

Established
1973



LINEWAITERS' GAZETTE

printed on
recycled paper



Volume T, Number 21

November 4, 1999



ILLUSTRATION BY SUSAN GREENSTEIN

The Nightmare of Malathion Spraying

By Laurie Essig

It is a beautiful Saturday afternoon. The autumn light filters through the trees in discrete packages as you and your child play in the park. And then you hear it. Low at first, but getting louder. Suddenly wave after wave of helicopters pass overhead spraying poison in their wake. There is nowhere to go. Nowhere to hide. This is not a nightmare. It is the reality of life in New York City after the discovery of virus-carrying mosquitoes. If you think the nightmare is over, think again. Although the spraying has been suspended with the

onset of cooler weather, it will probably begin again in the spring. If you think malathion and the other pesticides used "pose," in the words of the city's Malathion Hotline, "virtually no risks to people or pets," think again. The pesticides used are toxic not just to humans, but to the entire environment.

According to a spokesman from the Mayor's Office, the decision to spray pesticides was made very soon after detecting an encephalitis-like outbreak in Queens. The city turned to the State Department of Health, representatives from Suffolk and Nassau

counties, and private contractors who recommended that a mixture of malathion, resmethrin and sumithrin be sprayed via helicopters and trucks. Resmethrin and sumithrin are, according to David Levner of the Green Party, synthetic pyrethrums. They can cause rashes and respiratory problems, especially for people with asthma, but they are not as toxic as malathion. Levner add that resmethrin and sumithrin are, however, mixed in piperonyl butoxide, which the Environmental Protection Agency considers a possible carcinogen.

Malathion is an organophosphate. The EPA lists organophosphates as one of the greatest threats to public health. Organophosphates are, according to the Natural Resources Defense Council, considered especially harmful to children since their still developing organs are particularly vulnerable. Thus even slight exposure to an organophosphate like malathion can have lifelong consequences.

Although the EPA considers malathion only "slightly toxic" (toxicity class III), other organizations have described it as more dangerous. EXTONET, a web page of the Cooperative Extension Offices of Cornell University, says that even "...single doses of Malathion (which can be absorbed through the skin) may affect immune system response." Acute exposure can cause numbness, tingling, a lack of coordination, headache, dizziness, tremor, nausea, abdominal cramps, sweating, blurred vision, respiratory problems and a slowed heart beat. In high doses it can cause unconsciousness, convulsions and even death. According to the same source, there have been numerous malathion poisonings and casualties. In one

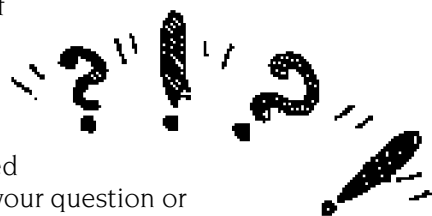
CONTINUED ON PAGE 2

RENOVATION COMMITTEE REPORT

Answers to Your Questions & Comments

By Jessica Robinson for the Renovation Committee

Due to the large volume of information we have needed to communicate about the renovation project, we have not been able to address all of the submitted questions and comments. If your question or comment remains unanswered after reading this article, we apologize. We will continue to answer outstanding comments as quickly as possible.



Comment:

A passenger elevator to the second floor would be a wonderful addition to the Coop. The stairs are steep, and an elevator would make it easier and safer to reach childcare.

Response:

If you read the October 7 issue of the *Linewaiters' Gazette* or attended the October GM, you probably already know that a passenger elevator is part of the proposed design. An elevator would certainly make it easier for people with strollers and toddlers to get to and from childcare. It would also increase access to other public functions located upstairs for people who, for whatever reason, have a difficult time negotiating the stairs. As the Coop's space

expands, our membership will also likely expand. Sensitivity to access issues will be important for an expanded Coop, so the Renovation Committee hopes the proposed elevator will be a fixture in the new space.

In your thinking about the new space, please remember that the project is operating under strict budgetary constraints. Ideally the new store would have an elevator; however, due to the expense, no promises can be made at this point. (If we do not end up with a passenger lift between the first and second floors, adjustments will be made to the configuration of the freight elevator to bring the design into compliance with the access requirements of the Americans with Disabilities Act.) A professional cost estimate for the proposed

CONTINUED ON PAGE 12

ILLUSTRATIONS BY JANICE PRIED

Next General Meeting on November 30

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The next General Meeting will be Tuesday, October 26, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda is printed inside this issue (see index below) and is posted at the Coop Community Corner. Information about agenda items may also appear with the agenda. For more information about the GM and about Coop governance, please see the center of this issue.

IN THIS ISSUE

General Meeting Agenda	2
Raising Your Sugar Consciousness	3
Photo Essay: Pumpkin Day 1999	4
Coop Hours	8
Coop Calendar, Governance Information, Mission Statement	9
Community Calendar	10
Open Letter on Childcare Safety	12
Workslot Openings	12
Classified Ads	13

Coop Event Highlights

Thur., Nov. 4 Food Class-Puerto Rican Cooking
Sat., Nov. 6 The Coop at Brooklyn Museum
 1st Saturday series
Fri., Nov. 19 Coop Night at the Good Coffeehouse
Thur., Nov. 25 The Coop is OPEN Thanksgiving Day
 from 7:00 a.m.-2:00 p.m.

Look for additional information about these and other events in this issue.

The Nightmare...

CONTINUED FROM PAGE 1

case, an infant became severely ill after being exposed to an aerosol bomb containing one half of one percent malathion.

If malathion is improperly stored, according to the EPA, it can produce isomalathion. When Malathion containing isomalathion was sprayed in Pakistan during a malaria outbreak in 1976, 2,600 persons out of 7,800 were poisoned. According to Levner, the city stored the malathion outside in metal drums. The exposure to extremely high temperatures could easily have produced isomalathion. Other studies done in the US show harm even when malathion is properly stored. An article in *Epidemiology* entitled "Intestinal Disorders in Children Born After California Spraying," showed that children who were exposed in the womb to malathion were two and half times more likely to have gastrointestinal disorders than children who were not. According to the article, similar results have been found from animal testing. Another article in *Cancer Research* indicated that expo-

sure to malathion might effect T-lymphocytes and therefore the immune system in humans. Another article in the *Journal of the* AMA linked malathion exposure to kidney failure, brain damage and leukemia.

Not only is malathion dangerous to humans, but it can have devastating effects on the environment. According to the Cornell Cooperative Extension, malathion is highly toxic to bees and moderately to highly toxic to fish. It is also, according to a recent *New York Times* article, deadly to butterflies. When beneficial insects like bees are killed, it can have devastating consequences for the environment. Bees are necessary for cross-pollination of many plants, according to a volunteer at the Brooklyn Botanic Garden's gardeners' helpline. Without them, we'll see fewer vegetables and flowers next year. And butterflies, the volunteer added, although not necessary for cross-pollination, "bring us beauty." Also, continued spraying of malathion will very likely lead to mosquitoes resistant to it. According to Levner, this has already happened in Houston.

The city has insisted throughout the epidemic that

blanket spraying with malathion is necessary to combat the now confirmed West Nile virus. Several people and organizations disagree. The Green Party in conjunction with the Citizens' Action Committee for Change, the National Coalition Against the Misuse of Pesticides and the Sheppard Foundation for Alternative Medicine has filed a lawsuit against the Mayor, the Office of Emergency Management, and the city, state and federal environmental agencies. The lawsuit is being filed under the Clean Air and Water Act, which makes it illegal to spray within four hundred feet of bodies of water. According to Levner, the point of the lawsuit is to stop the city from resuming spraying in the spring. The plaintiffs want the city to look at other alternatives to pest management. For instance, Levner points out that before this summer, the city spent only \$120,000 on mosquito control. In comparison, the much less populated Suffolk County spent \$2,000,000. Since the epidemic began, according to a recent *Times* article, the city has spent at least \$10,000,000. This money would have been bet-

ter spent beforehand, Levner points out, in preventive measures. For instance, the city could introduce bats and mosquito-eating fish into the environment. They could also use bacterial spraying on stagnant water. If problems with mosquito-born viruses continued, the city could consider spraying less toxic pesticides, such as Anvil. Anvil is what Westchester and Nassau counties chose to spray. Although Anvil still presents a danger to humans and the environment, it is a synthetic pyrethrum, not an organophosphate. Still, Levner points out, spraying the entire city should be a measure of last resort, not the first step taken in a relatively minor outbreak. Officially, there have been only six deaths from the virus.

We don't know who or what will die as a result of the spraying and we're unlikely to find out. The city is not collecting any information on adverse effects due to the spraying. There is no testing of the soil being done, even though malathion has a half-life of up to 25 days in the ground. No government agency is monitoring the effect of the spraying on the fish or the

bees or the butterflies, not to mention the babies and the elderly and the homeless (who had nowhere to hide). If you think this is a nightmare, and you should, then work to stop it. Support the lawsuit against the spraying by sending money to the New York State Greens, c/o Mitch Cohen, 2652 Cropsey Avenue #7H, Brooklyn, NY 11214-6731. Work with your local Community Board to pass a resolution against the spraying like Community Board 7 on the Upper West Side. Although the resolutions are non-binding, they carry symbolic weight. If you or anyone you know had adverse reactions to the spraying, register them with Dr. Adrian Buffaloe at 212-355-4591. Dr. Buffaloe is working with the Green Party to create a database of health reactions. This private database could prove very useful if the city refuses to stop the spraying. Most importantly, don't be lulled into thinking the nightmare is over. Mayor Giuliani can insist that malathion is safe, but he's wrong. It's not. If the spraying continues, you and your children and your environment will all be adversely effected. ■

THE TURKEYS ARE COMING NO NEED TO PREORDER!

AND... we will have more smaller sizes than last year.

YOU WILL BE ABLE TO BUY YOUR HOLIDAY BIRDS WITH NO PRE-ORDER.

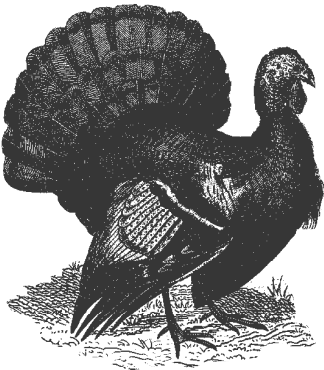
We will deliberately plan to have turkeys left over after Thanksgiving so that fresh turkeys remain available for members up to the last minute. Left-over turkeys will be then frozen and sold during December. (For the late December holidays, it is likely that only frozen turkeys will be available.)

WHICH TURKEYS WILL YOU BE ABLE TO PURCHASE AT THE COOP FOR THANKSGIVING?

- Eberly brand free-range fresh organic turkeys—8 to 24 pound birds at \$2.58 per pound.
- Murray's free-range turkeys grown with NO antibiotics or growth hormones—8-24 pound birds at \$1.90 per pound
- We will also have a very limited number of organically grown kosher frozen turkeys.
- We will not carry conventionally grown turkeys as they have been cheaper in the supermarket than the price that we pay wholesale. In addition, we do not have a reliable supplier at this time.

