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Volume U, Number 1

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One Coop, Two Web Sites

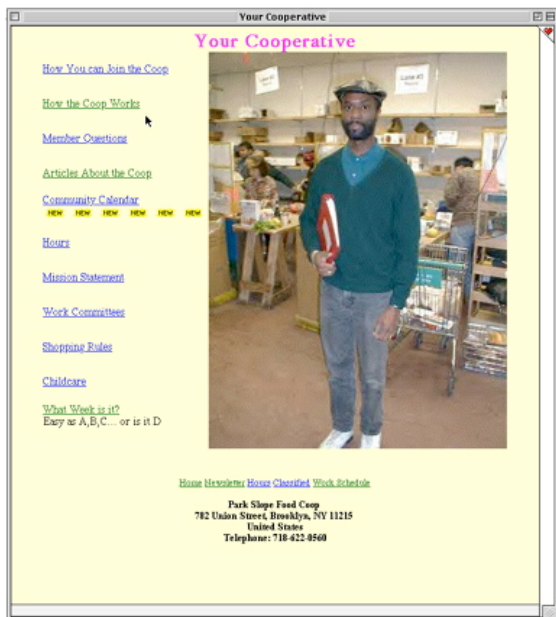
PSFC's Public Face on Internet Rivalled by Private Site Focusing on Internal Debates

By Bill Ryan

Plans to liven up the Coop's web site, expand the content and increase members' input are starting to take shape—spurred on, perhaps, by the recent launch of a second, unauthorized site that describes its role as “democracy in action.”

The official Coop site, www.foodcoop.com, serves both as an introduction to the Coop for the world at large and as a source of information for members on matters like work schedules and shopping rules. Enter “Park Slope Food Coop” on either Yahoo or Hotbot search engines and you will find this site.

The Coop's name also appears at the top of the home page on www.parkslopefoodcoop.org, but this site is the project of an individual member, Simeon Rose. Still under construction, the site promises “to facilitate the free exchange of



ideas and opinions, and to act as a forum for discussion on issues touched upon at the General Meetings...”

The Coop's Internet presence was established in the mid-1990s, but has never been given high priority by the organization. Michael Rieser, web master for the past two years, manages the site and gave it a new look about a year ago. Darcy Cobb of the Marketing Committee, who designs web sites for non-profits for a living, has more recently been helping to upgrade the site and to solicit assistance from web savvy members. Both work closely with coordinators Linda Wheeler and Ellen Weinstat who largely determine the site's content.

Only Rieser and Cobb presently receive credit for their web work, which easily exceed three hours per month. The coordinators recognize the need for more member input to improve the site, but are reluctant to create any new workslots given the Coop's current labor shortage. Rose hopes a future General Meeting will reward his now-voluntary efforts with work credit.

The Coop's site was originally intended as an “outreach tool” aimed at non-members, Wheeler notes. It is still, Rieser says, “a public face for the Coop, showing a place people might like to join or invest in.”

“The more information people can get easily, the better,” Cobb adds. “We want people from other places to find us. If we have a web site that is current and relevant, important relationships can develop,” for example, with other coops.

But there is also a growing recognition of the site's internal potential. As the web has evolved and access has increased dramatically, it has become possible to provide a signifi-

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It's a Raw World— We Just Live in It

By Ethan Pettit



PHOTO BY JUDY JANDA

Raw Food Potluck at Eco Books.

Raw is big. There are raw websites, books, run-cookbooks, raw restaurants, raw celebrities and record-breaking raw athletes. We asked 15 people in the aisles of the Park Slope Food Coop if they'd heard of the raw food or “living foods” diet. Of course! Nearly half even knew something about it, and two had tried it.

“Raw food paradise” is how Rob Miller describes the Coop. Rob, a musician, founded Brooklyn Raw Foods in 1997 with Paul Nison, a chef at the new raw food bar 4th Dimension in Tribeca. Membership in the local raw food support group has grown from eight to 80 in two years, and the group typically draws from 25 to 60 people to its monthly potluck dinners at Eco Books on 5th Avenue.

“I was sick often, I had pimples, I smelled, I was always uncomfortable,” says Rob. “I have none of that. All gone. The

CONTINUED ON PAGE 6

Next General Meeting on January 25

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, January 25, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

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

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PHOTO BY ROBERT FOX

REPORTER'S QUERY:

URGENT: *Gazette* reporter would like to interview Coop members who were active in the Civil Rights Movement in the 1960s for an upcoming *Gazette* article. Please contact Martha Davis by January 17: (h) 718-783-5259; (w) 212-413-7536; mdavis@nowldef.org

Coop Event Highlights

Fri., Jan 21	Good Coffeehouse—Tomas Rodriguez Trio & Andy Middleton Trio, 8:00
Sun., Jan 23	Coop Pocket Billiards Party, 1-4:00
Fri., Feb 18	Good Coffeehouse—Zen Music, Zen Words V, 8:00
Thur., Mar 2	Food Class—Sea Vegetable, 7:30

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

MARKETING COMMITTEE REPORT

Updating Member Feedback for the Next Era: Proposal to Implement a Member Survey

By Wally Wentworth, Coop Marketing Committee Changing Times, Growing Competition

When the Coop was founded, finding quality natural food was difficult. This situation has changed as the natural foods market has grown enormously in the past several years, and shoppers increasingly have choices. Grocery stores now carry natural food products, the local greenmarket is well established, and health food stores are thriving. The nation's largest natural foods chain is moving into Manhattan and, according to a *New York Times* article, is eyeing the Park Slope area. While competition is to be expected, the accelerated pace of our competition poses a challenge to the Coop at a time when it cannot afford to have members siphoned off.

Member Satisfaction and Loyalty

Marketing researchers know that in a competitive environment, ensuring customer loyalty requires providing excellent services and products that closely match customers' needs and preferences. Although the Coop is moving aggressively to address some of the most important and obvious needs, once we get past such items, our information about member needs is severely limited.

Information Need

One of the great strengths of the Coop is our variety of mechanisms for "qualitative" feedback from members via work groups, the General Meetings, and the open and participatory structure. While these avenues are all critical for identifying deeply felt needs and opinions, they are limited.

For example, it has been pointed out that attendees at any given GM cannot be assumed to be truly representative of the membership at large as those with strong feelings for or against issues on the agenda for that meeting are more likely to show up. And neither the GMs nor the work group feedback enables us to assess what issues are most important to members or the relative degree of support for different options. In short, we lack quantitative information that reflects accurately the views and preferences of the membership at large, and that would enable us to target our limited resources to the refinements yielding most benefit for the greatest number of members. At a time when we are facing growing competition from organizations with enormous resources, it is essential that we address this information need.

The Member Satisfaction Survey

In response to similar information needs,

many companies and organizations use customer satisfaction surveys. The Marketing Committee proposes to implement a member satisfaction survey based on a random cross-section of members, sufficiently large to provide reasonable statistical accuracy but small enough to keep processing results manageable—approximately 500. The survey would cover topics such as the following:

- shopping patterns (at Coop and other alternatives)
- overall satisfaction with the Coop
- satisfaction with specific aspects of the Coop, including value for the money and time commitment, the shopping experience, sense of community, store operations, and the Coop work experience
- product offerings (by general categories)
- intentions to remain a member
- suggestions for improvements
- demographics, including distance lived from Coop

Confidentiality of Information

All information will be kept confidential, and any report will summarize means, percentages, etc.; no individuals will be identified.

Plan of Action

At this point, we propose to do the survey once, analyze the results, and present findings at a subsequent General Meeting. Assuming it is useful, we may institutionalize the survey on a regular basis, perhaps twice yearly to permit tracking trends.

Benefits

The proposed member satisfaction survey will:

- provide critical information that will enable the Coop to make refinements to ensure maximum member satisfaction and loyalty in the future
- eliminate a "blind spot" in our information that makes us more vulnerable to competition
- strengthen the democratic underpinnings of the Coop by providing representative member feedback

January 25th General Meeting Presentation

The Marketing Committee will present a draft of the proposed survey and provide further details about the proposal at the January 25 General Meeting.

We hope to see you there to discuss it further and answer any questions you may have. ■

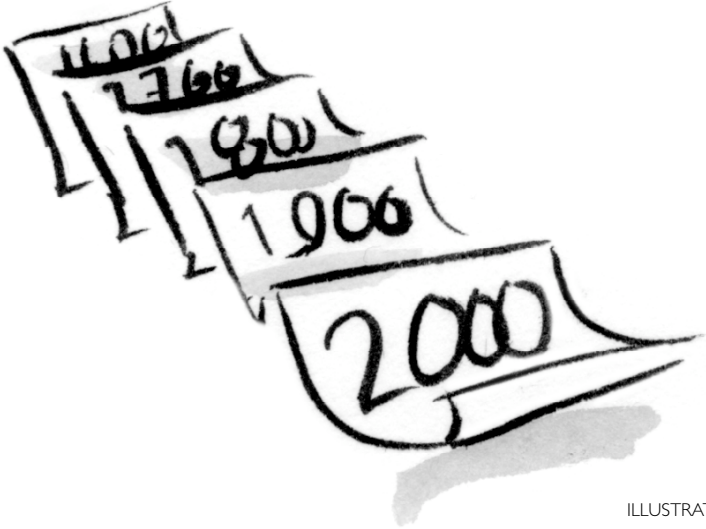


ILLUSTRATION BY NANCY CAREY

GENERAL MEETING AGENDA

FOR TUESDAY, JANUARY 25, 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: Disciplinary Hearing Committee Election (30 minutes)

Election: "The Disciplinary Hearing Committee proposes that five members of the committee whose terms have expired be re-elected to another three-year term on the committee." —submitted by the Disciplinary Hearing Committee

Item #2: 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 #3: Procedural Structure for approving prior month's minutes (30 minutes)

Proposal: "That the Agenda Committee set aside the first five minutes of the Agenda portion of each General Meeting for a 'Review of the minutes of the previous meeting' so that members who have factual corrections to the minutes can raise them and then vote whether to accept the minutes as a whole." —submitted by Israel David Fishman

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.

