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GAZETTE

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Volume U, Number 5

March 9, 2000

Update on Renovation

By Bill Ryan



PHOTO BY KEVIN RYAN

784 Union Street.

The Coop's renovation process enters a crucial phase this month, as plans are submitted to contractors for competitive bidding. The bid package will be sent out on March 24.

Contractor Bids Being Sought

The overall design has not changed substantially since store designer Tony Bucci presented it to the General Meeting in November. But Renovation Committee members have been busy filling in the details to give to the contractors, so their bids can be as accurate as possible. Committee spokeswoman Jessica Robinson discussed the process in a Feb. 27 interview.

Architect Ron Ogur is translating Bucci's thematic drawings into architectural documents that the contractors can use. The Renovation Committee is reviewing the second set of these drawings, which incorporate their comments on the first set. A third set may be drawn up before the process is complete.

Meanwhile, Bucci is preparing a lighting plan, while committee members are working on various details such as the refrigeration system.

The committee is also narrowing down its list of recommended contractors. At least

three will be asked to bid, but inviting many more than three to take part could delay the process. The bids are expected back about three weeks after the package goes out.

Evaluation of the bids will involve most members of the committee, nearly all of whom have expertise in architecture, construction or building finance.

Part of the bid package will be a set of optional items that may not be included if total costs are too high. Contractors will be asked to give cost estimates with and without such elements as the small elevator from the basement to the freezer in the rear of the store and various finishes. The design subcommittee is working on this list.

Construction Loan on April GM Agenda

The bid process has a tight schedule. May 26 is the deadline for closing on the construction with the lender, the National Cooperative Bank. The loan closing deadline has already been extended twice, and no one wants another extension.

One of the many steps in securing the loan is presenting construction plans to the bank. The bank will review the construction plans, and an appraisal will be conducted

to determine how much the building will be worth after renovation is completed. A certified appraiser must be hired by the Coop and approved by the bank.

The appraisal will also take into account property values in the surrounding neighborhood. These have risen since the initial phase of the lending process, when the Coop got the money to purchase the building. A higher appraisal could conceivably result in an increase in the loan amount approved for construction, now set at \$1,075,000. Once the construction loan is closed, the funds will be released and work can commence.

The construction loan must also be approved by the Coop's Board of Directors, which means a general meeting has to vote on the matter. The loan will be an April GM

"Because of the tight schedule..."

agenda item. If all goes according to plan, construction could begin in June and be finished as early as nine months later, according to the committee's most optimistic estimate.

Contractor's Role

The contractor selected will be responsible for the full renovation; refrigeration and air conditioning may be subcontracted out. The construction subgroup of the Renovation Committee will supervise the project.

In the meantime, other plans that aren't part of the bid package continue to take shape. For instance, Tony Bucci is working with Jay

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Frustration in the Aisles: Weekend Shopping and Its Discontents

By Robert M. Berkman



ILLUSTRATION BY ROD MORRISON

Yogi Berra, a master of wry understatement, once remarked about a popular summer resort, "nobody goes there anymore—it's too crowded!" The same is true of shopping at the Coop on weekends: with a reputation for long lines, out-of-stock items and short tempers, it's hard to believe that anybody still shops on Saturdays and Sundays. Yet, while weekends only account for about 25% of the shopping hours the Coop is open, nearly 33% of Coop sales occur on the weekend.

Many of us shop on weekends out of necessity: It is the only time during the week when the 9:00-5:00ers among us have an extended period of time to put all the effort into what is required to do a "major shop" at the Coop. This would include assembling a list of needed items, packing up a shopping cart, or

whatever mode of transportation, with boxes and bags in which to put things, as well as making sure we have cash (or a check) on hand to pay for our purchases.

The situation does not change much once one arrives at the Coop door, where a crowd outside the door usually gives a clue as to what is taking place inside. The final sign, besides the obligatory glance at the checkout line, is to check how far back the unused shopping carts are lined up: the longer the line, the less crowded the Coop is (at least for the moment).

Coordinator Mike Eakin acknowledges that Sundays are often very crowded at the Coop, primarily due to the fact that the Coop must close at 5:00 p.m. on Sunday to allow the inventory squads to conduct a survey of what products remain on the shelves, as well

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Next General Meeting on March 28

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The next GM will be Tuesday, March 28, 7:00 p.m. in the social hall of Congregation Beth Elohim (Garfield Temple), 274 Garfield Place.

The agenda will be posted on the Coop Community Corner bulletin board on Wednesday, March 8 and will appear in the next issue of the *Gazette*. Information about agenda items may also appear with the agenda. For more information about Coop governance, please see the center of this issue.

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Coop Event Highlights

Fri, Mar 17 Good Coffeehouse—Steal the Donut, 8:00 p.m.
Sun, Mar 26 Family Concert—Imagination Workshop Band, 3:30.

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

Organic Industry Fights Bad Press

By Ethan Pettit

General coordinator and purchaser for produce Allen Zimmerman would like to dispel any fears that may have been raised by a recent TV broadcast implying that organic produce is more susceptible to *E. coli* contamination than nonorganic produce.

No national health alarm has gone off about organic food. There is, however, some alarming news about *E. coli* bacteria, and it concerns all food. Namely, that the pathogen is more widespread than was previously assumed. But not, rest assured, that it has any particular yen for organic food.

20/20 Kicks Off Organic Controversy

A February 4 airing of ABC's 20/20 program quoted a former researcher for the U.S. Department of Agriculture (USDA), who claims that organic produce is more likely to be contaminated with harmful bacteria because organic farmers use manure to fertilize their fields.

The resounding response from organic trade groups has been that this is absurd—nonorganic farmers use manure also. Furthermore, organic farmers say they are subject

to the strictest industry standards in the United States on the use of manure. Manure should be well composted to kill *E. coli*.

The Food and Drug Administration (FDA) does not have a regulatory definition of "organic" versus "nonorganic" produce, and the agency does not distinguish between the two when it tests for bacteria. Nor have the Centers for Disease Control (CDC) conducted any studies that compare *E. coli* contamination of organic and nonorganic food.

Peter Gregg, a spokesman for the New York State Department of Agriculture and Markets, told this reporter, "Most *E. coli* contamination of produce occurs farther down the chain of production—in shipping and handling procedures. Organic produce is no more susceptible to *E. coli* from manure than is conventional produce. Both use manure."

No Reservations About Organic Produce

Statistics from the CDC support that assessment, showing nearly all food-borne disease is associated with food handling later in the distribution chain, and in the home.

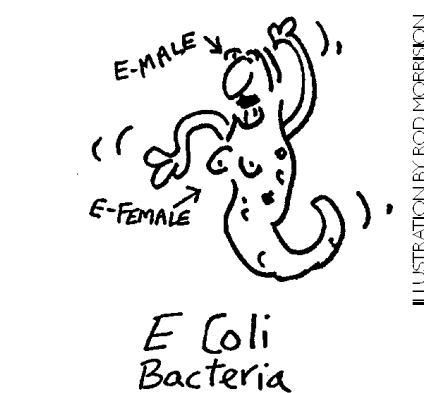
Asked if New York State has any

reservations at all about the safety of organic produce, Gregg said "certainly not."

Escherichia coli O157:H7 is a food-borne pathogen responsible for about 73,000 cases of infection and 61 deaths in the United States each year, according to the CDC. Most cases of illness are mild and a great many actually go unreported. But the illness can be serious, leading in some cases to permanent kidney failure.

E. coli live in the intestines of most animals, including humans, where they help in digestion. Of about 100 strains, only three or four are dangerous to humans, and only one harmful strain is commonly known in the United States.

The pathogen was first identified in undercooked hamburgers in 1982, although the USDA did not start systematically testing for the strain until 1994, and then only in ground beef. Since then, testing methods have become more effective and the bacteria has been found to be more widespread than was previously thought. Known sources of infection now include raw milk, sprouts, lettuce, salami, juice and swimming in or drinking sewage-contaminated water. Person-to-person contact in families



or child care centers is also a mode of transmission.

At present, the Food Safety and Inspection Service of the USDA "is exploring whether further changes are needed in its policy regarding *E. coli* O157:H7 in light of new information that is emerging about the pathogen and its relation to human health."

In the meantime, to avoid contamination, wash your produce thoroughly, and cook meats to at least 160 degrees. Keep meats and produce separate, and follow common sense hygienic practices in handling all food.

For more information, contact the New York State Department of Agriculture and Markets, Division of Food Safety and Inspection, (516) 457-4492 or (518) 457-5382; e-mail address: NYSAGMK@emi.com.

Another good place to get more information is through the www.food-safety.gov link; links included are to the USDA, the FDA, the CDC, and the EPA. ■



Spring-Cleaning: Adjusting to the New Season

By Anne Corey

Early spring catalogs are beginning to clutter our mailboxes, the weather is changing and the spring equinox is nearly here. It is the time of year to throw off the heaviness of winter and lighten up—in our clothing layers and also in our eating. It is a time to consider ways of cleaning out the closets and also cleansing our bodies in preparation for the new season.

Sometimes the energy needed to shake off winter's dark lethargy feels overwhelming. April, almost upon us, is "the cruellest month. . . mixing memory and desire," according to T. S. Eliot. Whether or not we are motivated to do a thorough spring-cleaning of our home, we might think about cleaning and detoxing our bodies in preparation for the return of greenery and life to the world. Spring-cleaning may or may not be a part of what you normally find time to do, but it is certainly an apt metaphor for adjusting to the seasonal changes in our lives.

Honoring Ancient Seasonal Rituals

The idea of spring as a time for changes is an ancient one. The Jewish holiday of Passover, which arrives in late spring this year, is a spring holiday that incorporates ritual cleaning and dietary changes. Eastern philosophies have always paid careful attention to seasonal changes and their relationship to our well being. According to information on the Web site of the Wellness Center, based on traditional Japanese life medicine, "Changes in emotions during springtime are a common occurrence. . . it is natural to be emotionally unstable at this time." Conditions may include "foggy thinking, sleepiness, headaches, emotional swings, becoming moody, dry skin, skin problems, constipation, blurry eyes, and irritability." Cleansing our bodies and refreshing and lightening our diets can help our bodies, minds and emotions better transit the seasons. This can be done through different kinds of fasting of

varying duration, as well as through the use of herbs and through changes and additions to our diets.