WHEN WILL THEY BE AVAILABLE?

The fresh turkeys will be here when the store opens on the Monday of Thanksgiving week. The frozen turkeys will be delivered midweek a week before Thanksgiving.



NOVEMBER

GENERAL MEETING AGENDA

FOR TUESDAY, NOVEMBER 30, 7:00 P.M.

- Items will be taken up in the order given.
- Times in parentheses are suggestions.
- More information on each item may be available at the entrance table at the meeting. We ask members to please read the materials available between 7:00 & 7:15 p.m.

Location:

Congregation Beth Elohim Social Hall (Garfield Temple) 274 Garfield Place at Eighth Avenue.

Item #1: Member Satisfaction Survey (30 minutes)

Proposal: "To implement a member survey to assess needs and satisfaction. This will provide vital information required to identify refinements to position the Coop against growing competition." — submitted by Marketing Committee

Item #2: Renovation Project: Proposed Plan for Shopping Floor (60 minutes)

Discussion: "Following the discussion at the October GM, the Renovation Committee will present a proposed plan for the shopping floor and hold a discussion focusing on the exit/checkout section of the new store." — submitted by the Renovation Committee

Future Agenda Information:

For information on how to place an Item on the Agenda, please see the center right page of this issue.

The Agenda Committee minutes and the status of pending agenda items are available in the office and at all GMs.

Raising Your Sugar-Consciousness

By Marjorie Ordene

Harriet is 80 pounds overweight and has been dieting for years. Yet, no matter how little she eats, the weight will not come off.

Eric is athletic and physically fit but always extremely anxious. On a routine examination, his blood sugar was found to be elevated.

Diane has been obese her entire life, has excess facial hair, and few menstrual periods. Yet, she eats a balanced diet and never binges or overeats.

While these three individuals illustrate some of the more extreme cases in blood sugar management, all of us could benefit from proper control of our blood sugar. Day-to-day symptoms of poor blood sugar control include fatigue, sugar cravings, bloating, mood swings and weight gain.

If blood sugar is elevated over a period of years, it can lead to diabetes, osteoarthritis, cancer, coronary artery disease, hypertension, osteoporosis and stroke.

Blood sugar regulation is very complex. It is regulated by the foods we eat, the exercise we do and by several hormones: insulin, glucagon, adrenaline (epinephrine) and cortisol. These in turn are influenced by individual

genetic variation.

First, let's look at the hormones involved in blood sugar regulation. Insulin is secreted by the pancreas in response to a rise in blood sugar. It enables sugar to enter the cells. When sugar is too high, it signals to the liver to make fat from the excess. Glucagon is the hormonal opposite of insulin—it raises blood sugar by mobilizing sugar from starch and fats in storage. Elevation of blood sugar stimulates insulin and inhibits glucagon secretion.

Adrenaline is secreted by the adrenal gland under circumstances of extreme stress. The classic example is escaping from the saber-toothed tiger. A bolus of blood sugar supplies the energy to run away fast. Modern day emergencies will also elicit the adrenaline response, but so will inappropriate triggers such as overreactions to minor provocations.

In some individuals, such as Eric, above, this reaction may be the modus operandi, and elevated blood sugar the result.

Cortisol is another hormone produced by the adrenal gland in circumstances of stress. While adrenaline is a more immediate mediator, cortisol kicks in later. It caus-

es breakdown of protein by the liver to form more sugar. The stress of fasting will also lead to cortisol production, so that Harriet, above, who tried to lose weight by skipping meals and eating very little, actually sabotaged her efforts by increasing cortisol production. Cortisol also increases appetite, decreases bone formation, and promotes deposition of fat in the face, neck and trunk. That is why people on pharmacological forms of cortisol, such as prednisone, will develop round faces and trunks with skinny arms and legs. People under chronic stress, such as Eric, will also have elevated cortisol levels.

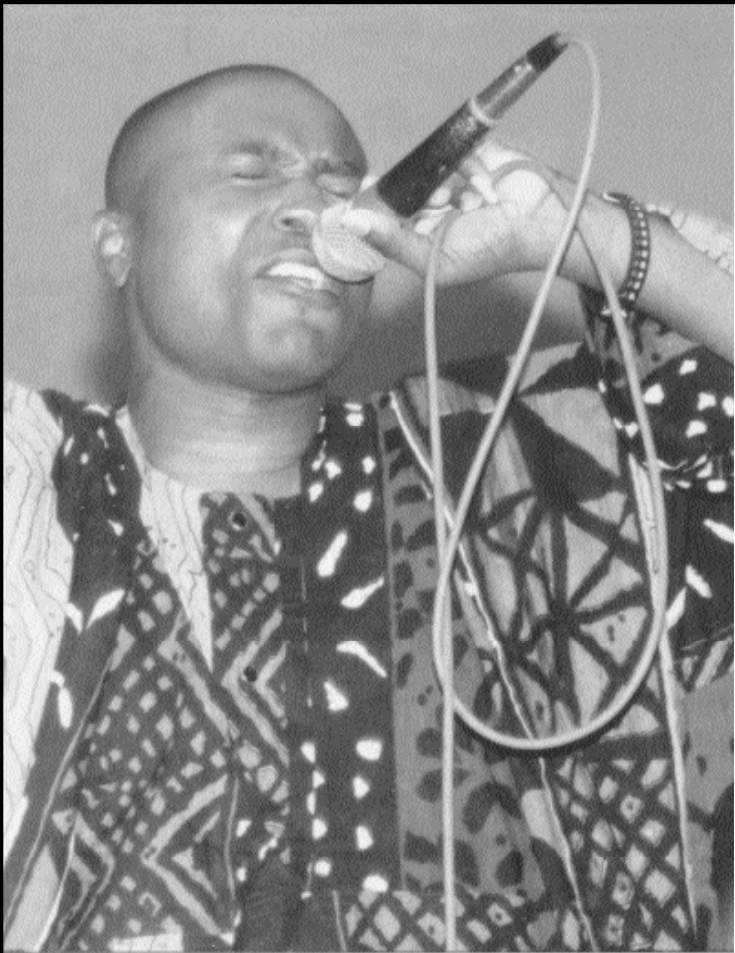
The short-term effects of elevated blood sugar are increased fat storage, decreased ability to lose previously stored fat and elevation of cholesterol and triglycerides. When blood sugar is chronically raised, a condition called insulin resistance occurs. This may come about as follows. After years of elevated blood sugar, the cells become overloaded and simply cannot admit any more sugar. A change in insulin receptors on the cell surface, possibly because of the high sugar environment, prevents insulin from latching on as well, and as a result,

GLYCEMIC INDEX			
Cereals			
Shredded wheat	99	Split peas, yellow	45
Cream of wheat	100	Lima beans, baby	46
Cheerios	106	Chick peas	47
		Pinto beans	45
Grains		Pasta	
Barley, pearled	36	Spaghetti, whole	53
Bulgur	65	Spaghetti, white	59
Buckwheat	78	Rice pasta, brown	131
Rice, brown	79	Vegetables	
Rice, wild	81	Sweet potato	77
Rice, white	83	Boiled potato	80
Couscous	93	Baked potato	121
Millet	101	Carrots	70
Crackers		Popcorn	77
Stoned wheat thins	96	Peas	56
Rice cakes	110	Sweet corn	78
Dairy		Breads	
Milk, whole	39	White bread	100
Milk, skim	46	Pumpernickel	71
Yogurt, unspecified	51	Bagel	101
Ice cream	87	Pita bread, white	82
		Wheat bread, wholemeal flour	99
Legumes		Source:	
Soy beans	25	mendoza.com/gilists.gtm	
Lentils, red	36	—MO	
Lentils, green	42		
Kidney beans	42		

the sugar is not admitted as readily to the cells. The persistently elevated blood sugar signals to the pancreas to secrete more insulin, and a vicious cycle is begun.

Most of the diseases associated with elevated blood sugar are a result of insulin resistance. Factors that reduce insulin resistance are weight loss, exercise, insulin cofactors such as chromium and zinc, and medications which work by reducing

CONTINUED ON PAGE 6



First Saturdays at the Brooklyn Museum of Art

Five Floors of Fabulous Art

Free Dancing and Entertainment

Saturday Evening, November 6

Brooklyn Museum of Art

200 Eastern Parkway, Brooklyn, NY 11238-6052

Open First Saturday
Every Month Until 11 p.m.

Don't Miss the Next First Saturday, November 6

5 p.m. **Modern Voices: Artists, Curators, & Critics Speak Out**
Independent curator and critic Dominique Nahas on narration in contemporary art

6-9 p.m. Swing to **Chuck Clark and His Little Big Band** and their exuberant post-bop jazz in the Hall of the Americas

7 p.m. **Performance with WNYC's New Sounds Live**
John Schaefer and the Park Slope Food Coop serve up wild Balkan rhythms, unpredictable electric guitar sounds, and the haunting melody of the Japanese flute in the Iris and B. Gerald Cantor Auditorium

9 p.m. **Broadway Danny Rose** (1984, 86 min., PG), dir. Woody Allen, screening in the Iris and B. Gerald Cantor Auditorium

9-11 p.m. Grand Lobby Dance Party with **Sam Archer** and his modern blend of soca and jazz musical influences

Free snacks and cash bar. Beginning at 5 p.m. admission to First Saturday programs and the Museum's permanent galleries is **FREE** and parking is \$3 (flat rate).

(718) 638-5000, ext. 372. TT?Y: (718) 783-6501.
www.brooklynart.org

Park Slope Food Coop and WNYC Program 7 p.m.

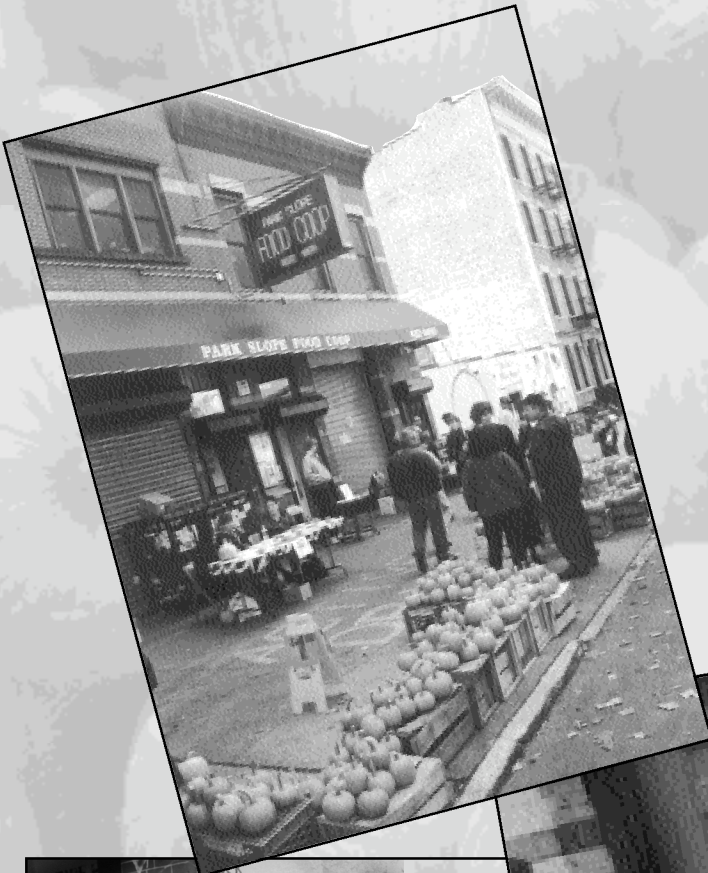
WNYC's popular radio series "**New Sounds with John Schaefer**" hosts a live performance featuring some of Brooklyn's leading contemporary musicians, and treasured coop members.

