the role of the stores in people's lives, or other factors, we don't know. Getting the answers to these questions would require a bit of a data dive and maybe even customer surveys and focus groups. We do know Weavers Way has to adapt or perish as the world of retail food evolves.

### suggestions and responses:

**s:** "I bought Organic Girl arugula; really inferior product! Yellow leaves 2 days after purchase & the sell-by date was days off. On the other hand, Blue Moon is excellent — fresher, better.

**r:** (Jean MA) Arugula is the most delicate of the baby salads, and thus the most likely to disappoint. Blue Moon's product is excellent; it's fresh and local.

**s:** "Do we have balsamic reduction?"

**r:** (Norman) We have a variety of balsamics in all of our vinegar sections, including some reduction types. Fans of balsamic vinegar should also check out the bulk balsamics in Mt. Airy and Ambler. There are three or four choices ranging from \$4.59/lb. to \$25.55/lb. It's expensive, but our super-premium "Cask 25" from Modena, Italy, is aged a few years in selected wooden barrels, resulting in a thick, sweet, tangy vinegar ("with port and madeira undertones," whatever that means). It's worth a taste. Ask a bulk staffer for a sample.

(Continued on Next Page)



Put your suggestions right here.



Norman Says:

Look for the suggestion box in all three stores.

Read SUGGESTIONS by Purchasing Manager Norman Weiss every month in the Shuttle.

The advertisement features a photo of Norman Weiss and a sample suggestion card. The card has a header "Suggestions?" and a sub-header "How are we doing?". Below the header is a small illustration of a hand holding a sign that says "Why don't we carry...". The card contains a form with fields for "Name", "Address", "Phone", "Email", and "Comments". At the bottom of the card, it says "Please place your comment cards here!" and "weavers way COOP".



(Continued from Preceding Page)

**s:** “What’s this kombucha I saw called Cannabliss?”

**r:** (Norman) Those who were around for the oat-bran craze may recognize what seems to be happening with cannabidiol, or CBD, a non-psychoactive compound derived from hemp plants that many people think can aid with a variety of health issues. We sell a variety of CBD-infused products in all our stores. As was the case with oat bran (which was credited with near-miraculous cholesterol-busting powers), manufacturers are finding ways to put CBD in as many products as they can. Now GT’s, one of the first kombucha companies with national distribution, has come out with kombucha containing CBD. Expect to see CBD in coffee, juice, balms, vitamins, salad dressing, chocolate, ice cream, vegan cheese and who knows what all else. I remember when oat bran found its way into snack foods like corn chips and pretzels. They were awful. That was a lesson in how the industry works.

**s:** “Why do the peaches have spotty blotches?”

**r:** Spotty Blotch is a type of peach developed by the Agricultural Research Center at the Vatican that reminds people to judge things by how they are inside, not by their appearance. It’s sometimes used sacramentally to provide this messaging, plus some sweet drippy stickiness. Three Springs Fruit Farm, however, says the spots are just “cosmetic skin-deep marks from bacterial spot because of all the rain.”

**s:** “Honeycrisps are still the best apple so far this year.”

**r:** (Norman) The honeycrisp is a Weavers Way shopper favorite. It’s a cultivar developed at the University of Minnesota in 1974 that was patented in 1988 and released in 1991 — so not an heirloom variety. It has much larger cells than most apples, which rupture when bitten to fill the mouth with juice. The Keepsake, another apple developed by the University of Minnesota breeding program, is one of the parents of the Honeycrisp. The other was identified in 2017 as an unreleased University of Minnesota cultivar designated MN1627. The grandparents of Honeycrisp on the MN1627 side are



**We sell a variety of CBD-infused products in all our stores. As was the case with oat bran (which was credited with near-miraculous cholesterol-busting powers), manufacturers are finding ways to put CBD in as many products as they can.**



the Duchess of Oldenburg and the Golden Delicious. Now Shuttle readers know apple cultivars have parents and Weavers Way shoppers will be able to find new lines or Mother’s and Father’s Day cards suitable for cultivarian parents.

**s:** “The cider is labelled ‘Weaver’s Orchard.’ This is misleading, implies it’s from Weavers Way Farm, which it isn’t.”