Foods That Respect the Season

Eating "lots of fresh green sprouts" is one recommendation of the Wellness Center to help circulate and harmonize Qi ("chi") in the spring. Check out the sprout section in the produce aisle of the Coop. Different varieties of sprouts appear this time of year, including sunflower and broccoli. Other recommendations include putting "a pinch of salt in green tea, fresh lemon juice in black tea or . . . a twist of lemon peel to add lemon oil. Also on the list are fresh green leafy vegetable and fresh green vegetable juices you make yourself from cabbage, celery, parsley, wheat grass, Japanese cucumber, lettuce, etc. Blend them with fruit juices to sweeten by adding a carrot or apple slices to the juicer."

Last, but certainly not least, "eat food in season like asparagus." Although we can find almost any kind

of fruit and vegetable year-round at the Coop and elsewhere, many people believe strongly in the healthful benefits of seasonal eating. This means you concentrate on the foods that are fresh and newly available on a rotating basis throughout the year.

Spring Clean to Revitalize

Spring is an important time for ridding our bodies of accumulated toxins, according to Elton M. Haas, M.D. In his writing, including his book *Staying Healthy with the Seasons* and his Internet article "General Detoxification and Cleansing," he argues for incorporating "nature's cycles with our own cycles." Spring, he writes, is "the key time for detoxification." He suggests a one- to two-week program, including some type of fasting. He also emphasizes the need to eat more "citrus fruits, fresh greens, and juices." The spring section of his year-long detox program includes using one or more of the following plans for seven to twenty-one days between March 10 and April 15: "Master Cleanser (lemonade diet); fruits, vegetables and greens; juices of fruits, vegetables and greens; herbs with any of the above; alternating these plans with a three to five day supervised water fast."

Allen Zimmerman Wraps Up the Produce

By Ethan Pettit

I spoke recently with Allen Zimmerman, Park Slope Food Coop general coordinator and produce buyer, on a range of subjects concerning produce at the Coop. Here are some of his comments.

On Genetically Engineered Produce

“About two thirds of our produce is organic and could not possibly be genetically engineered. And the crops that are most likely to be genetically engineered—corn, potatoes and soy—are not what we’re buying. I don’t know of any genetically engineered corn available in New York. The last time I called the State Department of Agriculture, they said it wasn’t available in New York. Potatoes? I don’t believe that any of the non organic potatoes that we buy, russets, East Coast white potatoes are affected by genetic engineering. But I don’t know for sure.

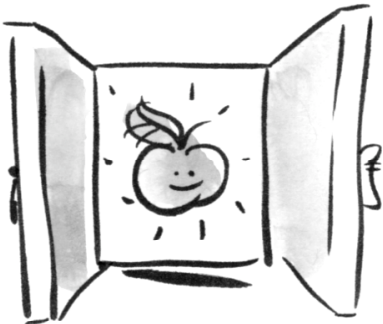
On Buying Produce

Allen has had what he calls a “long apprenticeship” in produce at the Coop. He was hired 12 years ago. “I am absolutely still a beginner. There are people with experience in produce who would like to know what I know.



But I know that I’m still a beginner. I make mistakes occasionally. I might order the navels one week too early and they’re still sour. Or keep ordering potatoes one week too long and they get a little sprouty. I think I’m cutting down on those mistakes. “Members talk to me all the time, and I learn from them all the time. I try to find out what people are eating and why they’re eating it. And I try to support them and have the food here. For example, canistel, also called egg

fruit, is sought after by raw food eaters and fruitarians. It fits a need in their diet that can’t be satisfied by any other fruit or vegetable. It tastes somewhere between an egg yoke and a sweet potato. You can’t get that texture or flavor from anything else.” Since there are so many vegetarians at the Coop, Allen is challenged to keep an exciting selection of produce.



“People get bored, so you always have to look out for something new. A couple of years ago I found out about black kale. I thought I’d get some. Now it has moved past regular kale as our number-one selling green.

“When locally grown produce isn’t available, Florida, Texas, California, Mexico and South America are the main sources of produce at the Coop. But we have a mountain of New York potatoes in storage as well. Turnips, parsnips and rutabagas we’re buying exclusively from the Blue Heron Farm in New York state. This week we bought the entire supply of red potatoes from one of the farms in the Finger Lakes Organic Growers Cooperative. We get strawberries from them in the summer, and they’re dynamite growers of greens. We get local cantaloupes often from them and Jerusalem artichokes. We’re key purchasers from them. They have a huge array of vegetables and some fruits.”

A Note about Apples

Last March I got a note: why do we have so few local apples? Well, we actually do have quite a few minimally treated local apples, Stayman, Empire, Gala, Ida Red, and Mutsuo. But at a certain point, late in the season, the apples are harvested all at once, before they freeze, and, just like potatoes, they’re all stored and their

supply is limited throughout the winter. “I don’t know if people notice that sometime in February the apples don’t taste so good, and then in March they start to taste good again. What happens is that toward the tail end of the winter, suppliers open up controlled-atmosphere storage rooms. Part of the crop is stored in refrigerators with no oxygen, only nitrogen. By eliminating the oxygen, the fruit doesn’t oxidize. Of course, people think I’ve suddenly found a great source of apples in late winter, and they want to know why I can’t find them in earlier. “One of the reasons we don’t have all local apples is because we carry a lot of organic apples and there is a relatively small organic apple crop in the East. Most organic apples come from the West Coast. So if we’re going to sell a lot of organic apples, we’re going to have a lot of apples that aren’t local. But considering that it is March, I think we did a very good job of having a variety of local apples.”



On the Price of Organics

“Every winter, we’ve sold a lot of Red Delicious organic apples. This year I think we sold less. I don’t know if I know this for a fact, but it seems to me that one of the reasons we’re not selling a lot of Red Delicious is that, unlike in previous years, the price hasn’t plunged. And I don’t think it’s ever going to plunge again. That applies I think to organic carrots as well. Apples and carrots are probably leading the new popularity of organic produce in mainstream supermarkets. I think the national trend toward organic produce is pushing up the price of these and maybe a few other



popular items. Maybe when the organic output increases, we’ll start to see prices come down for this produce.”

A Note about Green Oranges

“When oranges are green, it’s not that they’re not ripe, but that their natural chlorophyll is still evident. If it gets cold enough at night, the chlorophyll is killed, and the orange color emerges. The greenness is not an indication of lack of ripeness, but just that the orange has been grown in a season where it’s not cold enough at night to kill the chlorophyll.”

What about those “Evert=Fresh” bags hanging in Aisle 3A?

“They work. They really help your greens last longer.”

On Displaying Produce

“I work a lot with people on displaying produce, and I even get letters asking if there’s a right way and a wrong way to display produce. The answer is yes and no. But I would basically say that if you try to make it look good, and you think it looks good, and you put care into it, then you’re doing it the right way. Okay, some people say that a lettuce display looks more beautiful with the leaves up; but some people know that you can shop for lettuce better if you can see where the stem is. So there are probably some right and wrong issues in displaying some items. But the key I think is to hand pack things out, and try to make it look beautiful to yourself. Do that and you’ve probably done as well as any produce item requires.” ■



ILLUSTRATIONS BY NANCY CAREY

Spring Cleaning, cont.



Spring Clean Gently

It is important not to feel compelled to immediately attempt a rigorous program. Haas emphasizes that “detoxification is a relative term... doing nothing more than drinking an extra quart of water a day will usually help us eliminate more toxins.” He further notes that “There are many levels of the progressive detoxification diets,



from these simple changes to complete fasting.” He warns against going to extremes with fasting and other programs that may end up depleting the body. The information in this article is just an introduction. If you are serious about detoxing, read his book and become better informed on the procedures for your own program.

Jana Cunningham, office coordinator, has been using various kinds of fasting for a quarter century. Her personal program includes springtime eating changes, including incorporat-

ing more salads and spring fruits and vegetables, while deemphasizing cooked foods. She sees this time of year as a break from heavier winter eating. She recommends a fast using the Master Cleanser mixture of distilled spring water, maple syrup and lemon, with just a dash of cayenne added to one gallon of water and taken for seven days. This helps, she explains, to clean the blood and encourages cells to release toxins. The water washes everything out. But she believes that even a short juice fast of one to three days gives the body a chance to stop digesting and use energy to release toxins. Juices and water can be taken, with fruit juice considered a cleanser and vegetable juice a builder.

Cunningham mentioned other ways to help your body cleanse itself, including exercise and dry skin-brushing. Brushing with a special natural brush before you shower aids in more complete elimination. Excellent brushes for this procedure are available at the Coop, hanging on hooks above the cosmetics.

Consider what you can do in your own life to change with the seasons and to adjust to the coming of spring. The Wellness Center suggests that one important way to harmonize during spring is to practice smiling in front of your mirror each morning. That sounds pretty positive. Even in our busy lives, we can deal with the new season quite simply: eat more sprouts, drink plenty of water and smile! ■



Only a few people in either line. But it can get busy in a flash.

Frustration in the Aisles
CONTINUED FROM PAGE 1

as in storage. While other businesses use scanners linked to a computerized inventory system to keep track of what is entering and leaving their stores, the Coop still relies on member labor, which means that a squad must come in for 2¾ hours every Sunday evening to find out how much of each item has been sold during the previous week. (One member once quipped at a General Meeting that the inventory committee could cut its shift in half if they counted the items by two, instead of one at a time.)

A closer look at the sales figures from 1998-99 (the most recent year available) is revealing, as seen in the two bar graphs below.

Some interesting trends can be detected from looking at the graphs.

For example, while the number of hours stays steady at 14.3% from Monday through Thursday, the percentage of sales actually decreases, bottoming out on Wednesday to 11.2%, then jumping on Friday, Saturday and Sunday. While the high sales volume on Friday is readily explained by the longer shopping hours, it should be noted that while the opening hours decreases from Friday to Sunday, sales volume does not decrease correspondingly.

Another way to compare the sales volume to the opening hours would be to look at the relative differences between the number of hours the Coop is open each day and the volume of sales done on that particular day. For example, while Sundays account for 11.2% of the weekly hours, and 15.6% of the weekly sales, it would appear that there is only a 4.4%

discrepancy between the opening hours and the sales generated during that time. However, this is only in absolute terms; if we compare the 4.4% difference to the 11.2% of hours the Coop is open on Sundays, a different picture emerges:

The reality is that Sunday shoppers generate nearly 30% more volume than the actual hours the store is open. A new picture emerges from this graph, which shows that the Coop is being underutilized on certain days of the week (Tuesday, Wednesdays and Thursdays), while being almost perfectly in balance on Mondays and Fridays, culminating in major overutilization on Saturdays and Sundays.

