

Established
1973

LINEWAITERS'

GAZETTE

printed on
recycled paper

Volume T, Number 21

February 10, 2000

GM Approves Marketing Survey

By Jane N. Barrett

About 50 members trudged through a heavy snowstorm to the General Meeting held Tuesday, January 25. The group gathered in the social hall of the Garfield Temple was a mix of first-timers, veteran members, the Board of Directors, and members of various committees, as well as long-time activists in the Coop. Carl Arnold and Stana Weisburd chaired the meeting.

Three formal items were on the agenda: 1) election of members to the Disciplinary Hearing Committee; 2) a proposal to conduct a marketing survey of membership satisfaction; and 3) an emotionally charged proposal to revise procedures for approving the minutes of the prior GM.

Before addressing these items, reports were received on finance, a debit and credit card proposal and renovation.

Mike Eakin briefed the membership on the Coop's financial status. Mike based his presentation on a detailed six-page report, which compared in detail the income, operating expenses, sales, memberships, assets and liabilities for the 48 weeks ending January 2, 2000, with the 48 weeks ending January 3, 1999. A copy of the statement was distributed at the meeting; copies are available at the Community Corner around the corner from the ground floor bathroom.

Net sales were up significantly, from \$8,281,000 last year to \$8,906,00 this year. However, the gross margin

(the money retained by the Coop out of every dollar received) was slightly down. Last year, the Coop retained 15.81 cents out of every dollar; this year that figure was only 15.55 cents, probably due to theft. Eakin pointed out that this gross margin is low compared to other store-based coops, all of which have a much higher mark-up on merchandise, typically 53% as opposed to our 20% mark-up. The Coop's income this period before taxes was about \$48,100, a little lower than last year's figure of \$55,600. (Last year was an exceptionally good year.)

The relative percentage of operating expenses devoted respectively to personnel, occupancy, store, and office remained virtually unchanged.

Average sales per week rose 7.5% and membership rose by 3%.

The total assets of the Coop showed a dramatic rise, from \$1,680,00 last year to \$2,815,000 this year, largely attributable to the acquisition of the new building. Eakin explained that of the Coop's cash reserves, \$114,000 is in a restricted account with the National

Cooperative Bank (NCB). The Coop has agreed to use these funds only for building purposes, and to place all subsequently received member loans in the restricted account. These terms were part of the deal when NCB agreed to extend a \$926,000 mortgage for the purchase of the new building.

Over the existence of the Coop, retained earnings have totaled \$176,000, out of a total of about \$80,000,000 in sales.

Linda Wheeler, General Coordinator, reported that the issue of debit and credit cards continued to be a source of both great interest and controversy amongst the membership. A spate of articles and letters in the *Gazette* has prompted the Coordinators to draft a proposal to the membership. A draft proposal was circulated at the meeting and will be on the agenda of an upcoming GM, perhaps in March. The proposal and the accompanying article appear in the January 27 *Gazette*.

Myra Klockenbrink, of the Renovation Committee, gave an update on the status of

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ILLUSTRATION BY ROD MORRISON

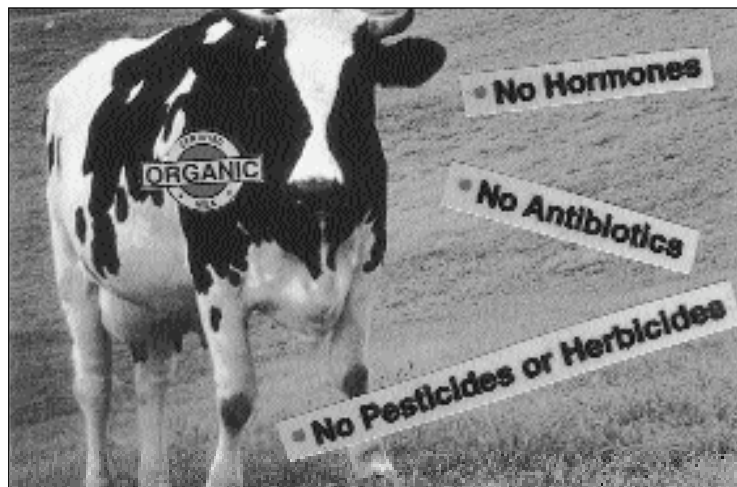


PHOTO BY KEVIN RYAN

Bovine Growth Hormone

By Ann Pappert

The Coop may unknowingly be buying dairy products that contain a controversial, synthetically engineered hormone that many environmental and consumer groups believe may pose a health hazard.

Bovine Growth Hormone is made by Monsanto Chemical Co. and was approved by the FDA for use in the U.S. in 1993. The drug, which is also called BGH, rBGH, BST and rBST, is sold to dairy farmers under the brand name Posilac. BGH is a genetically-engineered copy of a hormone that is produced naturally by cows. When Posilac is injected into dairy cows it increases milk production by 10-15%.

Opponents believe that BGH is a dangerous solution to a non-existent problem. Studies have shown that BGH can cause a wide range of health problems in cows, including reduced pregnancy rates, cystic ovaries and uterine disorders, digestive problems, and knee enlargements and calluses. More problematic, the use of BGH increases the risk of udder infections, which in turn increases the use of antibiotics to treat the infection. Increased antibiotic use can mean an increase in antibiotic residue in milk produced by the cows.

There have been no long-term health studies about the effects of BGH on humans. But it is known that BGH increases the levels of another growth hormone called IGF-1 in the cows. Although BGH produces only a slight increase in the levels of IGF-1 in milk, IGF-1 is a strong risk factor for prostate and breast cancer. Some scientists have expressed concern that even a

CONTINUED ON PAGE 3

Next General Meeting on February 29

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, February 29, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

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

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Coop Event Highlights

- Thu, Feb 17** Nov. Coop Concert at Bklyn Museum on WNYC, 11 pm
Fri, Feb 18 Good Coffeehouse—Zen Music, Zen Words V, 8:00 p.m.
Mon, Feb 21 Coop OPEN EARLY—8:00 a.m.
Thur, Feb 24 Blood Drive, 6:30 p.m.
Thur, Mar 2 Food Class—Sea Vegetable, 7:30 p.m.
Fri, Mar 17 Good Coffeehouse—Steal the Donut, 8:00 p.m.
Sun, Mar 26 Family Concert—Imagination Workshop Band, 3:30 p.m.

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

GM Approves Marketing Survey

CONTINUED FROM PAGE 1

the new building. The projected schedule is to seek bids in April, start construction in June, and complete the job in twelve months. The Committee has not yet decided whether to use union or non-union labor. One member, a life-long union man, passionately argued against the use of non-union labor: While cheaper, it is exploitative and often exposes a largely immigrant work force to hazardous conditions. He was invited to submit a proposal to the Renovation Committee on this topic.

The design, architectural plans, lighting and mechanicals are all in their final phase. The Renovation Committee has hired Jay Jacobowitz, a merchandising consultant, to develop a plan to deploy products effectively and regulate traffic flow. This led to some concern that Jacobowitz' work would overlap the consulting already done by design consultant, Tony Bucci.