WNYC's popular radio series "**New Sounds with John Schaefer**" hosts a live performance featuring some of Brooklyn's leading contemporary musicians, and treasured coop members.

WNYC's popular radio series "**New Sounds with John Schaefer**" hosts a live performance featuring some of Brooklyn's leading contemporary musicians, and treasured coop members.

WNYC's popular radio series "**New Sounds with John Schaefer**" hosts a live performance featuring some of Brooklyn's leading contemporary musicians, and treasured coop members.

Performers are Park Slope Food Coop members and receive workslot credit.



PUMPKIN



PHOTOS BY ROBERT FOX

DAY, 1999

Raising Your Sugar Consciousness

CONTINUED FROM PAGE 3

insulin resistance. Certain individuals are predisposed to insulin resistance. Diane, above, suffers from polycystic ovarian syndrome (PCOS). In patients with PCOS, insulin resistance and elevated insulin levels cause numerous endocrinological abnormalities ranging from hirsutism to infertility.

Knowing the dire consequences of elevated blood sugar and its sequella, insulin resistance, how is it possible to control our blood sugar? The first way is through diet. Certain foods will cause an elevation in blood sugar, while others will have little effect. The foods which elevate the blood sugar are predominantly carbohydrates, such as sweets, bread, pasta, grains, potatoes and starchy vegetables like yams or winter squash. Proteins, fat and green vegetables do not have much effect on blood sugar. Therefore, one way to control the blood sugar is to reduce carbohydrates relative to protein, vegetables and fat. Indeed, this is the basis of many weight loss diets. With regard to carbohydrates, it is possible to fine tune even more. The glycemic index (GI) ranks

foods on how they affect blood sugar in the two- to three-hour period after eating. Foods are compared to a standard, either white bread or glucose, which is given a value of 100. Those foods which elevate blood sugar less than the standard will have indices less than 100, and those foods which elevate blood sugar more will have indices higher than 100.

The GI, which was devised in 1981, has led to some surprises. For example, some complex carbohydrates previously thought to be beneficial in controlling blood sugar, actually have higher GI's than some simple carbohydrates. For example, the GI of brown rice is 79, while that of apples, a simple sugar, is 54. Different types of brown rice differ, with sweet brown rice having the highest and long grain Basmati the lowest. Another surprise is the GI of pearled barley, 36. One way to stabilize blood sugar is to combine high and low GI foods. For example many cereal grains have high GI's, so that a breakfast of just cooked grains or a lunch of grains and vegetables could elevate blood sugar. However, adding a low GI food such as beans, nuts, eggs, fish, or chicken, can stabilize the blood sugar.

Putting these guidelines to

practical use, a sugar-conscious trip to the Coop might go like this. Starting in the produce aisle, buy lots of green and yellow vegetables, but watch out for bananas, mangos and watermelon. Grapefruits and cherries have low GI's while carrots, potatoes and beets need to be combined with protein. Avoid the fruit juices, and scrutinize the milk substitutes. Those which contain a high ratio of carbohydrate to protein will raise the blood sugar more than those with a lower ratio. Since soy is a high protein food, soy milks generally will be more favorable than oat or rice milks. Within the soy milks, those which contain sweeteners such as barley malt or rice syrup will have a higher GI than those which do not.

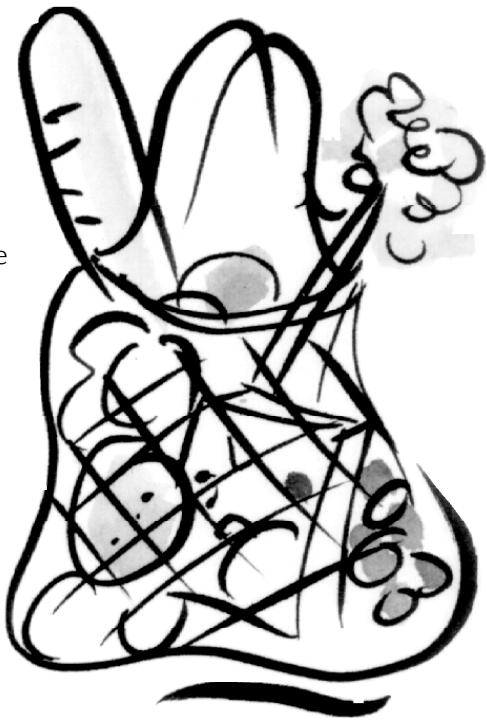
Moving to aisle 2, be prepared to rethink breakfast. Most cereals have high GI's. Even those without added sugar such as Cheerios (105) and shredded wheat (99) must be eaten with a good dollop of protein. Fruit-juice sweetened cereals are not the solution; they have a high carbohydrate content. The answer, however, is right across the aisle. Nuts are high in protein and fat, low in carbohydrate and delicious with cereal or as snacks. If you reach for the raisins,

however, you're back to square one. Further down the aisle are more high carbohydrate foods, bread and pasta. Fortunately right above the breads are the nut butters, which, if spread on the bread can considerably dilute the high carbohydrate content. Stay away from the jams or you'll undo your good work. Pasta, surprisingly, has a relatively low GI, because it is made from semolina rather than wheat flour and thus takes longer to digest.

Aisle 3 is a good one for protein. On the left are the cans of salmon, tuna and sardines, and on the right are the silos of beans. Refer to the chart for the GI's. In the dairy counter, milk, both skim and whole, are fairly low, as is yogurt. Moving on to the frozen foods, ice cream, as one would expect has a high GI (87) but not nearly as high as tofu frozen dessert with a whopping 164.

Most people with blood sugar or insulin problems (whether they know it or not) have a strong craving for carbohydrates if not

outright sugars. Fortunately, this is partly a matter of habit. Have you ever noticed that you crave what you eat the most? While the use of stevia, a sweetener which does not raise blood sugar, is one solution, eliminating the desire for that sweet taste is a better one. Over time, sugary foods like candy and cake will come to seem unpalatably sweet. However, like a recovered alcoholic who must abstain completely, some carbo addicts will not be able to take even one bite of cake without risking a relapse. ■



Park Slope Food Coop invites you to...

FOOD CLASSES



with **Susan Baldassano**

Bi-monthly in the Coop meeting room, 7:30 p.m.

Thursday ~ November 4

Puerto Rican Cooking

with guest chef, **Miriam Rivera**



- Introduction to Puerto Rican cooking
- Recipes to taste and take home:
 - yuca with garlic
 - asofín
 - red beans and tufo Spanish style
 - lechón
 - and more

\$2 materials fee

Non-members are welcome. Bring your friends! Come early to ensure a seat.

Park Slope Food Coop, Inc. • 782 Union Street, Brooklyn, NY 11215 • (718) 623-0658 • Ext. 1033

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

Park Slope Food Coop

Holiday Arts & Crafts Fair

Saturday, December 11
11:00 a.m. to 4:00 p.m.

Old First Reformed Church
7th Avenue & Carroll Street



COOP WORKSLOT NEEDS

Are you needing or wanting to change your Coop schedule? This listing has both day and night openings for some behind-the-scenes jobs. If you are interested, please call during office hours. PLEASE NOTE: Except for a few cashier slots, there are no Mon-Thur evening shopping squad openings.



GAZETTE—QUARKERS

Work a double shift every eight weeks. If you are interested in any of the following jobs, please call Linda Wheeler during office hours. We will take your name for a waiting list if we fill the spots before you call.

• **Thumbnails**

We need members with lay-out experience (preferably experience in Quark also) to prepare thumbnails for the production team.

• **Preproduction**

We need preproduction people who have a basic familiarity with Quark to work Saturday 2:-8:00 p.m. .

• **Production**

We need people have facility with Quark. to work on the desktop publishing team Sunday 9:00 a.m. to 3:00 p.m.. Photoshop skills helpful but not required.

OFFICE WORK

• **Office Close**

Data Entry & other miscellaneous office work to wind up the office day—no phone work. Monday through Friday, 4:30-7:15 p.m.

• **6 a.m. jobs**

Miscellaneous light jobs needed before office hours &

phone hours begin. Monday through Friday, 6:00-8:30 a.m.

ORIENTATION

Wanted: Energetic members who are enthusiastic about the Coop to lead new member orientations. If you are interested or need additional information, please call Linda Wheeler during office hours.

AGENDA COMMITTEE

There is one vacancy on the team that prepares agendas for the General Meeting. Meet every first Tuesday for about 90 minutes and attend several GMs during the year for a workslot hours equivalent to regular every 4-week Coop jobs. If you are interested or need additional information, please call Linda Wheeler during office hours.

WAITING LIST:

Did you miss the special job you wanted? Or would you like to switch to a specific shopping squad? The office maintains a waiting list for all sorts of jobs or squads. We will call you before the jobs go onto the general openings lists used by the office.

MORE LISTINGS IN FUTURE ISSUES



Loan Drive
For Our New Building

In order to reduce the amount we need to borrow from our bank for the renovation project—thereby saving the Coop money—we need to raise as much as possible from our members before the renovation is complete.

The Coop has had an interest-bearing loan program for more than 20 years. This internal system of borrowing from members has benefited the Coop by providing a significant portion of the capital necessary for the Coop's success at interest rates below what the Coop would have to pay an outside bank. At the same time, it has benefited members by paying them interest at a rate better than they could easily find elsewhere.

We invite every member to take advantage of this program.

How the Loan Program Works

Please consider giving an interest-bearing loan to the Coop. We pay 8% simple interest on 5-year loans, 7% on 3-year loans, 6% on 2-year loans and 5% on 1-year loans. Lenders receive an interest check each year for the life of their loan. Longer terms are better for the Coop—and pay better interest. The minimum loan is \$500. There is no maximum. You may use this form or pick one up at the Coop. Please note that loans to the Coop are not insured, but we have a long history of financial responsibility.

