

Established
1973



LINEWAITERS'

GAZETTE



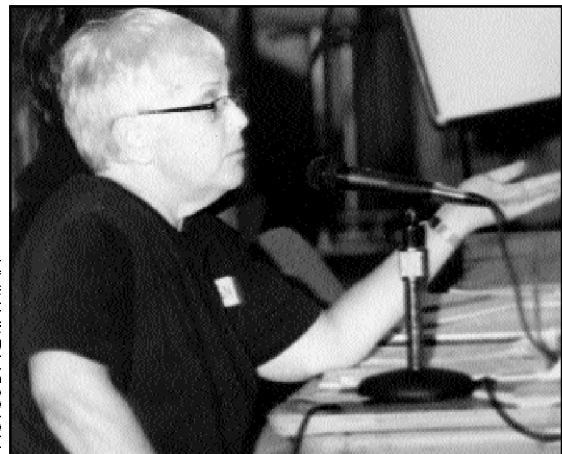
Volume Z, Number 21

October 13, 2005

September GM

Disciplinary & Agenda Changes, Coop Finance & Fair Trade

By Ann Pappert



Disciplinary Hearing Committee member Karen Kramer presented the proposed new Disciplinary Policy. Reporter Ann Pappert makes a comment.

The September General Meeting was highlighted by proposals for changes to the Disciplinary and Agenda Committees and the official designation of a new committee to promote Fair Trade products.

Open Forum

The meeting, held at Garfield Temple on Tuesday, September 27, began with the customary open forum. Among the points raised at the forum:

David Meltzer, the subject of a much covered disciplinary hearing last December, appealed for member's help in getting back on his old squad.

General Coordinator Joe Holtz urged Meltzer and other interested members to read the September 29 *Gazette* articles and letters regarding the issues raised by Meltzer.

And in finance, Israel Fishman suggested that the Coop post our prices on the Internet. Fishman said that this would be a service not just to our members, but also a way to attract new members to the Coop.

Coordinator's Report

Mike Eakin commented on several sections of the financial statement. The Coop's gross margin is down from a year ago to 16.55%. The Coop's gross margin is the percentage we bring in of sales available to cover operating costs and interest expenses. As Eakin noted, our gross margin should be higher. Eakin says a better gross margin would be around 17%—we're not there because of shrinkage (spoilage and theft.)

Also noted was a decrease in overall expenses as a percentage of sales, as well as a drop in mortgage costs, a result of having paid down the mortgage. Sales growth also dipped 4% from last year Eakin says it's significant that growth didn't drop more—part of that is that our member growth has not slowed.

Eakin noted that our inventory turnover of 61 times annually was higher than most coops and grocery stores (which means more than once a week on average, all the Coop's goods turn over.) As

well, although the Coop had cash assets of almost \$1 million, working capital was negative because many of our member loans are coming due.

In the Coordinator's report, Joe Holtz noted that there would be elections in late October for an interim board member. Holtz also flagged an opening for a coordinator's job.

The Disciplinary Hearing Committee

The item that generated the most discussion was the proposal from the Disciplinary Committee to revise disciplinary procedures. The proposal was published in a September issue of the *Gazette*. The Disciplinary Hearing Committee members presented the proposal for discussion at this meeting. They are to be voted upon at a later general meeting.

Disciplinary Hearing Committee member Karen Kramer introduced the proposal, explaining that disciplinary procedures had not changed since 1998.

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Recycling at the Coop

Cutting Down on Wasted Food, Boxes, Plastic, Paper and Energy

By Walecia Konrad

There's a lot more recycling going on at the Park Slope Food Coop than members might realize. Here's an inside look.

Unusable produce

As shopping squad members know, if produce can't be sold it is never thrown in the garbage. If it's edible it goes to City Harvest or CHIPS, the soup kitchen on Fourth Ave. where some members now do their work shifts. If it's not edible, it is collected for composting, then given to several community gardens, including the one on Union street. The compost goes into barrels in the Coop's backyard and is picked up three times a week by members who haul it to the gardens.

Composting cuts down on solid waste in land fills, of course, but in this case there's a huge economic incentive to be green. The city does not pick up trash from commercial establishments, so businesses have to pay private contractors to haul garbage away. (The PSFC uses local firm, D&D carting.) The heavier the garbage the more expensive the carting bill. Composting lightens the

load considerably.