Myra reported that the NCB has agreed to charge interest only, not principal, on the construction loan up to late May. (Even so, interest charges come to \$7,000 a month.) Myra stressed the importance of members making any contemplated loans to the Coop as soon as possible. When the construction loan deal is finalized in late May, its terms will depend in significant part on the Coop's cash assets and membership support as reflected in loans made. Thus, the more money we loan the Coop in the period of February through May, the more favorable the terms of the construction loan. A loan drive is under way.

Wally Wentworth of the Marketing Committee made a presentation in support of the agenda item to conduct a "membership satisfaction survey." Wally has had extensive experience in conducting such surveys for local and regional transportation entities. The Marketing Committee felt that while good feedback appears in the *Linewaiters' Gazette*, the Feed-

back Book, the General Meetings, and the official web page (foodcoop.com), it is hard to determine whether these sentiments are widely shared, or advocated by a particularly vocal minority. The Committee proposed to conduct a random sample of the members by mail, contacting 300 to 500 members and querying them on items like: time of visits to the Coop; product satisfaction; tenor of interactions with fellow members and staff; and overall satisfaction. The survey will cost about \$500 and about 15-20 workslots. The data, when analyzed, will be used to "tune up" Coop procedures to maximize members satisfaction. This led to some grumbling about not wanting to be manipulated as "consumers," with e.g., impulse purchase items at check out and similar ploys. Nevertheless, the proposal passed by acclamation in an amended form, authorizing one survey before construction of the new building and one survey after.



The Disciplinary Hearing Committee offered five veteran members for re-election, but before balloting, the Committee members wanted to explain how their committee functions. Karen Kramer gave a detailed report of the workings, investigations, follow-up and documentation of instances of violations of Coop rules (everything from

theft, to signing in for a workslot and then disappearing.) Five members were presented for re-election, a much-needed measure in view of the shrinkage on the Committee from twelve members to eight. All five candidates (Andy Feldman, Sherry Fitelson, Ellen McLeod, Gail Rosenstrauch, and Cheryl Haywood) were resoundingly re-elected.

Up to this point, the GM proceeded in a businesslike and cordial fashion. However, when the third item on the agenda was reached, a proposal to revise the procedure for approving minutes from the prior GM, passions and tempers flared. Long-time member Allen Zimmerman said to the new members in the group, "I want to officially welcome you to the psycho portion of the General Meeting." He expressed the fear that the emotions spent on a minor procedural matter, and the unpleasant personal tone of the debate would send first-timers fleeing, never to return.

The proposal sparking the debate was offered by Israel Fishman. He proposed to set aside five minutes at the beginning of each General 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." This generated a wide range of comments Pragmatists pointed out that members who were not at the prior meeting could hardly be heard to comment on the minutes' accuracy. Moreover, each meeting is taped for the archives, and documented with some meticulousness by Secretary Riana McLoughlin. Others implied that the current procedure, which gives the Board final authority over the minutes, is part of a conspiracy aimed at promoting a Board takeover of the Coop. Coop. President Eric Schneider gave a handout and reiterated his position that minutes are required by law, and that the Board of Directors is entitled, under applicable statutes to vote on the minutes. Eric said he had consulted not only with Coop counsel John Sandercock, but also with Larry McGaughey, a recognized expert on not-for-profit corporations.

The membership seemed to have little taste for a prolonged discussion of the Fishman proposal and at 9:30, voted against extending the discussion for an additional 15 minutes, when the chair called the question. This meant that Israel never got to speak on behalf of his proposal; he had been invited to share his views by the chair early in the discussion, but he had declined, saying he'd rather first hear the opinions of others. Israel's proposal was defeated by a vote of 39 to 7, with 6 abstentions. The vote was accompanied by clapping and other rude noises,

all of which left Israel visibly upset and turned off many new and old members alike. Israel said his feelings had been hurt and other members agreed that he had been treated shabbily, with a lack of cooperative spirit. One first-time member said she found the whole episode "unprofessional."

The minutes of the previous meeting were then presented. Board Member Melinda Marx pursued claimed inaccuracies in the minutes, noting that one of her votes had been improperly recorded, and should have been an abstention. Secretary Riana McLaughlin agreed to make this correction. Melinda then went on, stating that she wanted to add to the previous minutes, "I am privy to the discussions and leanings of my fellow Board Members," and she felt that the minutes did not properly convey those sentiments. Riana declined to do so, stating that neither her recorded minutes nor the account in the *Gazette* supported Melinda's claim that she had made such a statement.

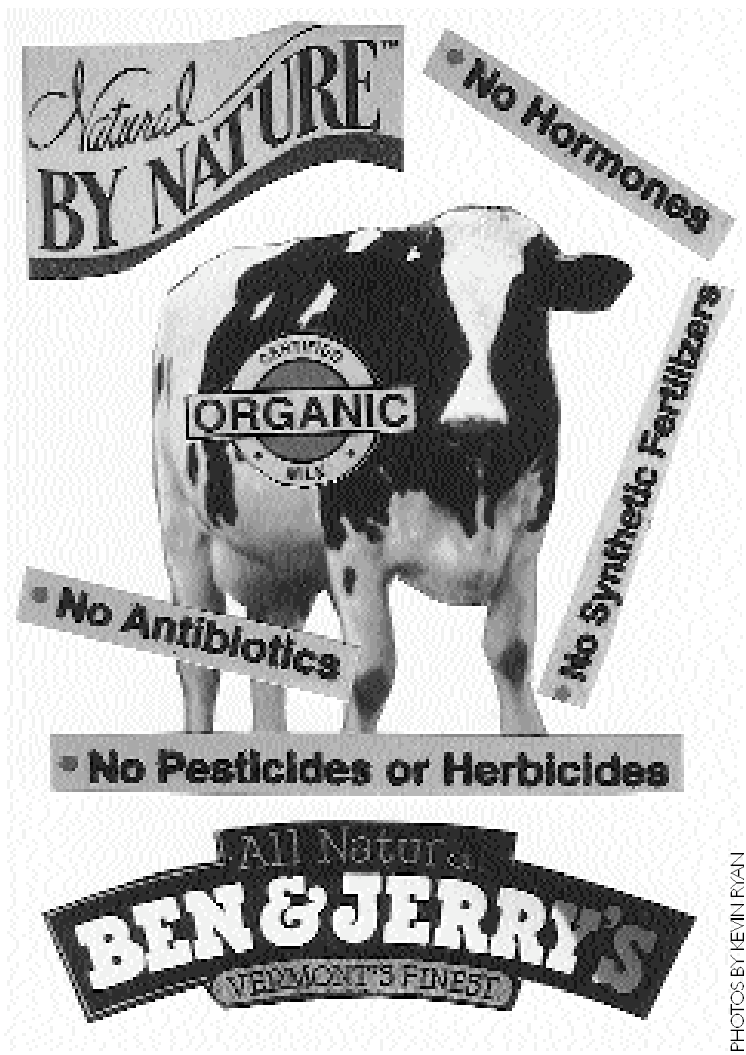
All members were encouraged to participate in the Coop's third blood drive, to be held in cooperation with Methodist Hospital, on February 24, 6:30 at the Coop.

