

Established
1973

LINEWAITERS'

GAZETTE



Volume Z, Number 19

September 15, 2005

August 2005 PSFC General Meeting

By D. S. Aronson

More than 50 members attended the Park Slope Food Coop's August General Meeting, which was chaired by Robin Campbell.

The Open Forum

The Open Forum, the portion of the GM set aside for brief questions or comments, yielded news that the cart-return service will expand into more workslots, with the ultimate goal of providing the service during all Coop hours—although much training will need to occur first. FTOP shifts will again be available initially in order to get the expanded service under way but will again decrease as regular squad members fill their slots.

There was also discussion about providing translators at GMs and other Coop functions. The general guideline is that translating resources are available upon request. General Coordinator Linda Wheeler said she would work on making this resource more visible. Plans to make the orientation package available in Spanish were put on hold during the Coop's rapid growth over the last few years—but may resume.

The next part of the GM, the Coordinators' Reports, was an abbreviated segment. Because of a scheduled staff vacation break, the financial report was skipped.

General Coordinator and produce guru Allen Zimmerman gave a report that was, according to his own characterization, a bit of a "social



experiment." He pointed out that the bananas people were enjoying during the GM, although a little scarred-looking, were "perfect for people who don't eat the skin." He encouraged members to practice the same "a little blemish is OK" credo while produce shopping at the Coop, with the goal of less waste.

Also making an appearance on the GM snack table were lychees. With gentle irony, Allen remarked, "Although we sold over 500 pounds last week, I still haven't met anybody who had any idea what to do with them." He hoped the GM attendees enjoyed sampling this fruit with a short season and would spread the word about this delicious treat, which tasted perfectly wonderful just plain.

General Coordinator Joe Holtz spoke next. He explained that Henry Singer, our auditor since 1977, was stepping down and that an auditor search advisory group had been formed as a first step to fill the open position. The group includes staff and members who have an accounting background. The GM will have ultimate approval on who will become the next auditor.

Joe also gave an update on the introduction of debit

cards. The necessary software will be delayed because of a staff member's sudden, serious illness at the software firm. Adding this delay to a several-week training period and a strategy not to introduce new procedures during the hectic stretch between Thanksgiving and New Year's means that we will probably see debit cards at the Coop in February.

While remaining upbeat, Joe shared with the GM his frustration, and reminded all that the software company we worked with initially had a management change and abruptly dropped the Coop, erasing months of work and effort on the Coop's part.

Committee Reports

The GM then moved on to committee reports. The Chair Committee mentioned the use of revised GM rules in meetings to come. The August GM Chair described the changes. "Mostly they're about getting rid of some confusing words, but there are some other things that are moderately but substantively different." Although the GM Chair did not elaborate on the changes, he did invite meeting attendees to review the rule-change handouts. However, the number of

CONTINUED ON PAGE 2

The Katrina Cooperative Recovery Fund

For the Benefit of the Cooperative Community of Alabama, Louisiana, and Mississippi

The Cooperative Development Foundation (CDF) is a non-profit organization working to improve lives and communities by supporting economic development based on cooperatives. The following article was obtained from their website.

The death and destruction that occurred is beyond belief. We applaud the work that is being done by disaster relief agencies to meet the immediate needs of those who survived and we encourage your support for those relief efforts.

But what about the people and cooperatives in the rural areas and their recovery needs? What happens when the cameras are turned off and we move on to another major story? The recovery will take years and cooperatives can—and will—play a significant role in the recovery from this disaster. When the relief efforts have enough traction for basic economic functions to be reestablished, work must begin to help members of cooperatives rebuild their lives and their cooperatives in the three-state area. Cooperatives are an important building block in the social and economic recovery. They pro-

vide infrastructure, access to credit and access to markets, all of which will be critical as the rural economies of these three states move from their dependence on the initial relief efforts in the aftermath of this disaster to long-term sustainable recovery.

CDF will partner on this fund drive with its colleagues in the cooperative community, both nationally and in the region to assure the maximum possible impact. CDF will take no administrative fee for funds raised to assure that 100% of the funds donated reach the people and organizations who need help. A prime point of contact for CDF in the affected area will be the Federation of Southern Cooperatives/Land Assistance Fund, which will help to identify the needs of farmers and farm cooperatives and help CDF coordinate this effort with the wider cooperative community in the affected area.

Donations may be made through the website, www.cdf.coop. ■

Next General Meeting on September 27

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.* The next General Meeting will be Tuesday, September 27, 7:00 p.m. at the Congregation Beth Elohim Temple House (Garfield Temple), 274 Garfield Pl.

The agenda is in this Gazette and available as a flyer in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

*Exceptions for November & December will be posted.

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Coop Event Highlight

Thu, Sep 15 •GE Campaign Committee shows *Hidden Dangers in Kids' Meals*, 7:30 p.m.

Sat, Sep 24 •Clothing Exchange: 10:00 a.m.–2:00 p.m.

Thu, Oct 6 •Food Class: Guest Chef, Peter Solomita, 7:30 p.m.

Fri, Oct 7 •Film Night: *A Good Uplift* and *The New Old Country*, 7:30 p.m.

Sat, Oct 8 •Children's Clothing Exchange: 10:00 a.m.–2:00 p.m.

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

August GM

CONTINUED FROM PAGE 1

August GM attendees seemed to have outstripped the supply of rule-change handouts. One attendee queried whether GM procedural rules could be changed without a GM vote. The Chair commented that “we think these changes are pretty modest” and stressed that the rules wouldn’t be changed permanently without feedback but, again, the Chair did not describe the specific changes detailed in the handout.

Genetic Engineering Campaign Committee stalwart and several-year Coop Board member Paul Bermanzohn updated the GM on the committee’s efforts, including a report on a June lobbying day in Albany to build support for two bills: one to label food that has been genetically modified, the other a seed-labeling bill. Paul believes that the seed-labeling bill stands a better chance of passage. He also shared a plan to have lobbying days in Albany every six months, with a near-term focus on the seed-labeling bill. Later in the GM, Paul announced his resignation from the Board due to his moving to upstate New York.

After the committee reports, the GM covered the first agenda item, presented by Michael Rieman. Item one proposed that Coop members who have 25 years of service, are in good standing and who have reached the age of 62 should be allowed to retire from their workslots on a voluntary basis, while maintaining membership and shopping privileges. Michael put the agenda item forward as one for a vote, not just for discussion.

Part of what motivated Michael to present the idea was the Coop’s tremendous membership growth and the many members available to fill workslots. He also he felt that members who had worked for 25 years should be recognized for their service, once they had reached 62,

the current age in the U.S. when eligible retirees may start drawing reduced benefits from Social Security. Based on 25 years’ service and the 62 years of age formula, Michael worked with Coop office records and calculated that there are 102 current members who joined between 1973 and 1980 and might be eligible for voluntary workslot retirement if they were members in good standing.

As part of his presentation, Michael explained the current guidelines for senior Coop members. Those who are 75 and up are considered Coop Elders, and they may have Coop privileges without working, regardless of length of service. Disability status is available to all qualified Coop members, regardless of age or length of service.

The agenda item sparked much discussion. Bianca Morehead, a Coop member since 1973, commented, “I am very much opposed to age being a factor in people no longer working. I think we are a community to make the Coop happen.” Bianca commented how much she loved the Coop and that part of being a member of the Coop “was supporting something you love.” She also mentioned that when a household member was no longer able to work, the member had gone on Coop disability, and this was an appropriate option for the member and the household.

A fairly new Coop member, Arthemio Perez “liked the idea,” feeling that a member retirement policy fosters a sense of community and collective work.

Senior Work Policy

Later in the discussion, Allen Zimmerman shared the history behind the current senior work policy. More than 20 years ago, the GM took up the issue, and the age of 75 was proposed partially because several older members attended the GM to protest the lower proposed age limit of 65. Additionally, many seniors expressed a

desire to contribute time to the Coop once they were retired from full-time work.

Allen Zimmerman observed that he wished the evening’s agenda item had been proposed for discussion only rather than a vote, commenting, “I am not prepared to vote yes, and I am not prepared to vote no. I would love to hear what other Coop members think about this. I wish there was a *Gazette* report, letters in response.”

The discussion continued, and a meeting attendee, Karen Kramer, questioned whether it would be a good idea to lose workers due to a lower Coop member retirement age. General Coordinator Linda Wheeler stressed that the combination of 25 years of membership and the age of 62 would yield a very small number of eligible Coop members, a maximum of one percent. But Linda seconded the concern raised by Seema Agnani about the loss of institutional memory. Linda also highlighted the commitment that working symbolizes.

Earlier in the meeting, General Coordinator Joe Holtz had stressed the importance of work and a member’s bond to the Coop, observing: “people feel connected through the work.”

Lila Rieman spoke in favor of a revised retirement policy. She felt retired members would still have a connection with the Coop through shopping, and some seniors might help out as volunteers.

Riva Rosenfield, a longtime member who remembers passing 50-pound bags of carrots up the staircase from basement to shopping floor with strong backs and arms only, felt there was a value to understanding that an older person’s life changes. She asked the GM to weigh allowing members to retire from workslot duty at 62 and retaining their shopping dollars versus senior Coop members spending their shopping dollars outside of the Coop.

Albert Solomon wondered if all Coop members who reached the 25-year membership mark should be given some sort recognition, regardless of the member’s age.

Carl Arnold was troubled by a reward system, commenting, “It seems to me that it would create some kind of elite” within the Coop.

Seema wondered if a survey could be sent to members about retooling retirement

PSFC SEPTEMBER
GENERAL MEETING
Tuesday, September 27
7:00 p.m.

- Congregation Beth Elohim Social Hall
274 Garfield Pl at 8th Ave.
- Items will be taken up in the order given.
- Times in parentheses are suggestions.

AGENDA:

Item #1: Agenda Committee Procedure
(20 minutes)

Proposal: “The Agenda Committee shall have the option to require that certain agenda items be scheduled as a discussion item before being scheduled as a proposal for a vote.” —submitted by the Agenda Committee

Item #2: Revision of Disciplinary Hearing
Committee Procedures (40 minutes)

Discussion: “Discussion of the DHC proposal to revise and improve the procedures by which it has been governed.” —submitted by the Disciplinary Hearing Committee

Item #3: Fair Trade Action Committee
(30 minutes)

Proposal: “To begin a new Action Committee dedicated to raising public awareness, visibility and availability of Fair Trade products.” —submitted by Scott Codey

Future Agenda Information:

For information on how to place an Item on the Agenda, please see the center pages of the *Linewaiters’ Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the office and at all GMs.



guidelines, or if a committee could be formed. The Chair and Agnani came to an agreement that she could put forth a motion to table further action on the agenda item at the August GM.

First, the Chair proposed entertaining a motion to extend the retirement discussion by 10 minutes. The motion was seconded and went to a vote—35 against extension, 17 for.

After some debate, the Chair called the question to vote on tabling for the evening any further consideration of an action that could change the Coop member retirement rule. Voting for tabling were 36, 22 voted against, and four abstained.

Cooperative Among
Coops

The August GM’s second item was a discussion item only, which was presented by General Coordinator Joe Holtz. His topic was how the Park Slope Food Coop helps other coops, some as far away as Missoula, Montana, and others as nearby as other Brooklyn neighborhoods.

Both staff, and PSFC members at large with legal and accounting expertise have helped other coops, with members receiving workslot credit for their efforts. As part

of his presentation, Joe referred to the International Cooperative Alliance Statement of Cooperative Identity; it has its origins in a published set of “practices” created by the Rochdale Society of Equitable Pioneers in 1844, and was adopted by the PSFC in 1995. In that document, principle six stresses that cooperatives should work together “through local, national, regional and international structures.” Joe mentioned one specific plan, donating old scales to another coop.

Response from the members at GM was overwhelmingly positive, although some were concerned about oversight regarding how Park Slope Food Coop resources would be used. Mario Brockman commented, “How can we protect our resources? I’m looking for details.”

Discussion gradually wound down, and the GM moved to the presentation of the minutes from the previous meeting. Coop Secretary Elizabeth Tobier announced there weren’t minutes to present, due to a procedural objection regarding the minutes.