WE GET FEEDBACK



Checkout Worker's Lament

1/1/00

I work in checkout—more and more people are expecting to be checked out without showing their cards & are also in too much of a hurry to wait for checkout workers to look up prices, it seems. I often have to tell people that even though they took the time to write the prices of produce on the bags, I still have to look it up. Please put something in the *Gazette* to inform people of Coop policies. Thx. S.H.

Response:

OK. All shoppers must show their cards and allow the checkout worker to look up prices. Scanning will speed this up too.—Ellen Weinstat

We get feedback in many ways. We seek comments from members through a questionnaire when they leave, and the Shopping Committee Feedback Book is used by squad leaders, committee coordinators and Coop Coordinators. The comments and dialogue are often informative and/or amusing.

PRESIDENT'S MESSAGE:

What's So Funny About Peas, Loaves & Understanding?

By Eric Schneider

Our Coop is an amazing place—with great, wholesome food and a business cooperatively run by a community of people whose diverse talents reflect the cornucopia of comestibles that we sell. Thus, it's particularly painful that the General Meetings (GMs), the forums at which we address the Coop's administration and matters of import, are often rife with rancor, pettiness and all-around bad vibes.

In *Gulliver's Travels*, Jonathan Swift wrote of two mythical peoples constantly at war over which is the proper end to crack open an egg. In the land of GMs, positive proposals are frequently attacked by competing philosophical camps based on their perception that the agenda items' proponents open their eggs at the wrong end.

At last August's General Meeting, the membership voted to have minutes of the meetings, which is the norm for not-for-profit organizations. Minutes are universally recognized as a benefit; they shine sunlight on an institution's affairs, providing an accurate historical record, and the members have a legal right to them.

The Secretary now writes the minutes and distributes them a week prior to the GM for member review and possible corrections. At last August's GM, the membership also specifically provided that the Board of Directors officially approve the minutes.

Our Secretary, Riana McLoughlin, has performed an excellent job and there have been no substantive problems with the minutes. Nevertheless, and despite the GM vote, two Directors have continually refused to respect the membership's decision and vote on the minutes. This is especially regrettable because they both sought seats on the Board based on the promise that they would honor all GM decisions.

The dissenting Directors have given as their reasons that the minutes are the beginnings of a nefarious plot seeking a Board takeover of the Coop and that it is illegal for the Directors to vote on the minutes.

The claim that it is "illegal" for the Board to vote on the minutes is not supported by the NYS Cooperative Corporations Law or Not-For-Profit Corporations Law. John Sandercock who has served as the Coop's attorney on many matters also stated that it is not illegal. Minutes are simply the record of agenda items and decisions that have already taken place.

Three years ago our Coop was beset by a crisis when three of the Directors then on the Board departed from longstanding tradition and rejected the vote of the membership at a GM. The vote had approved a proposal by the Coordinators to form a mere fact-finding committee to study the building next door.

The three Directors expressed the fear that once the exploratory committee was formed, the Coordinators would ride roughshod over any opposition in their expansionist aims. Therefore, in the interest of "democracy" they disregarded a majority vote.

Fortuitously, the crisis three years ago gave rise to an evolution in our Coop's governance. Following the actions of the three directors, the members rallied and held a Special Meeting, pursuant to the Not-for-Profit Law. At the Special Meeting, the largest meeting in our Coop's history, the Directors' decision was reversed, establishing the procedure to overrule a Board not responsive to the membership.

The actions taken by the Directors who refuse to vote on the minutes is no more legitimate than the earlier negation of the vote by their ideological opponents. It's just as uncool to demonize the Coordinators as it is to do so to others ostensibly in their support.

The present turmoil, like the previous tempest, presents us with an opportunity for growth. Fully half a year of GMs have been unduly distracted by disputes over the acceptance of minutes. This comes at a particularly momentous period for our Coop as we undertake our multi-million-dollar expansion. It is now time for us to resolve that constructive ideas and criticism are welcome, but criticism which is personal is not.

The way that we deal with one another at the Coop should be as healthy as the food we eat. ■



ILLUSTRATION BY NANCY CARREY

People's Music Network Winter Weekend Coming

By Chris Seymour

Where can you hear Pete Seeger, the rappers of the South Asian Youth Action, activist singer-songwriters Pat Humphries and Charlie King, Brooklyn's poet of the streets Professor Louie, and the Andean fusion rhythms of Grupo Wayno all in one evening? At the "Carry it On" concert at LaGuardia Community College in Queens on Friday, Jan. 28. That's where!

"We're really looking forward to seeing what happens when we have well-loved nationally known performers sharing the stage with local artists from our city's different cultures," says Susie Tanenbaum, one of the concert organizers. The concert also includes Irish and Korean groups and several other solo poets and singers and will be ASL-interpreted for the hearing impaired.

Tanenbaum says the diversity of the evening is a fitting lead-in to the events of Saturday and Sunday, the 29th and 30th, when musicians, activists—and listeners—from around the country and around the city will meet in one of the world's most diverse neighborhoods, Jackson Heights, Queens. The reason for this harmonic convergence is the semi-annual gathering of the People's Music Network, a group that works to connect the power of music with various movements to make the world a better place.

The weekend sessions, which are open to the public (there is an admission charge on Saturday and Sunday), will feature workshops on everything from hip-hop culture and activism to songwriting to organizing a community chorus, as well as lots of informal song-swapping, schmoozing and networking. Participants will have a chance to perform at a

Member Contribution



ILLUSTRATION BY JOE BANISH

Saturday night "round robin" concert. And there will even be a session giving musicians the opportunity to hook up with various community and activist groups that want to make music part of their work. "Historically, music

has been an important part of movements for change, from the fight for the eight-hour day to the civil rights movement to the women's rights movement," says Tanenbaum, who works with the Jackson Heights-based Local Arts Collaborative and Exchange (LACE). "We want to help nurture that tradition."

The weekend itself is something of a coalition effort, bringing together People's Music Network members who live in the area, the Queens Lesbian and Gay Pride Committee, the Folk Music Society of Greater New York, the Renaissance School and LACE. The Friday night concert takes place in LaGuardia Community

College's Main Stage Theater, 31-10 Thompson Avenue, E Building. Use the Van Dam Street entrance. Subway no. 7 train to 33rd-Rawson Street Station. For exact directions and more information, contact Eric Levine at 718-335-3602, or e-mail Chris Seymour at cslj@mindspring.com. For advance tickets to the Friday night concert, send a \$10 check or money order made out to PMN 2000 to Heather Abramson, 114 Abingdon Square #3, New York, NY 10014.

The Saturday and Sunday events will take place at the Renaissance School, 35-59 81st Street in Jackson Heights (No. 7 train to 82nd Street). The building is wheelchair-accessible, as is the concert hall at LaGuardia. Child care for children two years and up is included with the admission. ■

What Can You Do with \$20.00 in 2000?

By Robert Berkman

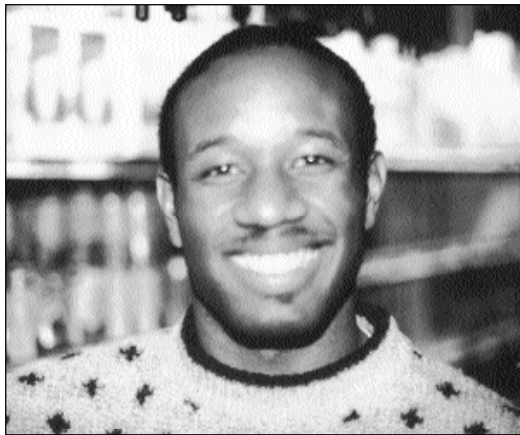
It's been said that a dollar doesn't buy much anymore, and with the Coop standing at the threshold of the 21st century (which doesn't mathematically begin until next year), it would be useful to see just how little that is. As any impulsive shopper knows, it is easy to exceed even the most carefully crafted budget, as there are so many eye-catching goodies strategically placed around the store. Clearly, discipline is called for (not to mention a full stomach). With this in mind, I went in search of how many meals could be assembled for 2000 cents. Please note: these recipes are not "exact" in any sense of the word, and I assume that most members will have the occasional egg, pat of butter, container of bread crumbs and quart of olive oil on hand. The portioning assumes a family of four, which in my house is two adults, an 8-year old-child, and a 20-month-old toddler. The recipes here are also very forgiving, in that just about anything can be substituted for anything (within reason).

Meal #1: Fried tofu fingers with dipping sauce, pasta "letras" with garlic cream sauce, green salad.

The ingredients: 1 block of firm tofu (\$1.19), Goya Alphabet Letras (29c), organic read leaf lettuce (\$1.50), bunch of arugula (84c), 1/2 pound of mustard greens (70c) garlic, egg, bread crumbs, oil, vinegar, mustard and ketchup.

Total cost: about \$4.52.