In the wrap-up session, there was general agreement that the response to the Fishman proposal was inappropriately heavy-handed and hostile. It was agreed that such occasions challenge all members to aspire to the true spirit of cooperativeness, admittedly an ongoing process. ■



ILLUSTRATION BY ROD MORRISON





PHOTOS BY KEVIN RYAN

rBGH

CONTINUED FROM PAGE 1

small increase in exposure to IGF-1 might raise an individual's risk of cancer, and have called for more studies into the potential risks to human health from BGH.

So if BGH is unhealthy for the cows and may be a health risk for humans, why did the FDA approve it? Currently, BGH is approved for use only in the U.S., Mexico and South Africa. Both the U.S. government and Monsanto insist that BGH is safe and poses no health risk. But last year the Canadian government denied approval of BGH and flagged what may turn out to be a crucial oversight in the U.S. approval process.

The Canadian decision was based, in part, on a review of unpublished data from one study that found that 20-30% of rats who were given high doses of BGH developed antibodies to it, a sign that the hormone was still active in their bloodstream. Some of the male rats also developed thyroid cysts and prostate abnormalities.

After the Canadian deci-

sion, it was revealed that the FDA had not looked at the rat study before approving BGH. Since this information became public, several consumer groups have filed a lawsuit demanding additional safety tests of BGH.

If bovine growth hormone is bad for cows, it's not so great for farmers either. Indeed, some of the strongest criticism of BGH is that it is not just dangerous, but a threat to the very existence of many small farms.

For years, the U.S. has produced more milk than it consumes. In fact, overproduction is one of the most persistent economic problems for American dairy farmers. For the last ten years, there has been an annual surplus of over a quarter of a million tons of milk and the government spends billions on subsidies. The use of BGH will only increase this surplus. According to a study by the Federal Office of Management and Budget, the projected increase in milk production from BGH-injected cows will cost an additional \$116 million in one year alone. Farm-

ers are concerned that an increase in the milk surplus will lead to lower milk prices, and accelerate the demise of many small farms.

For these reasons it is understandable that the Coop would not want to carry products made with BGH-treated milk. But the FDA has made it virtually impossible for consumers to know if the products they are buying contains milk from BGH-treated cows. They have refused to allow product labeling information that would tell consumers which products contain milk from BGH-treated cows.

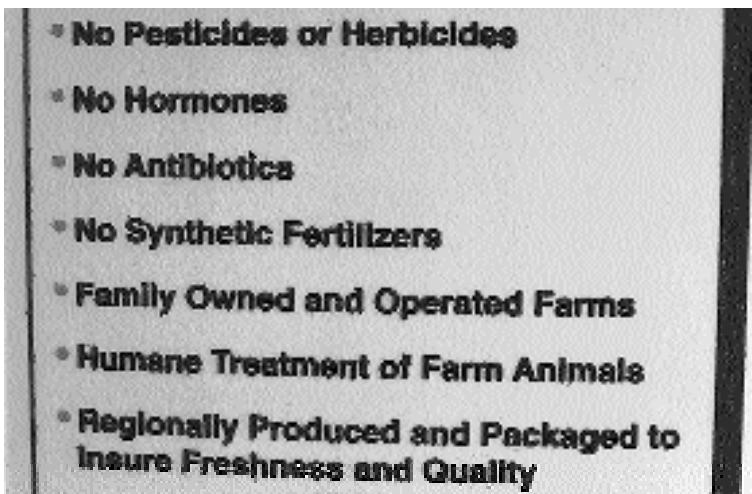
One of the most vocal opponents of BGH has been Ben and Jerry's. After a long court fight, they won the right, in some jurisdictions, to label their products as BGH free. But several states have enacted laws that prohibit food manufacturers from identifying BGH on their labels.

But even a company as committed to non-BGH use as Ben and Jerry's has run into a glitch. They buy all of their milk from one Vermont dairy cooperative. Recently,



some of the members of that co-op have said that they will start using BGH. Ben and Jerry's has gotten a promise from the managers of the coop that no milk from BGH treated cows will be sold to them. But because it is virtually impossible to test for the synthetic BGH, Ben and Jerry's, like every other food producer who wants to sell products that are free of the synthetic BGH, must accept the promise on good faith.

What about products made with organic milk? By its very nature organic products should be free of chemicals and preservatives. But unless you know the producers and trust their reputation, there is no way to guarantee the product is free of BGH. (Most organic producers



have been strong opponents of BGH.)

Several years ago the Coop coordinators attempted to draw up a list of all the products—which included milk and milk products like casein and whey—that the Coop carried that might contain BGH. The problem was that there was absolutely no way to know which products might contain BGH. According to the coordinators, in many cases even the manufacturers did not have any way of knowing if they were using BGH-treated milk.

Because the FDA is a federal agency, their decision not to allow BGH specific labelling has not affected some local producers. Sunnydale milk, for example, is not distributed nationally, and does carry labelling information that it contains no BGH-treated milk.

So what can you do? Ben and Jerry's suggests contacting dairy suppliers directly and demanding BGH-free products. If you have children in school, contact the school board and demand only BGH-free milk be available in schools. ■

Write to Monsanto. They can be reached at:

Monsanto Company
The Agricultural Group
800 N. Lindbergh Blvd., St. Louis, Mo. 83167

And most important, write to the FDA demanding the right to buy food with labels that contain information on BGH.

Food and Drug Administration
200 C St. S.W., Washington, D.C. 20204

FEBRUARY

GENERAL MEETING AGENDA

FOR TUESDAY, FEBRUARY 29, 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: Agenda Committee Election (15 minutes)

Election: "One two-year term is open. Nominations are being accepted now and will be accepted on the floor of the GM." —submitted by the Agenda Committee

Item #2: Hourly Employment Policy (40 minutes)

Proposal: "To authorize the General Coordinators to amend the existing Hourly Employment Policy as needed." —submitted by the General Coordinators

Item #3: Added Value Membership Cards (35 minutes)

Proposal: "That the Coop implement a discount program at participating local businesses for Coop members." —submitted by the Marketing Committee

Future Agenda Information:

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

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



Are You A List Person?

By Mary Harmon

While searching through the basil box in aisle one last November, member Hal Wicke overheard Lisa Sack chatting with another shopper about organization techniques. Hal describes himself as “list person” who shops with a computer-generated

through nuts, finishing with bagels and bread.

To learn the Coordinators’ reasoning when assigning products to their locations, I spoke with Mike Eakin. Mike explained that the items that are in aisle one are there partly because traditional markets position produce in



Stephanie Golden always uses a list. Today she uses a small list for a small shop.

shopping list. He developed the habit while working as a director in the theater.

Hal was delighted to see that Lisa, a former stage manager, also shops with a computerized list and the two struck up a conversation, comparing how and why they rely on shopping lists. Their chance meeting inspired this article.

A Method to the Aisles

Some shoppers organize their shopping lists by aisle, and some of those people even list items according to their locations within each

the first aisle, and also because it’s more practical to put the heavier items into the shopping cart first, and the bottled items and produce (squash, sweet potatoes, apples...) in aisle one are the heaviest.

Mike pointed out that the signs hanging from the ceilings in aisles one through three list products according to categories assigned by the old price book (computerization has replaced the book). There seem to be a zillion categories for items in aisle four, hence no signs there.