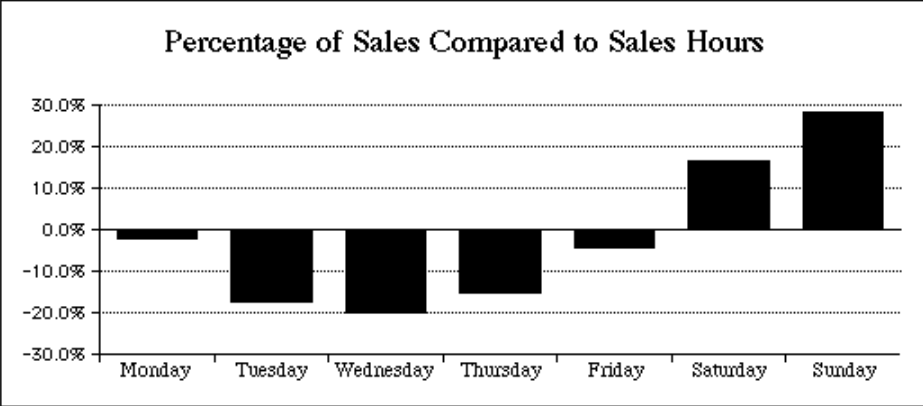
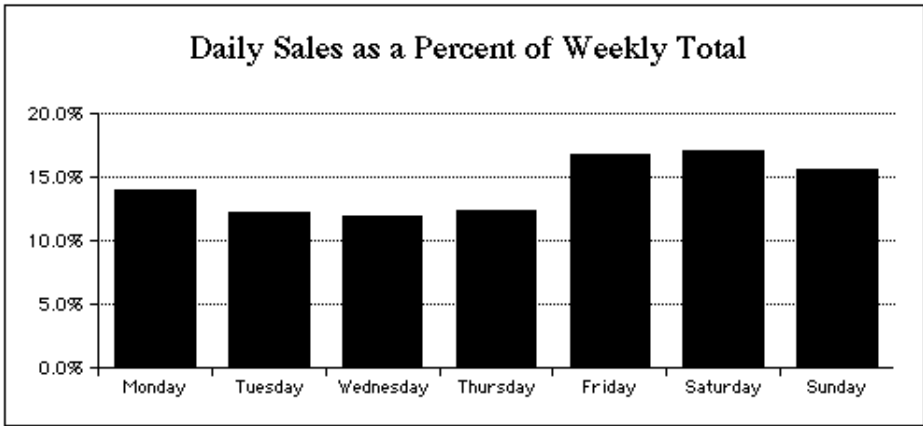
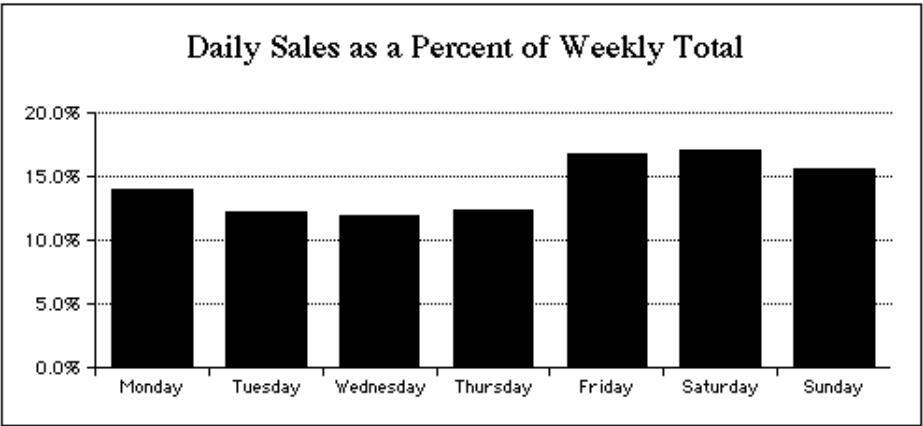
Coop Crowding Not Always Predictable

What can be done to remedy this situation? The first problem is that while these graphs give a day-by-day portrait of Coop utilization, shoppers know that there is a high degree of volatility from week to week, generally based on other factors. Despite the high volume of sales generally done on Sundays, the crowding is not always consistent. "I've seen the Coop nearly empty on some Sundays, especially when it's a beautiful day outside," Coordinator Mike Eakin reported. "It can be very unpredictable." Indeed, Mike has a good point, as the sales percentages for Sundays fluctuated between 13.6% to 17.2%, more than any day of the week.

Volatility can also occur within the same day, with bottlenecks appearing at certain hours. Sunday afternoons after 4:00 p.m. are an excellent example, as Coop members try to squeeze

in a last-minute shop before the 5:00 p.m. closing. Friday afternoons can also be very hectic, as many of our members who observe Saturday Sabbath do a final shop. While no studies have been performed looking at crowding over the course of each day, there are definite clues as to when the Coop may be quiet. Mike Eakin cited rainy days as especially quiet, probably due to the fact that many members walk to the Coop with shopping carts. Conversely, unseasonably pleasant weather also tends to have the same effect, with many members delaying their shopping for another day to indulge in outdoor activities.

Will weekend shopping ever become less of a hassle? Mike Eakin explained that extending hours on Sundays would go a long way toward resolving this issue. However, this will not happen until the Coop switches to a completely computerized inventory tracking system. While the Coop does keep track of deliveries by computer, no such records are kept on sales, hence the need to take inventory on Sunday nights. The solution is the use of the checkout scanners, which will automatically report the weekly sales of each and every item in the store. "We should be seeing scanners working within the next couple of months," Eakin explained, "however, it will take some months of use before we are ready to disband the inventory committee and extend shopping hours on Sundays." When pressed on when this would take place, Eakin was noncommittal, "I really can't say." Or, as Yogi Berra would quip, "I never make predictions, especially about the future." ■



A produce shopper's fantasy come true! An empty aisle! See Graphs at left for your serene shopping hours.



PHOTOS BY JUDY JANDA

RENOVATION COMMITTEE REPORT

Response to Your Questions and Comments

By Jessica Robinson for the Renovation Committee

On a recent trip to the Coop to pick up questions and comments from the Renovation Committee Questions and Comments box, I was distressed to discover that the entire box had disappeared! After some reflection—and after I accepted the fate of the member questions consigned forever to limbo within the lost box—I accepted that the box is obviously not the most reliable mode for members to submit questions and comments. So, I suggest that members now use the following method to communicate with the committee:

Until further notice, Questions and Comments destined for the Renovation Committee should be clearly labeled "RENOVATION COMMITTEE" and dropped into the mail slot to the left of the Coop's front entrance. Of course you can continue to communicate electronically via the committee's e-mail address, which is still PSFCRC@aol.com.

Please do not submit your thoughts on tiny scraps of paper, which may be

lost in the jumble of mail retrieved from this box. Big pieces of paper, marked clearly with your name and member number (so that we can contact you to follow up per web site if necessary), are preferred.

With that out of the way, we can dive right back into answering your questions and comments.

QUESTION: Is anyone assigned to ergonomics issues for the renovated store? The "new" checkout stations we currently have are not user friendly, and as an Alexander Technique teacher, I am naturally concerned with this issue.

ANSWER: As you know, up to this point the committee has been dealing with the larger issue of the general store layout. Now that the major issues of layout are resolved, the design is stable and concrete enough that it makes sense for us to have an ergonomics expert review the plan. The committee has been in contact with a Coop member who knows about ergonomics issues and who has offered to review the plans in

exchange for workslot credit. This is a relatively recent development, so the committee has not had a chance to vote on the issue. Over the next week or two, the committee will make an "official" decision about this offer, and when that happens, we will give an update in the *Gazette*.

COMMENT: The lighting is dim in some areas of the store, which compounds feelings of dinginess. What is being done about the lighting for the new space?

RESPONSE: Tony Bucci, the grocery store design consultant who has been working with the Renovation Committee, is also very experienced with store lighting design. With guidance from Renovation Committee member Jennifer Nobis—who has experience with lighting design from her private architectural practice—and others, Bucci has produced a lighting plan for the new store. Like the importance of keeping a cleaner store, the importance of having a well-lit store is apparent to everyone who has worked with our committee on

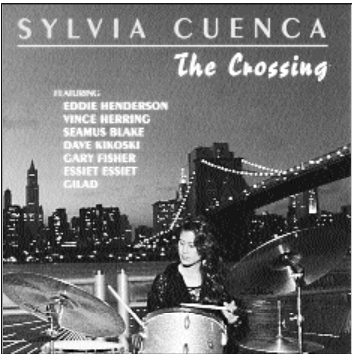
the renovation so far.

The new store will definitely have better, more pleasing lighting. Since the lighting in the current store was last designed, there have been a number of technological advances that will improve the overall quality of light in the store. The light produced by bulbs available today is more pleasing to the human eye (this gets very technical). Both the bulbs and the fixtures themselves are more energy efficient. All of these advances mean that it is possible to get better quality light, a more ecologically friendly lighting system and a *lighting* system that is more energy efficient and hence is relatively less expensive to operate. ■

Submit your questions and comments to the Renovation Committee by using the mail slot outside the front entrance to the Coop, the e-mail address: PSFCRC@aol.com or by attending our committee updates at the monthly General Meeting.

Coop Members and Their Music: Part IV

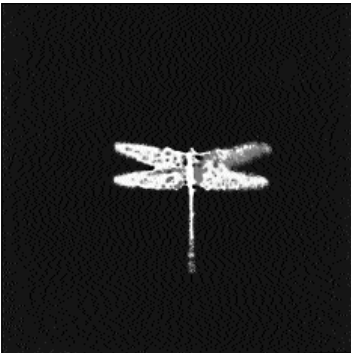
By Robert M. Berkman



Sylvia Cuenca: "The Crossing" (ETOILE RECORDS, AVAILABLE FROM WWW.JAZZCORNER.COM/CUENCA.HTML)

nally from San Jose, California, Sylvia attended San Jose City College, then followed up her studies with Victor Lewis and Keith Copeland. Besides performing and recording, Cuenca also teaches as a member of the Clark Terry Quintet and the Eddie Henderson Quartet at various colleges and universities in the United States and Europe.