The formal portion of the August GM drew to a close with the Board’s vote to accept the meeting’s vote to table action to change Coop member retirement policies. ■

Relief for Katrina Victims

By Linda Wheeler, General Coordinator

Following the tsunami last year, the *Linewaiters' Gazette* published—with help from many members—contact information for various relief efforts. Members are again sharing information about how to get involved in the relief efforts for the victims of Hurricane Katrina. There are many ways to connect in addition to the Red Cross. You may find one among these suggestions that resonates best with your interests, abilities and resources.

One of the most comprehensive websites then and now with information about many different organizations is the Network for Good, www.networkforgood.org. The site has information about making monetary donations and in-kind donations. It also has information about finding people, job opportunities for displaced people, and news update sources.

Writer/activist Kevin Powell, on his website www.akila-songs.com, gives additional organizations providing relief and seeking donations, lists of the types of items needed in donations and who is collecting them, and sources for information updates. He also provides the following suggestions:

“Five Things You Can Do to Help Immediately”

“1. Duplicate what we are doing elsewhere in New York City, in your city or town, on your college campus, at your church, synagogue, mosque, or other religious institution, via your fraternity or sorority, or via your local civic or social organization.

“2. [Copy the information from the website] about: items needed by survivors of the New Orleans/Gulf Region catastrophe; monetary donations; where you can ship non-perishable items; alternative media outlets; five things you can do to help immediately—and share this information...with folks near and far, via email, or as a hand-out at your event, religious institution, and/or with your civic or social organization.

“3. Voice your opinion to local and national media, and to elected officials, via letter, email, op-ed article, or phone call, regarding the coverage of the New Orleans catastrophe, as well as on the federal government's ongoing handling of the situation.

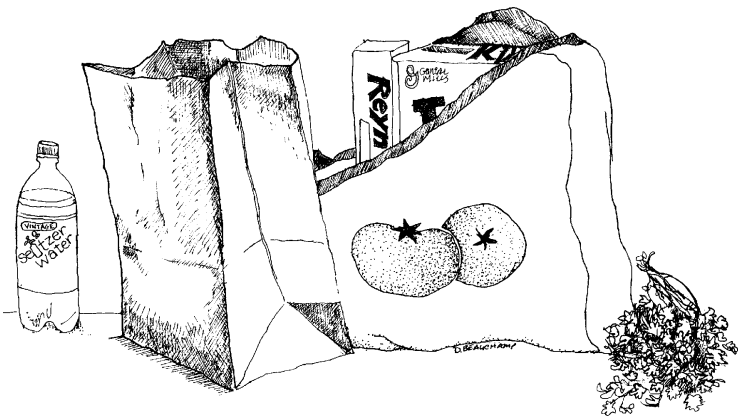
“4. Ask the hotel you frequent, such as the Marriott or Holiday Inn, to give your hotel points to an individual or family in need of a stay for a night, a few nights, or longer, depending on how many points you have. Be

sure to get confirmation that your points have been applied in that way. Encourage others to do the same. Also inquire if your airline frequent flyer mileage can be used for hotel stays as well. Finally, either offer to pay for hotel rooms, or encourage others to do so, including your place of employment or worship or your organization.

“5. Dare to care about other human beings, no matter their race, gender, class,

sexual orientation, religion, geography, culture, clothing, hairstyle, accent or language. Like September 11th, the New Orleans catastrophe is a harsh reminder that all life is precious, as is each day we have on this earth.

“AND REMEMBER that our attention and response to the New Orleans/Gulf Region catastrophe needs to happen in three stages: DISASTER, RECOVERY, and REBUILDING. We need you for all three stages.” ■



Coop Clothing Exchange



Have you noticed that Coop members are great dressers!

The season is changing, and this is your opportunity to trade gently used and beautiful clothes that you no longer wear with other Coop members.

A clothing exchange is a community event that is ecologically responsible and fun. Why support the consumer market and buy, when you can wear clothes that have already been well loved.

Bring items that you think others might enjoy
— and a snack to share.


FREE
Non-members welcome

Saturday, September 24
10:00 a.m. – 2:00 p.m.
in the meeting room

Do not leave clothing in the Coop before the hours of the exchange.

Thursday, October 6
7:30 p.m.
at the Coop

food classes




Susan Baldassano, coordinator

PARK SLOPE FOOD COOP

Squash

around the world



Guest Chef: Peter Solomita is a graduate of The Natural Gourmet Institute of Health and Culinary Arts. He has worked as a chef for Tuller Premium Foods and as a chef/business manager for Venture Catering. Owner of Groovalicious Inc., he does catering, personal chef services and private individualized cooking classes. He has recently started a new venture, Little Buddy Biscuit Company, selling premium home made cookies to local cafes and mail order gift boxes. He is a long-time Coop member.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

RECIPES—TASTINGS TOO!

- Butternut Squash Gnocchi with Sage Butter
- Squash and Roasted Cremini Mushroom Quesadilla
- Crisp Baked Acorn Squash Rings with Curried Tofu Dressing

\$4 materials fee
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.



children clothing swap



Who needs Old Navy when you can outfit your child at the Coop for free?!

Bring your child's outgrown clothes to the Coop to trade with other members.

Please bring only items that are in good condition.

Do not bring clothing to the Coop before the hours of the exchange.

FREE
Non-members welcome

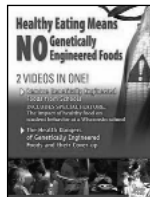
Saturday, October 8
10:00-2:00 pm
at the Coop

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

JOIN THE FOOD REVOLUTION

A special screening of "Hidden Dangers in Kids' Meals" produced and directed by Jeffrey M. Smith


Presented by the PSFC GE Campaign Committee



School districts, supermarkets, and even whole countries have banned genetically engineered foods, fearing that they are not safe. Discover the evidence that confirm that these dangerous foods should never have been approved, and find out how to protect yourself, your family and the next generation.

Three videos in one:

includes an interview with Jeffrey M. Smith, footage of scientists, and a look at the miraculous improvement in student behavior that accompanied a change in diet at a Wisconsin school. Also included is a lecture by Smith on “The Health Dangers of Genetically Engineered Foods and Their Cover-up.”



Join the Food Revolution right here at the Park Slope Food Coop. This program is sponsored by the Park Slope GE Campaign Committee and will be hosted by Vanessa Tricoche, a Board Certified Holistic Health Practitioner and Community Food Educator. You will have an opportunity to taste GE-Free snacks.

FREE
Non-members welcome

Sunday, October 16
12:00 pm at the Coop

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

The Tao of Homeopathy:

Healing and Transformation

with Claire Dishman



Claire Dishman, a Coop member, practices homeopathy in New York and Brooklyn. She has studied for three years at the School of Homeopathy, New York, a local branch of the Devon School of Homeopathy in England. With added experience in herbalism, she brings a well-rounded, natural approach to healing

FREE
Non-members welcome

Saturday, September 17
11:00 a.m. at the Coop

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

Imagine you or your child has an itchy skin rash. A medical doctor prescribes a pill or cream, as if your entire existence were only the rash. This so-called “cure,” however, might have some side effects.

A homeopath believes health is balance in all spheres, mental, physical and emotional. So, while a homeopath is very sensitive to current discomfort, she is more concerned with your body as an entire organism. Homeopathy is a gentle, refined process that addresses why you experience a particular symptom. It is a system of medicine that treats the entire person and not just a specific complaint.

Learn about this healing modality in this informal dialogue.

Forgiveness

WITH MORAIMA SUAREZ

Is there someone you need to forgive?

Holding on to feelings of hurt, guilt, resentment, blame, anger and the need to punish binds up a lot of your own energy and keeps you locked in the past, instead of being fully present.

The Forgiveness Process allows you to release these negative feelings and completes your own healing.

LEARN TO:

- Forgive yourself and others
- Focus and use the power of unconditional love
- Align your head and your heart
- Use the power and energy of love to relieve stress
- Participate in a group unconditional love meditation

Moraima Suarez is a Coop member, certified Holoenergetic® Healing Practitioner, certified Bowen Therapist, and Reiki practitioner. She has studied and practiced the healing arts for over 20 years and her healing practice in the Park Slope vicinity.

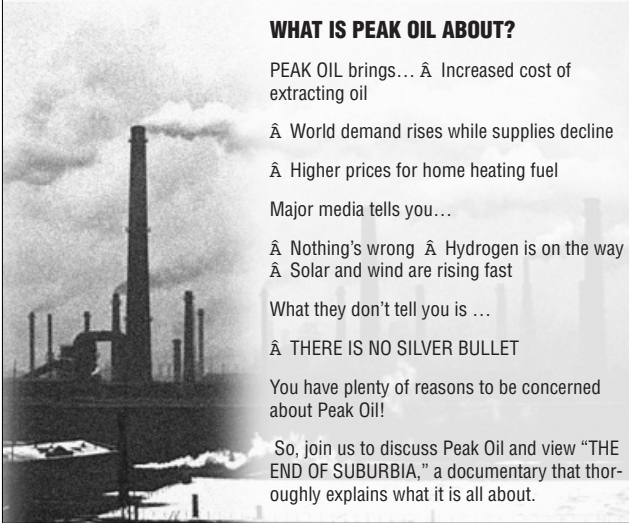
FREE
Non-members welcome

Saturday, September 17
2:00 p.m. at the Coop

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

Welcome to PEAK OIL

WITH MICHAEL WINKS AND CLAUDIA JOSEPH



WHAT IS PEAK OIL ABOUT?

PEAK OIL brings... Æ Increased cost of extracting oil

Æ World demand rises while supplies decline

Æ Higher prices for home heating fuel

Major media tells you...

Æ Nothing's wrong Æ Hydrogen is on the way Æ Solar and wind are rising fast

What they don't tell you is ...

Æ THERE IS NO SILVER BULLET

You have plenty of reasons to be concerned about Peak Oil!

So, join us to discuss Peak Oil and view “THE END OF SUBURBIA,” a documentary that thoroughly explains what it is all about.

Michael Winks is a Coop member concerned about peak oil. He is also a researcher for a 2006 how-to book, *Alcohol Can Be a Gas*, (New Society) by David Blume. Claudia Joseph is a Coop member and a board member of the Garden of Union. She will speak on permaculture and take questions.

FREE
Non-members welcome

Saturday, September 17
7:00 p.m. at the Coop

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

Introduction to Ayurveda: Nutrition & Lifestyle for your Body/Mind Type

with Jena la Flamme

From Deepak Chopra to the latest weight loss books, Ayurveda is a hot topic in the world of health. The ancient medical system of India, it describes dietary and lifestyle choices to bring various body/mind types into balance.

In this workshop you will discover your personal Ayurvedic type and learn which foods and activities can sap your energy and stress you out, or keep you calm, centered and energized.

In addition, recipes, self-massage and an Ayurvedic meal will be part of this interactive event.

Jena is a certified Holistic Health Counselor, Ayurvedic Massage Therapist and Yoga Teacher with a private practice in Manhattan. She lived and studied yoga, massage and nutrition in India for two years and takes joy in bringing Ayurveda to NYC. She teaches regularly scheduled workshops on massage and healthful eating and is a Coop Member.

FREE
Non-members welcome

Sunday, September 18
12:00 p.m. at the Coop

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



Meet Your Mind

WITH ALLAN NOVICK

Meditation Instruction in the Shambhala Buddhist Tradition

The fundamental nature of mind is stable, strong and clear—yet these qualities become obscured by the stress and speed of our lives.

Meditation opens and calms the mind.

This is a basic meditation class for beginners, and for anyone who would like a renewed understanding of the technique.

Allan Novick has practiced meditation in the Shambhala Buddhist tradition since 1975 and is a certified meditation

FREE
Non-members welcome

Thursday, September 22
7:30 p.m. at the Coop

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

HELP FOR YOU AND YOUR FAMILY TO HAVE A BETTER FINANCIAL FUTURE!!

WITH JAIME PIERRE

Money Management Workshop

It's getting tougher every day to decide where to put your money to make it work more effectively for you. This workshop is designed to help you find the right answers.