Koji Yamamoto uses inspiration, not a list, when shopping.

aisle. My weekly list, for example features four columns, one for each aisle. Column one might begin with bananas or apples and end with garlic or mochi, and column two might start with milk and progress on

No Common Denominator

It might seem logical that members who live a long distance from the Coop and people who shop for large households would rely more heavily on shopping lists. However, member interviews

showed that shoppers have developed their habits based simply on what they’ve found works. The only thing interviewees had in common is that all reported satisfaction with their methods. It was surprising that not one of the non-list people interviewed spoke of discovering upon a riving home that items had been forgotten. All members, whether list-dependent or list-free, seemed satisfied with and committed to their shopping styles. The intention of this article is to share ideas that might improve Coop shopping for readers who find any of the methods appealing.

Lisa Sack and Hal Wicke, who were mentioned earlier, each keep a shopping list on their hard drive. It includes all the items Lisa buys regularly for her family of four and Hal buys for his family of three. As they run out of items throughout the week, they jot them down on lists in their kitchens. They print out their computerized lists before shopping and mark everything they wrote on the kitchen lists that week. Hal adds non-Coop items at the bottom and Lisa leaves a space under ‘Other’ where she adds items she doesn’t ordinarily buy, such as ingredients she might need for a new recipe.

“Lists help to keep me from coming unglued by chaos,” notes Hal.

Lisa agrees that they help organize her thinking.

“I plan menus in advance so I know exactly what I need to buy,” she says. “Without a list I tend to overbuy.”

Lisa used to work as a professional organizer, and she offers insights:

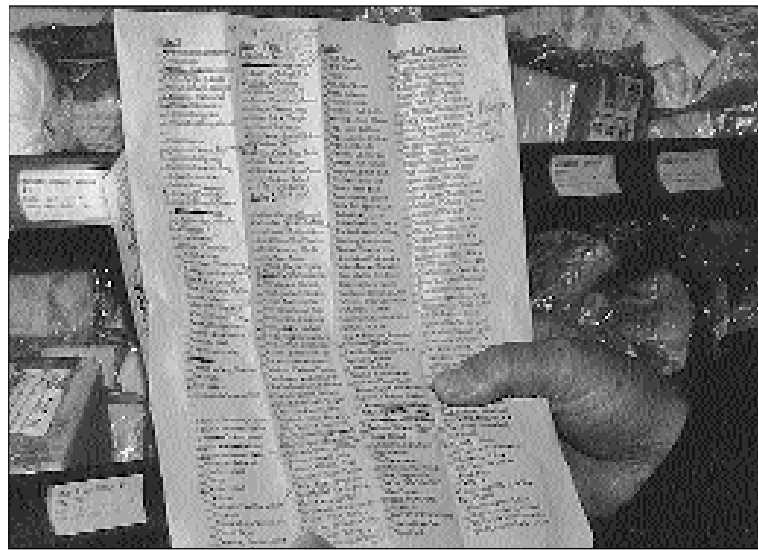
“People might begin a master list by browsing through the index of a cookbook to find the names of food items,” she says. “Whatever the method, the real issue is whether you can find what you need. If the way you shop works for you, try not to feel guilt-ridden.”

Shoppers Speak

Nancy Soyer is a list-free shopper whose method works for her. Even though she does not live near the Coop (15 minutes by bicycle from her apartment in Cobble Hill) Nancy’s shopping trips are not planned.

“I let the aisles tell me what I need,” says Nancy. “As I walk past, products jump out at me.”

Meg Leveson writes things



PHOTOS BY LISA COHEN

Hal Wicke likes shopping with his computerized list

down as she runs out, and before shopping checks the refrigerator for items she may need to add. Nevertheless, while shopping she doesn’t look at her list until she gets to the end of aisle one.

“By writing down the list, it becomes imprinted in my brain,” says Meg. “I just check the list when I’m almost done shopping to be sure I haven’t forgotten anything. As long as I have a list, I feel secure. I panic if I drop it and can’t find it.”

Lisa Cohen, another computerized list shopper, lives with her husband and daughter. Like Lisa Sack and Hal Wicke, her list includes the family staples.

“Each week we print a fresh list and pass it around for family members to check off items they want to be sure to have that week,” says Lisa. “There’s space to write notes, such as flavors of yogurt or juice to be sure to buy or to avoid buying; and specific requests for brands, sizes and quantities.”

Lisa finds that lists can be limiting.

When shopping, we check off items as we get them so that afterwards we can be sure to transfer them onto the next week’s list,” she notes. “This is extra work. You have to remember to bring a pen and then find a surface to write on.”

Esther Hertzell lives with her eight children in Crown Heights. She keeps a handwritten list in the kitchen, organized by aisle.

“I do my major shopping once a week,” she says, “but I almost always return a second time and for a smaller list of items.”

Esther shared a habit which may be valuable to other members: she always keeps her Coop receipt with her shopping cart, just in case she finds during the week that a product needs to be returned (she recently discovered bugs

in a box of cereal).

Stephanie Golden, who lives alone, relies on lists even though her apartment is a quick walk from the Coop.

“I have a little wooden gadget on my kitchen counter that I made in shop class when I was a kid,” says Stephanie. “It has a dowel that holds a roll of two or three inch wide adding machine paper. I write down items as I think of them. It’s never occurred to me to list things by aisle.”

Only occasionally does Stephanie arrive home to discover that she’s forgotten to buy something, and this tends to happen only if she is distracted or tired.

Koji Yamamoto travels from 21st Street and Fourth Avenue, but never uses a list, and views shopping as an irritating necessity. As for lists, he says, “I have a computer in my brain. Lists take too much time. Before I leave for the Coop, I take a very brief look around my house to see what I need.”

This outlook is in keeping with his attitude about eating.

“I see eating is just a way to put energy into my body, like filling a car’s tank with gas” says Koji, who teaches spiritual healing, natural healing, shiatsu, sotai and yoga. “I’d rather not eat at all. It’s the least important thing.” ■