Wooden Crates and waxed boxes

Whenever possible, the Coop works with farmers to take back wooden crates. Amy Hepworth, for instance, has her drivers take back crates when they drop off produce. Crates, particularly wire bound ones, can be a big expense for farmers, sometimes costing more than what goes into them. PSFC also uses a crate recycler for crates that don't go directly back to the farmers. That same recycler also picks up the heavy waxed boxes that poultry comes in.

Cardboard and paper

Any shopper knows that small cardboard boxes are piled up on the wall next to the cashiers for packing groceries. But there are pounds and pounds of other boxes that must be torn up and tied together with the bailing machines. (Again, shopping squad members do this job.) The same carting company that takes the Coop's garbage picks up cardboard five days a week for recycling.

The outside of many

CONTINUED ON PAGE 4

Next General Meeting on October 25

****LOCATION CHANGE for this night****

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month*. The next General Meeting will be Tuesday, October 25, 7:00 p.m. at the St. Francis Xavier Auditorium, 763 President St. (btw 6th & 7th Aves). The entrance is directly under the flag pole.)

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: November 15 & December 13.

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Coop Event Highlights

- Sat, Oct 15 •Chocolate Tasting:** presented by the Fair Trade Action Committee, 6:00 p.m.
- Sun, Oct 16 •Food Revolution:** *Hidden Dangers in Kids Meals*, film and discussion, 12:00 noon
- Tue, Oct 18 •Wordsprouts:** Big Apple Safari—Exploring Nature with Kids in the City, 7:00 p.m.
- Sat, Oct 22 •Pumpkin Day!** 8:00 a.m. until...
- Thu-Sat, Oct 27-29 •Blood Drive:** Save a Life! See page 2 for hours for each day.
- Tue, Nov 1 •Wordsprouts:** Only the Blog Knows Brooklyn, 7:30.
- Thu, Nov 3 •Food Class:** More Turkish Delights, 7:30 p.m.
- Fri, Nov 4 •Film Night:** *August in the Empire State*, the 2004 Republican National Convention, 7:30 p.m.

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

Board of Directors
of the Park Slope Food Coop, Inc.
Interim Election at the October 25, 2005 General Meeting

Candidate Statements: (Statements are unedited and presented in alphabetical order.)

Bill
Penner

I am writing to offer my name as a candidate in the October 25th election for the open position on the PSC Board of Directors. I feel confident asking for your support because of my personal commitment to the good of the Coop and its members.



I have been a member of the Coop for almost five years. At the Coop, I have worked on shopping, receiving, maintenance and food processing tasks. Currently, I am a member of a soup kitchen shift preparing meals at CHiPs with food donated by the Coop and others. This varied work experience has given me a wide range of knowledge in the operation of the Coop. In my life outside the Coop, I am a 43 year old architect with my own architectural firm which I started three years ago in Brooklyn. Prior to getting my degree in architecture, I apprenticed as a chef and cooked professionally for 6 years. The Coop is an important part of my life, it is a place were I connect with my passion for food and realize the significance of food and food production in our society as a cultural, environmental, and economic force of incredible power.

Coop members govern themselves through decisions made at the monthly General Meeting. The Board of Directors role in this process is not one of advocacy but one of measured trust. The Board has maintained a thoughtful history of affirming the wishes of the General Meeting, however as with any governing structure that contains checks and balances, the Board of Directors play an important role in the mission of the Coop and I believe wholeheartedly in this mission. I believe in the Coop's environmental mission and I believe in its social mission. Most of all, I believe in the value of the Coop as a mechanism for maintaining affordable and wholesome food for as many people as possible. I believe our low prices create cultural and economic diversity and I am fully committed to supporting the history of fiscal responsibility at the Coop to maintain and foster this vibrant community.

In the last three years, I have made a concerted effort to attend many General Meetings. I feel I have an understanding of the process of the meetings, as well as, a grasp of the issues that have been debated and discussed. I have respect for the decision making process of the General Meeting and feel that it has served the Coop well over the years. I am confident that I would be able to contribute positively to this process, with an understanding of the issues and a passion for the Coop.

Cooperatively yours,
Bill Penner

Imani
Q'Ryn

I live in Fort Greene. I'm an opera singer, an independent real estate broker, and I just won a car on the Price Is Right. Now, I want to win your vote.