We Will Cover:

❑ Asset Management: A savings plan that makes sense

❑ Debt Management: Lower your monthly cash outlay

❑ Protection Management: Cut your insurance costs



Jaime Pierre, a Coop member, has worked in financial services for many years to help average people create extraordinary financial results.

FREE
Non-members welcome

Friday, September 23
7:30 p.m. at the Coop

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

Saturday, September 24
4:00 p.m.

FREE
Non-members Welcome

The Brooklyn Free School Presents:

An Alternative to Standardized Education

Brooklyn Free School is entering its second year here in Park Slope, and the Director, Alan Berger, staff and parents of the school will be on hand to:

- 🔔 Screen the Albany Free School documentary “Free to Learn: A Radical Experiment in Education”
- 🔔 Answer questions about free schools, democratic education, and other alternatives to traditional education
- 🔔 Discuss the ever-escalating emphasis on standardized education and high stakes testing and what you can do about it

If you are unable to attend the seminar, but would like more information about the Brooklyn Free School, a democratic school located in Park Slope, please contact Alan Berger at bklynfreeschool@msn.com, 917-715-7157 or visit the school's website: brooklynfreeschool.org.

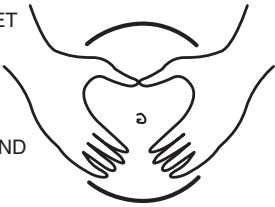
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

PRENATAL NUTRITION Through Holistic Health

WITH WINNIE JAMIESON

THIS WORKSHOP WILL OFFER BASIC INFORMATION ON BALANCING THE MIND, BODY AND SPIRIT, TO CREATE A HEALTHY AND VITAL PREGNANCY. IF YOU ARE PREGNANT (OR TRYING TO CONCEIVE) COME AND LEARN:

- HOW TO KEEP UP YOUR ENERGY
- HOW TO EAT A BALANCED DIET
- WHAT FOODS TO AVOID
- HOW TO STAY ACTIVE
- MEDITATIONS FOR A CALM MIND



Winnie Jamieson is a certified Holistic Health Counselor, HHC, AADP certified, and a graduate of the Institute for Integrative Nutrition. Winnie is a new mom and a proud member of the Park Slope Food Coop.

FREE
Non-members welcome

Sunday, September 25
12:00 pm at the Coop

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

Understanding what it takes to be a successful in business



Tuesday, September 27
7:30 p.m. at the Coop

with Susan Martin

Are you really good at what you do, but haven't quite figured out how to run a business yet?

Do business problems keep you up at night?

Need More Clients?

Have trouble meeting deadlines?

Feel overwhelmed and stressed?

This workshop will help you:

- Understand what it takes to run a successful business
- Make more money
- Get more clients
- Map out a plan to hone your business skills
- Run your business with ease instead of stress

Susan Martin designed the Business Sanity Program to help self-employed professionals and small business owners make more money, have more fun, less stress and run their businesses more effectively.

She maintains a private coaching practice in Park Slope. Susan is a Coop member.

FREE
Non-Members Welcome

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Exterior of Jane White's B&B

Bed, Breakfast and Basics

By Anita R. Keire

“You pretty much know who you’re getting if you get people through the Coop,” said David Whitbeck. He is one of a handful of Coop members that operate Bed and Breakfast (B&B) lodgings out of their homes in the Park Slope and Prospect Heights neighborhoods.

This quintessential cottage industry reinforces the sense of community that many Coop members feel. There are at least four active members who operate B&Bs, and use the PSFC as a primary resource to do it. The biggest value is not the food, dishes, or cleaning products—though they all gladly buy these from the Coop. It’s the membership.

“I needed a place where I could safely advertise [when I started my business fifteen years ago],” said Jane White. A thin freckled woman with short Shirley Temple curls, White added that she “knew there was a need and the Coop was my community resource. There were no big hotels in the neighborhood then.”

White’s floor-thru rental unit is just one flight up from the wide sidewalk at 422 3rd Street, between 5th and 6th Avenues. Its peach-colored walls reach 11 feet up to a pressed tin ceiling painted off white. The space is all coziness, with its array of hard-cover books, life drawings and old cameras, as well as an upright piano and what looked like a brass-framed bed.

All of the three member-proprietors interviewed for this article noted that they are inundated with guests. They say that the industry in Brooklyn is overwhelmed. One member chooses not to advertise any more, and asked that her location and address not be used in this article.

“I used to advertise in the *Gazette* until three or four years ago,” said Peggy Elwert, another member. She has rented out one room in her Prospect Heights brownstone since 1993. “I stopped advertising altogether because I didn’t need any more exposure with repeat business and word of mouth,” she explained.

Half of Elwert’s guests come to visit friends and family in the neighborhood, the other half come to see New York City and her. “One woman who used to come a lot to see her son now stays with him since he’s been fortunate enough to move into a larger place,” she said, “but she still calls when she’s in town and we get together.”

Elwert’s guests are typical. Most people that stay at member B&Bs have friends and family in the

neighborhood. They come from all over the United States and the world.

Guest selection is a major source of concern for B&B owners, as you might imagine. Whitbeck notes with a twinkle in his Wedgwood-blue eyes that, “More than anything, it’s who you get that determines your experience.”

Whitbeck rents out two rooms with a shared bathroom on the top floor of his Prospect Heights brownstone. Located just off Vanderbilt at 290 Park Place, the reasonably well-kept, Italian-inspired exterior hides beautifully restored woodwork typical of the Victorian era. Stained glass windows let light into the parlor-floor kitchen where he serves an elaborate breakfast and enjoys visiting with his guests.

The sense of community that Whitbeck, White and Elwert enjoy from their businesses came largely from their connection with the Coop.

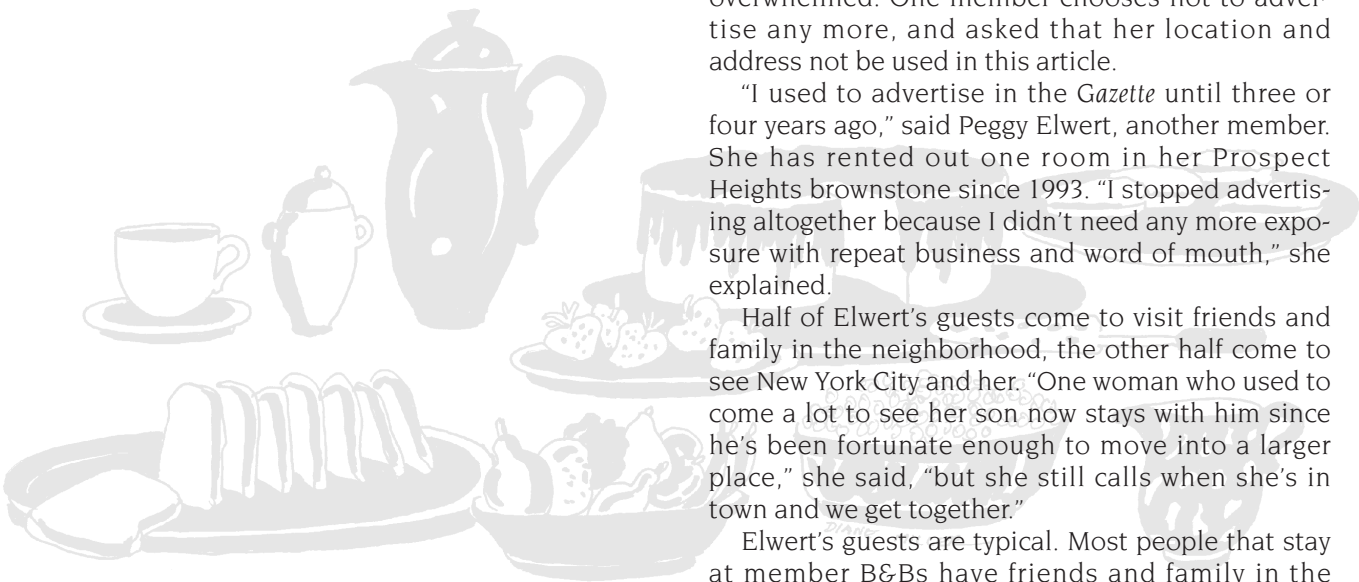
Advertising largely decides who your guests will be. Whitbeck has relied on the Coop, but friends have used brochures, websites and B&B booking services. “Websites tend to draw a more international crowd—mostly from Europe—who are accustomed to using B&Bs and booking on the Web,” said Whitbeck. White used to use the *Gazette* and brochures, but now relies on a website, which fills about half her openings—the rest come through the PSFC.

“Eighty-five percent of my guests are grandparents,” noted White. “They make their beds when they leave!” she exclaimed with a chuckle, adding, “They tell me they just can’t help it, and I believe them!”

Problems are indeed few for these business owners. “Two people gave me bad checks for relatively small amounts of money,” said White. Whitbeck has learned to turn away callers that reach him late in the afternoon and urgently need something for that night, noting that, “I’ve waited around a few too many times.” Elwert says, “It’s been wonderful; I’ve never had a problem and some people are really good friends.”

Whitbeck and White say that the stories they’ve heard are great, too. “If you’re someone who loves a

CONTINUED ON PAGE 13



David Whitbeck changing flowers on dining room table.



Bedroom at David Whitbeck's B&B.

PHOTOS BY WILLIAM FARRINGTON

Soil in the City

By Katie Benner

Most New Yorkers have the luxury of forgetting about their trash after it’s dropped in a chute or left in a sidewalk bin.

But every once in a while we get a reminder of our garbage...when we see it piled on the sidewalk in little cairns in front of apartment buildings...when we see the wind whip it down the street...or when it smells so bad that Upper East Side residents worry that a body is putrefying in their midst.

So with the scent of this particularly hot, smelly summer still fresh in our memories—the imprint of old egg shells, liquefying lettuce leaves and molding leftovers—maybe now is a good time to think about urban composting.

Compost is similar to topsoil or humus (the gardening mixture, not the chick pea spread). In

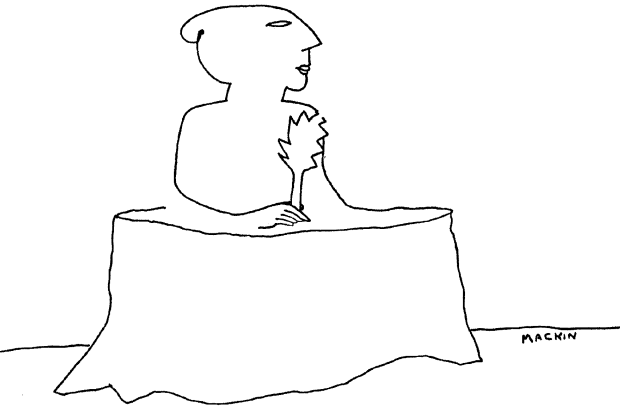
...miraculously, the very trash items that make the sidewalks stink are odor-free when they are composted in our homes.

the city it can be sold to landscapers or used in parks and ballfields, depending on its quality.

And miraculously, the very trash items that make the sidewalks stink are odor free when they are composted in our homes.

Sherry Showell, the head of the Coop’s composting committee and a member of her local community garden, said her family uses compost in the 200-some potted plants they have on their roof deck, and freeze leftover to be taken to the Garden of Union.

For the home composter who has a backyard—which is more common in Brooklyn neighborhoods like Park Slope than, say, Hell’s Kitchen in Manhattan—representatives from the city’s composting program said that use in lawns and gardens is the most obvious place to spread your newly made soil, along with potted window plants and herb gardens.



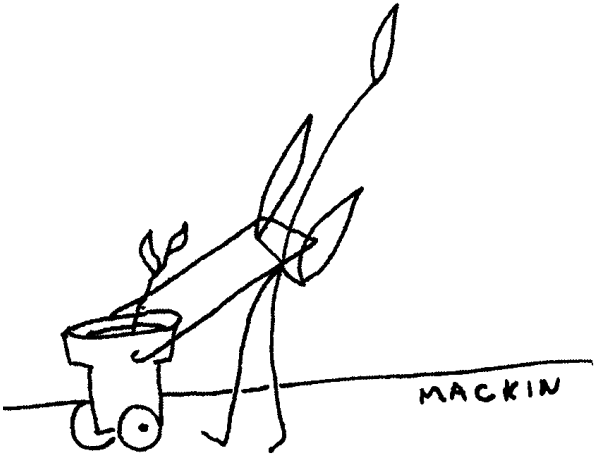
“You could even put it in tree pits in the sidewalk,” said Showell. “A family or even a single person probably won’t make all that much.”