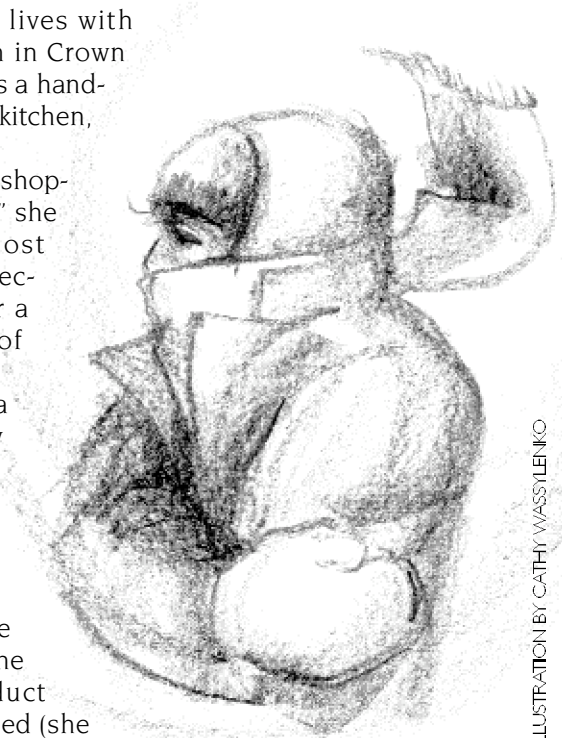


ILLUSTRATION BY CATHY WASSILENKO

Cheese Workers

Photo Essay by Ingrid Cusson



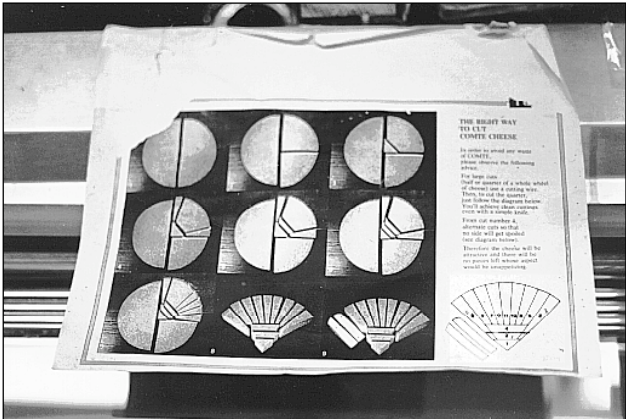
Weighed, priced and wrapped, ready to be displayed in the cooler upstairs



Zydnia Nazavio at her work slot cutting cheese and stocking up the store



Cutting a wheel of Port Salut



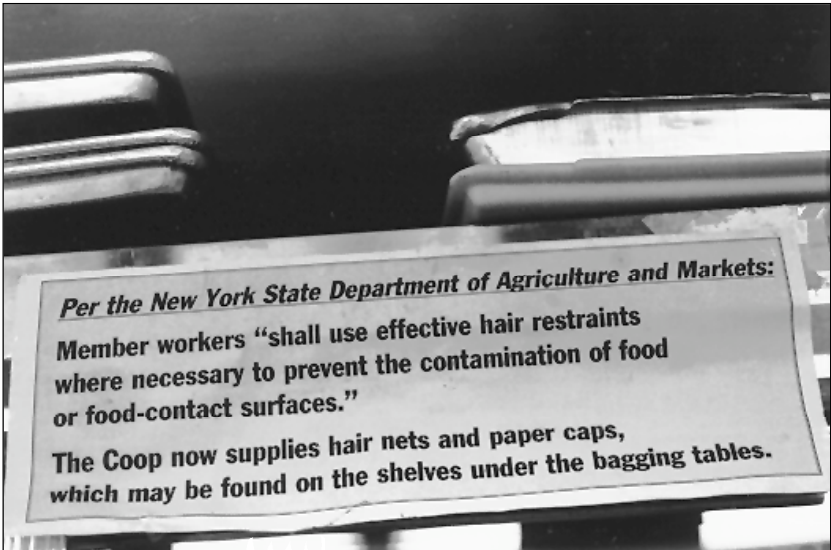
The right way to cut cheese



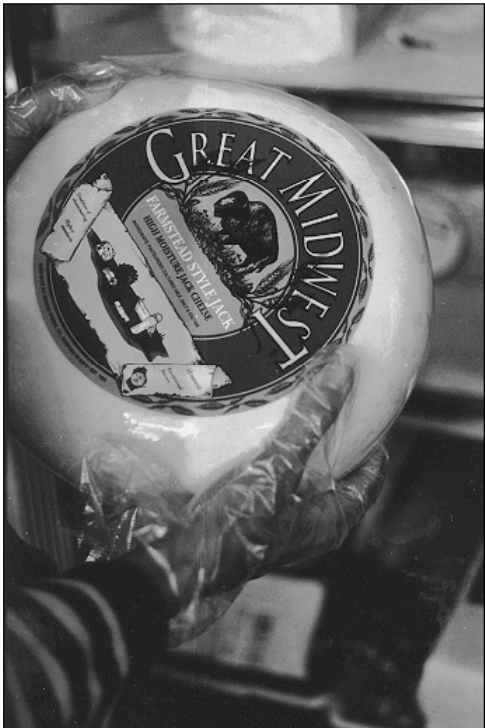
Cutting Tomme de Savoie cheese



Note for the cheese cutters not just about cheese



Hairnets—the law



Cheese of the week?

COOP HOURS

Coop Office Hours:

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

Coop Telephone:

622-0560

Hours for Getting Membership Cards:

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

Coop Shopping Hours:

Monday
Tuesday
Wednesday
Thursday

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

Friday
Saturday
Sunday

8:05 a.m. to 10:00* p.m.
8:05 a.m. to 7:30* p.m.
8:05 a.m. to 5:00* p.m.

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

Childcare Hours for Shoppers:

Monday
Tuesday
Wednesday
Thursday

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

Friday
Saturday
Sunday

8:05 a.m. to 8:30 p.m.
8:05 a.m. to 7:30 p.m.
8:05 a.m. to 5:00 p.m.

World Wide Web address:

http://www.foodcoop.com

LINEWAITERS' GAZETTE

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

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

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

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

Letters: Maximum 500 words.

Voluntary Articles: Maximum 750 words.

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

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

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

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

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


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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, February 18

ZEN MUSIC, ZEN WORDS: V



Music for the Japanese bamboo flute known as the shakuhachi is associated with the practice of Zen meditation. For centuries Buddhist monks have been playing this instrument to seek enlightenment, hoping to strike the one perfect tone. Stories and riddles known as koans, are posed by Zen masters to their students. Their search for the answer is the same path to enlightenment.

Join WNYC radio host John Schaefer, shakuhachi master James Nyoraku Schiefer, and several of Nyoraku sensei's students for this unique and unusual program of music and words.

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

COMING PROGRAMS

MAR. 17 Steal the Donut

APR. 21 no coffeehouse

MAY. 19 XODO & Nancy Kennedy Quintet

Puzzle Corner

Cryptogram Topic: Ben & Jerry's
Flavors

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 the list. Answer appears on page 11.

O U Y W E G W
O E Y Y W W O E Y Y W W
V H S S V H S S V H S S !
O E E G V A D N U X X D U
B W Z D G ' Q Y E E B
O M E O E G U N W
B E E X W Q V W A A J
Q E A V W N C E O M U
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P A U Z J

This Issue Prepared By:

Coordinating Editor: Stephanie Golden

Editor (development): Phyllis Eckhaus

Reporters: Jane Barrett
Mary Harmon
Ann Pappert

Art Director (development): Mike Miranda

Illustrators: Rod Morrison
Cathy Wassylenko

Photographers: Lisa Cohen
Ingrid Cusson
Kevin Ryan

Traffic Manager: Monona Yin

Classified Ads Prep: Martha Becker

Text Converters: Deborah Alperin
Angela O'Leary

Proofreaders: Tioma Allison
Dara Amchin

Thumbnails: Lane Glissen

Preproduction: Georges Louis-Jacques
Adam Segal

Art Director (production): Martin White

Desktop Publishing: Betsy Kershaw
Tori Napier

Editor (production): Louise Spain

Index: Len Neufeld

COOP CALENDAR

New Member Orientation

Tell your friends. Orientations are held every Monday, every Wednesday and some Sundays.
Monday, Feb. 14, 21, 28, Mar. 6 & 13
Wednesday, Feb. 9, 16, 23, Mar.1 & 8
Sunday, Feb. 13 & Mar. 5

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:
Feb. 24 issue: 7:00 p.m., Mon., Feb. 14
Mar. 9 issue: 7:00 p.m., Mon., Feb. 28

CLASSIFIED ADS DEADLINE:

Feb. 24 issue: 10:00 p.m., Wed., Feb. 16
Mar. 9 issue: 10:00 p.m., Wed., Mar. 1

General Meeting

TUE, FEB 29

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

TUE, MAR 7

AGENDA SUBMISSIONS for the March 28 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, FEB 12 & MAR 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, FEB 17

THE CCRB & POLICE MISCONDUCT: meet with trained investigators. What constitutes police misconduct? How are complaints investigated? How do I file complaints against the NYPD? Why is it so important to file complaints? A question & answer period will follow the presentation. Free, 730 p.m., at the Coop.