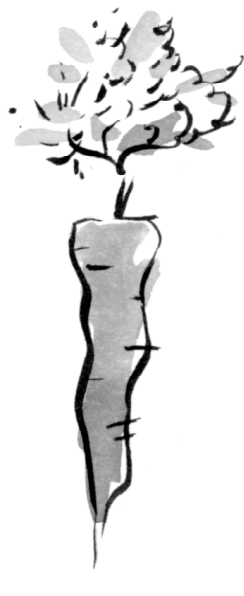
The plan: An easy meal with something fun to eat for everyone. Slice the tofu into 1" wide "fingers," dip in egg and seasoned bread crumbs (salt, pepper, rosemary, basil, oregano) and fry in olive oil until brown on all sides. Make a dipping sauce by combining garlic, vinegar, and ketchup in a food processor. Combine the arugula, lettuce and mustard greens for a salad (this should last for a couple of meals.) Boil the pasta letters until firm, and combine them in a saucepan with chopped



Duane Moore
More nuts, grains and cereals.



Anna Maria Mejia
Grains and greens.



Ebimini Tikili
Healthy food.



Shelley Colon
Less carbohydrates and less sweets and all those delicious things like ice cream and cake and cookies oh my goodness how am I going to live without them but I'll have too...more vegetables and nutrient-rich kinds of foods.

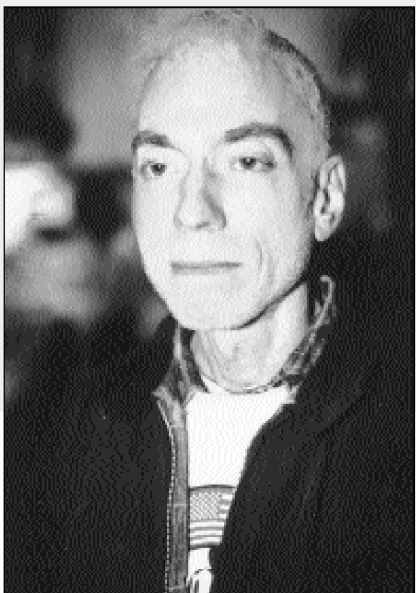
Jena Goldberg, Shelley's daughter
Candy wrapped in lettuce...but also more fish and vegetables.



Jeffrey Morehouse
Sushi.

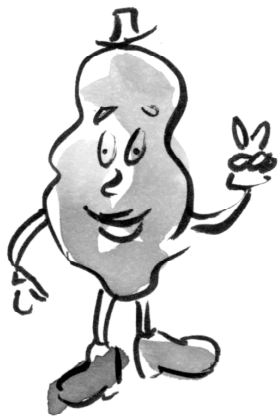


Norm Burstein
I'm going to fast for the next thousand years.



Khaled Ali
What would I like to eat for the next thousand years? Same thing I've been eating for the past 40 years; a vegetarian diet.





Debra Basso
I think it would be a good idea to start eating bugs.

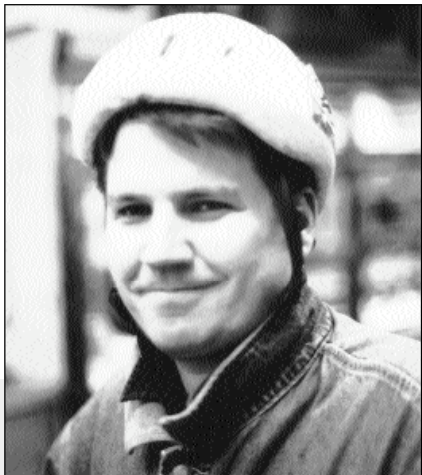


INQUIRING REPORTER:

“What would you like to eat for the next thousand years?”

Photos & text by Ethan Pettit
Illustrations by Nancy Carey

Millennium
Resolutions



Tom Moore
Cut the fat.



Hannah Thompson
I'd like to eat anywhere but in America.



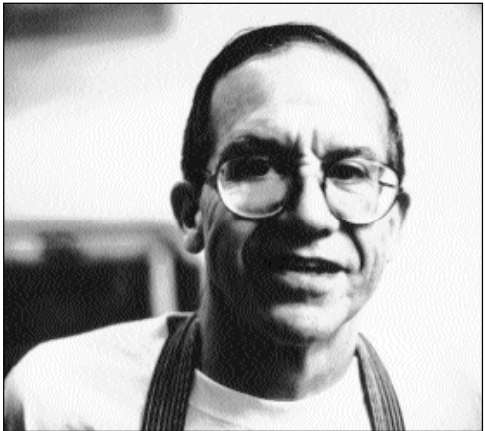
Gabriela Marciano-Kamber
Guylian chocolates.



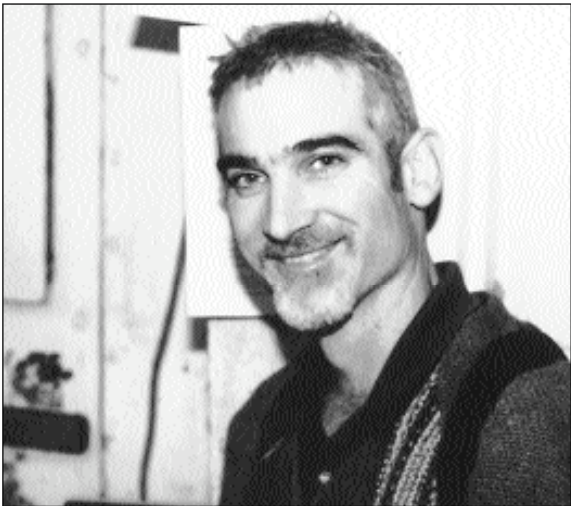
Jay Leeming
Less sugar.



David Eckroth
More beef.



Dennis Joyce
Soybeans and Chai tea.



It's a Raw World

CONTINUED FROM PAGE 1

recurrent little body aches and pains we all have? Vanished. Now I live a basically pain free, energetic life. But it takes time and patience. There's a little bit of discomfort, but once you get past that, then you start to experience an energy and a kind of life, as if someone had removed a hood from your eyes."

Rob says he was not indoctrinated into the raw food diet. He didn't know there were people in New York who ate raw food. It simply dawned on him that this was what he had to do and he did it, with no support group, and lost weight "precipitously." But he hung in there, gave it a chance, and, lo and behold, started to gain weight again. It is a rite of passage of going raw.

You kind of have to let go and let your body reclaim itself.

"I can't tell you how liberating it is not to have to eat all the time," says Rob. "It is so liberating to be able to walk down the street, past restaurants and shops, many of which have smells that are repulsive to me now, and not even be affected by it."

What "raw" means here is any plant food that has not been heated above 118 degrees Fahrenheit. This is the temperature, say raw foodists, at which many vital elements in food are destroyed or severely altered. Vitamins, phytochemicals and enzymes are "killed." The result is the probable cause of myriad diseases and disorders, from poor eyesight to cancer to aging.

The theory is largely but not entirely supported in the general literature on nutrition. You'll read that vitamins are depleted in cooking, but not phytochemicals. They do just fine on the stove, and in some cases are better absorbed after cooking. You also hear that carrots, tomatoes and potatoes are more digestible for proteins and starches after cooking.

Enzymes are denatured in cooking, and this deprives the body of the digestive action of living food enzymes

as they pass through the stomach and the intestinal tract. But there is still some debate about whether the body's production of its own, internal metabolic enzymes depends at all on ingesting plant enzymes.

No matter. You want to increase your consumption of raw produce. Any doctor, nutritionist or government health agency will tell you that. And whether you're raw or not, you definitely want to avoid overcooking foods. Charred or browned foods are carcinogenic.

But if you are raw, be warned of food born pathogens, especially in fresh-cut salad bar food. This is currently a matter of alarm in the food industry.

"I'm committed," says Lisa Ward.

"I see and feel the difference, I get it, I do it, but it's difficult. It takes discipline."

Says Debra Basso, "It feels good, but it's tough, and it gets really boring."

At the Eco Books potluck, boring did

not describe the exotic and delicious food of the new raw cuisine. This writer found himself scarfing down rich nut pâtés, nut cheeses on delectable flaxseed crackers, big scrumptious spicy or sweet dehydrated cookies and a banana cream pie that knocked my socks off; and saying things like, "I can't believe this is good for you!" Some of the sophisticated ways in which raw food chefs simulate bread, crusts and other baked goods are sprouting, dehydrating and compressing.

Some people at the potluck believe that raw food should be the major part of the diet, but it shouldn't be the whole show. And people should be careful of mixing foods.

"You can be a live foodist till the cows come home, but in the wrong combination it won't work," says Coop member Brother Natural, who for 20 years has been practicing a variation of the living foods diet called "natural hygiene." Slight cooking is allowed here. The important thing is the food combination. "The foods you eat in a given sitting, as well as the times that you eat, should be compatible with one's type of digestive chemistry."

This amounts to a daunting array of dos and don'ts about eating: eat seeds and soy with leafy greens, but not leafy greens with acidic fruits; fruits with oil, but not oil with starchy foods like squash or potatoes. Don't drink and eat at the same time, only drink water that is distilled and filtered, and don't eat after sunset. There is also plenty of fasting, cleansing, and just plain good clean living. Oh, and you can eat junk food...sort of. Here is Brother's recipe for "junk food":

Take thinly sliced mildly starchy vegetables like carrots, beets, squash or zucchini; slightly bake them in a glass casserole dish; sprinkle with kelp, cayenne pepper, grated garlic and liquid amino acid. Voila.