And by simply eliminating compostable items, which include fruit and vegetable scraps, plant debris, paper and coffee grounds, a person eliminates several pounds of garbage from their trash bins each day.

Composting at the Coop

The Coop has been composting since the 1970s, and sending it over to the Garden of Union, a community garden run by volunteer members who use organic gardening principles.

The garden is located on Union Street between 4th and 5th Avenues and, according to the organization, it receives about 2 cubic yards of compostable material each month from the Coop and garden members that it uses to enrich its garden beds.



For those interested in urban composting but worried about bringing the process into their homes, they can contact a member of the Coop’s compost committee or post questions on the Coop website’s message board.

“Most people on the compost committee are pretty committed. They’re some of the hardest workers,” said Showell.

“People who aren’t dedicated don’t last because it can be messy work and you likely have to shower after. And you have to do whatever task is necessary or it makes life harder for the person who does the shift behind you.”

Informed action

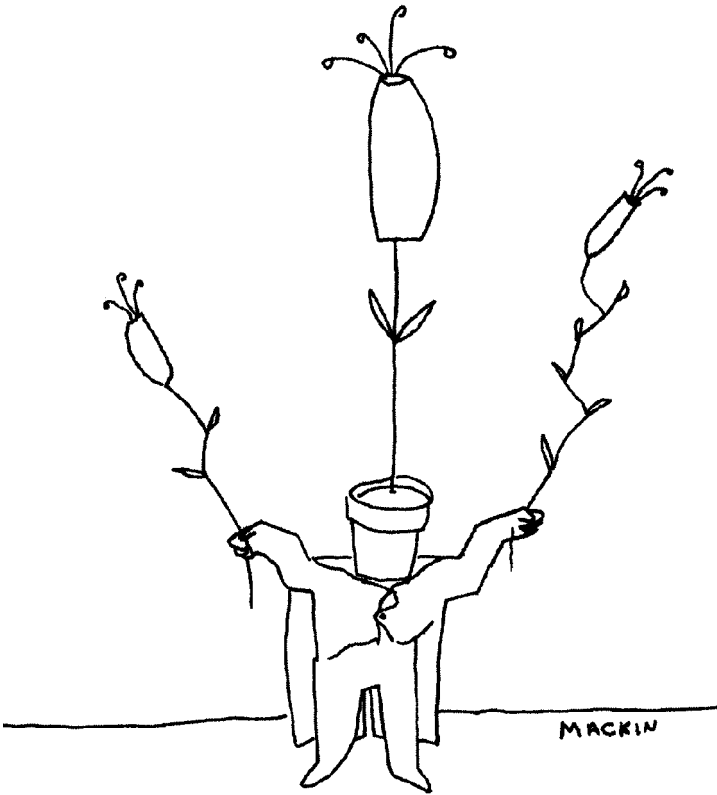
The New York City Sanitation department collects about 12,000 tons of waste a day, according to city statistics, and that does not include the 12,000 tons of commercial waste generated each day.

So along with our recycling efforts, composting is another step we can take to reduce what is an overwhelmingly large amount of trash we create in the process of living.

The Bureau of Waste Prevention, Reuse and Recycling, a unit of the city government, included composting into its program in 1990, with leaf composting sites in all boroughs except for Manhattan.

The Bureau established the nation’s largest food-waste composting facility, located on Riker’s Island, and has created public education initiatives through the city’s four botanical gardens.

For more information about specific composting initiatives in your borough or neighborhood, check out www.nyccompost.org or contact your local botanic garden. For a complete list of compostable and non-compostable items, see www.mastercomposter.com/ref/orgmat1.html. For Park Slope residents, you can find more information about the Garden of Union at www.gardenofunion.org ■



How to Be an Urban Composter

Contrary to popular opinion, you don’t need much to start a compost pile. Catalogues and compost centers sell fancier bins, but all you really need is a container that keeps in heat and moisture while keeping out pets and pests; that keeps piles tidy, an important consideration in small yards and apartments.

The city’s Botanical Gardens sell bins for \$20 through a subsidy from the Department of Sanitation.

The backyard compost bin

For those who don’t have a backyard, some city dwellers set up bins on their roofs in courtyard areas, in garbage storage areas, on terraces, and right outside their buildings. Just get the permission of your building management before you begin your bin.

Starting your bin

Fill the bin with fall leaves, or—if you don’t have fall leaves—start your bin with some finished compost, shredded newspaper, or potting soil. Fill the bin only a third of the way if you use compost or potting soil.

If you are starting your bin with fall leaves, add about one to five gallons—depending on the size of your bin. Mix the leaves as you soak them with enough water that they glisten. (About a gallon or so for a pile of leaves the size of a New York City garbage can.)

Add food scraps

Add food scraps from the acceptable list posted at www.mastercomposter.com/ref/orgmat1.html

The Sanitation Department suggests that a convenient way to store kitchen scraps so you don’t have to keep running out to the compost bin is to put them in a large zip-lock bag and keep them in the freezer.

The main thing to remember when adding food scraps is to bury them under a thin layer of finished compost or fall leaves to disguise the scent of the food and deter vermin.

Turn the pile

From time to time you’ll need to turn your compost pile. Push a long-handled rake or shovel into the center of the pile to “fluff” it up.

Turning the pile once a month should be fine.

Harvest your compost

Making finished compost can take as little as three months, or as long as a year, depending on temperature or weather.

One way to tell if your compost is ready to use is to put a handful of compost into a zip-lock bag and leave it there for a week or so. If you detect an ammonia odor or sour odor when you open the bag, it needs more time. Finished compost should smell like the peat on a forest floor, such as in the woodsy, wild areas of Prospect Park.

For more information contact the New York City Composting Project: www.nyccompost.org

Brooklyn Urban Composting Project

Brooklyn Botanic Garden
compost helpline: 718-623-7290
email: compost@bbg.org
web: www.bbg.org

Bronx Compost Project

The New York Botanical Garden
compost helpline: 718-817-8543
email: bronxgreenup@nybg.org
web: www.nybg.org

Queens Compost Project

Queens Botanical Garden
compost helpline: 718-539-5296
email: compost@queensbotanical.org
web: www.queensbotanical.org

Staten Island Compost Project

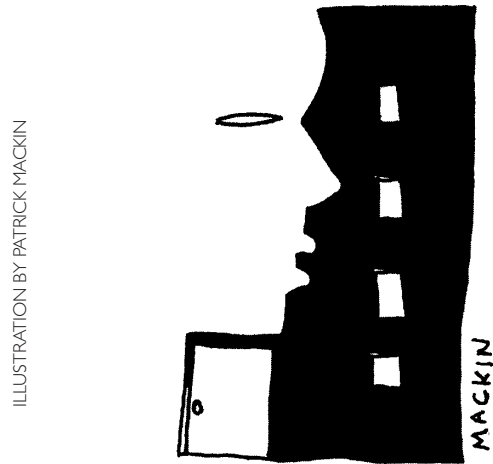
Staten Island Botanical Garden
compost helpline: 718-362-1010
email: educationsibg@aol.com
web: www.sibg.org

Source: The New York City Composting Project

The Street Squad Expands Its Reach

By Ellen D. Murphy

It's one of those occasional nights of Coop grid-lock. Dozens of carts and shoppers clog the aisles where you're trying to select produce and weigh bulk items. You're miffed because there seem to be no more of your favorite burritos in the freezer—but you aren't sure, because the checkout line is



so long (again) that people are blocking your view into the case. After you finally check out, you find that the line to pay seems even longer than the one on which you've just waited. Now, leaving the store with your patience exhausted, you see a table set up in front with a patchwork tablecloth that reads "Park Slope Food Coop." Could the Coop possibly be recruiting *even more* members? Where will they all fit?

The Street Squad, made up of 14 FTOP members, indeed helps the Coop replace the 20% of members who, on average, leave each year (many say they are moving out of the area or live too far away). With membership up to more than 12,000 at present, explains General Coordinator Jess Robinson, Staff Liaison to the Street Squad, "with that turnover rate, the Coop needs some 2,400 new members each year in order to remain where we are." Prospective members who drop by the store after reading press coverage or hearing word of mouth find the Street Squad table a good source of information, she says, and a tour from a squad member is a good way of making them feel welcome.

In the years just before the Coop's expansion, the Street Squad table could be found on summer weekends on Seventh Avenue. At that time, according to Jess, Coop membership grew very little—in fact, she says, there were months in which membership actually dropped slightly—and outreach was critical to financial stability. With less pressure now because

Member Contribution

of recent membership growth, the Street Squad's role has expanded to providing Coop information to existing members.

Members visiting the Street Squad table outside the store can pick up leaflets about upcoming workshops and General Meetings, as well as Coop-sponsored activities, such as blood drives and periodic food collections for CHIPS, the neighborhood soup kitchen. Squad members can answer questions or suggest ways for members to find information they need—and, on occasion, help out in other ways.

Squad Member Ruth Bolletino, a Coop member since 2000, likes the chance to work outside and talk with the various people who stop by the table. An animal lover, Ruth says a "major perk" of working on the Squad for her has been watching passers-by with their dogs (and, occasionally, doing a little pooch-sitting while a member shops).

Linda Johnsen, another Squad member, calls working on the Street Squad the best job she's had since joining the Coop 14 years ago. "What better way to get workslot credit than by telling folks how wonderful the Coop is? I do that everywhere I go anyway."

Linda and Ruth both like the flexibility of Squad work. Shifts are scheduled from April through October, with ample opportunity for members to meet the 13-workslot annual requirement and even bank time for the future. "I can schedule shifts on days that I know I'm free and not have to worry about being available every fourth week at a particular time," Linda says. "We work outdoors during the nicest part of the year, then can coast through those harsh winter months when people like me hate to go out."

Besides tabling outside the Coop, the Street Squad works at street fairs, such as Seventh Heaven, Atlantic Antic and Court Street. There are opportunities to work at special events at the Coop, with the Pumpkin Festival a particular favorite of many members. Collecting



ILLUSTRATION BY JOE BANISH

non-perishable food during drives for CHIPS enables Squad members (and other FTOPers who have joined them) to contribute to a community organization with which the Coop has strong ties.

"We are a squad of friendly, outgoing individuals who love the Coop, and we convey that positive energy to others," sums up Squad Leader Wendy Kyman, who adds that the Squad is looking for new members.

Does this sound like the workslot for you? If you're responsible, reliable and able to work independently; have a flexible schedule and like working outdoors; and have been a Coop member for at least six months, call Robin Sue Cohen at 718-230-7199—before 9:00 p.m.—for more information. Training will be provided for all new squad members. ■



**Friday, October 7 • 7:00 p.m.
at the Coop**



A Good Uplift, and The New Old Country

A Good Uplift is a light-hearted glimpse into a Lower East Side lingerie shop where owner and Jewish grandmother, Magda, embraces and enhances women of all shapes and sizes in pursuit of the perfect bra.

The New Old Country is a visual essay, which follows the journey of American Jews who flock to the Lower East Side from across the country in search of their grandparents, stories and memories. Their tourist travels to pickle stands, bialy shops and abandoned synagogues reveal an intricate web of nostalgia, collective memory and the elusive nature of recorded history.

Filmmaker, Faye Lederman, holds an MA in documentary film from UC Berkeley and has facilitated at screenings of her three films in hundreds of national venues including film festivals, political organizations, universities and religious and community groups. She serves on the steering committee of New Day Films, a cooperative of independent social issue media makers and has been funded by the National Fnd. for Jewish Culture, NY State Council on the Arts, and the Funding Exchange among others and is a Coop member.

Film Night organizer, **Trish Dalton**, can be reached at Trish@ohmsmedia.org or 718.398.5704.