I joined the Coop in 1998 when I started eating organic food. I couldn't afford not to join! I love the Coop, it's bustling energy, the diversity of the membership, the ideals of cooperation and democracy upon which the Coop was founded and above all the beautiful food at unbelievable prices. It's a reflection of what's possible in the world. It's a privilege to be a part of it.

I see that we are working together not just for our own personal benefit but for the benefit of the world. My work slot is the Chair Committee, which chairs the General Meeting at the end of each month. For me one of the best parts of the General Meeting is the committee reports which inform us about issues not only affecting the Coop but the environment, our health, local farmers and even other countries to name but a few of the topics that have been covered. It's hit home a number of times just how small the world is and that we are all connected. Imagine, our Coop and what we do makes a difference in the world.

I believe each of us makes a difference. I started going to the General Meetings about three years ago. Initially, I went for work slot credit and was surprised to discover that the meeting was small compared to the vast size of our membership and that the diversity which I see while shopping at the Coop is not powerfully reflected in the meeting. I thought to myself here is the decision-making body of the Coop and only a few members were making these decisions and even fewer people of color. I thought what could I do to encourage greater diversity and participation in the meeting.

I decided to join the Chair committee soon after my first meeting. I thought that my friendly face and winning personality would make a difference. Well I don't know how well that's worked but since joining the Chair Committee I have been committed to making all people feel welcomed at the meeting, being fair and open to all sides of an issue and to being clear on the policies and how the meeting is run. In the past three years I believe the meetings have been less confusing, less antagonistic and more enjoyable. I find them interesting and informative.

Since being on the Chair Committee involves being at the General Meeting, which is also the Board Meeting, I have intimate experience with Coop policies and procedures and the workings of the Board of Directors. I think our cooperative process works and as a board member I would respect the members' deliberations and will strive to ensure that the General Meeting remains the highest decision-making body in the Coop. I will also continue to encourage diversity in the General Meeting as well as all aspects of the Coop.

Please vote for me. Thank you for your consideration.

Albert
Solomon

If elected to the Board, at each and every Board meeting I will propose:



1) That an assembly of elected delegates be substituted for the current town meeting form of government. Delegates should be elected in a multiparty manner, at-large, using a "party list" method.

2) That the Board of Directors hold its meetings at a different time than the general meetings. They will still vote on each resolution of the general meeting.

I say this in case anyone is unsure of what I will do if elected, and so that the opposition will be sure to field a candidate or candidates against me.

To my many supporters, I cannot advise anyone to attend any general meeting because they are insane, but if you think you can stand it, this would be a good time to show your support.

Many thanks, and keep up the good fight!
In cooperation and solidarity,
Albert B. Solomon

The Role of the Board

From our inception in 1973 to the present, the monthly General Meeting has been the decision-making body of the Coop. Since the Coop incorporated in 1977, we have been legally required to have a board of Directors.

The Bylaws of the Park Slope Food Coop state: "The portion of the Board of Directors meeting that is devoted to receiving the advice of the members shall be known as the General Meeting. ...The members who gather to give advice to the directors may choose to vote in order to express their support or opposition for any of the issues that have come before the meeting."

The Board of Directors, which is required to act legally and responsibly, conducts a vote at the end of every General Meeting on whether to accept the advice of the members as expressed in their vote(s) during the GM.

The Interim Election Process

Paul Bermanzohn has tendered his resignation from the Board of Directors, effective August 30, 2005, as he can no longer attend the Tuesday night General Meetings.

In accordance with our bylaws, an election will be held at the October 25, 2005 General Meeting to fill the remainder of the term ending at the Annual Meeting in June 2006.

Nominations may be made at the October GM. Candidates are encouraged to provide a brief written statement.



September GM

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Kramer said that the growth of the Coop has led to a larger number of cases for the committee to investigate. She described the need to come up with procedures to address the ever-increasing workload as well as a “plan that would make a more equitable distribution of the work and also make a more fair and balanced disciplinary process for the Coop.”

The new plan calls for three separate and distinct committees to handle disciplinary matters.

The Disciplinary Committee would be responsible for the review, investigation and disposition of all complaints of member misconduct. The Hearing and Administration Committee would perform all the administrative functions required to arrange and facilitate disciplinary hearings. The Hearing Officer Committee would appoint three of its members to conduct disciplinary hearings as necessary.

In addition to a new structure for the disciplinary process, other important changes are proposed.