For most of the 20th century, these kinds of diets were considered "last hope" remedies for cancer and other ailments. Today they are a flamboyant new cuisine and a new age lifestyle. Acolytes speak of a return to the "paradisiacal" diet of mankind. Hunting

and organized agriculture are late adaptations, even aberrations, of our species; and the most compatible foods for our bodies are raw or plant foods and sprouted grains.

Extraordinary claims have been made for the curative benefits of raw food and its associated therapies. According to a 1990 Congressional study, they are mostly "anecdotal" or "unconfirmed" claims. But At the Eco Books potluck, Angela Fischetti, a personal trainer, said she's been "One hundred percent raw" for 10 months, and has not yet had a recurrent outbreak of Epstein-Barr syndrome. "I was in an acute state for the entire year before I went raw, and it was chronic for seven to eight years before that."

"Raw food is about nothing but fresh food," says Aris La Tham, the proprietor of the SunFire Juice Club on Flatbush Avenue, a raw food bar that also offers some cooked vegan food and some standard health food products.

"That's all. This whole thing about raw food, live food and making it seem like a whole new thing and a new wave...it's totally BS. Raw food is nothing new, it just has a new face to it today. But it's the original diet of humankind. It's just that the way of presenting it has become more sophisticated."

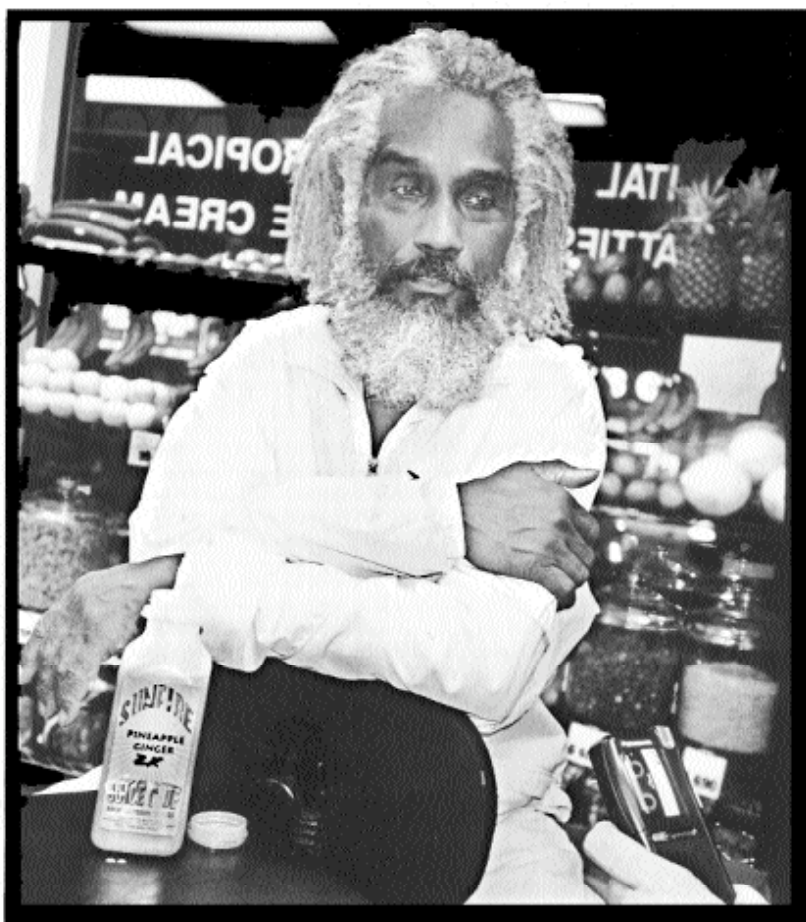
Howard Karp, a musician who has been a member of the Coop for about a year and a half and attended the potluck, describes himself as being in "raw food limbo." "I'm in a transitional period, and swinging back and forth a bit," he says. Sometimes I eat all raw food, but other times I feel the need for something more grounding. I don't know if I'll stay this way indefinitely, or eventually go a hundred percent raw. It's not an ideological issue for me. It's just a matter of listening to my body and finding what's right for me."

Brooklyn Raw Foods has a potluck dinner the last Friday of every month at Eco Books, 192 Fifth Avenue, at 7:30 p.m. Raw Food discussion and support groups take place the first and third Wednesday of each month, also at Eco Books at 7:30. For information, call Rob Miller at 718-499-6984 or Paul Nison at 718-833-9712. ■



PHOTOS BY JUDY JANDA

Brother Natural, Whole Health Revolutionist, with fresh greens from the Coop.



Aris La Tham at the SunFire Juice Club

Major Thief Returns

Anthony White, the most successful thief in the Coop’s history has returned.

Four-and-a-half years ago, we caught a thief in the Coop, Anthony White. He was a non-member who had been sneaking into the Coop and stealing for well over a year at the time he was caught. We believe he was responsible for approximately \$40,000 of loss to theft within a single year.

He was sentenced to prison for 60 days, and the Coop was granted a three-year Order of Protection as a condition of his parole. He was subject to re-arrest if he appeared within 100’ of the Coop. That Order of Protection expired one-and-a-half years ago.

A year ago, he appeared at the entrance of the Coop, was recognized by a coordinator and was asked to leave. Now, since Thanksgiving week, we have had reports of

multiple appearances of Anthony. Please read the article below; and, for more current information and a picture, please refer to sheets posted in the exit and entrance areas. Please take time to discuss this in your squad meetings.

If you see a man loitering near the entrance, please be on the alert. Anthony is extremely good at sneaking into the Coop when there is a momentary gap in attention by an entrance or exit worker. Very few of us are experienced in handling difficult situations of this nature. We will be more effective in dealing with him if we have prepared ourselves and can support each other. Please be prepared to call the police, and then, if staff support is also needed, call the Coop beeper. ■

To Catch a Thief

By Ellen Kahaner
reprinted from August 31, 1998

Boxes packed with baby oil, jars of cosmetics, racks of razor blade refills, and thousands of dollars later, the non-member thief who plagued the Coop for months, sometimes several times a day, has been apprehended. On Thursday afternoon, July 27, Anthony White was taken into custody after being “caught in the act” and found with stolen goods on his person. Quick teamwork by Coop staff led to his arrest and booking later that day.

A scan of the Shopping Committee *Feedback Book* shows repeated sightings of White at the Coop—trying to sneak into the store, stuffing books inside his pants, being kicked out. He has eluded arrest by quickly slipping in and out before decisive action could be taken. (Last April [1995], the police arrived before White managed to flee, and while he didn’t have a Coop ID, he also had no merchandise on his person, so was issued a summons for trespassing.) The last incident written in the Feedback Book (July 11, 1995) reports, “Anthony (‘the thief’) was in the Coop twice tonight and left quickly. Lots of people aware of him—but lots oblivious and/or unaware of our problem.” This time it was different.

White was first spotted inside the Coop by Receiving Coordinator Edite Eckroth. Ironically, Eckroth was showing Coop workers the not-very-clear photographs of Anthony White we keep at the entrance area when she thought she saw White entering the store. He carried a clipboard and had an official-like attitude, according to Eckroth. He looked at the bulletin board and then curved around, passing the exit door. As she went to double check his identity, Jorge Jimenez, Receiving Coordinator, came up to her and said, “The thief is in the store.” Other staff members were alerted. Because White had left the building in the past when he noticed people looking at him, the staff stayed far away from him while positioning themselves at key points in the Coop. General Coordinator Linda Wheeler called the police from a phone near the shopping carts. Marty Stiglich, Receiving Coordinator, positioned himself at the receiving doors to prevent White’s exit from that area. Eckroth and Jimenez blocked the back door. General Coordinator Allen Zimmerman stood between the front and exit doors. Only a single exit worker was on duty at the time, since the morning squad is relatively new and has not been completely staffed as yet. Letters printed in recent issues of the *Gazette* have stressed the need for more vigilance around security issues, including creating a new security position such as the one Zimmerman took.

Two police officers from the 78th Precinct

arrived quickly and, after being briefed on the nature of our organization by Wheeler, entered the store. “Why were you holding six packages of Gillette razors in your hand?” Zimmerman asked White in the presence of the police. White became agitated and among other remarks said, “You’re stopping me from doing my work. I sweep the sidewalks.” One police officer asked White to lift his shirt. Underneath was a tank top tucked into his pants. When he lifted the tank top, nineteen packages of razor-blades—approximately \$100 worth—fell to the floor.

“I saw White taking down razor blades and then scratching his throat,” Eckroth recalled. What he was doing apparently, was dropping them into his shirt.

Police told staff members that White would probably be released in a few hours because he said he didn’t have any identification. The staff insisted that they knew his name and had an address for him—906 Prospect Place—from his previous trespassing summons. “They were very reluctant to arrest him,” Wheeler said.

...

“You understand that if you don’t follow through, you’re welcoming him back,” the police said as they made plans to take White into custody. “We do, and that’s why we’re adamant that you arrest him,” staff members replied. Indeed, for the next two hours Wheeler “followed through” at the precinct, filling out forms and speaking on the telephone with the station lieutenant.

Currently, White is in jail, sentenced to 60 days plus 3 years probation. The staff has heard that due to “time served” and “time off,” he is due to be released on September 5; however, the clerk of the court would not verify this. The Coop was also granted an order of protection which forbids him to come within 100 feet of the premises.