**FREE
Non-members
welcome**

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



*Fugglers,
Clowns,
Children's
Entertainers...*



You are needed at our annual Pumpkin Day! Saturday, October 22. FTOP or make-up credit is available for your participation. If you are interested, please call Ellen in the Coop office Monday through Thursday afternoons.

COOP HOURS

Office Hours:
Monday through Thursday
8:00 a.m. to 8:30 p.m.
Friday & Saturday
8:00 a.m. to 5:00 p.m.

Shopping Hours:
Monday–Friday
8:00 a.m. to 10:00* p.m.
Saturday
6:00 a.m. to 10:00* p.m.
Sunday
6:00 a.m. to 7:30* p.m.
**Shoppers must be on a checkout line 15 minutes after closing time.*

Childcare Hours:
Monday through Sunday
8:00 a.m. to 8:45 p.m.

Telephone:
718-622-0560

Web address:
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 exit of the Coop.

SUBMISSION GUIDELINES

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. Submission deadlines appear in the Coop Calendar opposite.

Letters: Maximum 500 words. All letters will be printed if they conform to the published guidelines.

Voluntary Articles: Maximum 750 words.

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

Submissions on Disk & by Email: We welcome digital submissions by disk or email. Email to GazetteSubmissions@psfc.coop.

Classified & Display Ads: Ads may be place on behalf of Coop members only. Classified ads are prepaid at \$10 per insertion, business card ads at \$20. (Ads in the “Merchandise–Non-commercial” category are free.) All ads must be written on a submission form (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 camera-ready and business card size (2"x3.5").

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

Subscriptions: The *Gazette* is available free to members in the store. Subscriptions are available by mail at \$18 per year to cover the cost of postage (at 1st class rates because our volume is low).

Printed by: Prompt Printing Press, Camden, NJ.



Friday
Oct
21

very

The Good Coffeehouse

COOP CONCERT SERIES

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

SON COMO SON

Son Como Son brings together all of the flavors of the city combined with the talent and love these musicians have for their music and the craft. Tonight these musically gifted members of the Park Slope Food Coop come together to celebrate music and dance through art. Onel Mulet, flute & sax; Urbano Sanchez, percussion; Maria Triana, viola; Albert Leusink, trumpet; Gary Raheb, bass; Jose Conde, vocals & guitar.

Shake your booty, the music is organic!

There will be a half hour of salsa instruction by Liz Peterson preceding the Son Como Son performance.

Liz Peterson has been teaching Ballroom and Latin partner dancing in the New York City area for 14 years, both as an independent teacher and at Stepping Out and DanceSport Studios. She holds a B.A. in Dance from the University of California, Irvine, and a M.A. in Arts Management from NYU.

53 Prospect Park West [at 2nd Street] • \$10 • 8:00 p.m. [doors open at 7:45]

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

Booking: Bev Grant, 718-230-4999

Childcare is available from Brooklyn Society for Ethical Culture for a nominal fee.

Puzzle Corner

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

Cryptogram Topic: Salad Ingredients

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.

G I E E Y L

P A B G R H Z

Y Z S Y Z

E I T S B K

L Y P I L Y

T E A B B S Z M

G E Y H L Y Z B

R A L L H G A

K A E C B

W I E B R A X

G H G H P C A E

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WORKSLOT NEEDS



The Gazette Needs a Production Art Director

The Art Director works with a team of three members working in Quark to produce the *Gazette*, and with a Production Editor. The work is a double workslot every eight weeks, Sunday at 9:00 a.m.

Some Slots Still Available...

- Disciplinary Hearing Committee
- Orientation Committee
- Sunday Evening Data Entry
- Driver for Plastics recycling

The full descriptions of the committee work for the groups above is not in this issue, but if you've been thinking about either of these committees, please inquire.



The GE Campaign Committee...

...is looking for cooperative, committed members in good Coop standing. Join us in this fascinating opportunity to interact with other folks committed to preserving safe food for all of us. We are challenging powerful companies like Monsanto who seek to corrupt and control our food supply, and with your help...

We can Make a Difference!

For more information, please call Dina Levine at 718-436-7945

COOP CALENDAR

New Member Orientations

Monday & Wednesday evenings: . . 7:30 p.m.
Wednesday mornings: 10:00 a.m.
Sunday afternoons: 4:00 p.m.

Be sure to be here promptly—or early—as we begin on time! The orientation takes about two hours. Please don't bring small children.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:
Sep 29 issue: 7:00 p.m., Mon, Sep 19
Oct 13 issue: 7:00 p.m., Mon, Oct 3


CLASSIFIED ADS DEADLINE:
Sep 29 issue: 10:00 p.m., Wed, Sep 21
Oct 13 issue: 10:00 p.m., Wed, Oct 5

Plastic Recycling


- **2nd Saturdays**, noon–2:00 p.m.
- **3rd Thursdays**, 7–9:00 p.m.
- **last Sundays**, 10:00 a.m.–noon

Plastics #1, 2 & 4, only those *not accepted by NYC* plus plastic shopping bags

- All Clean & Dry!



General Meeting



TUE, SEP 27
GENERAL MEETING: 7:00 p.m. The agenda appears in this issue.

TUE, OCT 4
AGENDA SUBMISSIONS: deadline for consideration for the October 25 GM, 8:00 p.m.

The Coop on Cable TV

"Inside the Park Slope Food Coop"

FRIDAYS 1:00 p.m. with a replay at 9:00 p.m.
Channels: 56 (TimeWarner), 67 (CableVision)

GE Campaign Meeting

TUE, OCT 11
GE CAMPAIGN: Open meeting for members & non-members. Campaign to demand labeling of GE foods. 6:30 p.m. for training on ge; 7:00 for work session.

Attend a GM

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, September 27, 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 appear 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
- Enjoy some Coop snacks
- 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 as an item for a future GM.

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

Agenda (8:00 p.m.)

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

Wrap Up (9:30-9:45)
(unless there is a vote to extend the meeting)

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

COMMUNITY CALENDAR

Community calendar listings are free. Please submit your listings in 50 words or less by mail, the mailslot in the entry vestibule, or GazetteSubmissions@psfc.coop. Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

*Denotes a Coop member.

FRI, SEP 16

BLUEGRASS & OLD-TIME MUSIC Jamboree: James Reams & the Barnstormers open the weekend. 8:00 pm, \$10 adults, \$#6 children, 53 Prospect Pk W. Info for the whole weekend: 965-8490 or www.jamesreams.com

CIRCUS AMOK: "Fearless, funky, funny & fundamentally subversive," performing "Princess: the Tail of a Lost City." Sunset Park, 5:00 p.m. Free.

SAT, SEP 17

BLUEGRASS & OLD-TIME MUSIC Jamboree: 8th Annual. A day of workshops, & an evening concert with Wretched Refuse Strlng Band, Harry Bolick & Wahoo, Troublesome Creek, & more. 12:30-10 pm, \$4. 53 Prospect Pk W. Info for the whole weekend: 965-8490 or www.jamesreams.com

KEEPING THE TRADITIONS ALIVE: Pow Wow at Sally's Field, Ringwood State Park, NJ. Native American dancing & singing, food, crafts & artists, competition dancing. 10-6:00. Info: Ramapough Lenape Nation, 201-529-1171, www.ramapoughpowwow.com

NATIVE AMERICAN HERITAGE celebration of the lower Hudson Valley at FDR State Park, Yorktown Hts, Westchester. two days of Native American singing, danc-ing, crafts, jewelry, food, 10-6:00. Info: <http://redhawkcouncil.org>. 718-686-9297

MEET THE ARTISTS RECEPTION: Fall Group Art Show of Brooklyn Waterfront Artist Coalition features Paula Jeanine & American Ghazal. 2:00 pm & 4:00 pm. 499 Van Brunt St, Bkln. Info: www.BWAC.org

CIRCUS AMOK: "Fearless, funky, funny & fundamentally subversive," performing "Princess: the Tail of a Lost City." Socrates Sculpture Park, Qns, 3:00 p.m. Free.

PEOPLES' VOICE CAFE: Ellen Weiss; Warfield Suite. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. Members \$9, 212-787-3903.

SUN, SEP 18

CIRCUS AMOK: "Fearless, funky, funny & fundamentally subversive," performing "Princess: the Tail of a Lost City." Highland Park, Qns, 4:00 p.m. Free.

THU, SEP 22

CIRCUS AMOK: "Fearless, funky, funny & fundamentally subversive," performing "Princess: the Tail of a Lost City." Bedford Play-ground, Bkln, 5:00 p.m. Free.

FRI, SEP 23

GOOD COFFEEHOUSE: African folk rocker Tony Bird. Growing up in the era of colonialism and apartheid, Bird developed a sharp, conscious universal eye and a far-ranging repertoire that includes exotic travelogues, love songs, philosophical anthems and topical, timely commentary. Bkln Ethical Culture Society. \$10. 8:00 p.m. 53 Prospect Pk W. 768-2972.

CIRCUS AMOK: "Fearless, funky, funny & fundamentally subversive," performing "Princess: the Tail of a Lost City." Washington Square Park, Manh, 1:00 & 5:00. Free.

SAT, SEP 24

BROOKLYN SAX QUARTET: concert at Spoke the Hub (Gowanus): David Bindman*, Fred Ho*, Sam Newsome & Ned Rothenberg* perform epic original compositions, rhythms from West Africa & South Asia, radically re-worked standards. 8:00 pm. 295 Douglass St. (btw 3rd & 4th Ave), Bkln. Tickets \$10/\$5 students. Info: 718-408-3234 www.brooklyn-saxquartet.com

CIRCUS AMOK: "Fearless, funky, funny & fundamentally subversive," performing "Princess: the Tail of a Lost City." Rufus King Park, Qns, 2:00 & 5:00. Free.

PEOPLES' VOICE CAFE: Open Mic for Peace. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. Members \$9, 212-787-3903.

SUN, SEP 25

JENNY HILL: Fall Group Art Show of Brooklyn Waterfront Artist Coalition features Jenny Hill*, saxophonist/flautist, playing jazz, reggae & Latin music. 2:00 pm & 4:00 pm. 499 Van Brunt St, Bkln. Info: www.BWAC.org

CIRCUS AMOK: "Fearless, funky, funny & fundamentally subversive," performing "Princess: the Tail of a Lost City." Tompkins Square Park Manh, 1:00 & 4:00. Free.

FRI, SEP 30

GOOD COFFEEHOUSE: Andy Cohen, exuberant singer, acoustic guitar player and piano pounder, playing country blues, ragtime, gospel, old-time & field hollers. Special guest Ragtime Jack Radcliffe, country blues, stride piano, harmonica & guitar. Traveling Troubadour series, \$15. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, OCT 1

MILES FOR MIDWIVES : Celebrate National Midwifery Week at 10am with our 3rd annual 5k run/walk in Prospect Park (Bartell Pritchard Square, 15th St and PPW). Adults \$12 advance/\$15 day-of, children \$3/\$5. Race applications and more information available at

ONGOING SHOWS/EVENTS

AUG 13 – OCT 7
OUTDOOR SCULPTURE SHOW: at Fulton Ferry Empire State Park& the Main St section of Brooklyn Bridge Park. Open daily, 8:30-8:30. Free. 499 Van Brunt St. Brooklyn Waterfront Artists Coalition (BWAC) Info: www.BWAC.org or 718-596-2507.

SEP 17 – OCT 22
FALL GROUP ART SHOW: Brooklyn Waterfront Artists Coalition (BWAC). Weekends, 12-6:00. 499 Van Brunt St. Info: www.BWAC.org or 718-596-2507.

OCT 12 – NOV 6
SEA/WORLD: Woodcut prints by Lisa Studier*. An underwater world of fish & other sea creatures rendered in rich color layers and textures, and reflecting research into the environmental issues affecting the world's oceans. Manhattan Graphics Center, 481 Washington ST., NYC, 212-219-8783. Tue-Fri, 10 - 10:00, Sat/Sun, 10-6:00

www.nycmidwives.org/miles.html. Or arrive 8-9:30am to register on race day.

PEOPLES' VOICE CAFE: Professor Louie* & Fast Eddie; Sarah Pirtle. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. Members \$9, 212-787-3903.