In the past the Hearing and Deciding Group, comprised of Coop members chosen at random had broad authority. They hear complaints against members, and nine members of this group decide if an accused member is guilty or not guilty as well as the penalty. The current system also specifies, “the Hearing and Deciding Group may recommend restrictions on the accused member’s official activities, for example forbidding particular work slots...”

The new procedures would shift authority for penalties such as suspension, expulsion or additional restrictions. The Hearing Officer Committee takes over that job. The Deciding Group could only determine guilt or innocence.

Other changes from the current procedures include a requirement that all disciplinary hearings be recorded, and that the recording be the official record of the hearing.

The new proposal also contains certain restrictions on the *Gazette*.

The Disciplinary Committee and the Hearing Officer Committee would review *Gazette* coverage of hearings to ensure confidentiality of participants and require the *Gazette* to never print the identity of any participant in a disciplinary hearing or anyone whose name arose at a hearing, without that person’s written consent.

As well, the new proposal specifies, “For the protection of the Coop, the Disciplinary Committee and/or the Hearing Officer Committee may request that certain facts not be reported in the *Gazette*,

such as those relating to methods of stealing and the *Gazette* shall comply with that request.”

During the transition period, the Disciplinary Hearing Committee would continue to perform its current duties. New members for the three committees would come from ads. The current Disciplinary Hearing Committee would interview potential new members and choose nominees for a vote of the general meeting. This is the method currently used to add new members to the Disciplinary Hearing Committee.

Members had a number of questions, suggestions and comments to the proposal.

This reporter was among several members who suggested that decisions and penalties resulting from hearings be delivered in writing.

A number of people asked why the Disciplinary Hearing Committee did not handle complaints against staff. They were told that the general coordinators handled complaints against staff, while the Personnel Committee dealt with complaints against general coordinators.

Allegra Fishel asked if the three proposed committees would be truly separate. “Would the committee investigating, talk to someone who might run the hearing,” she asked. Adding, “as much as someone might want to be fair, this might influence them.”

Fishel also expressed concern that the Hearing Officer Committee would now decide the penalties. “I think that’s a pretty big thing that needs to be discussed. It gives a lot of power to a small group of people.”

Karen Kramer responded by saying that their intention is “to be three separate committees.” As to the change shifting responsible for deciding on penalties, she commented that “in the last two years (four hearings) it has been apparent that the Hearing and Deciding Groups had an incredibly difficult time coming back with anything more than we should expel or suspend. If it was a suspension, it was very difficult for any of these groups to come back with a specific sentence.”

She added that they learned from feedback sessions held with Hearing and Deciding Groups after hearings that the groups “wanted more guidelines.” The Disciplinary Hearing Committee decided that as in many real life court cases, a jury decides guilt or innocence and a judge decides the sentence.

Another reason for the change, she explained, was “consistency of penalties.” Currently, someone convicted of a seemingly minor offence might be suspended or expelled by one deciding group, while at the next hearing a member guilty of a similar offense would receive a minor penalty.

A letter from Cheryl Haywood, a former member of the Disciplinary Committee, supported the new procedures, noting “members of the committee are truly committed to make the process more fair.” She likened the current process to “a trial where the prosecutor acts like the accusing attorney and the judge,” and calling the system “not fair to the Hearing Committee, not fair to the Coop, and may not be fair to the accused members.”

Other Coop members at the meeting expressed support for the proposals. One member commented at the end of the discussion, that he believed the proposals were a good “first step,” but suggested that it would probably be necessary to go through a few disciplinary hearings before we really know how well they work. The matters are up for vote at the next GM, October 25.

Discuss and Vote

The Agenda Committee asked the meeting to vote on a proposal giving the committee the option to require that some agenda items be scheduled as discussion items, before they are submitted to a vote.

Committee member Erach Screwala explained that this was the third time this issue had come before a general meeting. At a previous meeting, suggestions had been made that any agenda items should be presented initially for discussion and voted on at a second meeting. He pointed out that at the two previous meetings there was general agreement that something needed to be done.

The Agenda Committee decided it would be “less onerous” to give the committee the discretion to decide which items might benefit from a discussion. Rather than setting firm criteria, he said, “This proposal allows us to have a dialogue with the member.”

After a brief discussion the proposal was passed 54 to 4, with 6 abstentions.