Sylvia's first CD as a leader brings together a group of gifted young musicians, and one "elder statesman," the trumpeter and flügelhorn player Eddie Henderson. The music on this album shows great reverence for the mainstream jazz tradition, featuring compositions by Chick Coréa, Wayne Shorter and Joe Henderson. There is much for the ears to enjoy here, including Cuenca's own "The Crossing," a spirited tribute to Mercedes Rossi, which showcases her supple drumming style in addition to her compositional talent. For those who like their jazz with a Latin beat, Cuenca's rendition of Jobin's "Favela" can't be beat. This is a very self-assured effort, pointing the way to a great future for a talented young drummer.



CitiZen One, "The Dragonfly CD" (COMMERCIAL FREE JAZZ RECORDS, WWW.WRYBREAD.COM/CITIZEN1)

According to his bio, CitiZen One was born in a tidewater town in North Carolina, "listening to the river and music that drifted like fog and fireflies over the water in the summertime, pouring like wine from the cabins of the passing boats." Arriving in New York at the age of 21, he found refuge in the tastes of freedom, taking lessons from artists, poets, drunkards, drug addicts, prostitutes, geniuses, outlaws, preachers and madmen. A multitasking musician, CitiZen One has also been a producer and curator of the Museum of Sound Recording, in addition to composing and performing his adaptation of the traditional Japanese Noh Drama *The Cherry Tree* at the Bronx Botanical Gardens. He has performed at the Cloisters, Casa Del Sol and Williamsburg Museum of Art and History, as well as at The Piano Store. CitiZen One has also appeared on numerous recordings, including "The Gametones," "Mammals of Zod," and "RENO: CitiZen One and the Ambient Outlaws."

This album is as mysterious as CitiZen One's biography, and although the music challenges many musical conventions through its use of unusual instrumentation (guitar, birenbao, homemade flutes and an old Zenith radio, recorded "live" in a studio setting with no overdubs), the form is still familiar. At its heart, "The Dragonfly CD" is folk music wired into a New York avant-garde universe, weaving in anguished vocals reminiscent of Bob Dylan, Jim Morrison and Mick Jagger. Unlike many efforts that bill themselves as "avant garde" or "free jazz," there is a clear attempt to strip away many gimmicks and present music in a pure form, whether it is the haunting sounds of "Pack of Baboons," featuring a radio broadcast offset by what sounds like an electric guitar being mutilated to death, or the plaintive simplicity of "Peter Tosh, Peter Tosh."

Update on Renovation

CONTINUED FROM PAGE 1

Jacobowitz, a merchandising consultant, to develop a merchandising plan. The Coop's shelving layout and aisle width are among several items being considered.

Because of the tight schedule, the Renovation Committee has been putting the bid package together without additional input from the membership at large. After the floor plans were first presented in last October's General Meeting, some modifications were made to address concerns raised during that somewhat contentious discussion. "We didn't expect there would be so many comments on the entrance/exit area plans," says Robinson. There were fewer questions at the next General Meeting, when Bucci was on hand.

Entrance/Exit Plan Focus of Debate

The basic entrance and exit scheme, which received the greatest scrutiny at the October meeting, has seen some amendment, but no fundamental changes. "Every expert we talked to said they had never seen a store that plans to devote so much space to checkout," Robinson acknowledges. The plans are premised on the assumption that the Coop's present system of separating checkout and payment should be maintained, even if extra space is required.

The coordinators make the case that the current system has important advantages. Having checkout workers not handle cash allows them to be moved to other jobs such as stocking when traffic is light. Without that flexibility, as many as five more workers might be required to cover each shopping shift, says coordinator Linda Wheeler.

Consolidating checkout and payment would have other drawbacks, she says. "After extensive research, including meetings with squad leaders and cashiers, we

learned that people are very reluctant to handle cash. Many members are afraid of making mistakes that cost the Coop money." This fear is not entirely rational, she notes, since mistakes by checkout workers are potentially more costly than those by cashiers. Another issue is the additional security arrangements that would be required if we added cashier stations. More cashiers means a system must be developed for consolidating funds for bank deposit, and thus opens the possibility of more cash in the Coop at any given time.

Are the advantages of the status quo system worth the design trade-offs required? Have we done enough to look for new solutions to the problems that consolidation would create? (Could we, for example, offer incentives like shorter hours to overcome members' reluctance to become cashiers?)

Responding to questions on this point, Robinson says the front end issues mostly involve the placement of store furniture that can be changed later. If a way is found to reduce entrance/exit space requirements, shelves could be added and wiring changed without too much disruption. In any case, she points out, any decision to modify the way checkout is handled would require management changes that almost certainly could not be resolved in the limited time available before construction has to go forward. ■



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GENERAL MEETING AGENDA

FOR TUESDAY, MARCH 28, 7:00 P.M.

Location:

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

Current Agenda Information:

The agenda for the February General Meeting was not available at press time. The Agenda Committee meets on the first Tuesday of each month to plan for the next GM. The agenda is posted the following day on the Coop Community Corner bulletin board and will appear in the next issue of the *Linewaiters' Gazette*.

Future Agenda Information:

For information on how to place an Item on the Agenda, please see center of this issue.
The Agenda Committee minutes & details of the status of pending agenda items are available in the office and at all General Meetings.

Loan Drive For Our New Building

Why Now?

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 development loan is approved in May.

Member loans will be most effective if they come in *before* we finalize the loan with the bank. If we don't have our funding in place by early May, the Renovation Committee will have to try to pare down the project. The Committee has been conscious throughout of the cost of the project. Cutting back would be unfortunate because it would mean that we would have to give up on some needed features.

We invite every member to take advantage of this program. If you can, please contribute to the success of our renovation project..

20 Years of Member Loans

Member loans support the Coop in several ways. Not only do loans bring money into our bank account, they are an indication of the direct support of the membership for their Coop. Our lender, the National Cooperative Bank, has looked at that strength in the past when considering mortgage and development loans. The member loan program also supports our members directly by allowing us to keep the required investment for individual members as low as possible while obtaining needed capital funds from those members who have more money.

In addition, loans to the Coop made by members cost the Coop less than loans from a bank, yet the members who make the loans earn a higher rate of interest than they would get from a bank.



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 8.5% simple interest on 7-year loans, 8% on 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.

Now in a Neighborhood Near You! Join Brooklyn BAN!

By Judy Janda


Several Coop members (Carl Arnold, Tom Smith and Judy Janda) are among concerned Brooklynites forming Brooklyn BAN (Biotech Action Network) in order to curtail the already invasive biogenetic hazards to life — many of which have been reported in this newspaper over the last year or two. During a recent Sunday afternoon at Eco Books in Park Slope we met to talk with Andy Zimmerman, principal organizer of NY

major processed food manufacturers to drop GM ingredients. Food manufacturers have done this mainly in Europe, where there has been more media coverage and more popular protest, with obvious impact on the seed manufacturers and biogenetic research on food plants.

A Full BAN Roster Planned

We will be talking with market managers as well as giving out information outside various chain markets. On March 5, we tabled at the Key Food supermarket on Seventh Avenue in the Slope. In future months, we will be getting the word out at other food stores, farmers' markets, community-supported agriculture sites, and food coops.

A proposed bill by NY BAN to the New York State Legislature seeks to create a ten-year moratorium on planting genetically modified crops anywhere in the state. GM crops that are currently in very wide cultivation and are processed in the United States include soy beans, corn, potatoes, squash, papaya and tomatoes. Products with GM ingredients include dairy, soybean oil, canola oil and cottonseed oil. Only one other state is this advanced in legislating limits to GM agriculture. Passage of this law would protect certified organic farms from genetically modified pollen and other GM contamination (threatening that certification), protect the envi-



Biodevastation 2000

The 4th International Grassroots Gathering on Genetic Engineering: Resistance and Solutions to the Corporate Monopoly on Power, Food and Life

Boston, March 24-30, 2000

March 24-25: Teach-in/Counter-conference • March 26: Public Rally, Parade and Street Theater • March 27-30: Nonviolent Direct Actions

Join activists, scientists, farmers, and people from around the world for a week of education, strategy and empowerment to build a cohesive movement against genetic engineering, and protest BIO 2000, the largest-ever convention of the Biotechnology Industry Organization.

Conference co-sponsors include the Institute for Social Ecology, Council for Responsible Genetics, Greenpeace USA, Native Forest Network, People's Earth Network, Action for Community & Ecology in the Rainforests of Central America and many others.

For more information, please contact:
Northeast Resistance Against Genetic Engineering (802) 454-9957 • nerage@sover.net
(online registration and schedule)

Boston Biodev Contact: 1-877-9-RESIST; in MA call 617-524-7841 • bioD2000@jamicaplanet.com
(all other info)

Member Contribution

BAN for pro-active work in New York State along the lines of the New England Resistance Against Genetic Engineering (NERAGE). Brooklyn will take on three diverse activities.

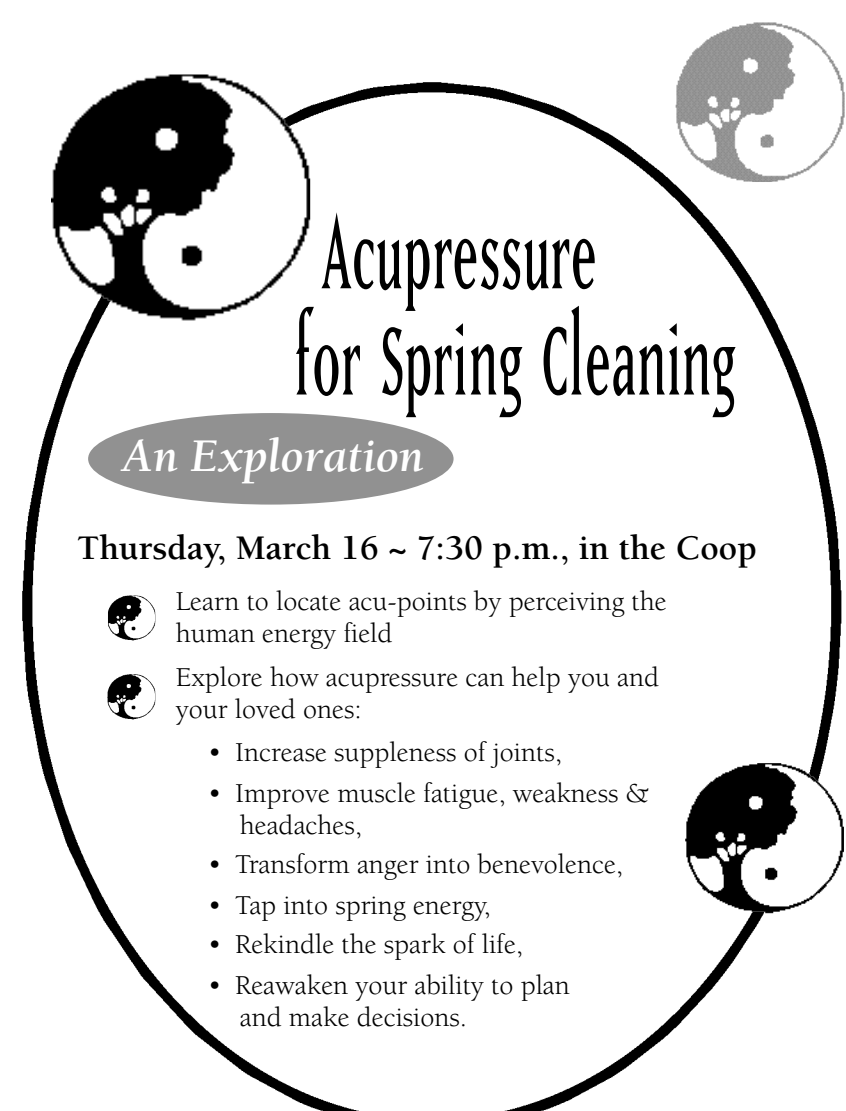
As there is inadequate mass media attention toward the health and safety of genetically engineered produce and processed foods, our local information campaign will include a presence at various points of food distribution. Building on successful efforts in Britain and New England, we want to persuade chain markets to stop carrying genetically modified (GM) foods and to not use them in their own brand products. Such an approach has been critical to getting some