SAT, OCT 8

PEOPLES' VOICE CAFE: Tony Bird; Bruce Markow*. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. Members \$9, 212-787-3903.

FRI, OCT 14

GOOD COFFEEHOUSE: Zen meditation music—Grand Master James Nyoraku Schlefer* & friends. Empty the mind to awareness and experience the haunting and penetrating sounds of the shakuhahci tradition. \$10. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, OCT 15

COME ON HOME TO BED-STUY: 25th annual tour & bazaar, 10:30-3:30. Self-guided tour of exquisite houses 11-4:00 starting point, the historic Boys High School, 832 Marcy Ave (Putnam Ave entrance). Rain or shine. Info: 718-953-7328.

PEOPLES' VOICE CAFE: Eric Andersen. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. Members \$9, 212-787-3903.

FRI, OCT 21

GOOD COFFEEHOUSE-COOP NIGHT: Son Como Son brings together all of the flavors of the city combined with the talent & love these musicians have for their music & the craft. Preceded by salsa lesson from Liz Peterson* \$10. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, OCT 22

THUNDERBIRD AMERICAN INDIAN dancers pow-wow at Winston Prep School, 122 W 17 St, NYC. 7-10 pm.

PEOPLES' VOICE CAFE: Phil Ochs Song Night: Magpie, Kim & Reggie Harris, Emma's Revolution, Greg Greenway, David Roth, John Flynn. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. Members \$9, 212-787-3903.

Coop Job Opening:
Receiving/Stocking
Coordinator
Evenings & Weekends

Description:
The job entails lots of physical, mental and interpersonal work. Applicants should be organized, be able to do a lot of lifting, and have a good spatial sense. You must enjoy working with and supervising a diverse group of people. The job will include work in the walk-in coolers and freezer.

Hours: 30+ hours per week, schedule to be determined, and will include evening and weekend work.

Wages: \$18.81/hour with at least an annual cost-of-living adjustment effective every February.

Benefits: —Sick time
—Vacation—three weeks/yr increasing in the 4th, 7th & 10th years
—health insurance
—pension plan
(no payroll deductions for benefits)

Application & Hiring Process:
Please provide a cover letter with your resumé as soon as you can. Mail your letter and resumé or drop it in the mail slot in the entryway of the Coop. Please state your availability.

All applicants will receive a response. *Please do not call the office.*

If you applied previously to another Coop job offering and remain interested, please reapply.

Probation Period:
There will be a six-month probation period.

Prerequisite:
Minimum of six months' membership in the Park Slope Food Coop.

Applicants who have not previously worked a Coop shift in Receiving should arrange to do one or more workslots in Receiving.

People of color are especially encouraged to apply.



APOLITICAL IS BEST

TO THE EDITOR:

I thought that the *Gazette* did not print political articles, but the two page spread, “Coop Members Visit Havana... Impressions of Cuba (8/04/05)” proved me wrong. It was plainly a political article in that it reported on a political act, via going to Cuba, and was written in a tendentious mix of rhetoric and selective observation, despite the author’s numerous assurances to the contrary.

We are told that this article serves as a corrective to the putative demonized accounts of Cuba. To demonize is to prevaricate in order to make something appear worse than it is. But in Castro’s case the bare facts are sufficient to indict him, to wit, his suppression of natural law rights: freedoms of speech, of press, of religion, of assembly, the right to vote freely in open elections, to hold private property, to a fair trial by a jury of peers, and to voluntarily enter or terminate private contracts. His command economy is the major cause of poverty. He is a sworn enemy of the U.S. He periodically engages in expansionist military incursions into Latin America and Africa. Why have two million Cubans risked their lives while nobody wants to immigrate to Cuba? Maybe it’s just from having to sit through the guy’s seven-hour speeches.

In defense of Cuba we are told that social welfare programs have yielded good health care and high literacy rates. However, such paternalistic positive rights programs are boasted by nearly every totalitarian state (such as heartwarming photos like the one of the smiling boy with the puppy dog that accompanied the article). The article’s bigger program lies with its implicit moral argument, which is that it is wrong to condemn Cuba because the value of these social programs is of such magnitude as to trump or justify the tyranny.

The visitors were impressed that Cubans voluntarily approached them to talk, but failed to mention the *elephant in the living room*: that Cubans know when to shut up, which is when it comes to any serious criticism of socialism or communism. Otherwise, faster than you can say “Che Guevara,” get a show trial and disappear into Castro’s gulags for an indeterminate sentence, along with an estimated 100,000 “enemies of the revolution.” Just last month fifty Cuban dissidents met that fate for the crime of demanding democratic reforms.

Actually, my main point is that turning the *Gazette* into a soapbox for members’ political activities and opinions not only changes the essential purpose of the *Gazette*, it obligates you to print articles and letters on all topics from all points on the political spectrum, otherwise face charges of discrimination and censorship. Why go there? Rather than create such a divisive spectacle, just say no to political articles in the *Gazette*.

Eugene Plotnick

SENIOR WORK POLICY

TO THE EDITOR:

Does the Coop have a retirement policy, a time when one can still be a member and not have to fulfill the work requirement? This point came up at the August 30 General Meeting, when the first agenda item was a proposal for the voluntary elimination of the work requirement for members of the Coop who had served for 25 years and who were at least 62 years of age. The comments by fellow Coop members and Coordinators confused me:

- One long-term member said that although she was 71+, she “refused to be put out to pasture” but that if she felt she “could no longer work,” she “would tell them.”
- Joe Holtz, General Coordinator, said that it would be “dangerous to tinker with the work requirement.”
- There was a mention of an Elder group—people who are allowed to join the Coop at 75 years of age and do not have to fulfill the work requirement.

So here is my confusion:

- Can we, as the long-term older member suggested, decide when we can no longer work? Do we need a medical note? Who is the “them” she is going to tell? Does that person or persons decide which older members can and cannot work?

- Or, should we, as Joe Holtz implied, never think about retiring from the work requirement because it would be against the spirit of the Coop and be “dangerous”?
- Or, is it that only people who JOIN Coop at 75 do not have to fulfill the work requirement but that no matter how long you’ve been a member or how old you are, unless you are disabled, you will continue to work? How did we decide to offer this to the entire community but not to ourselves? Was this voted on at a GM? Do the Elders have to show legal proof of age to take advantage of it?

I would appreciate a response from a Coordinator as to what is the correct thinking about what the work requirement should be for older Coop members, as I have heard many 65+ members of the Coop think that it is 75 and that the “retirement age” will be “lowered” to 70. Again, I ask, is there a retirement policy and if there is not, should there be?

Lila Rieman

EDITORS’S NOTE:

An article “When You Need to Take a Coop Leave” in the March 17, 2005 *Linewaiters’ Gazette* describes the various exemptions from workslot requirements, including “elder status.” Interested members may obtain a copy of the article by writing to gazettesubmissions@psfc.coop. or calling the Coop office.



MUSINGS...BEEN A WHILE

TO THE EDITOR: PART I OF TWO PARTS.

Labor Day. Well it’s another Summer. New Orleans and untold human lives are wiped out and the Grandmasters of Deception are still at it here in the Co-Op (note alternative spelling). I’ve been traveling back and forth to New Hampshire, vacationing, performing, trying to get away... . On August 28th my aide-de-camp Mr. Ibrahim came to work for the first time in, I think, two months and was it a relief! In his absence the painting has stalled (my kitchen will be red and my hall bedroom blue), everything else is stacked in boxes or strewn on the floor, I am cooking amidst mounds of plaster dust! I’m still practicing with Richard and I’ve had a third visit to the dentist for my dentures. Shanté is back practicing his music and organizing his CDs and this weekend I visited my son for the first time since his wedding, as well as attending the rousing sendoff for Arthur Kwan who landed a part in the traveling version of “Thoroughly Modern Millie.” Today I’m planning to do my laundry and Mark comes to remind me of Corey’s barbecue; I go out to eat and only when I’m on the way to the Laundry to see if they’re open do I remember it’s another *Gazette* deadline!—and how long is it since I wrote a letter?!

It’s hard writing for a newspaper because insistent deadlines deaden the past, but still the projects come back around. Working with Mounir I unearthed the photocopies I once made for the Agenda Committee project, and writing in the last *Gazette* is another vitamin-and-progressive-

medicine skeptic to remind me that there seems to be a growing resistance in the Letters section to progressive medicine. The estimable Mel Spain, formerly of the Agenda Committee, advises us to reinvent the wheel in the shape of a committee to discover whether vitamin C and calcium have any benefit so that we can decide whether to stock them.

As if we didn’t have enough sugary cereals, trans-fats, unrefrigerated nuts, seeds and flours, and nonorganic vegetables to worry about already! There is also a poem praising placebos by Leon Freilich.

Shuttling back and forth from New Hampshire (where Linda Wheeler and Ellen Weinstat were also vacationing) I still managed to attend General Meetings. After the July meeting I had an astonishing conversation (or rather monologue!) with former Boardmember Ken Garson, in which he informed me that he felt the Boardmembers were properly *exercising* their legal authority in becoming rubber stamps for the caprices of the General Happenstance. He also said he didn’t like the government we have but couldn’t think of a better one. I would say now that this argument might limit the choice of the populace, who might not find the task of finding an alternative so difficult. (Continued in next issue.)

Albert Solomon—718-768-9079
(Leave message and please don’t be distracted by the announcement).
Or HOBCE@YAHOO.COM.



LETTERS POLICY

We welcome letters from members. Submission deadlines appear in the Coop Calendar. All letters will be printed if they conform to the published guidelines. We will not knowingly publish articles which are racist, sexist or otherwise discriminatory

The maximum length for letters is 500 words. Letters must include your name and phone number and be typed or very legibly handwritten. Editors will reject letters that are illegible or too long.

You may submit on paper, typed or very legibly handwritten, or via email to GazetteSubmissions@psfc.coop or on disk. Disks are returned through an envelope at the back of the *Gazette* submissions box.

Anonymity

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.

Fairness

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.



SELF-HEALING AND
EMPOWERMENT WORKSHOP



Join **GLENDA SPRINGER** for an evening of self-healing and empowerment.

Friday, September 30, 7:30 p.m.
in the Coop

Glenda will share her knowledge of healing, meditation and personal empowerment techniques to bring the group to a higher awareness. She will provide tools that you can use to improve your everyday lives

- ♦ using crystals for meditation and healing
- ♦ visualization techniques
- ♦ stress management techniques
- ♦ how to release emotional baggage
- ♦ meditative movement and dance techniques



Please wear comfortable clothes.

Glenda Springer is a healer, NLP Practitioner, an African dancer and a Coop member.

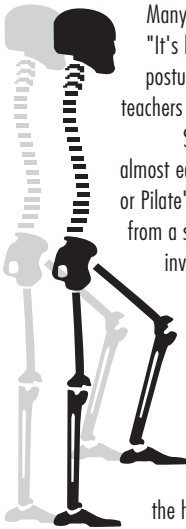
Non-members are welcome.

FREE

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

The **Alexander Technique**

WITH JENNY GROVE



Many people have heard of the Alexander Technique. "It's like Pilate's or Yoga isn't it?" or "It's about good posture," are the responses that Alexander Technique teachers receive when introducing themselves.

So. What is the Alexander Technique? It is almost easier to describe what it is not. It is not like Yoga or Pilate's; there are no formal exercises. It is not derived from a spiritual philosophy or belief system and does not involve massage. In fact the technique is far more sophisticated than a relaxation or postural technique. It is a powerful tool for embodying mind and can be applied to any given activity or interaction.

Join Jenny for an introductory exploration of the technique and find out how you can kick the habits of a lifetime.

Jenny Grove is a Coop member and teacher of the Alexander Technique.


FREE
Non-members welcome

Saturday, October 1
10:00 a.m. at the Coop

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

FORECLOSURES

WITH **ONIQUE OLIVER**



Learn the INs and OUTs of the foreclosure process.


- How to avoid foreclosure
- What to do if you are in foreclosure
- What the banks don't want you to know

ONIQUE OLIVER, a Coop member, is an independent representative affiliated with Primerica Financial Services, member of Citigroup.