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 Coop members. \$8. 8 p.m. 53 Prospect Pk W. 768–2972.

THU, FEB 24

BLOOD DRIVE in cooperation with Methodist Hospital. Save a life—less than 3% of the populations donates blood and 90% will use blood some time in their life. 6:30-9:00 p.m. at the Coop. Please see the display ad in this issue..

THU, MAR 2

FOOD CLASS: a popular bimonthly series with Susan Baldassano. This month: Sea Vegetable. Nutrition facts, recipes, tastings. \$2 materials charge. 7:30 p.m. at the Coop.

FRI, MAR 17

GOOD COFFEEHOUSE–COOP NIGHT: third Friday series. This month: Steal the Donut. Musicians are 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, February 29, 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.



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, FEB 11

GOOD COFFEEHOUSE: An evening of klexmer jazz with the utterly astounding Harold Seletsky & musical friends.. \$8. 8 p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. 768-2972.

TUE, FEB 15

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, FEB 16

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

THU, FEB 17

THE CCRB & POLICE MISCONDUCT: meet with trained investigators. What constitutes police misconduct? How are complaints investigated? How do I file complaints against the NYPD? Why is it so important to file complaints? A question and answer period will follow the presentation. Free, 730 p.m., at the Park Slope Food Coop, 782 Union St., 718-622-0560.

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.

SAT, FEB 19

SWORD DANCING FESTIVAL: Various locations in Manhattan. three to twelve sword teams at each location. See listing for Sunday, February 20. Free. For more info, 284-1529.

SUN, FEB 20

SWORD DANCING FESTIVAL: 2:30-4 at the Picnic House in Prospect Park. Also shows Sunday morning at Brooklyn Museum, Society for Ethical Culture and area churches. Three to twelve sword teams at each location. Free. For more info, 284-1529.

THU, FEB 24

BLOOD DRIVE in cooperation with Methodist Hospital. Save a life—less than 3% of the populations donates blood and 90% will use blood some time in their life. 6:30-9:00 p.m. at the Park Slope Food Coop. 782 Union St. 622-0560. For further info, call Stuart Rosenhaus, 780-3644.

FRI, FEB 25

GOOD COFFEEHOUSE: Bernadette Speech & Thulani Davis, music & poetry collaborators, in "Outtakes & Passages," a collection of new work. They are joined by an all-star ensemble including bass, guitars, trombone, saxophone & piano. \$8. 8 p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. 768-2972.

TUE, FEB 29

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

WED, MAR 1

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

THU, MAR 2

FOOD CLASS: a popular bimonthly series with Susan Baldassano. This month: Sea Vegetable. Nutrition facts, recipes, tastings. \$2 materials charge. 7:30 p.m. at the Park Slope Food Coop. 782 Union St. 622-0560.

FRI, MAR 3

GOOD COFFEEHOUSE: Multi-instrumentalist (guitar, bass, cello & mandola) Barry Kornhauser, in a departure from his daily routine as freelance musician, accompanist & arranger for Latin & jazz bands, performs his original compositions with special guest vocalist Lucia Pulido, whose solo CD "Lucia" mixes traditional Colombian rhythms with jazz. \$8. 8 p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. 768-2972.

TUE, MAR 14

JEWISH BOOK CLUB SERIES: "Journey to the End of the Millennium" by A.B. Yeshoshua. The public is invited to attend and participate in the discussions. Brooklyn Heights Synagogue, 131 Remsen St, 7:30 p.m., free. Call to register 522-2070

TUE, MAR 14

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

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SUN, MAR 26

FAMILY CONCERT: with the Imagination Workshop Band. Presented by the Park Slope Food Coop Fun'raising Committee. Singing, dancing and delicious snacking. 3:30 p.m., \$5 per person, at Camp Friendship, 339 8th St. @ 6th Ave.

SAVE A LIFE
Give Blood

Join the Blood Drive
at the Park Slope Food Coop
Thursday, February 24 • 6:30 - 9:00 pm
Upstairs in the Meeting Room

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

• Park Slope Food Coop • 782 Union Street •
• Brooklyn, NY • 718-622-0560 •
• In cooperation with Methodist Hospital •
For further information about blood donation, call Stuart Rosenhaus, 780-3644



What constitutes police misconduct?
How are complaints investigated?
How do I file complaints against the NYPD?
Why is it so important to file complaints?

A question and answer period will follow the presentation.

The CCRB
Civilian Complaint Review Board
and Police
Misconduct

with NAZIMA KADIR
Investigator and Coop member
& RACHANA PATHAK
Community Associate

Thursday
February 17, 2000
7:30 p.m.
at the Coop

The CCRB
Trained civilians conduct investigations of complaint of excessive force, abuse of authority, discourtesy and/or offensive language filed against NYPD officers. These findings are reviewed by the CCRB, a panel of thirteen civilians, who, upon determining the credibility of an allegation, forward it to the Police Commissioner.

NON-MEMBER S W E L C O M E
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

FREE

Why Give Blood?

By Jane Ferrall

One of the many exceptionally cute babies who populate the Food Coop (just like Lake Woebegone, all Coop babies are exceptionally cute) is my daughter, Evelyn Frances. As many at the Coop may know, Evelyn was born seriously premature in the summer of 1998, with a gestational age of just 29 weeks and a weight of two pounds, four ounces. After a hard-fought battle, Evelyn is now a happy, mostly healthy, 18 month old with a good prognosis for her future development. That good prognosis—and the fact that we have our little girl at all—is due, at least in part, to the generosity of blood donors, and that is why I’m writing this article.

I remember it as if it were yesterday. While in the intensive care unit, Evelyn had always had great difficulty gaining weight. Then, at about five weeks, her weight gain fell from 30 grams per day, to 20, to 10 (about the size of your average toothpick), to nothing, to weight loss, despite continuous intravenous feeding. Once able to open her eyes when shielded, and even to move her arms about, Evelyn became limp as an unstuffed rag doll. Although she is naturally fair-skinned, her skin color became the color of typing paper, and then paler still. She sprawled on top of her blanket “donut” inside her isolette, arms about the size of your forefinger and legs not much bigger, unable to move and too exhausted even to cry. She literally looked as if the life were draining out of her, and quickly at that.