**r:** (Norman) Weaver’s Orchard is in Morgantown PA, and has been since 1932, so Weaver’s had the name before we did. They also distinguish themselves by being a single Weaver with an apostrophe “s” while we are plural Weavers. (*Editor’s note: Tell that to people who write to us.*)

However, lest people think Weavers Way is orchardless, our Henry Got Crops farm has an orchard planted by the Philadelphia Orchard Project that is one of the largest in the city. Fruits include plums, figs, paw-paws, cherries and Asian pears.

**s:** “Can you stock seltzer in glass?”

**r:** (Norman) We do stock Mountain Valley Sparkling water in glass bottles at all three stores.

**s:** “Whatever happened to eating insects? Wasn’t that going to be the next big thing

like seven years ago?”

**r:** Yep, people thought because insects can be a healthy source of protein, fat and minerals, because they can be more sustainably grown and harvested than animal protein sources, and were relatively inexpensive, that many people would jump at the chance to eat them. We even stocked a few insect food items. They never sold in Mt. Airy, but Chestnut Hill shoppers did buy them for a bit. (*Editor’s note: Go figure.*) Our then-general manager thought we should have them in bulk and at the salad bar. Even the United Nations was recommending them. For whatever reason, insects have yet to become a staple of North American and European diets. Maybe it will take McDonald’s to come up with a new mascot like Ronald McInsect.

**s:** Why do so many products at Weavers Way contain canola oil? Isn’t it supposed to be bad for you?

**r:** Canola oil is one of the few foods I’ve come across where there seems to be such a large divide between people who think it’s healthy and people who think it’s not. We have a number of vocal members, mostly shoppers at our Ambler store, who have expressed concern that so many of our products contain canola, which they

think is one of the unhealthy oils. We use canola oil in our kitchens, and many manufacturers use it, too. It’s probably in hundreds of our Prepared Food items, and in thousands of packaged products.

For your information, our kitchens mainly use either organic or a local non-GMO canola oil, and both are mechanically extracted, as opposed to solvent extracted.

One online resource I sometimes consult for issues like this, the Berkeley Wellness site ([www.berkeleywellness.com](http://www.berkeleywellness.com)), claims canola oil can be beneficial for heart health and is also high in alpha-linolenic acid (ALA), with some benefits similar to fish oil. On the flip side, Dr. Mercola ([www.mercola.com](http://www.mercola.com)) thinks canola oil has been proven to be detrimental to body and mind. This is based partly on a study right here at Temple University, where rats bred to be prone to Alzheimer’s disease symptoms were fed lots of canola oil and showed memory deficiencies compared to the control group. As a result of this study, Dr. Mercola’s site states: “Canola Oil Proven to Destroy Your Body and Mind.” (If you search around other sites, you’ll see assertions that the study does not prove anything since the changes were very small and there is no clear relationship between the study results and how canola acts in human brains. Plus some scientists think the study itself was flawed.)

Given what I’ve read so far, from a “preponderance of the evidence” standard, I’m not seeing a reason to avoid non-GMO, non-solvent-extracted canola oil.

**s:** “Can canola oil calm nerves? I get anxious sometimes, especially when other people are watching me.”

**r:** You may have publickawarcitus, related to stage fright. Canola oil may help. Like all oils, it has lubricative properties that smooth surfaces and reduce friction. Publickawarcitus is a result of your brain feeling pressure from other people’s attention and expectations. This pressure can increase brain friction, which canola can smooth out. Engaging in conversations about whether or not canola oil is healthy results in people doing research and having informed conversations and then agreeing to disagree, which is a low-friction approach to interpersonal relations.

*normanb@weaversway.coop*

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# WEAVERS WAY WORKSHOPS



Weavers Way workshops provide opportunities to learn and share knowledge on a wide range of topics. Popular themes include civic life, health, the environment and, of course, food! Workshops are usually free and always open to the public.

## RSVP on EVENTBRITE

WE ASK THAT YOU REGISTER EVEN IF THE WORKSHOP IS FREE.

Go online at **Eventbrite** or RSVP via the Events Calendar, [www.weaversway.coop/events/workshops](http://www.weaversway.coop/events/workshops). Or do it the old fashioned way: Email [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or call **215-843-2350, ext. 119**.