As far as we know we’ve never had a thief as persistent as Anthony,” General Coordinator Mike Eakin said. “He could have been stealing tens of thousands of dollars.” Eakin explained that since the Coop has such a small mark-up, even a little stealing can make the difference between breaking even or operating at a loss. And we’re much more vulnerable than an ordinary store which has a consistent group of people looking out for shoplifters. “Anthony had an understanding that he could come to the store, get kicked out, and return in an hour and there’d be new people at the door. He found a vulnerability and used it,” Eakin said.

Obviously, the problem of stealing from the Coop will not go away with the arrest of Anthony White. While letters to the editor in recent issues of the *Gazette* indicate that Coop members are taking the issue of security more seriously, there is a need for increased awareness and action by all of the membership against both non-members and members who rip off the Coop. ■

What Can You Do with \$20.00 in 2000

CONTINUED FROM PAGE 3

garlic, splash of white wine, rosemary, splash of cream, salt and pepper to taste.

The results: Kids love dipping the tofu fingers in the sauce, the toddler gobbles up the pasta, and the adults feel good because this was a lot cheaper than going to McDonalds.

Meal #2: Vegetable Thai curry stew, white rice, green salad.

The ingredients: Thai Kitchen coconut milk (\$1.29), Thai Kitchen Green Curry Paste (\$1.98, but you’ll only need 2 teaspoons of it, so estimate 30¢), 2 lbs white label Russet potatoes (64¢), 1 bunch of broccoli (95¢), 1 onion (25¢), 1 bag of carrots (32¢), 1 1/2 lbs. eggplant (\$1), 1/4 lb white rice (15¢), garlic, ginger, teaspoon basil, tablespoon brown sugar, splash of white wine.

Total cost: \$4.90

The plan: Anybody who has a can of coconut milk and green curry paste can make a meal with just about anything in the produce aisle. Sauté a few cloves of chopped garlic and some ginger together in a small amount of butter until they almost burn. Toss in the splash of wine, then coconut milk and 2 teaspoons of green curry paste (you can use more or less, depending on how spicy you like your curry.) Chop vegetables into fork size pieces and add to pan, along with basil, brown sugar and white wine. In a second pot, prepare rice, using some of the coconut milk stew in place of water. Serve stew over white rice.

The results: Lots of spicy food for not a lot of money (beyond the initial investment in the green curry paste.)

Meal #3: Cornmeal crusted chicken in mustard sauce, kale and potatoes in tomato sauce, green salad.

The ingredients: 1 package chicken breasts (about \$3), 1 bunch of lacinato kale (\$1.20), 1 lb of white label Russet potatoes (32¢), Red Pack tomato paste (42¢), cornmeal, mustard, white wine, garlic, caraway seeds, splash of milk or cream.

Total cost: \$4.94

The plan: Enough on the vegetables, let’s have some meat. Dip the chicken breasts in seasoned cornmeal (salt, pepper, other spices from cabinet), and fry in olive oil until cooked on both sides. Dump out the oil, and crush a clove of garlic in the bottom of the pan. As it sizzles, throw in a dash of white wine, then 2 teaspoons of mustard, milk or cream, and water. Cook the sauce until it thickens. Meanwhile, slice up the kale into thin strips, and steam in a second pan with garlic and wine until it wilts. Add water, potatoes, caraway seeds and tomato paste. Mix around, and then cook until potatoes soften. Shortly before serving, dip chicken in mustard sauce, coating on all sides. Serve together.

The result: Real gourmet meal without the waiters. Leave yourself a tip.

Meal #4: Three-bean chili with tortilla "sandwiches," green salad.

The ingredients: 1 can of kidney, white and black beans (84¢ each), 1 jalapeno pepper (about 10¢), 1 large onion (about 32¢), 1 pack of Mexicali tortillas (47¢), 1 can Bearito refried beans (\$1), cheddar cheese (about 65¢), 1 can Red Pack tomato paste (42¢), 1/4 lb. rice (15¢), 1 cup plain yogurt (about 40¢), chili powder.

Total cost: \$5.63

The plan: Make a huge pot of chili to last for the next day or so, but have some finger foods for the kids. Sauté 1/2 of the chopped onions and the sliced jalapeno in olive oil until the onions are limp, then add tomato paste and water. Rinse the beans in a strainer (to avoid excess gas), and add to mixture. Add chili powder, salt and pepper to taste. While this is cooking, prepare white rice to eat alongside. When rice is done, get kids to coat one side of tortilla with refried beans, then add chopped onions and cheese on top. Cover with another tortilla and warm in a non-stick pan for a few minutes on each side. Cut into quarters and serve with yogurt.

The result: An old favorite is made a little more interesting for the kids with the tortilla sandwiches.

Total Cost for four meals:
\$5.63 + \$4.94 + \$4.90 + \$4.52 = \$19.99. ■

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	} 10:30 a.m. to 10:00* p.m.
Tuesday	
Wednesday	
Thursday	
Friday	8:05 a.m. to 10:00* p.m.
Saturday	8:05 a.m. to 7:30* p.m.
Sunday	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	} 10:30 a.m. to 6:15 p.m.
Tuesday	
Wednesday	
Thursday	
Friday	8:05 a.m. to 8:30 p.m.
Saturday	8:05 a.m. to 7:30 p.m.
Sunday	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

Friday, January 21

TOMAS RODRIGUEZ TRIO



Guitarist Tomas Rodriguez, with percussionist Urbano Sanchez and Barry Kornhauser on bass, plays an eclectic mix of Bossa Nova, Flamenco and Latin Boleros along with new original compositions.

ANDY MIDDLETON TRIO



Saxophonist/composer Andy Middleton, in trio with acoustic bassist Doug Weiss and percussionist Satoshi Takeishi, will present the music of Spanish composer Federico Mompou (1893-1987), Spain's finest miniaturist. Mompou's lyrical and richly harmonic music presages the sounds of jazz. Andy is a leader of 5 CDs that have featured Dave Holland, Ralph Towner, Renee Rosnes and Joey Calderazzo. He has performed or recorded with Lionel Hampton and Randy Brecker, among others. Doug has performed or recorded with Bill Stewart, Joe Williams, the Vanguard Jazz Orchestra and others.

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, 118 7th Ave.)
Bookings: Ron Vincent, 768-7634
Performers are Park Slope Food Coop members and receive Coop worksheet credit.

COMING PROGRAMS

FEB. 18 Zen Music, Zen Words V

MAR. 17 Steal the Donut & Roberta Piket

Puzzle Corner

Contributions from members are welcome. Please sign your entries. If your puzzle is printed, you will be credited. Answer appears on page 15.

Cryptogram Topic: Items in Bulk Silos

The code used on the list below is a simple letter substitution. That is, if "G" stands for "M" in one word, it will be the same throughout .

B X H Q M P Q W E I Q E Y F

Q H G G F J H W M B

I D M Q E M E H I W G

N F W B M

W J D S E V F W I B

K Q F I Y X G F I M E G B

Z X E M F K G H D Q

P Q F F I B C G E M C F W B

Y X E Y S C F W B

Z X F W M V Q W I

B F B W U F B F F J B

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COOP CALENDAR

New Member Orientation

Tell your friends. Orientations are held every Monday, every Wednesday and some Sundays.
Monday, Jan. 24 & 31, Feb. 7 & 14
Wednesday., Jan. 19 & 26, Feb. 2, 9& 16
Sunday, Jan. 23 & Feb. 13

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:
Jan. 27 issue: 7:00 p.m., Mon., Jan. 17
Feb. 10 issue: 7:00 p.m., Mon., Jan. 31

LASSIFIED ADS DEADLINE:
Jan. 27 issue: 10:00 p.m., Wed., Jan. 19
Feb. 10 issue: 10:00 p.m., Wed., Feb. 2

General Meeting

TUE, JAN 25
GENERAL MEETING: 7:00 p.m. For location and further information please see the sidebar at right. The agenda appears in this issue

TUE, FEB 1
AGENDA SUBMISSIONS for the February 29 GM: 8:00 p.m. Please see the sidebar at right for information on how to submit a General Meeting agenda item.

Yogurt Container Recycling:

SAT, JAN 14 & FEB 11
...and every 2nd Saturday of the month. Noon–2:00 p.m. Clean yogurt, ice cream & sorbet containers & lids. ALL BRANDS.

Coop Events

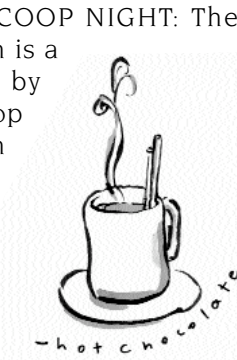
Flyers are available in the display case outside the Coop. Also look for display ads in the Gazette.

THU, JAN 20
SUGAR BLUES: with Rachel Kieffer. Come join us for a fun, personal & chock full of information evening. We will discuss the various reasons behind sugar addictions and learn natural effective and practical ways to reduce your consumption of sugar that don't involve sheer will-power. 7:30 p.m. at the Coop.

FRI, JAN 21
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: the *Tomas Rodriguez Trio* performing flamenco & the *Andy Middleton Group* performing jazz. Musicians are Park Slope Food Coop members. \$8. 8 p.m. 53 Prospect Pk W. 768-2972.

SUN, JAN 23
COOP POCKET BILLIARDS PARTY brought to you by the Coop's Fun'raising Committee. Look for more details in this issue. 1-4:00 p.m. at Brownstone Billiards, 308 Flatbush Ave.

FRI, FEB 18
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: *Zen Music, Zen Words* V. Musicians are Park Slope Food Coop members. \$8. 8 p.m. 53 Prospect Pk W. 768-2972.



Attend a GM

Sign up to Receive Work Credit

In order to increase participation in the General Meeting, the GM has voted to allow a *once-per-year* workslot credit for attending a GM.