Park Slope Food Coop, Inc.
782 Union Street
Brooklyn, NY 11215

Interest Bearing Loan Form

I wish to make an interest-bearing loan to the Park Slope Coop, Inc. in the amount of \$_____ for _____ years.
(\$500 minimum) (1, 2, 3 or 5)

I understand that the Coop will pay 8% simple interest on 5-year loans, 7% simple interest on 3-year loans, 6% simple interest on 2-year loans, and 5% simple interest on 1-year loans.

I understand that this loan is subordinated to any debts that the Park Slope Food Coop may owe to the Federd, State and City governments, banks, vendors and suppliers.

I am a resident of New York State. (For legal reasons, the Coop will only accept loans from New York State residents.)

Enclosed is my check for \$_____.

Member Name_____ Member Number:_____
Please print

Social Security Number: _____ - _____ - _____.

Member Signature:_____

Date_____

Please mail to, or drop in the mailbox at: Park Slope Food Coop, Inc.
782 Union Street
Brooklyn, New York 11215

■ The Coop also welcomes funds of any amount which may be added to the member's non-interest-bearing investment account (formerly known as their "deposit") at the cash register. Members may cash checks against the amount of their investment in excess of the required \$100 up to a limit of \$500. Interest-bearing loans, however, do not carry check cashing privileges.

■ In order to simplify record-keeping, all loans will fall due on the first day of October, January, April, and July. Thus, the first "year" of a loan may include 12, 13 or 14 months. Interest accrues each month starting with the month in which the loan is received.

COOP HOURS

Coop Office Hours:

Monday through Friday
9:00 a.m. to 5:00 p.m.

Coop Telephone:

622-0560

Hours for Getting Membership Cards:

Evenings — Monday & Thursday
5:00 to 10:00 p.m.
Daytime — Monday through Friday
9:30 a.m. to 5:00 p.m.

Coop Shopping Hours:

Monday

Tuesday

Wednesday

Thursday

} 10:30 a.m. to 10:00* p.m.

Friday

Saturday

Sunday

8:05 a.m. to 10:00* p.m.

8:05 a.m. to 7:30* p.m.

8:05 a.m. to 5:00* p.m.

*Shoppers must be on a checkout line
15 minutes after closing time.

Childcare Hours for Shoppers:

Monday

Tuesday

Wednesday

Thursday

} 10:30 a.m. to 6:15 p.m.

Friday

Saturday

Sunday

8:05 a.m. to 8:30 p.m.

8:05 a.m. to 7:30 p.m.

8:05 a.m. to 5:00 p.m.

World Wide Web address:

http://www.foodcoop.com

LINEWAITERS' GAZETTE

The *Linewaiters' Gazette* is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215.

Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles which are racist, sexist, or otherwise discriminatory.

The *Gazette* welcomes Coop-related articles, and letters from members. A "Member Submissions" envelope is in the *Gazette* wall pocket near the entrance of the Coop.

All submissions: All submissions MUST include author's name and phone number and conform to the following guidelines. Editors will reject letters and articles that are illegible or too long.

Letters: Maximum 500 words.

Voluntary Articles: Maximum 750 words.

Submissions on Paper: Double-spaced, typed or very legibly handwritten.

Submissions on Disk: We welcome 3.5" disks *along with* the paper copy of your letter or article. Please save your submission in text format. Disks are returned in the Member Disk Returns envelope at the back of the *Gazette* submissions box.

Classified & Display Ads: Ads are available to Coop members only. Classified ads are prepaid at \$10 per insertion, business card ads at \$20. All ads must be written on a submission form. Forms are available in this issue and at the front of the Coop. Classified ads may be up to 315 characters and spaces. Display ads must be copy-ready and business card size.

Recipes: We welcome original recipes from members. Recipes must be original and signed by the creator.

Subscriptions: The *Gazette* is available free to members in the store. Subscriptions are available by mail at \$16 per year to cover the cost of postage (at 1st class rates because our volume is low).

Printed by: Vanguard Offset Printers, Hillside, NJ.

A monthly musical fundraising partnership of the
Park Slope Food Coop and The Brooklyn Society for Ethical Culture

very
The Good Coffeehouse
COOP CONCERT SERIES

CELLENIUM

Cellennium, in its premiere year, is a cello octet. Its members are:

Angelina DeSanctis

Elise Tobin-Dyer

Phil Gaskill

Richard Putter

Dale Dyer

Anahit Haruturyan-Gaskill

Marguerite Iskenderian

Martha Siegel



This performance will be its debut, featuring Bachianas Brasileiras #1 by Heitor Villa-Lobos for Orchestra of Celli and the aria from Bachianas Brasileiras #5 for Orchestra of Celli and Soprano.

Special guests performing a program of solos and duets from composers Dowland, Purcell and Garay: Mara Goodman, alto; Barry Kornhauser, guitar; Maxine Feldman, soprano.

Friday, November 19

53 Prospect Park West (at 2nd Street)
8:00 p.m. (doors open at 7:45)
Tickets: \$8 at the door • \$7 in advance
(at Soundtrack, 119 7th Ave.)
Info: Ron Vincent, 768-7634
Performers are Park Slope Food Coop members and receive Coop workslot credit.

CLASSICAL PLUS

Classical Plus with Tracy Fitz on flute; Hayley Gorenberg on violin; Martha Siegel on cello, has been charming audiences around Brooklyn and Manhattan for several years, especially in community gardens. The three musicians, all long-time Coop members, will play a variety of music including works by King Henry VIII and Haydn, along with some Swedish fiddle tunes and a few more surprises.

Puzzle Corner

Contributions from members are welcome. Please sign your entries. If your puzzle is printed, you will be credited. Answer appears on page 11.

Cryptogram Topic: Pasta Cuts

K Q X G D Z A Q

B G K B G V V W

Z K N Z

B T J Q V V Q

V Q A X T Q A W

J L G X R W D D Q A Q

S G L L W V V Q A Q

L W A A W K Q X G D W

Z K K W S R Q W D W

K G U Q G D Z K W

This Issue Prepared By:

Coordinating Editor: Stephanie Golden

Editors (development): Rob Dieterich

Reporters: Laurie Essig
Sophie Fels
Marjorie Ordene

Art Director (development): Valerie Trucchia

Illustrators: Janice Fried
Susan Greenstein

Photographers: Robert Fox
Hazel Hankin

Traffic Manager: Monona Yin

Classified Ads Prep: Martha Becker

Saturday Coordinator: Diana Quick

Text Converters: Peter Benton
Chan Johnson
David Sternlieb

Proofreaders: Margaret Benton
Miriam Berken-Vidal

Thumbnails: Barbara Jungwirth

Preproduction: Yan Kong
Bill Kontzias

Art Director (production): Lynn Cole

Desktop Publishing: Lew Friedman
Christian LeMoine
Laura Schere

Editor (production): Marian Cole

Post Production: Becky Cassidy

Index: Len Neufeld

COOP CALENDAR

New Member Orientation

Tell your friends. Orientations are held every Monday, every Wednesday and some Sundays.
Mon., Nov. 1, 8, 15, 22 & 29
Weds., Nov. 3, 10, 17 & 24
Sunday, Nov. 21

Be sure to be here promptly: 7:30 or before! The orientation takes about two hours.
Although we provide childcare during most of our shopping hours, we are unable to provide childcare for the orientations. We ask you not to bring small children.

Gazette Deadlines:

LETTERS & VOLUNTARY ARTICLES:
Nov. 18 issue: 7:00 p.m., Mon., Nov. 8
Dec. 2 issue: 7:00 p.m., Mon., Nov. 22

CLASSIFIED ADS DEADLINE:

Nov. 18 issue: 10:00 p.m., Wed., Nov. 10
Dec. 2 issue: 10:00 p.m., Wed., Nov. 24

General Meeting

TUE, NOV 2

AGENDA SUBMISSIONS for the November 30 GM: 8:00 p.m. Please see the sidebar at right for information on how to submit a General Meeting agenda item.

TUE, NOV 30

GENERAL MEETING: 7:00 p.m. For location and information, see the sidebar at right. The agenda will appear in the next *Gazette* and on the Coop Community Corner bulletin board.

Yogurt Container Recycling:

SAT, NOV 13

...and every 2nd Saturday of the month. Noon–2:00 p.m. Clean yogurt, ice cream & sorbet containers & lids. ALL BRANDS.

Coop Events

Flyers are available in the display case outside the Coop. Also look for display ads in the Gazette.

SAT, NOV 6

FIRST SATURDAY at the Brooklyn Museum of Art. WNYC's New Sounds with John Schaefer and the Park Slope Food Coop serve up wild Balkan Rhythms, unpredictable electric guitar sounds & the haunting sounds of the Japanese flute. 7:00 p.m. in the auditorium. Free. First come only, no reservations. 718-638-5000 x372.

THU, NOV 11

INTRO TO FALUN DAFA: with Nadine Leichter. This introduction will teach you the five exercises of Falun Dafa (Falun Gong). Beyond yoga, beyond tai chi, practice by more than 100 million people worldwide. Free, 7:30 p.m. at the Park Slope Food Coop. 782 Union St. 622-0560.

THU, NOV 18

Y2K: A COMMUNITY BUILDING OPPORTUNITY: Part II of a two-part workshop, an opportunity (even if nothing goes wrong) to build relationships of mutual support in our communities. Newcomers are welcome for Part II: report back on the progress of our action plans and get support for further initiatives. Park Slope Food Coop. 782 Union St. 622-0560

FRI, NOV 19

GOOD COFFEEHOUSE–COOP NIGHT: The third Friday of each month is a series sponsored jointly by the Park Slope Food Coop and Brooklyn Interfaith Action. This month: Celli Octet performing the work of Heitor Villa-Lobos, and Classical Plus, trio of strings & flute. Musicians are Park Slope Food Coop members. \$8. 8 p.m. 53 Prospect Pk W. 768-2972.

PARK SLOPE FOOD COOP

MISSION STATEMENT

The Park Slope Food Coop is a member-owned and operated food store—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values and principles. Only members may shop, and we share responsibilities and benefits equally. We strive to be a responsible and ethical employer and neighbor. We are a buying agent for our members and not a selling agent for any industry. We are a part of and support the cooperative movement.

We offer a diversity of products with an emphasis on organic, minimally processed and healthful foods. We seek to avoid products that depend on the exploitation of others. We support non-toxic, sustainable agriculture.

We respect the environment. We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earth-friendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment.

We are committed to diversity and equality. We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member. We seek to maximize participation at every level, from policy making to running the store.

We welcome all who respect these values.

ALL ABOUT THE GENERAL MEETING

Our Governing Structure

From our inception in 1973 to the present, the open monthly General Meetings have been at the center of the Coop's decision-making process. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors. The Coop continued the tradition of General Meetings by requiring the Board to have open meetings and to receive the advice of the members at General Meetings. The Board of Directors, which is required to act legally and responsibly, has approved almost every General Meeting decision at the end of every General Meeting. Board members are elected at the Annual Meeting in June. Copies of the Coop's bylaws are available at the Coop Community Corner and at every General Meeting.