## GIVE ONE YOURSELF

Anyone can propose a topic, and members who lead workshops get three hours of work credit.



## WORKSHOPS ARE HELD:

- In Mt. Airy in the **Community Room**, 555 Carpenter Lane
- In Chestnut Hill in **The Backyard**, 8482 Germantown Ave., and the **Healing Arts Studio**, 15 W. Highland Ave., 2nd floor.
- On our farms: **Henry Got Crops**, Saul High School, 7095 Henry Ave.; **Awbury Arboretum**, 901 E. Washington Lane.
- In Ambler, in **The Café** at the store, 217 E. Butler Ave., or the **Ambler Senior Center**, 45 Forest Ave.
- Other locations as noted.

## COMING UP IN OCTOBER

### Spooky Make-In Workshop Tuesday, Oct. 9, 3:30-6:30 p.m., Henry Got Crops Farm

Create spooky props, from ghouls to goblins, for this year's **Haunted Harvest on Henry** with local artist and certified art teacher **Mindy Flexer**, owner of the Mindy Flexer Art School in Germantown. FREE.

### Taming Chronic Headaches with a Body-Mind-Spirit Approach

**Thursday, Oct. 18, 6:30-8 p.m., Healing Arts Studio**  
The impact of chronic headaches ranges from irritating to

debilitating, severely interrupting people's lives and livelihoods. Join **Pamela Hipp**, a local licensed massage therapist and Reiki master, for an informative discussion of holistic strategies to help reduce the frequency, intensity, and duration of many types of headaches. \$5 registration fee will be donated to **The School Mindfulness Project**.

### How to Speak Dog (and Maybe a Little Cat, or Chicken)

**Thursday, Oct. 18, 7-8:30 p.m., Mt. Airy Community Room.**  
Dogs communicate mainly through body language, right?

But do you really know what they're trying to say? Weavers Way Working Member and pet trainer/behavior consultant **C.J. Hazell** can help us discern when tail-wagging means "I'm happy" and when it's saying "Get out! Strengthen your relationship with the animals in your life. FREE.

### Form and Expression in Classical Music

**Tuesday, Oct. 23, 7-8:30 p.m., Mt. Airy Community Room**  
Like classical music but think you don't know enough to appreciate it? In this workshop, Weavers Way Working Member **Tom**



**Whitman**, a member of the music faculty at Swarthmore College, will introduce us to a few of the important forms (sonata, fugue, art song) as we listen to some passionate, romantic music by women composers (Clara Schumann, Fanny Hensel, Amy Beach) who are often overlooked. FREE.

FOR MORE INFO & TO RSVP: [www.weaversway.coop/events](http://www.weaversway.coop/events) or email [outreach@weaversway.coop](mailto:outreach@weaversway.coop)

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# Body-Mind-Spirit: A Holistic Perspective on Pain

by Pamela Hipp, for the Shuttle

**P**AIN CAN BE A MESSAGE INDICATING that we are out of balance in some area of life.

Being willing to receive this message can allow us to heal the root cause rather than merely suppressing symptoms. Much of what has been written about pain is from a Western medicine pain-management orientation; I'd like to offer a different perspective based on my own healing journey and those that I've witnessed in clients — one that honors the interconnectivity of body, mind and spirit

I've spent years mastering the art of avoiding and numbing pain. The amount of time, money and energy I've spent on this strategy is staggering! Worse yet, decades later, I have only experienced more pain. The lesson I've learned is that ignoring pain doesn't make it vanish— it simply festers under the surface waiting for an opportunity to emerge.

I eventually reached a tipping point where I became unwilling to continue needless suffering. I recognized that often the pain I experienced was a message that I was off track. Spirit, the sacred, wise and eternal essence within, was trying to communicate with me. I finally decided to listen.

It's not difficult to see how the body can become unbalanced through an overload of toxins, poor posture or lack of sleep, water, nutrition or movement. Unpleasant sensations are often a helpful reminder that I need to take better care of myself and not treat my body like an inconvenience.