Sign Up:

- The sign-up sheet is posted at the Coop Community Corner beginning in the first week of each month.
- Please *read the full instructions* posted above the sign-up sheet and follow them carefully.

How It Works:

- Coop members on squads in Shopping, Receiving, Inventory (except data entry), Maintenance, Daytime Office, Construction and FTOP can receive credit for one workslot by attending one GM. (Other squads are omitted because their work is more difficult to cover, or attendance at GMs is part of their job.)
- After attending the GM, the member will summarize the meeting very briefly for their squad during the squad meeting of their *next* regular workslot.
- You will report to your squad on the next day you work and may then skip the *second* regular workslot following the GM. The work credit may also be applied to make-ups owed or be banked as FTOP
- Missing the GM without canceling in advance will result in your owing a make-up, as you are making a commitment as well as taking a slot that someone else will not be able to take.*

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, January 25, 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

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 rarely any Monday-Thursday evening shopping squad openings.



GAZETTE—ART DIRECTOR

Work with a team of two photographers and two illustrators. Coordinate with the editors and reporters to illustrate articles, display Coop life in photo spreads independent of the articles, and help make an attractive issue of the *Gazette*. Work a double shift every eight weeks. If you are interested, please call Linda Wheeler during office hours.

GENERAL MEETING CHAIR COMMITTEE

The group of members that chair the General Meetings has openings. We especially want to reflect the diversity of our community. Members have rotating work assignments (chair, secretary, support) several times a year at the GM. The total hours are equivalent to a regular Coop workslot. To apply, call the Coop office.

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.
- **Daytime Workers needed!**
The phones are ringing and the office is hopping. We need high energy people to join the Office squads permanently. We are also

seeking FTOP workers and people from shopping squads who owe make-up shifts.

See how the Coop works behind the scenes. These are the kind of comments we hear from office workers: “You get a whole different perspective.” “Everyone should work in the office at least once.”

In between the phones, phones, phones, there might be record-keeping, bookkeeping, clerical work, etc.

Please call during office hours if you are interested.

INVENTORY

This behind-the-scenes group performs a vital function along the way to having a fully-stocked Coop. Every Sunday at 5:30 p.m., the Inventory Committee arrives following shopping hours and counts everything in the Coop. The numbers generated by the Inventory Committee provide the information needed to order for the coming week’s deliveries. These numbers also permit us to calculate the dollar value of inventory on hand. This figure is key to figuring the Gross Margin, the main financial health indicator on our 4-weekly financial statement.

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



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.

FRI, JAN 14

GOOD COFFEEHOUSE: an evening of drumming with Ted Epstein and Annamaria Mejia. \$8. 8 p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. 768-2972.

TUE, JAN 18

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, JAN 19

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

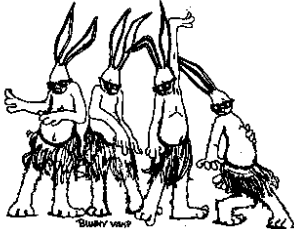
GAMES GALORE NIGHT: family entertainment with games and light refreshments. \$8 per person or \$6 if you bring your own game. Soc. for Ethical Culture, 53 Prospect Pk W. Call Bruce for info 336-3683.

THU, JAN 20

SUGAR BLUES: with Rachel Kieffer. Come join us for a fun, personal & chock full of information evening. We will discuss the various reasons behind sugar addictions and learn natural effective and practical ways to reduce your consumption of sugar that don't involve sheer will-power. Free, 730 p.m., at the Park Slope Food Coop, 782 Union St., 718-622-0560.

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SAT, JAN 22

OLD FIRST NURSERY SCHOOL OPEN HOUSE: Come meet the teachers, students and parents of the best cooperative nursery school in the Slope. 10-2, 729 Carroll St. Info: Jenny Douglas, 622-1230

SUN, JAN 23

BILLIARDS PARTY brought to you by the Coop's Fun'raising Committee. Look for more details in future issues.

TUE, JAN 25

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, JAN 27

BOOK DISCUSSION: “What Looks Like Crazy on an Ordinary Day,” by Pearl Cleage. \$8 per person or \$6 if you bring your own game. Soc. for Ethical Culture, 53 Prospect Pk W. Call Constance Pigozzi for info 331-1137.

FRI, JAN 28

GOOD COFFEEHOUSE: an evening of fine fiddling with Sam Zygmuntowicz. \$8. 8 p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. 768-2972.

TUE, FEB 1

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TUE, FEB 8

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WED, FEB 9

OPEN HOUSE @ PS261. Learn about our three programs and other special features of our school including the Federal Arts Program. 7-9:00 a.m. 314 Pacific St (also Thu, Feb 10, at 7-9:00 p.m.)

THU, FEB 10

OPEN HOUSE @ PS261. Learn about our three programs and other special features of our school including the Federal Arts Program. 7-9:00 p.m. 314 Pacific St (also Weds, Feb 9, at 7-9:00 a.m.)



TUE, FEB 15

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ONGOING EXHIBITS/SHOWS

JEWS & CHRISTIANS IN THE END ZONE: Arthur Sainer's new play is a dissident version of “The Merchant of Venice.” Theater for the New City, 155 First Ave. at 10th St Manh. Reservations: 212-254-1109. Opens Mon, Jan. 20, runs Saturday 8:30 & Sunday 3:00 & 8:30 through Sun, Feb. 4

LIVE RECORDING! Freddie Bryant's Quartet & Octet at the club Smoke, Jan. 28 & 29. Enthusiastic, music-loving audiences wanted. Shows at 10:00, 11:30 p.m. & 1:00 a.m. 2751 B'way (btwn 105-106 Sts. Reservations: 212-864-6662. \$15 cover

~ 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 judgment 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. Is 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

Average work week of 50 – 60 hours
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 Year's 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.



SUGAR BLUES



- If you find yourself eating chocolate and candy to get through your day...
- If you get a "lift" out of eating dessert only to "crash" later...
- If you know sugar is not good for you but you just can't overcome those monstrous cravings ...

THURSDAY, JANUARY 20
7:30 P.M. AT THE COOP

Come join us for a fun, personal & chock full of information evening.

We will discuss the various reasons behind sugar addictions and learn natural effective and practical ways to reduce your consumption of sugar that don't involve sheer will-power.

Non-members welcome.

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 Focusing

A Key to Transforming Relationships
With Yourself & Others

An introductory workshop with Margo Steinfeld, M.A.

Focusing is the key to listening within and with your relationships. When you focus, you integrate your inner and outer selves with compassion and empathy.

We will explore:

- **Accessing the Wisdom of Your Body:**
What am I Really Feeling?
- **Solving Everyday & Life-Changing Problems:**
Is This Relationship Right For Me?
- **Making Clear Choices:**
Am I Eating from My Head or My Stomach?
- **Connecting Spiritually and Personally:**
What is My Life's Purpose?

One step in the body is worth a thousand steps in the mind.

—Eugene Gendlin, founder, Focusing method

Non-members are welcome

FREE

Margo Steinfeld, MA, is a body-oriented psychotherapist who uses a psychospiritual approach. She is certified as a Focusing Trainer and Imago Relationship Therapist. She is a yoga teacher with 30 years practice, and she is a Coop member.

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

January 27
7:30 - 9:00
In the Coop

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

Two Web Sites

CONTINUED FROM PAGE 1

cant number of members with easy-to-find and timely information on Coop operations, meetings and other activities. Some material on the site serves both internal and external audiences, including a selection of articles from the *Linewaiters' Gazette* and a community events calendar.

To enable the site to better play both roles, Cobb sees a need for “fresh ideas, a better look and new energy” from skilled members who can bring different experience and perspectives to the effort. She will soon e-mail members who have previously expressed interest in helping improve the site, asking them to submit samples of their web work. She hopes they will be able to help with specific projects like upgrading photos and graphics, or researching link sites that might provide a fruitful gateway to our site.

“We need a central person to run the web site,” she says, “but that person doesn’t have to do everything.” Indeed, there is far too much work for one or two people, she notes.

Rieser readily agrees. He would like to give other members responsibility—either as a “hobby” or for work credit—for putting online “modules” of information such as General Meeting minutes or *Gazette* articles. He thinks this could be done without creating any new committee or management structure. He would also like help with technical matters like the creation of interactive forms.

No decisions have been made on how much of this help might be for work credit. Weinstat thinks some FTOP credit could be offered, but she points out that creating any new work-slots would mean fewer hands to stock the shelves and run the cash registers.

Weinstat and Wheeler also have other concerns. Both stress that the *Gazette* and not the web site should remain the primary source of information to members. Weinstat doubts that as many as half of the Coop’s members have access to the Internet, and suggests that those who do tend to be white and middle class.

There is also a continuing concern about conducting the Coop’s internal business in such a public forum. “The original conception was not to air our dirty laundry in public,” Weinstat says. She acknowledges that the site is

evolving in that direction, perhaps inevitably, but notes that most non members may not be very interested in debates about how the Coop is governed, for instance.

“We must remember that the web site needs a positive spin, not a lot of negativity,” adds Cobb.

Rieser says he would like the site to offer “constructive” dialogue on a wide range of topics. But he has not had the time to develop this aspect.

Simeon Rose intends to fill that void with his own site, which is still under construction. The site is intended, he says, “to aid dialogue for members and to act as a complement to the General Meeting, to expand discussion and give more time and allow members more access and input in the running of the Coop.” The home page announces that the site will provide a forum on “1. the renovation of the new building; 2. future agenda items; 3. the governance issue; 4. the coordinators’ views and actions; 5. the Board of Directors’ views and actions; 6. this web site.”