Next Meeting: Tuesday, November 30, 7:00 p.m.

The General Meeting is held on the last Tuesday of each month.

Location

The temple house of Congregation Beth Elohim (Garfield Temple), 274 Garfield Place.

How to Place an Item on the Agenda

If you have something you'd like discussed at a General Meeting, please complete a submission form for the Agenda Committee. Forms are available in the rack near the Coop Community Corner bulletin board and at General Meetings. Instructions and helpful information on how to submit an item appears on the submission form. The Agenda Committee meets on the first Tuesday of each month to plan the agenda for the GM held on the last Tuesday of the month. If you have a question, please call Linda Wheeler in the office.

Meeting Format

Warm Up (7:00 p.m.)

- Meet the Coordinators
- Submit Open Forum items
- Explore meeting literature

Open Forum (7:15 p.m.)

Open Forum is a time for members to bring brief items to the General Meeting. If an item is more than brief, it can be submitted to the Agenda Committee for the next meeting.

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

Agenda Discussion (8:00 p.m.)

- The agenda is posted at the Coop Community Corner and may also appear elsewhere in this issue.

Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

- Meeting evaluation
- Board of Directors Vote
- Announcements, etc.



ILLUSTRATION BY LYNN BERNSTEIN

COMMUNITY CALENDAR

Listings in the community calendar are free. Please submit your listings in 40 words or less by mail or drop them in the mailslot just outside the main door of the Coop. Submission deadlines are the same as for classified ad submissions. Please refer to the Coop Calendar in the center of this issue.

THU, NOV 4

FOOD CLASS: a popular bimonthly series with Susan Baldassano. This month: Puerto Rican Cooking with guest chef, Miriam Rivera. \$2 materials charge. 7:30 p.m. at the Park Slope Food Coop. 782 Union St. 622-0560.

FRI, NOV 5

GOOD COFFEEHOUSE: The Moonlighters blend the lilting sounds of 30s jazz & pop with the lyrical sounds of the Hawaiian steel guitar, playing classic covers & their own originals. \$8. 8 p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. 768-2972.

SAT, NOV 6

FIRST SATURDAY at the Brooklyn Museum of Art. WNYC's New Sounds with John Schaefer and the Park Slope Food Coop serve up wild Balkan Rhythms, unpredictable electric guitar sounds & the haunting sounds of the Japanese flute. 7:00 p.m. in the auditorium. Free. First come only, no reservations. Info: 718-638-5000 ext. 372.

TUE, NOV 9

BROOKLYN WOMEN'S CHORUS: directed by Bev Grant. Bev's philosophy is that everyone can sing. No auditions or requirement to read music. Liberation songs & songs touching on women's issues & lives. \$10 or \$5 sliding scale, 7:30-9 p.m., 768-2972.

THU, NOV 11

INTRO TO FALUN DAFU: with Nadine Leichter. This introduction will teach you the five exercises of Falun Dafa (Falun Gong). Beyond yoga, beyond tai chi, practice by more than 100 million people worldwide. Free, 7:30 p.m. at the Park Slope Food Coop. 782 Union St. 622-0560.

FRI, NOV 12

THE BROOKLYN SAX QUARTET in concert. Radical new music by saxophonist / composers David Bindman, Fred Ho, Sam Fumace & Chris Jonas. 9:00 p.m. at the BAM Cafe, Brooklyn Academy of Music, 30 Lafayette Ave. Also Friday, Nov. 19. Admission: Free.

GOOD COFFEEHOUSE: Singer/songwriter and cultural activist Bev Grant and

song/writer/storyteller Jay Mankita. \$8. 8 p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. 768-2972.

SAT, NOV 13

SPARKS FLY! A cultural celebration for women political prisoners in the U.S. Proceeds will benefit Women Political Prisoners Commissary Fund. 7:00 p.m. \$10 donation, childcare available, Brookdale Center, 425 E 25 St (nr 1st Ave.) NYC. 212-772-4257

SINGER/SONGWRITER TOM PAUL in performance. Also acoustic rhythm & blues/pop featuring Irving Louis Latin on acoustic guitar. At Ecobooks, 192 Fifth Ave. between Union & Sacket Sts., Brooklyn. Free, 7:30-9:00 p.m., 718-623-2698.

CHILDREN'S RUMMAGE SALE! Find lots of quality merchandise for your kids, including sports equipment, clothes, toys, books, videos, gift items. Park Slope United Methodist Church, 6th Ave @ 8th St. 10:00 a.m. to 3:00 p.m. For more info or to arrange a contribution: 859-1515

SUN, NOV 14

HAITI PROJECTS IN PARTNERSHIP: panel discussion on the pending Caribbean Basin Initiative Enhancement Bill with guest speakers. FREE, 1:30 p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. For more info: 768-2972.

TUE, NOV 16

BROOKLYN WOMEN'S CHORUS: directed by Bev Grant. Bev's philosophy is that everyone can sing. No auditions or requirement to read music. Liberation songs & songs touching on women's issues & lives. \$10 or \$5 sliding scale, 7:30-9 p.m., 768-2972.

WED, NOV 17

BROOKLYN RAW FOOD lecture/support group. Every 1st & 3rd Weds. Discussion & Q&A on raw food diet & lifestyle. Free. 7:30 p.m. at Ecobooks, 5th Ave. & Union St. For more info, Robert Miller, 499-6984, Paul Nison 833-9712

GAMES GALORE! Family entertainment with games & light refreshments. Adm \$8, \$6 if you bring your own game. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. For more info: 336-3683

THU, NOV 18

Y2K: A COMMUNITY BUILDING OPPORTUNITY: Part II of a two-part workshop, an opportunity (even if nothing goes wrong) to build relationships of mutual support in our communities. Part I topic was to strategize an action plan. Newcomers are also welcome for Part II: report back on the progress of our action plans and get support for further initiatives. Park Slope Food Coop. 782 Union St. 622-0560

BOOK DISCUSSION: "Breath, Eyes, Memory" by Edwidge Danticat. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. Info: 331-1137.

FRI, NOV 19

GOOD COFFEEHOUSE-COOP NIGHT: The third Friday of each month is a series sponsored jointly by the Park Slope Food Coop and Brooklyn Interfaith Action. This month: Celli Octet performing the work of Heitor Villa-Lobos, and Classical Plus, trio of strings & flute. Musicians are Park Slope Food Coop members. \$8. 8 p.m. 53 Prospect Pk W. 768-2972.

THE BROOKLYN SAX QUARTET in concert. Radical new music by saxophonist / composers David Bindman, Fred Ho, Sam Fumace & Chris Jonas. 9:00 p.m. at the BAM Cafe, Brooklyn Academy of Music, 30 Lafayette Ave. Also Friday, Nov. 12. Admission: Free.

SAT, NOV 20

WRITERS FOR MUMIA: join hundreds of progressive writers in solidarity with US political prisoner Mumia Abu-Jamal. It will be an historic day-long write-in & teach-in with internationally renowned writers such as South Africa's Dennis Brutus & Amiri Baraka plus award-winning novelists such as Alice Walker, John Edgar Wideman & Terry Bisson. 212-633-2889. www.peoplescampaign.org.

TUE, NOV 23

BROOKLYN WOMEN'S CHORUS: directed by Bev Grant. Bev's philosophy is that everyone can sing. No auditions or requirement to read music. Liberation songs & songs touching on women's issues & lives. \$10 or \$5 sliding scale, 7:30-9 p.m., 768-2972.

DIETARY SYSTEMS: with Rachel Kieffer. Confused about what to eat; a diet that worked for you before does not work any more; can't figure out what is healthy? We will clear that confusion and discuss vegetarianism, macrobiotics, ayurveda, the food pyramid, the zone, low fat, raw foods, & more. Free, 730-9:00 p.m., at the Park Slope Food Coop, 782 Union St., 718-622-0560.

FRI, NOV 26

BROOKLYN RAW FOOD POTLUCK DINNER: the last Friday of each month. Bring a raw, vegan dish, fresh fruits or vegetables. Call Robert Miller 718-499-6984 or Paul Nison 718-833-9712 for more info. 7:30 p.m. at EcoBooks, 5th Ave. & Union St. (ASK!!)

MON, NOV 29

JEWISH BOOK CLUB SERIES: "Turbulent Souls" by Steven Dubner. The public is invited to attend and participate in the discussions. Brooklyn Heights Synagogue, 131 Remsen St, 7:30 p.m., free. Call to register 522-2070

TUE, NOV 30

BROOKLYN WOMEN'S CHORUS: directed by Bev Grant. Bev's philosophy is that everyone can sing. No auditions or requirement to read music. Liberation songs & songs touching on women's issues & lives. \$10 or \$5 sliding scale, 7:30-9 p.m., 768-2972.

WED, DEC 1

BROOKLYN RAW FOOD lecture/support group. Every 1st & 3rd Weds. Discussion & Q&A on raw food diet & lifestyle. Free. 7:30 p.m. at Ecobooks, 5th Ave. & Union St. For more info, Robert Miller, 499-6984, Paul Nison 833-9712

FOLK OPEN SING: with potluck supper & snacks co-sponsored by the Pinewoods Music Society. Bring your voice, instruments, friends, neighbors & family. Free. 6:30-10 p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. 768-2972. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. 768-2972.

THU, DEC 2

THE ART OF LISTENING: with Margo Steinfeld, MA. a key to transforming relationships. Explore: The Yearning to be Understood, the Real Reasons People Don't Listen, Getting Through to Each Other. Free, 730 p.m., at the Park Slope Food Coop, 782 Union St., 718-622-0560.

FRI, DEC 3

GOOD COFFEEHOUSE: An evening of devotional music produced by Loretta Roome. With henna painting by the Mehndi Project. \$8. 8 p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. 768-2972.

TUE, DEC 7

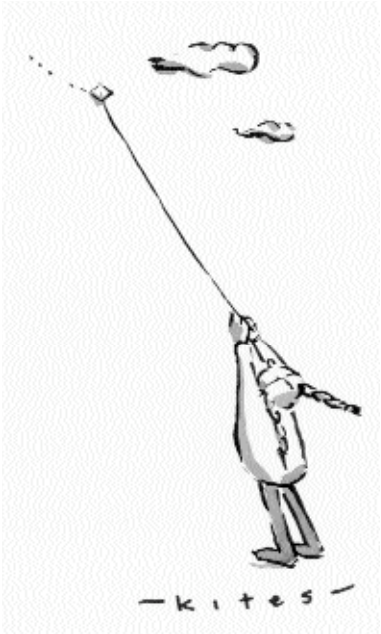
BROOKLYN WOMEN'S CHORUS: directed by Bev Grant. Bev's philosophy is that everyone can sing. No auditions or requirement to read music. Liberation songs & songs touching on women's issues & lives. \$10 or \$5 sliding scale, 7:30-9 p.m., 768-2972.