Science is only beginning to understand the body-mind connection. It's clear that habitual stressful thoughts can trigger the fight-flight-or-freeze mechanism and activate a physiological response that includes the tensing of muscles. In this same



## WORKSHOP

**Taming Chronic Headaches with a Body-Mind-Spirit Approach**

**Thursday, Oct. 18  
6:30-8 p.m.**

**Healing Arts Studio  
15 W. Highland Ave.  
Chestnut Hill**

Visit [weaversway.coop/Taming-Chronic-Headaches](http://weaversway.coop/Taming-Chronic-Headaches) for more info and to RSVP.

\$5 registration fee will be donated to The School Mindfulness Project.

way, mentally revisiting old wounds or harboring resentment or anger can also cause tension that can contribute to pain. Discomfort can inform me when I'm investing my mental energy in destructive ways

Equally potent, although perhaps less obvious, are messages regarding unexpressed emotions, unhealed trauma and fractured self-esteem. These imbalances are quite capable of wreaking havoc from the shadows. I believe pain can be a message from spirit asking me to reclaim wholeness, worthiness and self-expression.

Cultivating mindfulness and the willingness to experience ALL of my feelings, especially those I'd rather avoid, seems to be the only way to become free of the painful effects of carrying them. Sometimes choosing to sit and feel whatever is true in the moment is enough to shift a pain pattern. Professional guidance might be necessary, especially if trauma is involved; counseling, Reiki, EFT somatic therapy and EMDR are some of the techniques that can help release stuck emotions.

If you're interested in exploring this topic further, check out the events calendar for my upcoming workshop regarding the body-mind-spirit perspective on minimizing headaches.

I'd love to see you there!

*Sharing the gift of healing touch through therapeutic massage and Reiki energy healing has been a great joy for Pamela Hipp for the past 15 years. She offers sessions and Reiki classes in her office in Mt. Airy. More information may be found at [pamelahipp.com](http://pamelahipp.com)*

*Views expressed in this article are those of the author, not necessarily the Health & Wellness Committee, and are not a substitute for talking to your own doctor.*

## GIVING TWOSDAY

### Thank You!

September's Giving Twosday Project sponsored by the Weavers Way Health & Wellness Committee, raised \$1,744 from more than 750 individual donors.

Here's a message from Gail Silver, SMP founder and executive director:

"It's incredibly heartwarming to learn how the Weavers Way community has come together to support the work of The School Mindfulness Project. Thank you to everyone who made this possible.

The SMP has a lot of work to do; in addition to Weavers Way's sizable contribution, you've made more people aware of the SMP! Reaching people who might otherwise not know about what we're doing is so important to SMP's future. We're grateful for all of the caring we can garner."

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## Point-of-Sale System

(Continued from Page 1)

Farm Market. (It's been in place at the Ambler store since it opened last year.) Work is expected to be complete by the end of the month.

Weavers Way switched from electronic stand-alone cash registers to a computerized point-of-sale system in 2005. At that time, we were a one-store, members-only co-op where every member worked. Weavers Way Purchasing Manager Norman Weiss originally selected our current system, Counterpoint, because it was configurable and flexible and made it easy to move data in and out of the system, all-important for a somewhat non-traditional retailer like us. Counterpoint has served us well over the years and we'll continue to use it for a number of functions, but it's designed as a general retail system, not a special-

**This change will provide customers with the long-awaited ability to use chip cards at our registers. Customers will also be able to begin the payment process before the cashier has completed checkout, as they can at many other grocery stores.**

ized grocery system. (In particular, the part that runs the cash registers doesn't perform as well as it needs to for our growing business.) We — and you — have seen Counterpoint slowing down and even crashing at busy times. Some of this is because of the software, and some can be attributed to aging hardware — most of which we'll be replacing as part of this project.

The new system was selected in early 2017 by a team that included staff members from both stores, plus the Purchasing, Finance and IT departments. It is called LOC SMS. LOC is the name of the Quebec-based software company, and SMS stands for "Store Management Suite." The charming French-Canadian software developers don't work with us directly; we are buying the new system from STCR, a dealer based in Endwell, NY. STCR, which has been selling cash registers since 1966 and has focused on SMS as its primary product since 2010, will have staff here during the installations to help the transition run smoothly.