ronment from unknown damage, and protect all living things from unfathomable genetic changes and compromised health.

In March, Brooklyn BAN will be developing public relations kits, doing media work, and talking with local state senators and assembly members to explain the issues and to recruit legislative sponsors.

Join BAN at Biodevastation 2000

Through workshops and media, our third project's goal is to expand people's consciousness about the impact of genetic manipulation and corporate control of life processes. An excellent event for this is the forthcoming Biodevastation 2000 gathering in Boston at the end of March, held not coincidentally at the time of BIO 2000, a major biotech industry



Acupressure for Spring Cleaning


An Exploration

Thursday, March 16 ~ 7:30 p.m., in the Coop

- Learn to locate acu-points by perceiving the human energy field
- Explore how acupressure can help you and your loved ones:
 - Increase suppleness of joints,
 - Improve muscle fatigue, weakness & headaches,
 - Transform anger into benevolence,
 - Tap into spring energy,
 - Rekindle the spark of life,
 - Reawaken your ability to plan and make decisions.

Elizabeth D. Poole is a long-time Coop member. She is a certified Jin Shin Do® Bodymind™ Acupressure practitioner and a New York State licensed massage therapist.

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



A Workshop About Relationships

An introductory workshop with Margo Steinfeld, M.A.

Singles, couples, divorced, widowed, young, old. Come alone. Come with your partner. Bring your friends, family, lover. Everyone who wants a deeper understanding and awareness of self in relationship is welcome. An experiential workshop to explore who you are in relationship.

Do you ask yourself:

- What is this thing called love?
- How do I know you're the right one for me?
- Should I stay or leave?
- Is there hope for our relationship?
- Why can't I love you?
- Why can't I let you love me?
- Have I left my family of origin yet?
- How does my upbringing affect you and me?
- How can I heal my childhood wounds?
- Can I be happy in a committed relationship?
- Why do I choose a partner who's unavailable (physically, emotionally, spiritually)?
- Why am I afraid to *not* be in a relationship?

**Thursday, March 23
7:30 - 9:00
In the Coop**

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

FREE

Non-members are welcome

Margo Steinfeld, MA, is an experienced psychotherapist who specializes in the art of relationship and facilitates communication skills, the art of listening, dialoguing through gender differences & relationship issues. She has a private practice in Park Slope and is a Coop member.

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

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, March 17

STEAL THE DONUT

Alan Friend, Stephen James, Dan Schiavetta & Hayley Gorenberg sing and play Old-Time Southern mountain tunes and other traditional music. They accompany themselves on fiddle, banjo, guitar, bass, cello, concertina & anything else they can get their hands on.



ROBERTA PIKET

Jazz pianist **Roberta Piket** performs in a rare duos setting, with saxophonists **Mark Reboul** and **Andrew Rathbun**, and flutist **Michel Gentile**. The Village Voice recently commented, "Piket's imaginative tunes nudge her playing into unexpected places. A modern romantic, she makes dissonance sound savory." Roberta's most recent CD, *Live At The Blue Note* (Platinum, 1999) was named one of the five best of 1999 in *JazzTimes*. Her newest CD will be released shortly. To hear a preview, go to www.RobertaJazz.com.

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

COMING PROGRAMS

APR. 21	no coffeehouse
MAY. 19	XODÓ & Nancy Kennedy Quintet

Puzzle Corner

Contributions from members are welcome. Please sign your entries. Answer is on page 15.

Cryptogram Topic: Vegetables

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.

Z I I Q G N L A

T F R U M F J

I Y Z Z L T Z N L E

Q F A N A F Z E

T Y F U U F G X

E K I N Y E L N Q Q Z N E

U K U K W T Z Y

P K U U M X L X

J N W E

U N Y Y F A E

This Issue Prepared By:

Coordinating Editor:	Stephanie Golden
Editors (development):	Diane Aronson Julia Clarke
Reporters:	Robert Berkman Anne Corey Ethan Pettit Bill Ryan
Art Director (development):	Margie Rubins
Illustrators:	Nancy Carey Rod Morrison
Photographers:	Judy Janda
Traffic Manager:	Barbara Knight
Classified Ads Prep:	Martha Becker
Saturday Coordinator:	Victoria Johnson
Text Converters:	Chan Johnson Joanne Guralnick Helen Tepper
Proofreaders:	Dara Amchin Barbara Gewirtz
Thumbnails:	Robert Miller
Preproduction:	Beth Barrett Lois Wadler
Art Director (production):	Lauren Dong
Desktop Publishing:	Lew Friedman Laura Schere
Editor (production):	Lynn Goodman
Index:	Len Neufeld

COOP CALENDAR

New Member Orientation

Tell your friends. Orientations are held every Monday, every Wednesday and many Sundays.
Monday, Mar. 13, 20 & 27
Wednesday, Mar. 15, 22 & 29
Sunday, Mar. 12 & 26

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:
Mar. 23 issue: 7:00 p.m., Mon., Mar. 13
Apr. 6 issue: 7:00 p.m., Mon., Mar. 27

CLASSIFIED ADS DEADLINE:

Mar. 23 issue: 10:00 p.m., Wed., Mar. 15
Apr. 6 issue: 10:00 p.m., Wed., Mar. 29

General Meeting

TUE, MAR 28

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

TUE, APR 4

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, APR 7

...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.

FRI, MAR 17

GOOD COFFEEHOUSE–COOP NIGHT: third Friday series. This month: **Steal the Donut** and **Roberta Piket** in duo with **Mark Reboul, Andrew Rathbun & Michel Gentile**. Musicians are Coop members. 8 p.m. \$8. 53 Prospect Park West, 768–2972

THU, MAR 23

A WORKSHOP ABOUT RELATIONSHIPS: with Margo Steinfeld. Everyone who wants a deeper understanding and awareness of their self in relationship is welcome. Free, 7:30 p.m.

SUN, MAR 26

CHILDREN'S CONCERT: a popular annual event brought to you by the Coop's Fun'raising Committee. The Imagination Workshop Band, 3:30 p.m. at Camp Friendship, 339 8th St. \$5 per person. Light refreshments available. Look for a display ad in this issue.

TUE, APR 11

NATURAL VISION IMPROVEMENT: with Jerry Wintrob. Learn exercises to enhance the way in which you use your eyes and how to alleviate some of the stress you experience in your everyday life. Learn what you can do for several problems and learn ways to support yourself nutritionally for prevention and treatment of various eye problems. Free. 7:30 p.m.



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, March 28, 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.



COOP WORKSLOT NEEDS

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



GAZETTE:

• **Desktop Publishers—Post-production:**
Tuesday approximately 9:00 a.m.-12:00 noon. We are looking for members who are frequent users of Quark with a variety of skills. Photoshop knowledge is a plus.

• **Development Art Director**
Develop art for the issue in consultation with the editors and your team of illustrators and photographers. Work every eight weeks.

EVENING/WEEKEND:

• **Bread Invoice Bookkeeping**
Work Sunday evening checking math on handwritten bread invoices and preparing vouchers for the weekend deliveries. As with most Coop bookkeeping jobs, reliability and attention to detail are more important than prior bookkeeping experience. Sunday afternoon.

• **Filing**
Work alone on a 6-week cycle (the job takes about 4 hours) cross referencing and filing invoices. There is some flexibility in scheduling.

• **GM Chair Committee**
The group of members that chair the General Meetings has openings. We especially want to reflect the diversity of our community. The committee meets for 1 1/5 hours on the first Tuesday of each month, and 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. This can be your regular workslot, or you can get FTOP credit. To apply, call the Coop office.

• **Maintenance Committee**
Work with a team of 12, 7:00 p.m. Sunday nights. See the immediate results of your hard work. With the help of the Maintenance Committee, we consistently receive excellent ratings in annual Department of Agriculture inspections.

• **Inventory Committee**
Sunday 5:30-8:15 p.m. Count everything in the Coop! Work with a team of 30, away from the shopping crowds. It's a great way to

get to know everything the Coop carries. Your numbers are the first step to a well-stocked Coop.

DAYTIME:

• **Store Equipment Cleaning:**
Wednesday, 6:00-8:30 a.m. Clean calculators and other equipment in the store before it opens to shoppers. Complete the workshift with some attention to the office—wastebaskets and a quick sweep.

• **Early Morning Cleaning**
Wednesday morning, 7:00 a.m. Deep clean the childcare space—floors, shelves, etc. but not the toys (we have a toy cleaner). Also clean the three bathrooms.

• **Toy Cleaner:**
Clean the childcare toys. It might mean scrubbing down plastic toys (or taking them home to put in a dishwasher) and laundering stuffed toys. Clean the toy shelves, straighten the books. Evaluate the condition of books and toys, and remove toys that are broken, badly worn or missing pieces. Work C-week, and coordinate your efforts with the toy cleaner who works A-week.