DECEMBER DILEMMA: "The Most Challenging Time of the Year." Rabbi Lippe & a professional Jewish family counselor explore the messages, challenges & approaches to dealing with America's Christmas holiday season. Intended for all families—including interfaith couples, families with non-Jewish grandparents & all those who struggle with the pres-

ONGOING EXHIBITS/SHOWS

COMMUNITIES OF QUILTERS: the fabric of our lives. 20 colorful quilts showcasing particular cultural styles such as African American, Amish, Hawaiian and Japanese Friday thru Sunday until Nov. 28. Also quilt design workshops for children at 2 & 3 p.m. All Free. Info 965-6505

BOTANICAL IMPRESSIONS: Photography by Andy Feldman, through Nov. 4, Seventh & Second Photography Gallery at the Middle Collegiate Church, 50 E 7 St (betw 1st & 2nd Aves. Mon-Fri 10:00 a.m. to 9:00 p.m.



sures of this season. 7:30-9:00 p.m. FREE. Childcare available by reservation. 522-2070.

TUE, DEC 14

BROOKLYN WOMEN'S CHORUS: directed by Bev Grant. Bev's philosophy is that everyone can sing. No auditions or requirement to read music. Liberation songs & songs touching on women's issues & lives. \$10 or \$5 sliding scale, 7:30-9 p.m., 768-2972.

WED, DEC 15

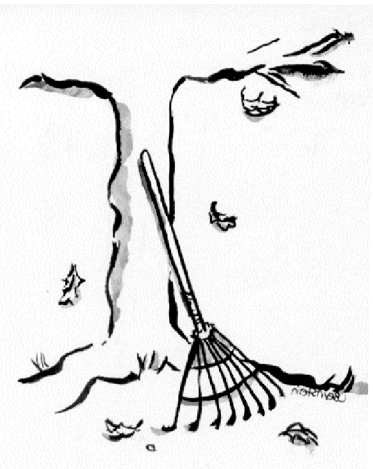
BROOKLYN RAW FOOD lecture/support group. Every 1st & 3rd Weds. Discussion & Q&A on raw food diet & lifestyle. Free. 7:30 p.m. at Ecobooks, 5th Ave. & Union St. For more info, Robert Miller, 499-6984, Paul Nison 833-9712

THU, DEC 16

ACUPRESSURE FOR WINTER MALAISE: with Elizabeth Poole. Explore how acupressure can help you & your loved ones overcome the winter blahs, symptoms of colds, painful jaw syndrome & the stresses of the holidays. Free, 730 p.m., at the Park Slope Food Coop, 782 Union St., 718-622-0560.

FRI, DEC 17

GOOD COFFEEHOUSE-COOP NIGHT: The third Friday of each month is a series sponsored jointly by the Park Slope Food Coop and Brooklyn Interfaith Action. This month: Theater Group Dzieci will perform their holiday act, a mock mass with comedy, antics, singing choral hymns from the 8th-16th century. Audience interaction. Musicians are Park Slope Food Coop members. \$8. 8 p.m. 53 Prospect Pk W. 768-2972.





Introduction to

Falun Dafa (Falun Gong)

with **Nadine Leichter**

Thursday, Nov. 11 7:30–9:00 p.m. in the Coop

The most powerful cultivation system based on the cosmic qualities of *Wen* (Truthfulness), *Shan* (Benevolence) and *Ren* (Forbearance). Beyond Yoga, Beyond Tai Chi.

Practiced by more than 100 million people worldwide, Falun Gong is an advanced system of cultivation and practice to improve the heart, the mind and the body. The system not only has far-reaching effects in stress-relief and overall mental and physical health, but ultimately has the higher goal of bringing people towards Wisdom and Enlightenment.

This introduction will teach you the five exercises of Falun Dafa. The exercises are simple and easy to learn and suitable for all levels and ages. No experience is necessary. Once you've learned them, you can practice anywhere, anytime, with a group or on your own. All Falun Dafa activities are free of charge. Join us and learn this powerful and profound cultivation system.

Nadine Leichter is a Coop member and a regular practitioner of Falun Gong. She has personally experienced the benefits of this cultivation system.

FREE
Park Slope Food Coop, Inc.
NON-MEMBERS WELCOME
782 Union St., Brooklyn, NY 11215
(btwn 6th & 7th Av.) • (718) 622-0560

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.



What to Eat?

With
Rachel Kieffer

The Pros & Cons of Various Dietary Systems

.....

Tuesday, November 23
In the Coop meeting room
7:30–9:00 p.m.

If you are confused about what to eat; if a diet that once worked for you does not work anymore; if you cannot figure out what is healthy and what is not – you are not alone! This is not surprising given the often contradictory information we find in the health market. We will clear up that confusion and discuss vegetarianism, macrobiotics, ayurveda, the food pyramid, the zone, low fat, raw foods, and more...

Join us and find out what works best for you!!

FREE

Rachel Kieffer, a member of the Coop, owned and managed healthy food stores in her native Israel. She is a certified holistic nutrition and health counselor, has a private practice and is currently on staff as a teacher and health counselor at the Institute for Integrative Nutrition.

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

The Art of

A Key to Transforming Relationships

An introductory workshop with Margo Steinfeld, M.A.

A loving relationship cannot exist without communication and knowing you're being heard empathically and compassionately. That's when *communication becomes a connection*. Listening is an art and learning how to listen improves relationships.

Learn how to transform all your relationships. Bring your spouse, lover, relatives, teens, friends and colleagues.

We will explore:

- **The Yearning to be Understood:**
“Did you hear what I said?”
- **The Real Reasons People Don't Listen:**
“When is it *my* turn?”
- **Getting Through to Each Other:**
“I never knew you felt that way.”

December 2
7:30 - 9:30
In the Coop

Limited space.
Reservations recommended.
Margo Steinfeld
718-783-5066

FREE

Margo Steinfeld, MA, is a certified Imago Relationship Therapist, a body-oriented psychotherapist, a yoga teacher with 30 years practice, a Coop member and a group facilitator with a psychospiritual approach.

Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

Y2K

a Community Building Opportunity

A Workshop with Jonathan Skurnik & Alicia Culver

Many speak of Y2K-related problems as something to prepare for on an individual basis. Our approach is to use Y2K planning as an opportunity to build relationships of mutual support in our communities. Even if no problems occur, you will still have had the opportunity to hang out with your neighbors.

Part II: Thursday, Nov. 18
7:30 p.m.,
in the Coop

This two-part workshop will give participants an opportunity to brainstorm a variety of solutions to potential Y2K-related breakdowns in municipal services, such as water, sewer, heat, electrical, telephone, transportation and food distribution. In small groups, we will strategize an action plan for each of us to work with our neighbors in order to plan community-based solutions to potential Y2K-related service interruptions. These could include a simple dinner gathering of ones neighbors, a meeting in ones children's school or one's place of worship, or even a block meeting. Potential solutions could include identifying a large central storage place for a week's supply of water and food for the community. In the second, follow-up meeting, returnees will report back on the progress of their action plans and get support for further initiatives, while newcomers will have an opportunity to fashion their own action plans.

Jonathan Skurnik, Coop member, writer and documentary filmmaker, has been involved in community building activities for many years. He hopes the only result of Y2K is an awakening to our over reliance on technology for survival and a transference that reliance onto our relationships with other human beings and the natural world.

Alicia Culver, Coop member and senior researcher at INFORM, has been an activist, community organizer and workshop leader on environmental issues for over a decade. She is the former coordinator of the Park Slope Community Recycling Campaign.

Renovation Committee Report

CONTINUED FROM PAGE 1

plan is in progress. We will be able to give more details about cost-saving measures and the compromises that may be necessary in order to meet our budget once the cost estimates are in.

Comment:
A number of members submitted comments and questions about the Coop's possible use of debit/credit cards and ATM machines. These comments ranged from the inquisitive "Can we get them?" and "Will we get them?" to the more definitive "Get them!"

Response:
As you may be aware from recent coverage in the *Gazette*, the decision to adopt the use of a credit card/debit card payment system is currently under consideration. This is *not* a decision the Renovation Committee is authorized to make. The General Coordinators have been doing research into this issue for some time, and it seems likely to come before a future GM. If you have comments or

would like to offer assistance/expertise to the Coop in making this decision, please contact the General Coordinators.

Even though this is not a Renovation Committee decision, we have discussed the possibility at several of our meetings. In particular we are concerned with the impact such an addition would have on traffic flow and design requirements for the new space. The new space is flexible and was designed to accommodate some changes/additions to our current procedures—this is necessary since the renovation will encompass all the additional space we can expect for the remaining life of the Coop. The committee is confident that, if the Coop decides to adopt a "plastic/non-cash" form of payment, the new store will easily be able to accommodate and absorb this change.

Question:
Was a feng-shui consultant involved in the design?

Answer:
No. However, the quality of life for shoppers and workers

has been considered at length. In so doing we have had input from an experienced grocery store architect, an experienced grocery store designer and an environmental consultant. We did not feel we could justify or afford (in terms of time and money) additional consultants.

Question:
Several questions came in about specific aspects of the proposed design. Will the water in the drinking fountain on the shopping floor have filtered water? Will there be a bidet available? Will there be more than one phone on the shopping floor? Will we have a better lighting system? What provision will be made for people who are keeping kosher? Will the air throughout the Coop be filtered?

Answer:
Yes, the drinking fountains will have filtered water. No, there will not be a bidet available (remember that space is at a premium). Yes, there will be several phones available on the shopping floor. Yes, we will have a better lighting system. Tony

Bucci, our grocery store designer, is also an experienced lighting designer and is working with us to create a lighting plan. The Coop will continue its current practices in regard to the needs of members keeping Kosher. We hope that the renovated Coop will have an improved air filtration system. We are learning about air filtration / treatment systems with the help of our environmental consultant, who strongly recommends this improvement.

Question:
What changes have been made in the design as a result of our having an environmental consultant?

Answer:
Jan Beyea, our environmental consultant, is intimately involved in the process of choosing the finishes (from ceiling tiles, to floor tiles, to paint, to light bulbs) and building materials (from adhesives, to windows, to roof treatments). He has given us more information about the environmental quality and impact of building materials than it is possi-

ble to mention here, and has made an invaluable contribution. In addition he is working closely with us in the process of designing the "guts" of the Coop: air conditioning, heating, air filtration and refrigeration systems. Jan is also communicating and sharing information with the Coop's Environmental Committee.

Question:
Will we have a better bulk packaging system? Can the bagging procedures for fruits, nuts, etc., be reviewed as part of the design process?

Answer:
We can tell you that there will definitely be more space for bulk items on the shopping floor than we currently have. However, it is not within the Renovation Committee's purview to improve or redesign the bulk and bagging procedures. Neither is it within our power to add or delete specific food items from the current roster of what is currently available. To find out how to revise procedures and/or suggest new products please contact the General Coordinators. ■

Open Letter on CHILDCARE SAFETY

The letter below was mailed to all Squad Leaders and Childcare Workers.