Fair Trade

Scott Codey, a member of an informal committee that has worked to educate and raise awareness of Fair Trade products, presented a proposal for a formal Fair Trade Action Committee.

The new committee would continue their work on Fair Trade education and awareness, concentrating on Brooklyn.

Responding to questions, he emphasized the committee would not be advocates for Fair Trade products. “We will be knowledge-based, not advocacy based.”

After a brief discussion, with every speaker expressing support for the proposal it was passed by a vote of 58 to 0, with 3 abstentions. ■

PSFC OCTOBER GENERAL MEETING

Tuesday, October 25, 7:00 p.m.

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



LOCATION CHANGE FOR OCTOBER

St. Francis Xavier Auditorium, 763 President St, btw 6th & 7th Avenues. Look for the entrance under the flag pole.

AGENDA:

Item #1: Interim Board of Directors Election (25 minutes)

Election: Paul Bermanzohn has resigned as director of the Park Slope Food Coop, leaving a vacancy on the board of directors. An interim election will be held at the October 2005 General Meeting for a member to fill the remainder of a three-year term ending June 2006. Members are encouraged to declare their candidacy as soon as possible and to provide a written statement, but nominations may be made from the floor on the night of the election. —submitted by Joe Holtz

Item #2: Annual Agenda Committee Election (20 minutes)

Election: Three two-year terms are open. Nominations are being accepted now and will be accepted on the floor of the GM. Two of the three members whose terms have expired are seeking re-election. —submitted by the Agenda Committee

Item #3: Revision of Disciplinary Hearing Committee Procedures (45 minutes)

Proposal: “To adopt revised Disciplinary Hearing Committee procedures.” —submitted by the Disciplinary Hearing Committee

Future Agenda Information:

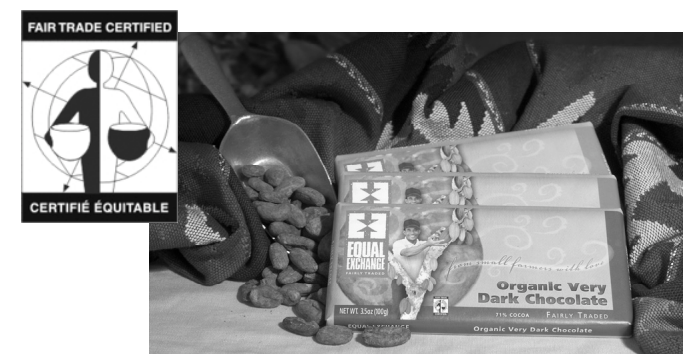
For information on how to place an Item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the office and at all GMs.

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 tasting and learn more about recent Fair Trade victories in New York City!

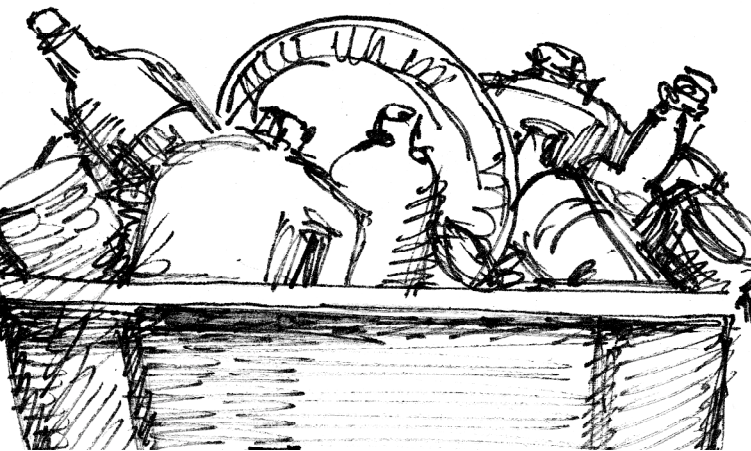


The Fair Trade Action Committee is a collection of Coop members working to promote Fair Trade at the Coop and within the wider community.

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



**Friday, November 4 • 7:00 p.m.
at the Coop**



AUGUST IN THE EMPIRE STATE

The 2004 Presidential Election was one of the most politically divisive moments in recent American history. What should have been a time for critical debate degenerated into a battle of mudslinging media campaigns. Amidst the division, the Republican Party held its first ever convention in New York City, a potent symbol for both President Bush and the local progressives energized to defeat him.