• **Early Morning Office Prep**
Monday through Friday morning, 6:00-8:30 a.m. Prepare for the office day. This is a quiet time in the office for an independent worker. The work could be clerical—tying up leftovers from the day before—Nor it could be cleaning—mopping, paper recycling, etc. No phone work.



• **Emergency Office and Receiving Lists**
You do not need to be a regular office or receiving worker if you can be available on short notice during the day Monday through Thursday. You may have Future Time Off work credit.

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.

COMMUNITY CALENDAR

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

THU, MAR 9

OLD STONE COFFEEHOUSE: presents Vance Gilbert, 1997 Kerville Vocalist of the Year. 8:00 p.m. JJ Byrne Park, 3rd St btwn 4th & 5th Aves. (in old stone house) \$10-Wee display ad for \$1 off. Free refreshments. 567-0509

FRI, MAR 10

GOOD COFFEEHOUSE: An evening of traditional and not-so-traditional music with blues singer Bob Malenky, sea chantey singer Frank Woemer and ballad singers Alison & Hilary Kelley. \$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

BIODEVASTATION 2000: in Boston on 3/26. Reserve a bus seat with Brooklyn BAN. 212-529-9720. Call now.

WED, MAR 15

BIODEVASTATION 2000: Brooklyn BAN meeting to plan trip to Boston 3/26. 7:00 p.m. Sixth St Community Center, 638 E 6th St (betw Av B & C) Hotline: 212-529-9720.

FRI, MAR 17

GOOD COFFEEHOUSE—COOP NIGHT: The third Friday of each month is a series sponsored jointly by the Park Slope Food Coop and Brooklyn Interfaith Action. This month: Steal the Donut. Musicians are Park Slope Food Coop members. \$8. 8 p.m. 53 Prospect Pk W. 768-2972.

SAT, MAR 18

ROSES & BREAD: Women's poetry & performance event. 6:30-9:00 p.m. \$4-\$7 donation to Women's Defense of Vieques, Puerto Rico. A women only event. Church of the Gethsemane, 8th Ave. @ 10th St. For info, call Resistance in Brooklyn, 399-8366.

2001: TAKING BACK OUR CITY: Join the launching. Attend skills & strategy sessions in preparation for the City Council races in 2001. Sponsored by the Same Boat Coalition and the Green, Labor & Unity Parties. \$5 registration. 10:00-4:00. Local 32B-J, 101 Ave of the Americas, NYC. 212-894-8083

SUN, MAR 19

PESTICIDE SPRAYING: Bkln Community Forum. Concerned about being sprayed again? Learn what happened and the alternatives. Medical and Expert Speakers. Union Temple, 17 East Pkwy @ Grand Army Plaza. 2:00 p.m. 871-8232

MON, MAR 20

CELEBRATE SPRING WITH THE GREEN PARTY!: Socialize and mobilize. Information, music, food & fun.. 6:30-9:00 p.m. Lafayette Ave. Presbyterian Church, 85 S Oxford St, corner Lafayette. (near BAM. 638-3645

THU, MAR 23

A WORKSHOP ABOUT RELATIONSHIPS: with Margo Steinfeld. Everyone who wants a deeper understanding and awareness of their self in relationship is welcome. Free, 730 p.m., at the Park Slope Food Coop, 782 Union St., 718-622-0560.

FRI, MAR 24

GOOD COFFEEHOUSE: Big Band Swing Night with Art Lillard's Heavenly Band, one of only a handful playing brand new music that's just as exciting and tuneful as the standards of the 30s & 40s.. \$8. 8

p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. 768-2972.

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, 339 8th St.

BROOKLYN CO-HOUSING: Explore the affordability and diversity, privacy & community of co-housing. Next meeting at Eco Books, 192 5th Ave near Union St. 1:00 p.m. Info: 718-745-6943, or ehencke@webtv.net. General info on co-housing at www.cohousing.org

BIODEVASTATION 2000: Brooklyn BAN buses go to Boston, round trip, same day. Call Hotline 212-529-9720 (before 3/26!) for bus schule and location.

WED, MAR 29

WOMEN'S BODIES, WOMEN'S CHOICES: An afternoon of discussion & viewing videotapes by Dr. Christiane Northrup on women's health issues. Free. 7-9:00 p.m. Bkln Soc. for Ethical Culture, 53 Prospect Pk W. For info, call Anne Klaeyen, 965-3611

ONGOING EXHIBITS/SHOWS

2/14-3/18
WORKS ON THE WALL: Geoff Farnsworth presents "Toyflesh," a collection of paintings which explore magic in the world and what lies below the surfaces of things. Spoke the Hub, 748 Union St., 857-5158.

2/19-3/18
DRIVE: Photographs by E. E. Smith. Kim Foster Gallery, 529 W 29 St, NYC 10011. Tues-Sat. 11:00 a.m.-6:00 p.m., 212-229-0044

2/24-3/15
AN EXHIBITION OF FRAMED MIRRORS: by David Faden. David takes old pieces & gives them a new life & identity. New World Coffee, 127 7th Av., 832-3517.

3/19-4/22
WORKS ON THE WALL: Dana Matthews will show a collection of her newest hand-painted photographs. Spoke the Hub, 748 Union St., 857-5158.

MEETINGS

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

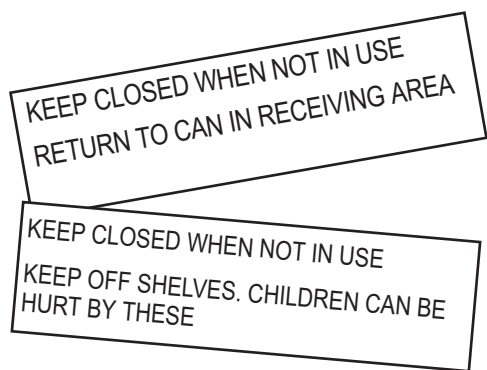
GREEN PARTY MONTHLY MEETING: Work for social justice and a sustainable environment! 7:00 p.m. at Park Slope United Methodist Church, 6th Ave @ 8th St (garden entrance to basement). Info 768-3202.

BROOKLYN COMMUNITY RAINBOW CHORUS is a non-denominational choir in Brooklyn. We seek new members, especially altos, tenors & bases. Music reading not necessary. Varied repertoire. Fred Alston 212-924-4958.

L E T T E R S T O T H E E D I T O R

DON'T CUT CORNERS
ON SAFETY!

TO THE EDITOR:



These are the messages on the two box cutters I found in the box I brought my groceries home in. We all need to be much more careful!

Joyce Kravets,
Friday Shopping B5

COOP SHOULD ACT
AGAINST GE FOODS

TO THE EDITOR:

Whole Foods is not the first food corporation to oppose the use of genetically engineered (GE) food as one might infer from reading Ms. Essig's piece. Such a view underestimates the growing opposition to GE foods, even though there has not yet been a grass roots campaign to oppose it in the United States. Europeans have demanded that U.S. corn and other agricultural products be banned from entering their countries because of the likelihood the food has GE products in it. The European Union has decided that products in which more than 1% of the ingredients are transgenic (GE) should be

labeled. Two major European food producers, Unilever and Nestle, announced that they would phase out GE ingredients in their products. A virtual European trade war with the United States has resulted.

United States food companies sense that American consumers may reject GE foods, and have stated their intention to keep GE food out of their products. Gerber and Heinz Baby Foods and fast food chains like McDonald's, Burger King, and Kentucky Fried Chicken are among the corporations seeking cover. Archer Daniels Midland started offering farmers a premium for non-GE soybeans. Even Frito-Lay, which pioneered the use in its snacks of Olestra, a hazardous "no fat" oil, called on its suppliers not to sell them GE crops. Some may be sincere in their desire to protect the public, but we must not be naive. Some companies want only to create the impression that their products are not tainted with GE products to improve sales. But we should welcome food companies distancing themselves from GE foods. Conflict among corporations over GE food makes it more likely that we can win the demand for a labeling law with strict enforcement.

Forty-four Congresspersons have cosponsored HR 3377, "the GE Food Right to Know Act," including three from Brooklyn: Carolyn B. Maloney (14th CD), Jerrold Nadler (8th CD) and Major R. Owens (11th CD). Senator Barbara Boxer of California introduced the same legislation in the Senate, called S.2080, adding \$5 million to study the health and environmental effects. Senator Charles Schumer has not spoken on this yet.

Corporations and politicians fear not only market rejection of GE foods but also the development of a mass

movement which would expose how agribusiness eagerly adds potentially dangerous materials to our food supply to enlarge its profits.

We are proposing a Food Coop campaign to 1) educate the public about GE foods and 2) petition our legislators to support these bills and assure vigorous enforcement. This is a natural outgrowth of our decades-long commitment to working for a safe food supply, and the coordinators played important roles in this. We can petition in front of Brooklyn's many food stores and call on them to also support us. Already shareholders in several supermarket chains, including Kroger and Safeway, are raising this issue. Other food corporations are facing shareholder revolts, the largest since the years of the antipartheid movement.

A movement is beginning and we need to be a part of it.

Yours in cooperation,
Paul Bermanzohn

CONTINUED PESTICIDE
SPRAYINGTO THE MEMBERS OF THE
PARK SLOPE FOOD COOP

The Green Party in Brooklyn will be holding a forum on the danger of continued indiscriminate pesticide spraying by the city this Spring. The event will be held on Sunday, March 19, at Union Temple, 17 Eastern Parkway, near Grand Army Plaza, from 2:00 until 4:00 p.m.

Last fall, in order to deal with an alleged "emergency" due to several deaths, allegedly from a mosquito-borne "West Nile virus," New York City sprayed the entire city repeatedly with Malathion from helicopters, and Resmethrin and Sumethrin from

trucks. These compounds are toxic to human beings as well as all animal life—bees, birds, fish, pets, etc. Malathion, which Rachel Carson mentioned in *Silent Spring*, is a nerve toxin, and is now under study as a possible carcinogen. Resmethrin and Sumethrin exacerbate asthmatic conditions—certainly a problem in New York, especially among children.

Often this spraying was done without adequate warning. The city sprayed Prospect Park and Park Slope early one Saturday evening. Now they are planning to spray again. Are there alternatives in dealing with mosquitoes? Yes. But the city has been cutting back funding for such a program of integrated pest management for years now.