October 22, 1999

Dear Squad Leaders and Childcare Workers,

Now that members who have their photos in the computer system can enter the store without their membership cards, we need to provide an alternate to showing a card for childcare as well.

It will always be easier for members to remember their cards as most members prefer to stop in childcare before entering the store. However, if a member has forgotten their card but does have a photo at the entrance, s/he may check in at the entrance desk, get the one-day blue pass s/he needs to shop and then show that to childcare in lieu of a membership card.

Nothing has changed for members who are on the List of People Who Can Shop Without a Card.

We will announce this to parents in the *Gazette*. We also ask the squad leaders to let the entrance workers know of the new system. Although the procedure is totally normal, your entrance workers may wonder why a member checks in and then seems to turn around and "leave."

Yours in cooperation,
Linda Wheeler,
General Coordinator



ILLUSTRATION BY LINN BERNSTEIN



Discounted Parking for Park Slope Food Coop Members

The 800 Union St. Garage provides discounted parking rates for Coop members while they shop or work in the Coop. Member rates are \$3 for up to two hours or \$5 for up to four hours (including all taxes). The special validation sticker to be attached to your garage ticket is available from the Coop exit worker.

ADVERTISE ON THE WEB

If your ad would benefit from exposure on the World Wide Web, dial up the Coop's home page. The ads are FREE, and the submission form is contained in the web page.

Park Slope Food Coop web address:
<http://www.foodcoop.com>

CHILD CARE

CHILDCARE NEEDED FOR 9 YEAR OLD GIRL. Mon. & Thurs. evenings 5:45 to 8PM. Retired person or student preferred. N.Slope 783-4442.

LOOKING FOR A babysitter? Responsible and experienced babysitter is available Monday to Friday and seeks full-time, live-out position. References available. Call Wendy 282-2559.

CLASSES/GROUPS

OPEN HATHA YOGA & GENTLE YOGA-a.m.classes at Spoke the Hub & Body Reserve gym, Union St. Chair Yoga Mondays 3-4 p.m. at Old 1st Church, 7th Ave. & Carroll St. breathing, postures, deep relaxation, meditation in comprehensive balanced class, easeful flow. Private sessions. Integral Yoga Certified. Dolores 718-857-0049.



ACUPRESSURE FOR YOURSELF and loved ones. Join exciting workshops & learn principles of Jin Shin Do(r) bodymind(tm) acupressure. Help symptoms of discomfort of colds, headaches, back pain, gastric distress. Simple enough for the lay person, profound enough for the professional. On-going. Elizabeth Poole. 718-284-7794.

YOGA OPEN CLASS. Focused attention to spine, breath, body/mind integration. Deep, thorough, meditative. Wednesday 8 - 9:15 PM, Sunday 6 - 7:05 PM. 5th Avenue at Union, the Old Bank Building. Please arrive a few minutes early. Ann Beckerman. Viniyoga in the tradition of Desikachar. 718-857-9221 for information.

GUITAR/BASS GUITAR LESSONS weekday evenings at your home. Over 3 decades of experience with ages 8 to 80. I'll work with you/your child to find your way to learn repertoire techniques and styles. Twenty years in the neighborhood. - local references available. Call now - 718-622-8986 and leave a message for Dave.

COMMERCIAL SPACE

PROFESSIONAL OFFICES available. Ideal for massage therapist, acupuncturist, psychotherapist, etc. Be part of a holistic center, either in a beautiful Soho section or in an excellent Brooklyn neighborhood. Doctor will introduce all patients to you. For information call 212-505-505

LOFT SPACE AVAILABLE on 3rd floor of Gowanus Arts building. 800 square feet, separate gas and electric meter, oak floor, beautiful light. \$850 plus utilities. 622-4789. No living.

FERAL ART GALLERY is looking for three visual artists to share space beginning November 15. 5th Ave. between Carroll and President. Rent is \$300 per month. Excellent exhibition opportunity in established gallery. Call 230-3362 for further information.

EMPLOYMENT

HELPER NEEDED \$7/hr-12 hrs/wk on the books. Over 18, green card, US citizen. Student OK. Assist woman with allergies. Errands, laundry, food shopping, housework. You must be scent-free: no perfume, hair spray or strong detergent on your clothes. Reliable. Flexible w/detailed instr. based on my needs. 768-3506

HOUSING AVAILABLE

QUIET, SUNNY ROOM in beautiful brownstone. Good, convenient block in Park Slope. \$525. Non-smoker, no pets. 788-8006 after 6 p.m. or weekends.

LOOKING FOR HOUSE-SITTING in Y2K. Do you know anyone who'll be on leave next year and needs a reliable person for house sitting? I am writing my PHD dissertation and teaching part time. I love cats. Call 718-399-9345.



VACATION HOUSING

WATCH THE SEASONS CHANGE from our beautiful beach house. Dramatic views across our 120 ft. private beach overlooking Shelter Island in historic Greenport LI. 3BR, 2 bath, LR, full kitchen. Desks, fenced-in yard. All amenities. Walk to town. Close to restaurants, vineyards, boats, shops. \$400/weekend. 718-398-0326.

MERCHANDISE FOR SALE

MULTI-PURE WATER filters provide a constant source of pure water at home/office/school for drinking/cooking/ice/rinsing fruit & vegetables/pets&plants. We are happy to sell this excellent product to fellow Coop members concerned about health/water/environment. Ede Rothaus/Anne Seham Multi-Pure Ind. Distribs. 212-989-8277



CAR SHARE AVAILABLE: Women with small child looking for responsible partner to share ownership, expenses, and use on alternate weeks. Car is well maintained and currently insured, registered and inspected. Must be able to drive stick shift. Call for details 718-832-9104.

GREAT DEAL on circa-1900 Victorian sofa & chair set! Sofa is 7 ft. long, perfect for a snooze in your parlor flr Brownstone apt! Chair upholstery & spindle wood arms & carved back is a perfect match. All cushions with set, orig from Kenette Sqr PA estate sale. Moving, MUST SELL! \$1000 or BO. Call 718-330-0054 & SEE!

MERCHANDISE- NON COMMERCIAL

BACK ISSUES OF Monthly Review and Past and Present. FREE! Come and get them. 788-3051.



PETS

HEATHER'S dog walking and cat sitting. Experienced, caring, Pursonalized Pet Services. Reasonable rates. Morning, afternoon and evening hours. Weekends and holidays. Call Heather 718-768-1274. References available.

SERVICES AVAILABLE

ECOLOGICALLY CONSCIOUS EXTERMINATING. Injection treatment for most insects gets job done safely. We use non-carcinogenic, no or low-odor pesticides. Some are natural. We also exterminate rodents, etc. Licensed and insured. Rec. by NYCAP, NEW YORK MAGAZINE. Commercial accounts welcome! Call Sterile Peril 718-622-0053

EXPRESS MOVES: Brownstone flight specialists. Our FLAT RATE includes labor and travel time. Great Coop references. 670-7071.

Prompt & Courteous
Licensed & Insured
Free Estimates

Residential & Commercial
Packing & Supplies
Local & Long Distance

Top Hat Movers, Inc.
718-622-0377 or 212-722-3390

Personal Organizing Services

- for your home
- for your office
- for your computer

Alice Waldman (718) 768-4034

**Full Line of
MAGNETIC HEALTH PRODUCTS**

Matthew Park • Pilates • Stone Machine
Massage Tools • Clothing • Flexible
Weights and stationary path for back, neck,
shoulder, wrist, hand, patella, elbow.
Pet products, tool Magnetic pet beds. Home products.

CALL (718) 768-6399 Email: & Home
Within Independent Distribution

**Jennifer Wilder
Early Childhood Reading Specialist**

Assessment and Tutoring Available
Weekly and Hourly Rates
N.Y.S. Certified

(718) 833-7352 jw2@earthlink.net

IF IT'S NOT BROKE don't fix it! But if it is "Call Bob"-every kind of fix-it Carpentry-Painting-Plaster-work-Plumbing-Tiles etc. If it's broke call 718-788-0004. Free Estimate.

TOP HAT MOVERS,INC., 925 Union Street, Bkln. Licensed and Insured moving Co. moves you stress-free. Full line of boxes & packing materials avail. Free estimates 718-622-0377. D.O.T. #T-12302. Reliable, courteous, excellent references & always on time. Credit cards accepted. Member Better Business Bureau.

AFFORDABLE CUSTOM CARPENTRY for your cabinets, countertops, furniture, loft beds, shelving, etc. Home renovations, plastering, painting, tiling and more. References and free estimates by Jonathan 718-832-2275.

MATH TUTOR WITH A HEART: PhD student in mathematics with 10 years' experience teaching and tutoring all levels, including prep for SAT, GRE and other tests. I specialize in helping students with math anxiety. Get in touch with your inner mathematician! Call Julia S. Brainin 718-622-1514.

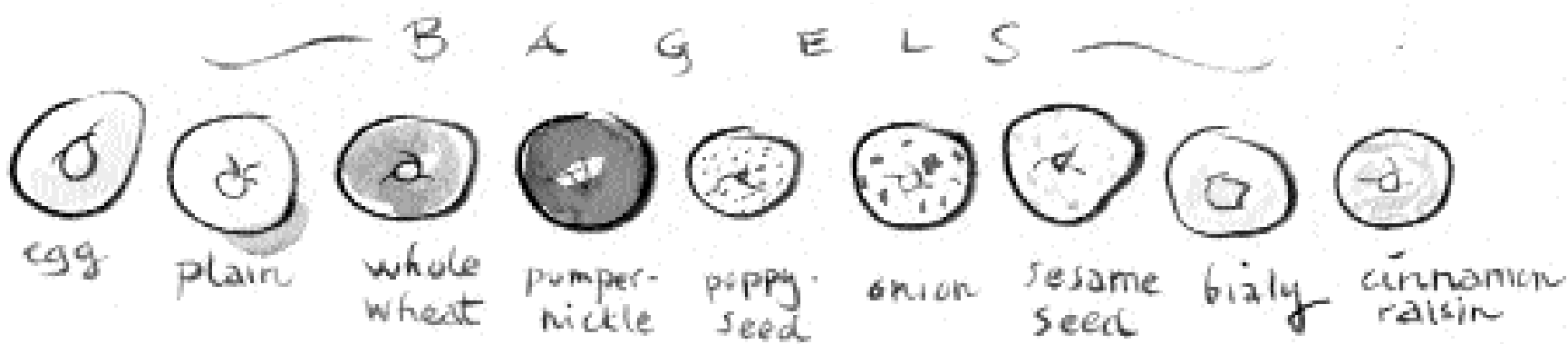
SOMETIMES LIVING in Brooklyn isn't enough - When the pressures of NY living get to you, massage can help with chronic pain, stress, muscle aches. NYS licensed mas-

sage therapist with practice in Park Slope. Call Edith Silver at 718-369-0941.