FREE
Non-members welcome

Saturday, October 1
3:00 p.m. at the Coop

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



SUGAR BLUES



FREE
Non-members Welcome

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

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

SUNDAY, OCTOBER 2
12:00 P.M. AT THE COOP

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

You will receive practical suggestions, recipes and handouts.

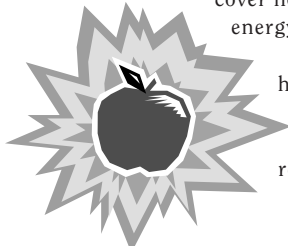
Guest **Gabriela Huza**, a yoga teacher, will demonstrate how yoga can alleviate sugar addictions.

Rachel Kieffer, a Coop member, owned and managed health food stores in her native Israel. She is a certified holistic nutrition and health counselor and worked for many years as teacher and counselor at the Institute for Integrative Nutrition. **Gabriela Huza** is a Coop member and certified yoga instructor.

EATING FOR ENERGY

WITH **ABBY BLOCK**

ARE YOU TIRED OF BEING TIRED?
DO YOU WISH YOU HAD MORE UMPH TO GET THROUGH THE DAY?



Come to this informative and eye opening workshop to discover how to bring out your natural energy and vitality, using a simple everyday tool — food! Learn how to choose what to eat for your busy day and take home easy and delicious recipes. What would you do if you had all the energy you wanted?!

Abby Block received her training at the Institute for Integrative Nutrition and is a certified Holistic Health Counselor with a private practice. She works with children, practices Thai Yoga, and is a part time professional modern dancer and a Coop member.

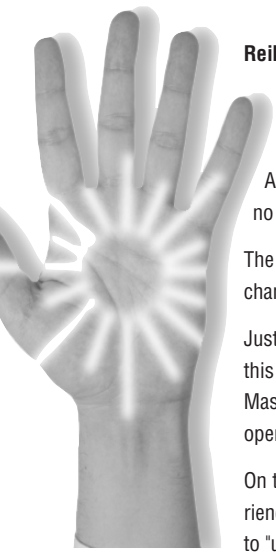
FREE
Non-members welcome

Saturday, October 8
3-4:00 p.m. at the Coop

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

what is Reiki?

with **Rowana Shepard**



Reiki is a wholistic healing method that works with a pure energy.

Reiki can relax and relieve pain.

A treatment is done fully clothed, and no body manipulations take place.

The Reiki treatment giver acts as a channel for the Reiki energy.

Just about everybody can get attuned to this energy, which is done by a Reiki Master who uses symbols in order to open the person.

On this evening you will be able to experience some Reiki which is a better way to "understand" what Reiki is.

Rowana Shepard has been a Reiki Master since 1994 and has had Reiki circles in New York, Los Angeles and in the Netherlands, her native country. She has been a Coop member since 1994.

FREE
Non-members welcome

Friday, October 14
7:30 p.m. at the Coop

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


Mindbody Medicine

Creating Emotional Healing through Spiritual Practice

WITH **ALBERT SPERANZA, MD**

Please join me for an interactive discussion focused on creating emotional well-being using tools of MindBody Healing. Experience the effects of relaxation and well-being as I lead a group exercise to conclude our meeting.

I hope you will join us.



Albert Speranza is a Coop member and a physician who has been practicing Mindbody Medicine and Psychiatry since 1993. He is board certified in Adult and Addiction Psychiatry and has studied wholistic healing practices for 12 years.

FREE
Non-members welcome

Saturday, October 15
10:00 am at the Coop

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

Home Buying SEMINAR

WITH **CHARMAINE JOHNSON**



Getting "pumped up" to buy your first home? Thinking about moving up to a larger home, purchasing investment property or refinancing your present home? If you gave the "thumbs up" to any of these scenarios, you owe it to yourself to attend this seminar.

- How to pre-qualify for a loan
- Qualify for No Money Down program
- Down Payment assistance programs
- How to improve your credit score
- The top 10 things to know before buying a home

Special door prize will be given!

Charmaine Johnson is a Coop member, Loan Officer and Licensed Real Estate Salesperson.

FREE
Non-members welcome

Saturday, October 15
3:00 p.m. at the Coop

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

CHOCOLATE TASTING

IN CELEBRATION OF FAIR TRADE MONTH!

BROUGHT TO YOU BY THE FAIR TRADE ACTION COMMITTEE

During October, Fair Trade advocates and supporters around the country are hosting hundreds of events to celebrate the surging Fair Trade movement.

Please join us for a free Fair Trade chocolate and wine tasting and learn more about recent Fair Trade victories in New York City!



The Fair Trade Action Committee is a collection of Coop members working to promote Fair Trade at the Coop and within the wider community.

FREE
Non-members welcome

Saturday, October 15
6:00 p.m. at the Coop

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



Bed, Breakfast and Basics

CONTINUED FROM PAGE 5

good story—and I do—I’m glad I got to hear it,” said White. She particularly recalled one of her guests after 9/11. “There was a mother of one of the Trade Center victims from Ireland who stayed with me,” she said with a sigh. “It was the saddest thing I’ve ever heard; she was in a court battle with her son’s wife over his remains,” she explained.

White also put up the families of firefighters after the World Trade Center bombing. “It was worth years of bed-making to hear them slip and call this home,” White said. “They had to leave before they wanted to because I had prior commitments,” she added, acknowledging that saying goodbye and turning away people was a tough part of the business.

“I’m so happy with the things I have in my life now,”



Front room in Jane White's B&B.



ILLUSTRATIONS BY DIANE MILLER

said Whitbeck with a smile, “and a lot of that came from my house and the business.” He took up dancing on the inspiration of repeat guests. “I’ve always had a love of dance, but I never would have done it without seeing dancers working on it.” He puts up dancers regularly.

The sense of community that Whitbeck, White and Elwart enjoy from their businesses came largely from their connection with the Coop. They have

found guests through it and a living. The inspiration and experiences with the friends they’ve made are the real treasure, though. Whitbeck can be reached at 718-857-6066, and White at 718-788-7171 or her website, www.houseon3st.com.

Billy Tashman is another member that operates a B&B called “Marissa” at 288 Park Place, right next to Whitbeck’s. He was not interviewed for this story. His number is 718-399-9535. ■



Bedroom in Jane White's B&B.


PHOTO COURTESY OF JANE WHITE

Discounted Parking for Park Slope Food Coop Members




The 800 Union St. Garage provides discounted parking rates for Coop members while they shop or work in the Coop. Member rates are \$4 for up to two hours or \$7 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. (Surcharge for vans & SUVs.)

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To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$10 per insertion, business card ads at \$20. (Ads in the "Merchandise–Non-commercial" category are free.) All ads must be written on a submission form (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 camera-ready and business card size (2"x3.5").

Submission forms are available in a pocket on the front wall of the Coop near the exit door.

BED & BREAKFAST

BROWNSTONE BROOKLYN BED AND BREAKFAST. Victorian home on tree-lined Prospect Heights block has space with semiprivate bath, air conditioning, Cable TV & phone. Full breakfast provided in attractive smoke-free environment. Long & short stays accommodated. Reasonable rates. Call David Whitbeck, 718-857-6066

THE HOUSE ON 3RD ST. Beautiful, parlor floor-thru apt. on 3rd between 5th and 6th. Private bath, double livingroom, A.C., deck overlooking yard, sleeps up to 4 in total privacy. For more info. call Jane White at 718-788-7171 or visit our web site at houseon3st.com.

CHILD CARE

WE ARE LOOKING FOR A NEW HOME FOR OUR NANNY of 8 years as we are moving from New York. Eileen is loving, caring, and patient with children. Works to suit, Eve. ok, helps with house work. Please call Dagmar at 917-743-4604 or Eileen at 718-774-7628. Excellent references.

WARM, AFFECTIONATE, EXPERIENCED responsible nanny available. Part time or full time. Janice is leaving after three years of taking care of our twins, as they begin school. Contact Beryl @ 347-495-3624 or Janice @ 718-922-6342

CLASSES/GROUPS

FALL YOGA CLASSES Think you're too busy, too out-of-shape, too inflexible, too old, too fat to do yoga? Try Mina's gentle, caring classes. Get a great workout, tone muscles and reduce stress. Private and group instruction with experienced teacher. Central Park Slope location. Call Mina Hamilton 917-881-9855.

CLAYWORK CLASSES on Third Ave. for adults or kids 6 yrs or older. At the studio we explore many ways of working with clay both functional and sculptural. Instruction in hand-building and at the pottery wheel based on individual needs at all levels of experience. Call Adrienne Yurick at 718-858-9700 for information.

PERMACULTURE DESIGN CERTIFICATE COURSE High Falls, NY. Learn to design ecological living systems 72hr/2wk course taught by Geoff Lawton, world-renowned perm expert Oct 31-Nov 12. Special: Hear Geoff lecture free Sunday Oct 30 3pm to 7pm. Contact Wilton 212-996-1830; 718-859-6495 Info www.green-phoenix.org

COMMERCIAL SPACE

PROFESSIONAL OFFICES available. Ideal for massage therapist, acupuncturist, psychotherapist, etc. Be part of a holistic center, either in a beautiful Soho section or in an excellent Brooklyn neighborhood. Doctor will introduce all patients to you. For information call 212-505-5055.

EMPLOYMENT

HELP WANTED. Local Moving Company needs Drivers and Helpers. Must have a clean driver's license. Call for interview. Position is part-

time only, Robert 718-965-0214, must be reliable, courteous, careful and always on time.

ONCOLOGY ADMINISTRATOR wanted for Bklyn Cancer center. Experience with accreditation process needed. Great opportunity. For details call Carol 718-237-7851 x9131

MERCHANDISE FOR SALE

THINKING OF BUYING A WATER FILTER? Join lots of PSFCoopers who use MULTI-PURE for drinking / cooking / ice / tooth brushing / rinsing fruit & veg, knowing lead / mercury / giardia / cysts / dry cleaning solvents / gasoline additives / particulate matter are removed from their water supply & plumbing. Ede Rothaus 212-989-8277, aqua4water@aol.com

MERCHANDISE- NONCOMMERCIAL

VINTAGE TABLE RADIO (wood, solid-state, circa 1960) \$50 or b.o.; full-size raised Aerobed (\$150); pine nightstand (\$60); gold-plated jewelry signed by artist (vintage), \$20 and up. Call 718-768-1598.

FOR SALE: \$865 Omega Institute credit to highest bidder, Nokia 3595 cellphone & earpiece, Waterpic, VCR, women's shoes 8 1/2-9, women's clothes medium, turntable/stereo, jewelry, books, mixer. All very good condition. 718-789-8822.

EXTRA-LONG INNERSPRING twin mattress. 2 full-size innerspring mattresses to sell together or separately. Please call Devorah, 718-756-3279 or 347-276-3300.

HEELYS SNEAKERS for sale. brand new. never been worn. kids size 3. \$50. Call 212 645-7404.

MAROON 1998 CHEVY PRIZM LS: Sedan 4D. 61000 Miles. 4 Cylinders. Automatic Transmission. 4WD. Air Conditioning, Power Steering, Power Windows, AM/FM Cassette, runs beautifully. Exterior in good condition. \$4300 Call Vanessa and Steve 718-857-1281

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

TOP HAT MOVERS, INC., 86 Prospect Park West, Bklyn. Licensed and Insured Moving Co. moves you stress-free. Full line of boxes & packing materials avail. Free estimates 718-965-0214. D.O.T. #T-12302. Reliable, courteous, excellent references & always on time. Credit cards accepted. Member Better Business Bureau.

IF IT'S NOT BROKE don't fix it! But, if it is "Call Bob" - every kind of fix-it. Carpentry-Plaster Work-Plumbing-Tiles-Phone Lines. Also: shelves, closets, doors hung, etc. If it's broke, call 718-788-0004. Free Estimate.

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SPRING YOUR FLOORS TO LIFE by sanding and refinishing! Floor mechanic will install, repair, refinish wooden floors. Reasonable prices. Good references. Call Tony @ home 718-484-7405. Beeper 917-466-2718

ATTORNEY-EXPERIENCED Personal Injury Trial Lawyer representing injured bicyclists & other accident victims. Limited caseload to ensure maximum compensation. Member of the NYSTLA & ATLA. No recovery, no fee. Free consult. Manhattan office. Park Slope resident. Long time PSFC member. Adam D. White 212-577-9710.