What could be wrong? After a long fight, Evelyn had finally been weaned from all breathing assistance. She didn’t seem to have an infection, or any other illness that I could see. “No,” the head nurse told me. “She’s got that ‘I need blood’ look,” and indeed she did. Evelyn’s red blood cell count had fallen far below what was necessary to sustain weight gain, or (within a matter of days) life itself. It rapidly became obvious that a blood transfusion would be necessary.

There was no time to locate a compatible friend or relative to donate. We were repeatedly assured that the blood supply is safe and screened multiple times. Although we still had some trepidation about donor blood we signed the transfusion consent.

What a difference! Within 12 hours of the transfusion, Evelyn’s eyes had opened up again. Her color was back. She was able to move her arms and legs again, and even to cry. Holding her in my arms, looking at her tiny face, I felt I could hear her saying, “Thank you, mama.” It was one of most joyful moments of my life.

There were two more transfusions before Evelyn left the hospital. Each time donor blood was used. We feel so blessed that the blood was there for her.

As everyone knows, human blood (like honey) is something that can’t be duplicated via technology. Every pint has to come from some generous-hearted person. And, even though it may not touch your life in exactly the same way as it touched ours, someday either you or someone you love will need blood.

I wish I could show a movie, or even pictures, of Evelyn to everyone who may be undecided about donating blood. The transformation was nothing short of miraculous, and our gratitude, boundless. You—yes, you—can do this for someone. It doesn’t cost any money, and only just an hour or two of your time. Many of us belong to the Food Coop because we care about our world and the folks in it. Donating blood is an incredibly special and wonderful way to demonstrate that caring. Won’t you give the gift of life? ■



Evelyn Ferrall (front) with her brothers and sister (l-r) Willy, Tony & Katey.

Member Contribution

LETTERS

NEW WEBSITE A WELCOME AID TO COOP DEBATE

TO THE EDITOR:

A web site created for PSFC members to facilitate the free exchange of ideas and opinions—what a great idea! Hats off to PSFC member Simeon Rose for creating the new web site, parkslopefoodcoop.org.

I logged on today and saw that the site is under construction, but written contributions (under 1000 words) are now being accepted at info@parkslopefoodcoop.org. Choose where you would like your article posted by stating the category on the first line. Categories include: 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; and 6. This web site.

I look forward to the official opening of parkslopefoodcoop.org in March 2000.

Juliana Luecking

LETTERS POLICY

We welcome letters from members. Submission deadlines appear in the Coop Calendar. The maximum length for letters is 500 words. Letters must include your name and phone number and be double-spaced, typed or very legibly handwritten. Editors will reject letters that are illegible or too long. We welcome 3.5” disks along with the paper copy of your letter. If your disk is not Macintosh, please save your submission in a text format. Disks are returned through the “Member Disk Returns” envelope at the back of the *Gazette* submissions box.

Gaussmeter Available to Coop Members

The Environmental Committee would like to announce once again that we have a gaussmeter available for rent to measure electromagnetic fields in your environment—your home, your office.

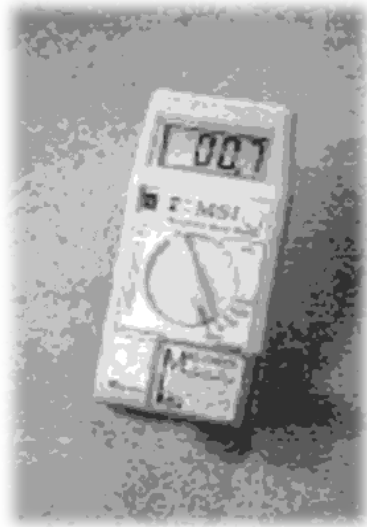
“EMFs” can be hazardous to your health. They have been linked to increased incidence of depression, miscarriages, birth defects, and cancer in adults and children, especially brain cancer and leukemia. Some experts argue that exposure should be limited to below one milligauss.

Rental: \$5 for two weeks

Security deposit: \$50.

(This rental is provided as a service to all members. If the meter is lost or damaged, any costs for repair or replacement that exceed this amount will be deducted from the member’s \$100 investment, which must then be replenished.)

Contact: Tom Smith, 718-398-7204.



CALLING ALL SQUAD LEADERS!

The Park Slope Food Coop wants to revive the Squad Leader guidelines. We want to compile an up-to-date manual for squad leaders. Please share with us procedures that you currently use or have used as a squad leader. Also please think about what you would like to find in this manual. Contact Mayimuna Garcia, 718-972-7563 or jpgarcia@mindspring.com.

Lost & Found

We Want You to Have Your Possessions!

Found items are kept now in a new place: between the two sets of lockers in the basement. Occasionally money or items of value are brought to the office. We will post notices like this one occasionally on the letters page.

Dolls Found

We found these wonderful dolls approximately February 2. To claim them, please call and describe the colors. (The dolls are in the office.)

Glasses Found

Black plastic oval frames, black soft case. Found approx. 12/20. (The glasses are in the office.)



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

ARE YOU SINGLE? Tired of all the dating games? Frustrated by the N.Y. singles scene? **THE RELATIONSHIP SHOP** helps you build new dating and relating skills together with other men and women. This is a 4 week course that really makes a difference! Call Psychotherapist and Dating Coach Charley Winger at 718-832-4590.

ART LESSONS: Teacher with 33 years experience, formerly at Brooklyn Museum Art School. Skilled at nurturing individual growth while providing a solid traditional foundation in portraiture, still-life painting, landscape and drawing. All mediums, all levels. Beginners welcomed. Phone 499-0154.

KUNDALINI YOGA IN PARK SLOPE offers ongoing classes in Kundalini Yoga and meditation. Heal your body, raise your spirits. 473 13th St. between Prospect Park West and 8th Avenue. \$12/class or 6 classes for \$60. 718-832-1446.

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.

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

HIGH END NYC CONSTRUCTION Co. seeks qualified supervisors, skilled labor and finish carpenters. Please fax resume with as much detail as possible. 212-226-1880 or email Personnel@KHALSACONSTRUCTION.COM

VACATION HOUSING

FANTASTIC CATSKILL CO-OP for sale or rent. Large pool, mountain views, 8 acres of grounds. Uniquely designed; two large sleeping lofts, 2 full baths plus 5 other rooms. Hardwood floors, completely furnished. Two hours from Brooklyn. Located in Spring Glen, N.Y. \$2200 season

rental. \$30,000 sacrifice sale. Peter 718-783-5698.

SUMMER RENTAL IN MARTHA'S VINEYARD. Gorgeous two bedroom duplex in Oak Bluffs. Walk to beach and town but still very private. Huge yard with garden and beautiful deck. Great kitchen, d/w, TV/VCR, w/d in basement! All new. Sleeps five easily; more w/kids. Call Doug 718-768-8078.

MERCHANDISE FOR SALE

GREAT DEAL on circa-1900 Victoriana 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!

PROFESSIONAL HEALTH CLUB SIZE TREADMILL FOR SALE. Tredex Treadmill with elevator for sale excellent condition cost new \$3,500. Great for recreation room. Will sell for \$750 or best offer. 718-622-5572 day or evening.

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.