At the moment there are various postings on environmental topics, renovation and Coop governance, but everything currently posted is at least several months old. Rose says he has posted “about 65% of the articles I’ve received” but hasn’t had time to do more. He has asked, so far without success, for Quark files of *Linewaiters' Gazette* articles so he can post these. He hopes to have the site serviceable by March, and to then make a presentation to the General Meeting that will result in his getting work credit.

Rose’s site includes a link to the official Coop site. (There is also a link to an odd site called “Josh Karpf: Tales from the Coop” containing “satirical” reports on General Meetings going back to 1994 in which the author ridicules the discussions and participants. The latest entry is typical: two women from the Renovation Committee are derided as “mouseketeers.”)

Why did he create a new site instead of helping to create a place for dialogue on the existing site? “I wish he had taken that time and energy to work with us to make the Coop site that much better instead of doing his own thing,” says Cobb. Rose says he offered his assistance—on the condition that members would be able to post articles without editing or censorship. He got no response. Rieser says the condition was not reasonable.

Rose offers no such blanket assurance of non-censorship on his own site. Racist articles or offensive language would not be included, he says, but adds that he doesn’t think this will be an issue. “The community will protect itself,” he believes.

The “.org” in the web address, or URL, of Rose’s home page implies that this is the site of a non-profit organization. By what right does he make that claim? “Because I’m doing it for the Coop, not for myself,” he says. ■

EDITOR’S NOTE:

The Coop is incorporated in New York State under the Cooperative Corporations Law and is not a non-profit organization.

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 Federal, 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: _____
(Please print)

Member Number: _____

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.



Katherine Kirsch viewing the PSFC home page.

PHOTO BY ROBERT FOX



The Coop and Y3K:

Are We Asking the Same Questions as at the Last Millennium?

By Anne Corey

As the year 2999 rapidly approaches an end, alert Coop members are dealing with possible problems related to Y3K. This is not the first time that the Coop has had to deal with this change. Foraging through old "computer" records, which the coordinators were able to access and to run with some antique programs, we have become acquainted with the issues of 1,000 years ago. Coop members at that time were dealing with very similar issues, although the Coop was a mere 27 years old then. Although the names were different, the subjects were remarkably similar. Instead of wondering if the sub-imprinted memio-torbs found in the emanations of value-T thought waves will be able to handle the change from 99 to 00, our forebears were struggling with imbedded memory chips. Would systems crash, or were preparations adequate? Noting these similarities, this article is a feeble attempt to compare and contrast our Coop with the Coop that existed here at the end of the 20th century.

Rather than encompassing all of Brooklyn east of the loading zone once known as "Prospect Park" (Note: park meant a place of recreation, not a place to store vehicles, vehicles being the "hardware" once used to transport humans and goods, before the harnessing of air waves, around 2200 AD), the Coop at that time occupied only two small enclosed spaces, known as "buildings." In layman's terms, a building was a solid construction that had its own internal atmosphere which had to be heated and cooled depending on the body temperature needs of the humans who would enter into it. Imagine, if you can, a force field that needed to be confined by actual material such as bricks or "wood" (note: material derived from trees, large green plants extinct since 2050). Much discussion and some disagreement back then concerned the buying and renovating of these buildings. Some members felt that since more space would mean more members, it would result in a lessening of cooperative spirit. Space would, in essence, impact on spirit.

We, 1,000 years later, can only marvel on how forward thinking these humans were, foreshadowing, in their concerns, the scientific break-

They had an "environmental committee," which indicates that the earth still had what could be called an environment.

throughs that have since harnessed spirit and space into the world we know today. Members, in 1999, had to physically enter the above-mentioned building in order to retrieve their desired merchandise. At that early time, thinking alone would not do the shopping for them. Physical participation was also required for what we still know of as a "work shift," although the beaming in of

focused units of psychic energy was seemingly not allowed, or perhaps not yet discovered. To give you some sort of perspective on the times, you might recall from your history courses that at this time most people were skeptical about the existence of the sixth sense. There had been no work at all into harnessing the seventh sense. Imagine, a world with only your five senses!

The Coordinators at the end of the 20th century seem to have worked very long hours, yet from all we can discern from our present reconstruction of the time, they were not even robots, but perhaps flesh and blood. Amazingly, even at that distant time, Coop voices sound familiar to us today. Although General Meetings were actual and not virtual, members at that time were already discussing our issue, governance. Then, as now, people were concerned over the lack of participation of most members in the running of the Coop. Although we generally have around 5,000 votes at each meeting,

that is still just 1% of our membership, the same percentage that showed up a millennium ago.

Genetically-engineered food was a hot topic back then, indicating that some sorts of "natural" foods must have still existed or there would have been nothing to discuss. Another frequently mentioned topic had to do with something labeled "diversity." This tells us that the Coop members of the time were in some ways "physically" different from each other. However, we have not been able to find any clear indications of what these differences were, so perhaps we are misinterpreting the term. One committee existed which seems like an anachronism to us today. They had an "environmental committee," which indicates that the earth still had what could be called an environment.

Sifting through the bits and pieces of *Gazette* we could find still stored on the ancient disks, member issues sound quite modern. One group of 20th century members seemed most concerned

with the retrieval of pills and vapors that would be most biomechanically excellent, with no traces of anti-matter or alien dust bunnies. This was called "organic." Another group wanted more of the refined aromatic wisps and pings usually only available to the very highest of the isoalpha coagulates. These foods were known back then as "gourmet." And the third group didn't much care what they got, as long as their short-term deaccessorizing management margin was extremely slim.

Twentieth century people referred to this as "cheap food." As we step into the third millennium, it might be beneficial to pause a moment to recall the hearty souls who came before us. Their methods and materials seem remote and rudimentary, but some important things have not changed. This became clear as we further deciphered those fragmented records of the past. Strange as it may seem, then, as now, the Park Slope Food Coop was first and foremost a state of mind. ■



ILLUSTRATION BY OWEN LONG

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>

CLASSES/GROUPS

IYENGAR YOGA CLASSES on Bergen Street. This yoga style provides detailed instructions, making the yoga poses safe, healing and accessible to all levels and physical needs. Certified instructor; both morning and evening classes. Call Erin at 718-399-8955.

OPEN HATHA YOGA: Park Slope sites a.m. & p.m. Gentle, Chair, Levels 1 & 2, Kid's yoga. Breathing, postures, deep relaxation, meditation in comprehensive, balanced, easeful flow. Expand body awareness, peace & mind. Integral Yoga certified, Exercise Physiologist. Private sessions. Dolores Natividad, 718-857-0049.

INFORMAL WRITING GROUP FORMING-FREE! supportive, fun, surprising! Writings will be spontaneously composed and shared during each meeting. Thursday evenings. Beginning January 13th in Park Slope. Call Tasha 718-499-0437.

WOMEN'S GROUP INVITES NEW MEMBERS, meets in Park Slope twice a month. Call Robin for more info at 718-965-3296.



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 212-505-5055

EMPLOYMENT TRAVEL

AUSTRALIA: Sojourners Sydney seeks Manager or Work Exchange for Women's Guest House. Intercultural focus. Smoke/drug free. e-mail: sjnrsyd@hotmail.com.

EMPLOYMENT

PARK SLOPE ARCHITECTURAL woodworking business needs someone one day a week, preferably Friday, to help in office with light bookkeeping and general office work. Needs to be computer literate. Knowledge of Quickbooks helpful. Could expand to more days. Cal Janet 718-237-2592.

Answer to Puzzle on pages

Short grain rice, Rolled oats, Nutritional yeast, Aduki beans, French lentils, White flour, Green split peas, Chickpeas, Wheat bran, Sesame seeds

ASSIST WOMAN WITH ALLERGIES. Errands, laundry, food shopping at Coop and housework. You must be scent-free: no perfume, hair or hair spray. \$7 hr, 12 hrs/week. Daytime. Near 15th Street and Prospect Park West. You must be over 18, green card, US citizen. 718-768-3506.

HOUSING AVAILABLE

YOUR OWN BEDROOM/BATH in furnished duplex in Park Slope. Apt. has loft-like living space, 2 1/2 bedrooms, w/d, dw, 2 full baths, basement for storage and garden. Share with couple, sweet and friendly black lab and a baby on the way. Female preferred. \$730/month + utilities. Avail. from 2/1/00. Call Ann/ Greg at 788-3167.

VACATION HOUSING

CATSKILL MT. HOUSE for all seasons. 3 br, lv. rm, dining rm, fpl warm & cozy. Private mt. views. Nr. skiing, auctions, restaurants. \$200 weekends, \$300 week. Call Maureen 718-434-1603. Sorry no pets.

MERCHANDISE FOR SALE

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 Kennette Sqr PA estate sale. Moving, MUST SELL! \$1000 or BO. Call 718-330-0054 & SEE!

MERCHANDISE NON COMMERCIAL

BASEMENT SALE: Bookcase, miniature billiard-ping pong table, coffee table, child sofa, shoe rack, computer desk, chairs. Phone: 398-9514.

ARE YOU SEEKING true love & companionship? Find it with a beautiful brother - 6 mos. old kittens who need a caring home. They are neutered & disease free. They are inseparable friends: playful & affectionate. I already have 4, can't take more. Please call Tori for more details: 718-383-0473.