ATTORNEY-PERSONAL INJURY EMPHASIS. 26 yrs. experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 18-year Food Coop member; Park Slope resident. Tom Guccione, 718-596-4184.

PAINTING-PLASTERING & PAPER-HANGING Over 25 years experience doing the finest prep & finish work. Entire house or one room. Brownstones are my specialty. Call Fred Becker @ 718-853-0750.

COMPUTER HELP - Call New York Geek Girls. Crashes, viruses, pop-ups, new PC setup and file transfer, wireless networking, internet, upgrades. On-site or pick-up. Reasonable rates, references. Available 24-7. Long-time Food Coop member. Please call 347-351-3031 or e-mail info@NYGeekGirls.com.

ORGANIZER/COLOR CONSULTANT I give families in small spaces room to breathe and I help you find your way out from under your stuff. Home, office, closet and document organizing, interior arranging and color consulting. Strategies to keep the clutter from returning. Coop member, NAPO member Joyce Szulflita 718-781-1928.

COMPUTER SERVICES for home or office. Set-up, repair, troubleshooting. 24/7. Call 646-423-4925. Liberty Web Services.

HAIRCUTS HAIRCUTS HAIRCUTS in the convenience of your home or mine. Kids \$15, adults \$30. Call Leonora 718-857-2215.

SERVICES

AGENT READY. Are you a writer? Do you need an agent? AgentReady can help! We offer full editorial services, including: non-fiction proposals, marketing plans, line editing, plot development, and writing and editing sample chapters. I am a former NYC literary agent who knows what they want. Evaluation, 50% off for members. 718-857-9728.

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HOLISTIC PHYSICIAN with over 12 years experience using natural methods to treat a wide range of conditions including allergies, digestive disorders, endocrine conditions, female problems, depression, fatigue and cardiovascular problems. Insurance reimbursable. Medicare accepted. Margie Ordene, MD 258-7882.

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

There's Room for Both of Us: Sustaining Open-Hearted Relationships with Our Partners



A workshop with Miki Kashtan, Ph.D.

Sunday, September 25th, 2-6pm

To register and for more information contact:

Brooklyn Nonviolent Communication

www.BrooklynNVC.org

718.797-9525

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IN PAIN?

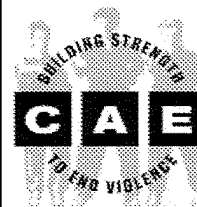
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CAE is located at 421 5th Ave. in Park Slope.

Answer to Puzzle on page 8

Carrot, Mesclun, Onion, Radish, Tomato, Dressing,
Croutons, Lettuce, Herbs, Parsley, Cucumber



- Reduce stress
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- ✓ Private and group instruction
- ✓ Convenient Park Slope location

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ADVERTISE ON THE WEB

If your ad would benefit from broader exposure, try the Coop's web page, www.foodcoop.com. The ads are FREE.



ANGER MANAGEMENT TECHNIQUES. Relationship and family feuds? Work friction? Need some improvement? Psychotherapist Raymond Reichenberg, 917-627-6047. Specializing in anger management. Can help short-term or through extended therapy. Offices in Park Slope and Greenwich Village. 917-627-6047 or 212-598-1808.

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VACATION COTTAGES. N. Westchester, NY. 1 hour from NYC. 3-season vacation community, 50+ acres; woodsy, secluded, private, well-established. In-ground pool, tennis court, biking/hiking trails nearby. 5 minutes to train, bus. For sale by owners only. Prices under \$85K, negotiable. Maintenance included. Taxes approx. \$3,000 per year. Sorry, no dogs. 914-734-1530.

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.

FREE TICKETS for concerts for true classical music lovers (only...) Lincoln Ct., Carnegie, etc. on short notice (sometimes). For more info, call: 212-802-7456.

ABSOLUTELY FREE! Get a high-quality water filter system for free with the purchase of replacement carbon block filters. If you're tired of buying bottled H2O or poor quality H2O filters consider this fantastic offer by the respected Multi-Pure Corp. For more information call Denise at 718-435-3169.





WELCOME!

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

Irene Abrahamian	Peter Duyan	Kathryn Hunt	Sarah Mandel	Ellen Paradise	Masha Spaic
Matthew Acheson	Lena Eberhart	Naomi Hyuga	Koren Manning	Alexander Patch	Nancy Spencer
Eric Ackland	Kama Einhorn	Yoshikazu Hyuga	Johanna Mantel	Rebecca Pear	Miriam Stanford
Diana Adams	Robert Elkin	Yasunari Ikuma	Paulette Mapp	Leonid Pomeranets	Julia Steinmetz
Edwin Adkins	Sarah Elkin	Kota Inoue	Rene Mason	Aleksandr Poznyak	Denise Stockman
Will Allen	Elizabeth Ellsworth	Michael Jasmin	Lauren Mathews	Emily Price	Marilyn Sweeney
Julia Amisano	Edward Farmer	Jenni Jenkins	Robert Matson	David Ramm	Jennae Swiergula
Irina Antonenko	Katherine Farrell	Adrienne Johnson	Alesia Matthew	P. Nikhil Rao	Anna Szymanski
Jonathan Arnold	Emily Feinstein	Sandra Johnson	Kate Maull	Laura Reyna	Jay Telrav
Barbara Augustin	Nancy L. Fishman	Ralf Kanitz	Emily May	Freya Riel	Julie Telrav
Brianna Avenia-Tapper	Susan Flaherty	Jeffrey Keltz	Robin McCullough	James Riordan	Crystal Thiele
Muriel Bayer	Ariel Friedman	Marian Khan	Flora McGill	Shana Robbins	Kendra Thompson
James Becker	Jennifer Friedman	Katrina Kiely	Michael McGraw	Lori Rogers	Gill Torren
Daniel Belasco	Arvin Garay-Cruz	Kilolo Kijakazi	Kristi McKim	Alison Rona	Jackie Torren
Margaret Bennett	Cedric Gaul-Berrard	Katie King	Sabrina Meinhardt	Gabor Rona	Marisa Torrieri
Ramsey Bitar	Dana Gentile	Mary King	H. Adam Meyer IV	David Rosen	Marvin Turpin
Hope Boeve	Sara Getman	Kevin Kleinman	Christina Michas	Dana Roth	Regine Turpin
Kara Bohnenstiel	Nadine Girard	Grant Knapp	Kerstin Mikalbrow	Chaya Rubin	Vilka Tzouras
Joyce Bowens	Harmony Goldberg	Jonathan Knust	Jed Miley	Carrie Rubinstein	Robyn Vaccara
Heather Boyer	Emma Golden	Cesa Kobe-Smith	Amy Miller	Erica Sackin	Stefano Vaccara
Mike Bukhin	Revel Golden	Aaron Kopeinig	Janet L. Miller	Sabrina Sagehi	Leigh Van Swall
Matthew Burnett	Jocelyn Gonzalez	Rachel Kotler	Amy Morgan-Foster	Katsutoshi Saito	Aleksey Vaynshteyn
Charlie Butera	Lori Gottesman	Eliza Kukla	Jason Morgan-Foster	Masayo Saito	Soyoon Vaynshteyn
Cindy Cabay	Victoria Grager	James Lane	Maia Morgensztern	Michael Schmidt	Chris Wallace
Alexis Caldwell	Yuriy Grager	Julie Anna Lanning	Sage Morghan	Nathan Scholtens	Jimmy Wallenstein
Amber Champion	Albert Guitjens	Carly Laws	Michael Muench	Margaret Z. Schurv	Tanya Wardally
Rebecca Carberg	Ellen Gunnarsodttir	Donna Lee	Noriyuki Murakami	Rachael Seevers	Adam Waterman
Jennyrose Churchill-Ernst	Scott Haggart	Pamela Lee	Orly Nadler	Gil Seltzer	Colin Weatherby
Emmanuel Collet	Diane Haines	Judy Lefkowitz	Yaakov Nadler	Michael Shapiro	Carolyn Weiss
Rob Crauderueff	Kate Hamilton	Nicolas Letman	Kristen Napier	Michael Silver	Theresa Westerdahl
Ann Daniels	Deana Headley	Rachel Levy	Marisis A. Nelson	Dani Simons	Nafis White
Shane Darwent	Acheson	Daniel Linehan	Beverly Newell	Garcia Sinclair	Ashley P. White-Stern
Amanda Dickson	Pete Heitman	Ray Lohier	Leah Nosek	Stuart Singer	Rebecca Whittaker
Cicely Dodson	Michael Helland	Sulai Lopez	Cori Olinghouse	Anita Singh	Conor Williams
Neil Donahue	Dawn Hering	Richard Lovejoy	Barbara Pace	David Slarskey	Nicole Zehr
Vinh Doquang	Marian Hertz	Hilary Lundquist	Tom Pace	Samantha Slarskey	Dina Zempsky
Melissa Durkee	Hannah Hirschland	Julie Mack	Marlene Pantin	Dave Sokoloff	Mary Zuber
	Margaret Hoppin	Kathy Mandel	Veronica Panting	Jessica Sowards	

THANK YOU!

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

Heidi Ahrens	Jenna Breines	Coriel Gaffney	Mika Kimoto	Kathleen Morrison	Alen Shapiro
Sarra Alpert	Patricia Buckley	Daniel Garcia	Xavi Kingsbury	Moirra Murphy-Cairns	Shanel Sinclair
Alexandra Alsop	Andre Busi	Liza Gauger	Philip Kloehn	Claudio Musajo	Karron Skog
Anna Anderson	Angela Campbell	S. Ginsburg	Paul Kloss	Tricia Napor	Andrew Sloat
Ann Marie Anise	Amber Champion	Kathleen Griffith	Allison Korn	Molly Nolan	Jennifer Smith
Anna	Candice	Andrea Guzman	Dorothy Kornegay	Clare O'Sheeran	Lisa Smith
Aviva Arad	Amy Carrigan	Jamie Hagen	Jamie Kruse	John Paul Patafio	Bill Spirer
Maria Arias	Samuel Carter	Whitney Hall	Rain Lanning	Lauren Papalia	Susan Steinbrock
Stephanie Azam	Claire Cavanah	Jes Hand	Kate Lauer	Jeff Poor	Shawn Tepper-Levine
Beth Baltimore	Tatiana Chouluka	David Harrison	Angelina Lee	Maya Poznyak	Shanti Thakur
Michael Baly	Lindsay Clark	Anna Hart	Donna Lee	Diery Prudent	Donna Troka
Annalyn Courtney	Shari Cohen	Kerthy Fix Hearn	Abby Lesnick	John Quinn	Michelle W.
Barbier	Jeff Cohn	Hess Family	Degna Levister	Emma Randall	Ted W.
Jane Bayer-Goodman	Ibrahima Diallo	Erin Hopkins	Listra	Katie Rapoport	Anna Weichselbraun
Dagan Bayliss	Devon Driscoll	Lara Hoke	Flo Lunn	Emily Regan-Wills	Sarah Wilson-Longwell
Elena Bayrock	Elizabeth Donahue	Ryota Iwamatsu	Brooke m.	Renate Reimann	Gretchen Winterkorn
Judith Belasco	Karen Dozier	Lisa Jacobson	Riana M.	Chana Rothman	Miriam Wolf
Emily Benedetto	Lyndsey Dussling	Jim S.	Caitrin MacDonald	Debasish Roy	Emily I. Youngberg
Jennifer Benjamin	Grace F. Edwards	Johanna & Ralph	Michael Mandiberg	Anne Sachs	Eleanor Yung
Eva Berbegal	Maggie Fishman	Anne Johnson	Janessa Mangi	Nicole Santomasso	Ronald Zisa
Caitilin Berrigan	Amy Foote	Jyll	Jake Marble	Nicole Scheller	
Sharon Bing	Ifeona Fulani	Kara	Hadassah Max	Malene Schjonning	
Jennifer Bogo	Shannon G.	Andrew Kasius	Karla Mironov	Mariza Scotch	