FURNITURE SALE - All in good condition. Queen size platform bed \$50. Ikea amoire \$50. 4 wooden folding chairs \$20 ea. 2 6ft. bookshelves - wood \$40 ea. Plants, books, pottery & a 17" TV \$40. Will negotiate. Priced to sell. Call 718-230-3531.

MERCHANDISE WANTED

SEEKING BOOKS! We need donations of new & used books, records, CDs, tapes, videos. Also children's books, games & videos. To benefit the Park Slope United Methodist Church (Book Fair will be held on March 4th). Excellent conditon only, please! For info or to arrange pickups, call 788-3306.

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

SALVATOR NEEDS A HOME! Endearing male cat, less than 2 years old, rescued during cold spell. Healthy, playful, HIV/FELU negative, vaccinated and neutered. White with grey markings - grey spot on chin like a little beard. Likes other cats, O.K. with gentle dogs. Please call Marlene at 638-4604 to adopt.

SERVICES AVAILABLE

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

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.

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.

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

MASSAGE THERAPY promotes deep relaxation, relief from pain, and self-awareness for positive lifestyle changes. I have 20 years of experience as a massage therapist working with clients to achieve improved health and well-being. Please call Susan Kaner at 768-6994 for appointments and further information.

EXPERIENCED FLOOR MECHANIC will sand refinish or install new floors. Satisfaction guaranteed. Reasonable rates 917-466-2718.

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637 Union Street between 6th & 7th Avenue (718) 230-2900
20% OFF This Week to ecomat
80% off for ALL Food Coop Members, always

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Cummington, Massachusetts

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Ages 7-13 years
Non Profit

Private Lake • Magnificent Setting
Horseback Riding • Theatre • Arts & Crafts • Film & Photography
Swimming • Canoeing • All Sports • Outdoor Living • Animal Care
Contact:
Beth Schneider (718) 622-8204 or Carl Makower (718) 788-5263

eidolon

Winter sale – 20-50 % off select merchandise
Check out new spring lines, view new in-house bridal collection and treat yourself to a new lipstick by Brooklyn-based, Janel N.
Great gifts & cards for Valentine's Day!
Sale runs February 2-13 open Wed-Sun 12-8
233 5th Ave. (bet. Carroll & President) 688 8194

Y O G A
o t

PARK SPORTS PHYSICAL THERAPY AND YOGA CENTER

- Iyengar and Vinyasa styles
- Small classes
- Individualized attention

325 Garfield Place, below Prospect Park West
(718) 857-8929

Answer to Puzzle on page 6
Cafe Ole, Coffee Coffee BuzzBuzzBuzz!, Cool Britannia, Devil's Food Chocolate, Doonesbury Sorbet, Mocha Fudge Swirl, Peanut Butter, Heath Toffee Crunch, Wavy Gravy

Classified advertising in the *Linewaiters' Gazette* is available only to Coop members. Publication does not imply endorsement by the Coop.

SERVICES AVAILABLE

PATIENT2PATIENT Counseling and resources Svce. 718-670-3634.

PSYCHOTHERAPY: insightful, sensitive and sensible assistance in problems of anxiety, depression, work, family and relationships. Oxford, Medicare, Phs, Workers Comp, other insurance. Linda Nagel, Ph.D., Clinical Psychologist. 718-788-9243.

INCOME TAX SERVICES Special rated for PSFC members. 20 years experience, computerized tax programs, laser printed forms. Electronic filing available. IRS long form, short form, New York State and New Jersey filers. Call for information 638-3386.

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.

HOLISTIC PHYSICIAN using natural therapies to restore balance and well-being. Problems treated include allergies, asthma, sinusitis, fatigue, headaches, digestive disorders, hormonal problems, menstrual problems, menopause. Insurance reimbursable, Medicare accepted. Please call Marjorie Ordene, M.D. 718-258-7882.

HEADACHE, Fibromyalgia, musculo-skeletal pain, PMS, TMJ, Digestive distress, cellulite? Comb. of acupressure, cranio-sacral & 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

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

COMMUNITY CHIROPRACTIC & ACUPUNCTURE comprehensive holistic care for the entire family. Car accident, work or sports injuries Therapy, X-ray, Nutritional supplemental & homeopathic care available. Slid-

ing scale awa insurance reimbursement. All patients treated by Dr. KAREN THOMAS 175 6th Ave. Corner Lincoln Pl. Call: 398-3100.

PSYCHOTHERAPY TO SUIT your needs and your lifestyle. Helen Wntrob, 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/ Prenatal. 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.

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. JemyWintrob-718-789-2020.

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.

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.

WHAT'S FOR FREE

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

Park Slope Food Coop invites you to...


FOOD CLASSES

with **Susan Baldassano**

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

Sea Vegetable

- Nutritional Highlights
- Cooking Tips



Recipes include:

- Sea Caesar Salad
- Blueberry Kanten
- Dulse Casserole
- Curried Tofu Salad

Tastings! \$2 materials fee

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

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



ILLUSTRATION BY CATHY WASSYLENIKO

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.

Samir Abu-Khadra	Suzann Jacquez	Todd Smith
Santana Ali	Terezka Korinek	Nachman Spitalny
Laura Allen	Minter Krotzer	Joan Stewart
Patrice Allen	Dana Kurtz	Caroline Studdy
Olivier Bagley	Marina Ladiny	Joseph Teitelbaum
Caroline Batzdorf	Annabelle Lee	Nina Stern
Kalish K. Bell	Jolie Lerner	Teitelbaum
Shana Berger	Rosa Maye	Ebimini Tikili
Joe Breidenstine	Maisie McAdoo	Gulizer Tora
Pamela Raye	Abraham McNally	Mehmet Tora
Breidenstine	Gloria McWayne	Rose Tora
Antonio Calvo	Isabelle Moore	Kimberly Trafton
Juliet Collingwood	Dharma Musaccia	Jacqueline Trincellito
Tamara Cooper	David Neustadt	Andrew Vickers
Kathleen Cullen	Dani S. Newman	Dana Vorisek
Virendra D'Souza	Megan O'Brien	Keri Watkins
Katina Dantzler	Jeff Pachman	Carolyn Weiss
Laura DeCarava	Christina Perucci	Ciera Wells
Gabriella Dennerly	Andrew Robinson	Madeline White
Ellen Dreyer	Jill Robinson	Laura Wiessen
Joanna Falk	Paul Ryan	Tom Wininger
Xuan Mai Ho	Tina Schenk	Lai Jin Wong
Aaron Holl	Sari Schwartz	James Yanda
Kent Hunter	Jennifer Smith	
Brian Ingle	Jennifer Smith	

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!

Cathy & Josh Paul	Cory Munson	Kate Schroeder
Harry & Juana Berner	Lisa Murdock	Anthony Sepulveda
Karin Campbell	Jane Perkins	Martha Siegel
Nicole Dyer	Peter Raskin	Street Squad
Heide Goertzen	Esther Reynolds	Karen & Kyle Talbott
Hilary Johnson	Milton Rosa-Ortiz	Alice Vogt
Gabrielle Langholtz	Lisa Rosman	Tracy Wuischpard
Phil Miller	Urbano Sanchez, Jr.	Diane Ward
	Anne Schreiber	