Plants, books, pottery & a 17" TV \$40. Will negotiate. Priced to sell. Call 718-230-3531.

JANE FONDA Complete Step Program - steps and video \$35. Call Tasha 718-499-0437. Brand new.

MERCHANDISE NON COMMERCIAL

FURNITURE SALE - All in good condition. Queen size platform bed \$50. Ikea armoire \$50. 4 wooden folding chairs \$20 ea. 2 6ft. bookshelves - wood \$40 ea.

PEOPLE MEETING

NYC OUTDOORS GROUP plans three weekend cabin trips this winter to the Catskills, Adirondacks & PA. X-country ski, hike, ice skate. Parties & day trips also. Low cost. Call 718-670-3225 or e-mail levner@panix.com for free schedule of events.

PETS

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

SERVICES AVAILABLE

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

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

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.

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.

MADISON AVENUE HAIRSTYLIST —15 years experience. Available 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 Byteboys1@aol.com. Call BYTEBOYS today!

IF YOUR BOILER isn't tended - you might find - it can't be mended! I can teach you how to safely tend your steam boiler, get even heat & maybe even save money on fuel bills. Call me, Avrum Fink, Doctor of Plumbing & Heating. 718-768-5392.

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second friday, 7:00 p.m.: potluck shabbat dinner
fourth friday, 6:30 p.m.: kabbalat shabbat service
each saturday, 10:00 a.m.: nosh, service, torah study

voices of our lives

Express your MAXIMUM Innate Potential.
Brooklyn Specific CHIROPRACTIC
HELP YOUR BODY HEAL ITSELF. DETECT AND CORRECT ANY SMALL PROBLEMS BEFORE THEY BECOME BIG ONES THROUGH NATURAL CHIROPRACTIC CARE
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Free Consultation
(\$125. value)

ATTORNEY - PERSONAL INJURY specialist. 21 years experience in all phases of personal injury law. Individual attention provided for entire case. Free office or phone consultations. Referrals in other fields of law. 13-year Food Coop member; Park Slope resident. Tom Guccione, 718-596-4184.

HOUSEKEEPER AVAILABLE: excellent, reliable, honest woman seeks additional part-time work. She has 4 years experience in Park Slope area. Wants work in Manhattan or the Slope. Call me for reference 718-797-2527 or call her at 212-491-2949.

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.

HEADACHE, Fibromyalgia, musculo-skeletal pain, PMS, TMJ, Digestive distress, cellulite? Comb. of acupressure, craniosacral & lymphatic drainage can transform pain, diminish distress of surgery, reduce anxiety & eliminate emotional tension held in body tissues. Eliz. Poole, LMT, certified acupressurist. 718-284-7794

HOLISTIC OPTOMETRY-Most eye doctors treat patients symptomatically by prescribing ever increasing prescriptions. We try to find the source of your vision problem. Some symptoms that can be treated incl. headaches, eye fatigue, computer discomfort, learning disabilities. Park Slope loc. Dr. Jerry Wintrob-718-789-2020.

PSYCHOTHERAPY TO SUIT your needs and your lifestyle. Helen Wintrob, Ph.D. licensed psychologist with postdoctoral certificates in individual, couple and family therapy. Will accept GHI, Oxford, Value Behavioral Health, Empire, US Healthcare, Blue Cross/Blue Shield. Park Slope office, Eve. appts available. 783-0913.

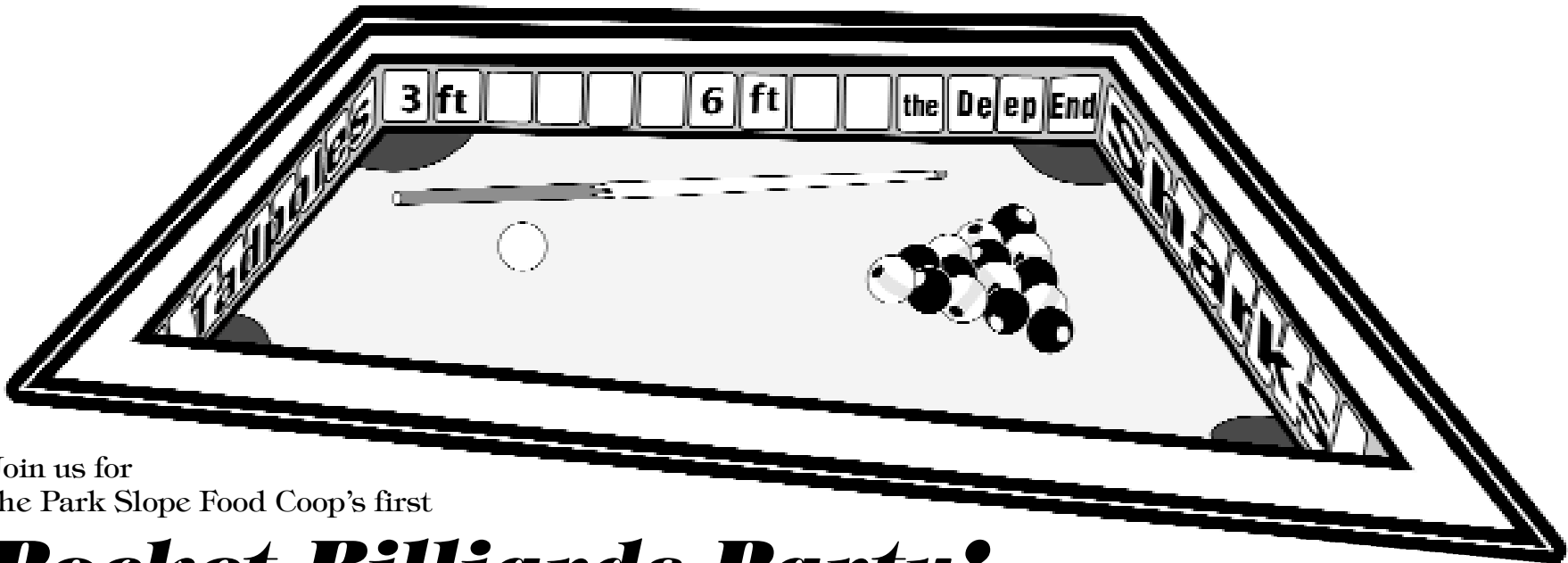
PERSONAL FITNESS Trainer / raw foodist nutritional counselor- 4 certifications - 10+ yrs experience. Specialties: Sport specificity / Orthopedic concerns / Immune system disorders / Senior's conditions / Nutrition/ Pre-natal. Your home / mine (I have equipment) / your gym, Call Angela 783-4356.

CONSIDERING PSYCHOTHERAPY? Experienced therapist can help with symptoms of depression, 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.



OPTIMAL MEDICAL CARE - Holistic & complementary med providing a caring therapeutic relationship. Treatments include: Naturopathic, family MD, IV therapy, homeopathy, acupuncture, massage therapy, allergy testing, colonics. Park Slope location. Call Dr. Jeffrey Goodman, 718-636-3880.

A Pool Party in January?



Join us for
the Park Slope Food Coop's first

Pocket Billiards Party!

No Swimming, but a ball knocking good time will be had by all

January 23rd, 2000 from 1:00 - 4:00pm
at Brownstone Billiards

308 Flatbush Ave (near 7th) in the Slope

\$10 for adults

\$5 for children 8 - 12

(not recommended for children under 8)



- Players of all levels are welcome
- Demonstration and lessons from 1:00-3:00 pm with pool pro Billie Billings
- A great family event
- Light refreshments available

yet another project of the FUN-raising committee

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 maintain the size of our working squads.

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

Joseph A.
Kathy C.
Joanna, Hillary, Erol & Ana
Julia Fitzgerald
Ifeona Fulani
Claudia & Russ Johnson

Amatus Karim
Hilary Leiner-Miranda
Charles McNamara
Jill Molloy
Karin Nachinoff
Nancy

Sapphire
7th Avenue Street Squad
Ailleen W.
Dana Wysocki
Susanna Yurick

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.

Trish Arnold
Jewel Bachrach
Jay Baris
Bridget Becker
Linda Bjork
Ronel Borner
Areta Buk
Dawn D'Arcy
Liz Edelstein
Anna Fryer
Allen Glatter
Carole Gould

Thomas Grant
Ronah Harris
Ann Hartenbach
Sarah Kornbluth
Henry Ledwith
Nicole Lisa
Greg Louie
William McIlwain
Artis Mitchell
Denis Nash
Benjamin Pickup
Greg Pliska

Amit Rai
David Rubin
Husband Salama
Krystyne Scherma
Michael K. Stefanakos
Victoria Stefanakos
Chase Valdez
Raymond Vicks
Dana Wysocki

SERVICES-HEALTH

EXERCISE PHYSIOLOGIST/
HATHA YOGA. Winter fitness training tempered with yoga in home, gym for an intelligent body/mind conditioning program. New goals? Need motivation? ACSM, ACE, Integral certified. Athletes, seniors, beginners. Reduce stress. Rehab injuries sanely. Dolores Natividad, 718-857-0049.

NUTRITION AND HEALTH CONSULTATIONS especially designed for busy New Yorkers. Learn how fast and easy it is to achieve a healthier lifestyle. Includes: dietary recommendations, body work, cooking instructions, supplies, materials and much more. FREE 30 minute sample session. RACHEL KIEFFER 718-758-0466.

SERVICES WANTED

WANTED: Loving, responsible babysitter for a few hours occasional afternoons and/or weekends to play with our five month old girl. Call Kathy at 718-499-2820.

WHAT'S FOR FREE

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