In addition to running faster and not crashing,

### STAFF CELEBRITY SPOTLIGHT

#### Eriberto "Luis" Cruz

**Job:** Outgoing manager of The Incredible Bulk in Mt. Airy.

**Since when:** Summer 2012, although he's worked for the Co-op since 2007.

**Age:** 59.

**Where he's from/where he lives now/where he's going:** Tampa, FL/ West Mt. Airy/back to Tampa.

**How he got here:** He first came to the Philadelphia area in the mid-'90s, working as a chef specializing in vegetarian cuisine at the All-Natural Market in Ardmore. He left after a year, but came back to visit in the early 2000s. The market's owner mentioned that customers still talked about him, and offered to hire him back whenever he wanted. He returned in the summer of 2005 as head chef and part owner. The market went out of business in early 2007.

**How he got to the Co-op:** His fiancée at the time was a member, and told him about an opening for a cook. That job was filled before he could apply, but he asked about other openings and got hired as a part-time receiver in 2007, intending to stick around only long enough to save enough money to return to Florida. He began to pick up hours in other departments, including deli, grocery and home delivery. He went on to drive the truck for the warehouse, and later managed the West Oak Lane store for a year and a half.

**Why he's leaving:** He's going back to Florida to help his oldest sister, Noelia, care for their 90-year-old homebound mother, Rosa. (He's the oldest of six and



has a 29-year-old daughter, Christina, who also lives in the Tampa area.)

**What he'll miss about Mt. Airy:** "I've lived and worked all over the U.S., but this neighborhood is one of the most generous, warm, embracing neighborhoods I've ever been in. ... It feels like I've made extended family here. That's one of the reasons that kept me here."

**Favorite Co-op products:** Not surprisingly, a lot of bulk items, including mixed nuts, rice, oils, coffee and granola.

**A lot of Co-op love:** "I'm leaving the nest in so many ways. It does not feel like a job... I've learned so many new skills here; I reinvented myself here. The Co-op offers that. If you've got a certain skill set, they'll feed it and encourage that."

—Karen Plourde

we're excited to switch to SMS for a few other reasons. First, many cooperative grocery stores already use it, including Creekside, Mariposa and Swarthmore locally. Our experience with SMS at Weavers Way Ambler has shown us how using software that's also at other co-ops allows us to work more collaboratively with them and helps the overall cooperative sector benefit from each store's experience.

Second, this change will provide customers with the long-awaited ability to use chip cards at our registers. Customers will also be able to begin the payment process before the cashier has completed checkout, as they can at many other grocery stores.

Finally, processing credit cards through Counterpoint required us to pay hefty fees on top of the normal mer-

chant fees all retailers are charged for accepting these methods of payment. While the merchant fees aren't going anywhere, moving away from Counterpoint does save us a substantial amount of money — the savings from eliminating that expense is actually how we are paying for the new system.

We hope there will be no negative impact on customers during the switchover, but anybody who has ever done a major IT project would never dare promise that. So we thank our you, our members and shopper, in advance for your patience. We do have some confidence that this will be a smooth change based on our experience of using this software in Ambler for the past year.

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## COOPERATOR OF THE MONTH

### Burt Froom

**The Rev. Burt Froom**, whose life and career took him around the world before bringing him to West Mt. Airy, died June 18. A staunch, stalwart and familiar member of the Co-op, he was 82.

Burt grew up in San Francisco, attended Cal Berkeley, went to seminary in Pittsburgh and was ordained a Presbyterian minister in 1962. He adventured to Europe, Mexico, Israel, Ethiopia and Egypt, did street ministry with youth on the Lower East Side in NYC, pastored churches in Brooklyn and Manhattan and served as a nursing home chaplain. Young Rev. Froom's first job was as an assistant minister in Homestead, PA. In spring of 1964, he and three other Pittsburgh-area ministers responded to a call to travel to Mississippi to support voter registration. Having grown up in a conservative-to-reactionary family, he said this activism, which included arrest and four nights in jail in Hattiesburg, MS, changed his life.