TUTOR:TEACHER WITH TEN YEARS of experience in NYC schools available for tutoring. Special training and experience working in inclusion classrooms with many styles of learners. Can work with elementary students in all subjects including study and organizational skills. Call Christie 965-3405.

GUITAR INSTRUCTION: Teacher with 15 yrs.experience, accepting students in all levels with a love for music. A professional performer and recording artist in classical, jazz, and Brazilian music- will teach blues, rock and folk/pop as well as basic music skills (ear training, reading, theory) call Freddie Bryant 965-3405.



MADISON AVENUE HAIRSTYL-IST—15 years experience. Avail-able 1 block from Coop by appointment only. Please call Maggie at 718-783-2154 \$40.00

HAVING COMPUTER PROBLEMS? Call BYTE BOYS! At only \$35 per hour, we charge less than anybody else. We come to your house to fix the problem! We also build or upgrade computers. Either call us at 718-499-1035 or e-mail at Byte-boys1@aol.com. Call BYTEBOYS today!

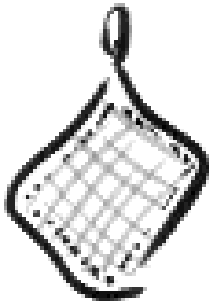


SERVICES-HEALTH

HOLISTIC DENTISTRY in Brooklyn (Midwood) & Manhattan (Soho). Dr. Stephen R. Goldberg provides family dental care utilizing non-mercury fillings, acupuncture, homeopathy, temporomandibular (TM) joint therapy & much more. For a no-obligation free initial oral examination, call 212-505-5055. Please bring X-rays.

PSYCHOTHERAPY, ASSESSMENT and consultation by experienced, licensed clinical psychologist. Insight, support, and tools for coping with depression, anxiety, trauma, family & relationship problems, career. Adults & Children. Oxford, PHS, Medicare, Worker's Comp. Linda Nagel, PhD. 718-788-9243.

HOLISTIC PHYSICIAN using nat-ural therapies to restore balance and well-being. Problems treat-ed include allergies, asthma, sinusitis, fatigue, headaches, digestive disorders, hormonal problems, menstrual problems, menopause. Insurance reim-



Answer to Puzzle on page 8.
Rigatoni, Farfalle, Orzo, Fusilli, Linguine, Spaghettoni, Cappellini, Penne rigate, Correchiete, Radiatore

bursable, Medicare accepted. Please call Marjorie Ordene, M.D. 718-258-7882.

EXPERIENCED THERAPIST WITH FLEXIBLE APPROACH able to help you improve relationships, reduce stress, enhance creativity. Specialties in: artistic conflicts and child therapy. Adria Klinger, CSW, 718-965-2184.

THERESE BIMKA M.A., M.S.W. Licensed Psychotherapy offering: verbal psychotherapy, stress reduction, guided visualization, art therapy techniques, Jungian sandplay therapy. Exp. with chil-dren, adolescents and adults. Free initial consultation- North Slope office 718-622-5220

HEADACHE, Fibromyalgia, mus-culo-skeletal pain, PMS, TMJ, Digestive distress, cellulite? Comb. of acupressure, cranio-sacral & lymphatic drainage can transform pain, diminish distress of surgery, reduce anxiety & elimi-nate emotional tension held in body tissues. Eliz. Poole, LMT, cer-tified acupressurist. 718-284-7794

PERSONAL FITNESS Trainer/raw foodist nutritional counselor- 4 certifications - 10+ yrs experience. Specialties: Sport specificity/ Orthopedic concerns/Immune sys-tem disorders / Senior's condi-tions / Nutrition/ Pre-natal. Your home/ mine (I have equipment)/your gym, Call Angela 783-4356.



BOWEN THERAPY CAN HELP! Bowen is an Australian system of muscle-connective tissue therapy that stimulates energy flow and empowers the body to heal. These precise moves at specific points relax the body and set up a stimu-lus that encourages the body to repair itself. Call 718-768-1598.

COMMUNITY CHIROPRACTIC & ACUPUNCTURE comprehensive holistic health care for entire fam-ily. Car accident, work or sport injury, chronic pain or illness. Homeopathy, Physio-therapy, x-ray available. Insurance reimb. sliding fees. All patients treated by Dr. Karen Thomas. 175 6th Ave, corner Lincoln Pl. 718-398-3100.

EXERCISE PHYSIOLOGIST /HATHA YOGA. Autumn Fitness Training tempered with yoga in home, gym, outdoors for an intel-ligent body/mind conditioning program. Trouble getting started or stuck in a rut? ACSM, ACE, Integral certified. Athletes, seniors, beginners benefit. Reduce stress. Rehab injuries sanely. Call Dolores Natividad 718-857-0049.

CONSIDERING PSYCHOTHERA-PY? Experienced therapist can help with symptoms of depres-sion, trauma of abuse, adult issues of living & aging, and the challenges of a chosen life. Learn about yourself with compassion & humor. Moderate fees. Park Slope. Martha Becker C.S.W. 718-499-6662.



INDIVIDUAL YOGA SESSIONS for well-being, emotional balance, being at home in the body. Can compliment psychotherapy, encourage creativity, clear think-ing, compassion. Viniyoga in the tradition of Desikachar. Ann Beck-erman 718-857-9221.

SERVICES WANTED

LAWYER with knowledge of immi-gration law to help with paper-work. Knowledge of Canada to US immigration would be especially helpful. Mickey or Hannah at 636-4821.

WHAT'S FOR FREE

FREE INITIAL ORAL EXAM in holistic dental office for all Coop members. X-rays are strictly mini-mized so bring your own. Dr. Gold-berg's non-mercury offices in Soho or in Midwood section of Brooklyn. For info please call 718-339-5066 or 212-505-5055.



WELCOME!

A warm welcome to the following new Coop members who joined us in the two weeks before the Gazette deadline. We're glad you've decided to be a part of our community.

Aladdin Abdal Rahim
Ahmed Albadani
Elizabeth Albert
Cecil Alfandori
Walterine Barton
Suzanne Bennett
Inbar Blumes
Nathan Blumes
Robert Burton
Rachel Coen
Guillermo Cruz Jr.
Carol Cumberbatch
Laura Davis
Alka Dev
June Edelstein
Claudia Friedetsky
Therezia Gaal
Mara Galus
Ann Gittens
Juliette Gumbs
Rosemary Hutzler
Galina Ioffe
John Jannone
Sue Lee Kim
Tessa Kleeman
Joosten Kuypers
David Laserson
Martha Laserson
Peter Lester
Brendan Mahaffey-Dowd
Jennifer Mahaffey-Dowd
Stefan Malmoli
Marline Mancinni

Diane Maresco
Carey Maxon
Josh Merrow
Victoria Metaxas
Amy Metroka
Philip Miner
Paulo Nunes-Ueno
Joseph Nunoo
Roseline Nunoo
Jonathan Petteys
Mindy Phillips
Rosanna Randolpho
Andrew Rathbun
Helen Rathbun
Kathryn Roake
Jordana Rosenberg
Alyse Rothman
Jen Schneider
Risa Schulman
Anthony Smith
Mark Swartz
Daisy Teichman
Michael Terry
Regina Tuzzolino
Elsa Weiner
Esther Zibell



THANK YOU!

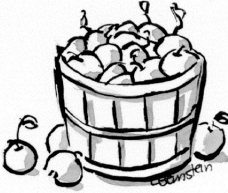
Thank you to the following members for referring friends who joined the Coop in the last two weeks.

As the Coop has a normal turnover in membership of 20-25% every year, we constantly need new members to main-tain the size of our working squads.

We encourage all members to tell their friends about the Coop!

Karen Antoine
Wendy Barron
John Baumann
Ria Charisse
Alison Chi
Cynthia Cummings
Mike Dowd
Lyystra Ebran
Sarah Gray
Keely Jackson
Diane Kandel
Mo Kornbluth
Alington Lake
Susannah Mackintosh
Angela Martin
Marilyn McNeal
Eva Melas
Phil Miller
Glory Mongin

Roberta Moskowitz
Andrea Newman
Ada Nissim
Melissa Perry
Eliza Pertz
Liz Peterson
Rosy Rosenkrantz
70 South Elliot
Seventh Ave Street Squad
Marion Stein
Joseph Teichman
William Yarrington
Susanna Yurick



~ JOB OPENING ~

General Coordinator

We are looking for someone to join our executive management team of General Coordinators Mike Eakin, Janet Schumacher, Linda Wheeler, Allen Zimmerman and General Manager Joe Holtz.

The ideal candidate should be able to contribute substantially to the management team by possessing many of the following skills and attributes.

- 1. Consistently brings to bear excellent judgement in management decision-making.
- 2. Takes initiative and provides leadership in both strategic planning and day-to-day experimentation and implementation, solving complex problems and synthesizing vast quantities of data
- 3. Understands short- and long-term financial planning..
- 4. Highly motivated by the idea of the Coop, and curious to understand every aspect of it and improve it.
- 5. Has excellent oral and written communications skills.
- 6. Has developed and is committed to continuing to develop broad knowledge of technology and computers as problem-solving tools.
- 7. Has the interpersonal skills and emotional stability needed to work well with a very broad, diverse and articulate range of co-workers and members.

People of color are especially encouraged to apply.

WORK SCHEDULE

Some evening meetings required

SALARY

The current salary is \$42,792 per year. Currently, all the General Coordinators including the General Manager are paid the same, and all Coop employees receive an annual cost-of-living adjustment (COLA).

BENEFITS

Four paid Holidays: July 4, Thanksgiving Day, Christmas Day, New Years Day
Five weeks vacation
Long-term disability and health insurance fully paid by the Coop
Defined benefit pension plan fully paid by the Coop

REVIEW

The first year is considered probationary. There will be an initial review after three months.

APPLICATION DETAILS

Submit applications by January 15, 2000. Applicants should be current members of the Coop, preferably with at least one year of membership in this Coop. Place your application in the Coop mail slot outside the entrance door or mail it to the Coop. Please address applications to:
Constance Carter, Chairperson, Personnel Committee
Park Slope Food Coop
782 Union Street
Brooklyn, NY 11215

Please enclose your resume with a cover letter stating why you would like to be hired for this position, why you believe you are qualified, what you believe are the most important aspects of the Coop, where you think the Coop most needs improvement, and what you think the role of the General Coordinators is.

SAVE A

LIFE

Give Blood

Join the Blood Drive

at the Park Slope Food Coop

Tuesday, November 16

6:30 - 9:00 p.m.

Upstairs in the Meeting Room

FACT: Less than 3% of the population donates blood and 90% will use blood some time in their life.

• Park Slope Food Coop • 782 Union Street •

• Brooklyn, NY • 718-622-0560 •

• In cooperation with Methodist Hospital •

For further information about blood donation,

call Stuart Rosenhaus, 780-3644