Our scheduled speakers will include Dr. Joel Popson, a Lower East Side physician, many of whose patients were affected adversely by the spraying; Steven Greenspan, a professional who trains pesticide applicators and has many criticisms of the city's indiscriminate spraying in the fall; Aton Edwards, Director of the National Preparedness Network, who will discuss the mistaken motives that led the city to spray in the fall and which are leading the city to spray again in the spring; Lori Evans, Westchester director of S.A.F.E., Safer Alternatives For the Environment; and Elizabeth Shanklin, Green Party Activist and coordinator of our Community Boards Campaign, a campaign to get resolutions passed by all the Community Boards in New York City against continued spraying.

Admission is free. We hope that you will attend what promises to be an informative and productive afternoon.

For more information, contact me at (718) 398-7204.

Tom Smith

L E T T E R S P O L I C Y

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.

A N O N Y M I T Y P O L I C Y — L E T T E R S

Unattributed letters will not be published unless the *Gazette* knows the identity of the writer, and therefore must be signed when submitted (giving phone number). Such letters will be published only where a reason is given to the editor as to why public identification of the writer would impose an unfair burden of embarrassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.

F A I R N E S S P O L I C Y

In order to provide fair, comprehensive, factual coverage:

1. The *Gazette* will not publish hearsay—that is, allegations not based on the author's first-hand observation.
2. Nor will we publish accusations that are not specific or are not substantiated by factual assertions.
3. Copies of submissions that make substantive accusations against specific individuals will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the one for which it was submitted.

The above applies to both articles and letters. The only exceptions will be articles by *Gazette* reporters which will be required to include the response within the article itself.

Discounted Parking
for Park Slope Food Coop Members

Rate Change, April 1
\$3.50 for up to two hours
\$6.00 for up to four hours

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

Brooklyn BAN
CONTINUED FROM PAGE 7

meeting also in Boston. Biodevasta-
tion 2000 will have two days of teach-
ins and workshops on March 24–25
featuring many speakers and pan-
elists well-known in the antibiotech
movement. Scheduled topics include:
dangers to ecological and human
health, monopolies in agriculture and
seeds, biopiracy and intellectual prop-
erty rights, medical biotechnology and
cloning, governmental and corporate
agendas, corporate control and global
trade, understanding and using
media, and mass movement and
direct action strategy. Vandana Shiva
is the featured speaker 3/24 p.m. On
Sunday March 26, there will be a pub-
lic rally, parade, and street theater.
The event concludes on March 27–30
with four days of nonviolent direct
actions in conjunction with BIO 2000.
Anyone interested in going to
Biodevastation 2000 is urged to
attend a meeting on March 15, 7 p.m.,
at the Sixth Street Community Center,

638 East 6th Street between Avenues
B and C in Manhattan. Bus transporta-
tion for the Boston event is being
organized, for about \$20, to leave and
return on Sunday 3/26. If we can get an
early commitment from 50 people
from Brooklyn, we can arrange for a
bus leaving from Park Slope. It may
also be possible to arrive in Boston
earlier in the week and return by this
bus, or to take this bus up on Sunday
and return on your own on another
day. Call the hotline #(212) 529-9720
that Brooklyn BAN now has with NY
BAN and SOS-NY for bus information
or for notification of future local meet-
ings.

For More BAN Information
If you are wired, excellent back-
ground information can be found at
www.biodev.org (NERAGE) and at
www.purefood.org (lots of reports and
essays). For more details on the pro-
posed law, e-mail Andy Zimmerman,
turtle@westnet.com, and to be con-
tacted for participation in Brooklyn
BAN activities, e-mail Judy Janda, [jjan-
da@igc.org](mailto:jjan-
da@igc.org). ■

SCANNING IS COMING
TO A CHECKOUT LANE
NEAR YOU...
TRAINERS NEEDED!

Our target date for going live with scanning at the
checkouts is April 9. If you are willing to learn to be a
trainer and work with shopping squads, please call the
office.
Workslot credit will be given. Please call whether you
are able to be a trainer for your own squad only or for
multiple squads.

You Own It!

THIRTEEN THINGS MEMBERS CAN DO
TO HELP THEIR COOP

- 1 • Help make respect and appreciation part of the Coop's
ambiance.
- 2 • Offer to help if you see it may be needed.
- 3 • Pick up trash if you see it in the store or in front of the Coop
and report and/or help clean up spills.
- 4 • Help protect the Coop, its property and its people. If you
notice shoplifting or other irregularities, please tell the squad
leader or a coordinator.
- 5 • If you see wrong prices, mislabeled or misplaced merchan-
dise, let the Squad Leader or a working member know.
- 6 • Respect the Coop's member labor system. Is every adult in
your household a member? Shop for your household or other
Coop members only. Remember, our costs are low because of
member labor.
- 7 • Be informed. Read the Linewaiters' Gazette. Come to Gener-
al Meetings and other Coop meetings.
- 8 • Offer constructive suggestions. Drop a note in the Coop
mailbox for the Coordinators or a Coop committee. Drop a
note to the produce buyer in the wall pocket in the produce
area. Write in the Shopping Committee Feedback Book.
Write a letter to the Gazette. The Coop welcomes ideas!
- 9 • Leave the driveway and the entire street in front of the Coop
clear for deliveries and members picking up their groceries.
Leave the sidewalk clear for our neighbors. And NEVER block
the firehouse.
- 10 • Increase your investment in the Coop. Increasing your
member investment over \$100 allows you to write checks for
your groceries. If you are still investing your \$100 with an
installment plan, you can pay ahead of schedule. You could
also make an interest-bearing loan to the Coop. Loan forms
are at the entrance desk.
- 11 • Help visitors to the Coop feel welcome. Offer to give
them a tour.
- 12 • Post or distribute Coop flyers where you live or work. The
Coop office can supply you with as many as you like.
- 13 • Tell a friend about what a great Coop we have!

Adapted from Gentle Strength Times, Gentle Strength Food Coop, Tempe AZ.



Help Spread the Word!

Let everyone know about your Coop!

Are you a realtor, a health practitioner? Do
you have an office or a store? Do you have a
place to distribute our new bright green
“business cards”? Can you
carry a few in your wallet for
those times when you tell oth-
ers about the best place to
shop in Brooklyn! Take as many
as you would like from the box
at the exit door or from the
office. (And coming soon: the
Coop's new trifold flyer.)

Save \$\$\$ on produce & groceries!

Find out more about the

Park Slope Food Coop

782 Union Street, Brooklyn, NY 11215

718-622-0560 www.FoodCoop.com

The Park Slope Food Coop is the only place in the city where you can purchase fresh, organic, and seasonal food. Every 4 weeks you can purchase over 200 groceries at only 20% above wholesale. We have over 200 varieties of organically and conventionally grown produce and a wide selection of groceries, including vitamins and health products. Our offerings are available every Sunday and Wednesday evenings 4-7:30 PM and twice a month on Saturday. Come join a personal tour. We're open 7 days a week. For more info, call 718-622-0560.

NOTE: ONLY CURRENT MEMBERS MAY PLACE ADS

CLASSES/GROUPS

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.

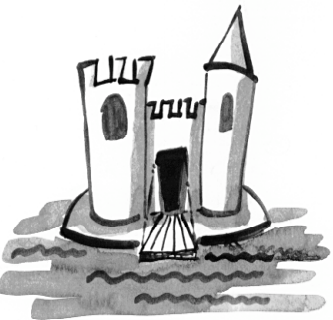
KUNDALINI YOGA IN PARK SLOPE offers ongoing classes in Kundalini Yoga and meditation. Heal your body, raise your spirits. 473 13th St. between Prospect Park West and 8th Avenue. \$12/class or 6 classes for \$60. 718-832-1446.

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.

ARE YOU SINGLE? Tired of all the dating games? Frustrated by the N.Y. singles scene? THE RELATION-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.

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.

FREE TEEN GIRLS SELF-DEFENCE COURSE in Park Slope. Center for Anti-Violence Education/Brooklyn Women's Martial Arts. Five Saturdays starting March 18, 3:30-5:30. For 14- to 18-year-olds. esy-to-learn skills. Women instructors. Must call to register: 718-788-1775.



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

STUDIO SPACE for potter or ceramic sculptor available in Carroll Gardens. Call Lynn at 718-858-0834.



EMPLOYMENT

WANT A MORE satisfying job? Opportunity for the right person to join our holistic optometric practice. Must love working with children. Will train as a vision therapist to work with children and adults. Part time. Call Dr. Jerry Wintrob: 718-789-2020.

PARK SLOPE-based moving company (Top Hat Movers) needs steady, part-time help. Up to \$13 per hour (\$7-8 base + tips). Excellent working environment. Must be over 18, strong and reliable, able to work as part of a team. Valid driver's license, previous experience a plus. Contact Robert 718-622-0377.

CHILDCARE WORKERS NEEDED. Ctr for anti-violence ed. Seeks people over 16 to watch children while parents take classes. Must have experience, ability to care for up to 3 children, and references. Must be available Saturdays. \$6.50/hr & \$3/travel. Call Tatiana @ 718-788-1775.

OFFICE MANAGER - Union Temple of Brooklyn, Full time position. Windows experience required. Fax resume to: 718-382-6136.

COLLEGE STUDENTS or enthusiastic young adults wanted to spend 2-3 hours a week or more with enthusiastic, bright and fun 9-year-old home-schooled boy. Weekdays 9-5: regular or irregular hours. \$10/hour. Call Corinne 718-965-3150.

HOUSING AVAILABLE

LARGE ROOM available in Prospect Heights. Non-residential use preferred. Perfect for writer or artist. Sunny and quiet. \$500 per month. One month security and references required. Call 718-623-8549 for information. Available March 1.

SPACIOUS ROOM FOR RENT in Park Slope duplex, one block from Methodist Hospital. Separate entrance, ensuite bath, basement storage, washer, dryer, deck. Shared kitchen. Quiet female preferred. Available March 31. \$525, includes utilities. Call Ann 718-965-8559.

ROOM AVAILABLE IN BROWNSTONE with mother, college student daughter and two cats. Female, non-smoker only. Short term ok. Berkeley Place (5—6). Available May 1st, possibly April. Call 718-636-9693.

COOP APARTMENT 1 BEDROOM. Sunset Park \$35,000. Low maintenance \$172.50. Great for student. Building 100% owner occupied. Call 718-686-8270.

VACATION HOUSING

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

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.