It is safe to say that this world traveler would never have made his way to West Mt. Airy but for a chance meeting with Louise Lisi in 1977 at a Christmas party at his church in Manhattan. Love blossomed, and Burt was brought home to meet Louise's family, parents Al and Flora Lisi and sister Carol of Sedgwick Street, founding members of Weavers Way. Burt was a Co-op enthusiast from that point on. After their wedding in 1978, Burt and Louise continued to live in NYC, but Philadelphia visits included shopping at Weavers Way. Louise always yearned to return to West Mt. Airy. They finally settled into a house on Pelham Road in June 1986, along with then 4-year-old Rebecca and 6-year-old Elizabeth.

Burt's ministry in Philadelphia was pastoral counseling,

along and active participation at Summit Presbyterian Church as a parish associate. He taught adult Bible study, championed care for the environment and was active on the social concerns committee. After retiring in 2003, Burt was able to devote significant time to



his love of history and of architecture. From 2011 to 2016, he wrote 25 "Yesterday and Today" articles about Mt. Airy history for the West Mt. Airy Neighbors e-newsletter.

Burt truly loved the Co-op, where he got into many meaningful conversations with members and staff, and the family did all their shopping there. He also embraced the work requirement. When the children were elementary-school age, the whole family put address labels on the Shuttle and divided the papers by zip code to deliver them to the post office. After this job was automated, Burt and Louise often packed food —

but never meat because of their vegetarian diet.

The couple enjoyed traveling and hiking both in the United States and abroad, and at home they liked to walk to restaurants in Chestnut Hill and then walk home to Mt. Airy after dinner. Burt eventually faced many physical challenges, including difficulties with gait and balance, following decades of profound hearing loss. But he refused to be excused from Co-op work hours. So it was that some years ago, Susan McLaughlin said to Louise, "I think Norman has a job for you two." Thus began the couple's annual cooperator shift of packing bags of banana chips and dark-chocolate malt balls to be handed out to trick-or-treaters at Halloween at the Mt. Airy store. Even last October, when Burt knew he had Lewy Body dementia, he and Louise still packed the treats.

The couple have two children and three grandchildren: Micah, 16 months (son of Rebecca Froom and Alec Aman); Benjamin, 3, and Alejandra, 8 (children of Elizabeth Froom and Eduardo Maravi). The family, especially his grandchildren, brought much joy to Burt during his struggle with Lewy Body dementia.

"I never knew until now what Burt did for an occupation," said former Weavers Way GM Glenn Bergman. "Now it all makes sense. Burt was always willing to talk about community, the co-op and its importance to building a community. . . . A true mensch, a true friend and a kind person. Thank you, Burt."

Donations in Burt's memory may be made to Summit Presbyterian Church ([www.summitpres.net](http://www.summitpres.net)), the homecare agency Ralston My Way ([ralstoncenter.org](http://ralstoncenter.org)) or Morris Arboretum ([www.morrisarboretum.org](http://www.morrisarboretum.org)) in Chestnut Hill.

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

### Weavers Way Board

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

The Board's regular meeting monthly meeting is held on the first Tuesday. But because of Election Day, the November meeting will be held on Tuesday, Nov. 13, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

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.

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### Weavers Way Chestnut Hill

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



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### Become a Member

Want to play a role in shaping your grocery store? Just complete a membership form in any store or online, make an equity investment and you're good to go! We ask new members to attend an orientation meeting to learn about our cooperative model. You'll receive two hours of work credit for attending. We look forward to meeting you!

### Upcoming Orientations

**Ambler Senior Center, 45 Forest Ave.:**  
**Thursday, Oct 11, 6:30-8 p.m.**  
**Saturday, Oct. 20, 1-2:30 p.m.**

**Weavers Way Mt. Airy**  
**Wednesday, Nov. 7, 6:30-8 p.m.**  
 (location TBA)

Check [www.weaversway.coop/events](http://www.weaversway.coop/events) for additional dates. To RSVP or for more info, email [outreach@weaversway.coop](mailto:outreach@weaversway.coop)





*Ambler's First Anniversary*

**You Did It!**

# MEMBER appreciation Days

FRI SAT SUN

**OCT. 12, 13 & 14**

MEMBERS GET AN EXTRA

WORKING MEMBERS GET A TOTAL OF

**5% OFF & 10% OFF**

*Join during Member Appreciation Days*

**Get a Weavers Way Swag Bag &  
A Chance to WIN A FREE YEAR OF MEMBERSHIP**



Community-owned markets, open to everyone.