BERKSHIRES LAKEFRONT—MODERN, 4 BEDROOM home on 5 1/2 wooded acres. Large living room and screened-in porch. Fully-equipped kitchen. Boat, dock and deck on clean, very swimmable lake. Near Jacobs Pillow and other cultural attractions. \$825 per week. Call Marc at 718-768-4768.

CATSKILL RENTAL 19TH CENTURY FARMHOUSE on 8 acres. NEAR Ashokan Reservoir, Woodstock and Phoenicia. 3 large bedrooms, 2 baths, 2 fireplaces, deck, huge kitchen with restaurant stove. Weekend and weekly rentals 718-369-9186 or email jwoodson1@aol.com.

MERCHANDISE FOR SALE

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

TWO-YEAR HEALTH CLUB MEMBERSHIP for sale (Eastern Athletic's Prospect Park Club). Membership term: now through May 1st, 2002. \$1850 value—now only \$1300. Call Jerome 718-636-0836.



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



MERCHANDISE-NON COMMERCIAL

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

MOVING SALE: Attractive chest of drawers. Stained wood. 30 inches high x 50 inches wide. \$60. Beautiful sofa. Muted colors, floral pattern, excellent condition. Paid \$900, asking best offer over \$200. Call Margie 622-6454.

FOR SALE Used refrigerator, frost free, \$150 neg. Call 718-369-6077.

FUTON fits in small space. Solid oak frame, like new. I paid \$400, it's yours for \$50. Call 718-686-8270.

FOR FREE: Used Nikki & Biobottoms diaper covers. Infant to large toddler size. Back issues of Mothering Magazine. Ideal for moms, midwives, La Leche League leaders. Call Carol 853-0750.

PEOPLE MEETING

CONCERNED ABOUT BEING SPRAYED AGAIN? Bkln Community Forum on Pesticide spraying. Join other Brooklynites for an afternoon of information & discussion. Medical & expert speakers. Find out what really happened & the alternatives. Union Temple, 17 Eastern Pkwy at Grand Army Plaza, Sun., March 19, 2 PM. 718-871-8232.

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 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.

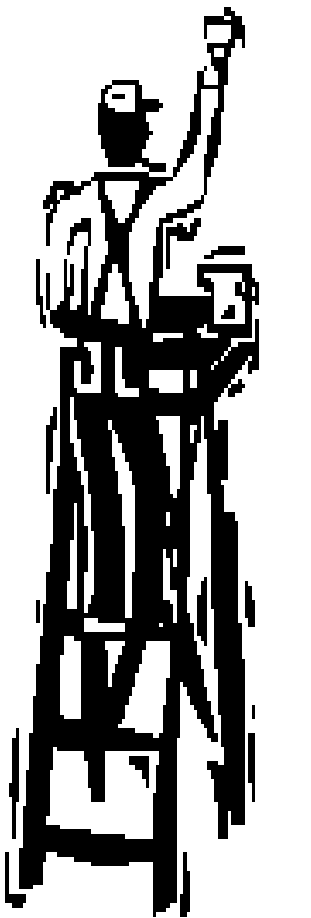
EXPRESS MOVES: Brownstone flight specialists. Our FLAT RATE includes labor and travel time. Great Coop references. 670-7071.

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

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.

TO BEST SOLVE your plumbing and heating problems, call an expert. Avrum Fink has over 25 years experience in the field. For prompt reliable service, call Avrum at 718-768-5392.

MY THOROUGH and reliable housekeeper is available to make your home sparkle. Call Holly for a glowing reference at 802-0044, or Monica directly at 201-946-7314.

BRIGHTEN UP YOUR HOME. Experienced floor mechanic will install, sand, finish and repair your wooden floors. Plenty of references. Reasonable prices. Free estimates. Call Tony on beeper at 917-466-2718.

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

EXPERT PROF. PAINTING AND PLASTERING. Some faux finishes, small jobs ok. 15 yrs experience. Great Coop and Slope references. Polite and neat. Call Dave 718-398-5580. Beeper # 917-866-0031.



COUNSELING FOR CHILDREN & ADOLESCENTS by experienced therapist who specializes in work w/ children & adolescents. Windsor Terrace office. Sliding scale available. Please contact Karen Minsberg, C.S.W. 718-499-2625.

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, musculoskeletal 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

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.

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.

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. Jerry Wintrob- 718-789-2020.

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.

COMMUNITY CHIROPRACTIC & ACUPUNCTURE comprehensive holistic care for the entire family. Car accident, work or sports injuries Therapy, X-ray, Nutritional supplemental & homeopathic care available. Sliding scale awa insurance reimbursement. All patients treated by Dr. Karen Thomas, 175 6th Ave. Corner Lincoln Pl. Call: 398-3100.

MASSAGE THERAPY promotes deep relaxation, relief from pain, and self-awareness. I have 20 years of experience working with clients to achieve improved health and well-being. Please call Susan Kaner, LMT, at 768-6994.

TIME-LIMITED PSYCHOTHERAPY. 30 years of experience with children, adolescents and adults. Problem-oriented, solution-focused treatment. Office one block from Food Coop. Karen B. Peterlin, CSW 718-789-2464.

SERVICES WANTED

DESIGN AND BUILD MY DREAM GARDEN! I need a child-friendly, flower and vegetable eden. If you can do it leave a message at 718-857-2248.

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.



Thank You Coop Artists

The Marketing Committee wishes to thank the following Coop artists for their submissions for the 25th anniversary art show:

C Bangs
Maureen Cummings
Josh Dorman
Randy Duchaine
Bill Farrington
Robin Glassman
Janice Handleman
Lee J Hitt
Carmen Hay Kolodzey
Mara Faye Lethem
Carol Lipton

Constance Lombardo
Cassandra McGowen
Diane Miller
Wayne Moseley
Laurie Ourlicht
Jeff Prant
Marion Reynolds
Dana Simon
Judit Villiger
Dale Williams

Although the show never got off the ground, we encourage all Coop members to support these artists in their current and future endeavors. Thanks to all for submitting your artwork.

Answer to Puzzle on page 8

Eggplant, Bok choy, Green beans, Potatoes, Broccoli, Sugar snap peas, Cucumber, Zucchini, Yams, Carrots

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

Prompt & Courteous
Licensed & Insured
Free Estimates
BEE T. MANAGER
METROPOLITAN NEW YORK
Residential & Commercial
Packing & Supplies
Local & Long Distance
MOVERS
D.O.B. 07-12-2002
Top Hat Movers, Inc.
718-622-0377 or 212-722-3390

Shire Village Camp
Cummington, Massachusetts
* Humanistic Values
* Non-Sedent
* Non-Competitive
* Individual Creativity
* Organic Food Program
3, 4, & 7 Week Sessions
Ages 7-15 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) 822-8204 or Carl Makower (718) 788-8283

Spoke the Hub Dancing
offers classes for toddlers, children, teens and adults:
YOGA JAZZ CREATIVE DANCE AEROBICS
DRAMA PERFORMANCE BALLROOM DANCE
BOYS DANCE MODERN DANCE BALLET
MEDITATION AFRO-CARIBBEAN ART-NAKING
New children's session begins in February —
REGISTER NOW! (718) 857-8158

Celebrate Spring 2000 with the Green Party
Music, Food and... Green activism in Brooklyn:
• No spraying of toxic malathion on NYC residents
• Food safety: stop genetic engineering
• Preserve and create community gardens & parks
• Social justice for all: end police brutality, Free Mumia
• Greenbacks - support local community economics
• Progressive candidates for local, state, national office
• Waste prevention, Greenvision Cable tv show & more
Monday, March 20th, 2000 from 6:30 - 9:00 PM
Lafayette Avenue Presbyterian Church
85 South Oxford St. (corner of Lafayette Ave. near BAM)

\$1 off [The Old Stone Coffeehouse] \$1 off
"voice of 8pm, Thurs, March 23
an angel ...
wit of a devil ...
guitar of a god."
Ft. Worth Star-Telegram
Vance Gilbert
Vocalist of the Year, 1997 Kerrville Awards
also appearing:
Shar & Stammers
Stammers plays his
6 1/2' upright bass upside-down!
336-3rd St, W. of 5th Ave, in J.J. Byrne Park, 567-0509

Jay Cardinale
• Body Mind Therapist •
• Expressive Arts as Healing •
• Heliwork • Voice Dialogue •
718-852-9899

TAKE YOUR HEALTH
INTO YOUR OWN HANDS
ACUPRESSURE WORKSHOPS
Heal yourself and your loved ones
using gently applied finger pressure
EMAIL: J2000@718-288-5701

Join the Park Slope Food Coop
for a family concert with the

Imagination

Sunday March 26th 3:30pm
Camp Friendship * 3398th St.
\$5 per Person * babes in arms free!
Light Refreshments Available

Interactive musical theatre for children up to 10 years old and their adults!
Get ready to sing, dance and exercise your imaginations...

For more information, please call 718.369.3644
Directions to Camp Friendship, 8th Street between 5th and 6th Avenues: Take the R train to 4th Avenue or the F train to 7th Avenue.



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.
Folaki Akinola
Gabrielle B.
Chris Cynn
Greg DiGesù
Elvira
Rose Evans
Jan Ford
Margaret Gerard
Stephanie Gilman
Ms. John

Jen Larmour
Chavevah Levi
Carol Lipton
Lori Schumann
Bob & Susan Semmens
7th Avenue Street Squad
Elise Teichert
Eve Townsend
David Vision
Anne Wenniger

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.

Nomi Altabef
Azariyah Benyisrael
Yolla Brutus
Robert Cabrera
Natalia Canas
Barbara Cunningham
Natasha Davis
Karen Davis
Jodi Deem
Margarita Diaz
Kai Ehrhardt
Cynthia Fayson
Liz Fleischman
Lorena Gaibor
Larry Gruber
Michael Hall

Nathalie Henry
Laure Henry
Azalee Jones
Zulzykha Kamil
Susan Keesser
Lisa Keys
Mika Kimoto
Renya Larson
Dee-Dee Lovering
Ufasasha Mathews
Paulet Morgan
Marla Pantopoulos
Teaty Pawoo
Natasha Piletich
Aleksandar Pilipovic
Chantay Pilipovic

Christine Robinson
John Robinson
Irene Schneeweis
Paulette M. Seales
Barton Smith
Ian Stimler
Awais Sufi
Tammy Sufi
Roger Telesford
Kathryn Vandever
Stephen Wacker
Katharine Weekes
Alyssa Weiss
James Yarish
Joshua Zell