Using the convention and the animated reaction of New Yorkers as its backdrop, this film delves into the forgotten debate over the growth of poverty in America. The film follows two characters in the months leading up to the convention: Paul Rodriguez, a conservative Republican Congressional candidate, and Cheri Honkala, the National Spokesperson for the Poor People's Economic Human Rights Campaign, the largest grassroots organization of poor people in the US. The film takes the viewer behind the scenes and exposes the people and the very personal stakes at the heart of what divides us as a country.

Producer/Director, Gabriel Rhodes, a Coop member, has worked as a documentary editor and independent filmmaker for seven years. His most recent film, the dark comedy *Anna Is Being Stalked*, was hailed by the Associated Press as "The best seven minutes of the 2002 Sundance Film Festival." His edited work, which has been nominated for a Regional Emmy Award and a Rockefeller, has premiered at over 50 film festivals worldwide including Sundance and Cannes. His television clients include Showtime, Sundance Channel and A&E. He received his Master's degree in documentary film from Stanford University in 2000. A Q&A with Gabriel will follow the screening.

**FREE
Non-members
welcome**

Film Night organizer, **Trish Dalton**, can be reached at Trish@ohmsmedia.org or 718.398.5704. She would like to hear from you if you are interested in submitting films or videos that you have worked on.

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

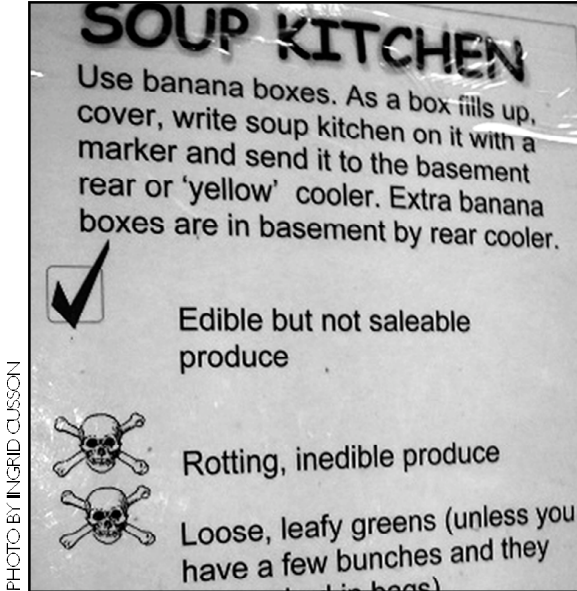


PHOTO BY INGRID CLUSON

Instructions for produce recycling

Recycling at the Coop

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boxes are wrapped in plastic film. That plastic is also recycled. A reminder to shopping squad workers: There is a bin on the side of the bailing machine for this film. Don't just throw it out.

Office paper, newspapers, and catalogs are all recycled. The city does not pick up from businesses so the Coop contracts with an outside firm, and has been doing so for many years. Office staff are addicted to two-sided copying, and printer toner cartridges are sent back to the manufacturer for recycling. The Coop also uses a printer dedicated solely to reusing paper that has been printed on one side.



Unsaleable lettuce destined for the soup kitchen



Fill 'er up!

Air

Yes, even air is recycled at the Coop. The refrigeration system (which does not use ozone-destroying CFOs) recovers the heat that is emitted and uses it to heat hot water and provide some of the building heat. Often in the Spring and Fall the Coop can get all the heat it needs from this system. In addition, there are return air ducts built behind the produce cases so that the cold air that spills out of those cases gets sucked back into the system. This is energy efficient and keeps the produce aisle from getting uncomfortably cold for shoppers.

Recently the Coop signed a contract with Community Energy, which runs wind farms in Upstate New York and Pennsylvania. Now all of the Coop's electricity comes from wind power. ■



These cardboard boxes originally contained meat and now await recycling.

What Members Can Do

There's lots of ways for all of us to be get more earth-friendly. Some ideas:

Returnables

You can redeem your deposit on beer, soda and seltzer bottles and cans at the Coop. Simply give them to the entrance worker and he or she will give you a slip for the amount owed to you.

Recycle your plastic at the Coop

Plastic recycling in front of the Coop takes place the second Saturday of every month 12 p.m. to 2 p.m. and the last Sunday of every month, 10 a.m. to 12 p.m. Also: Thursdays 7 a.m. to 9 p.m. Check the Coop calendar in the center of every *Gazette* issue. You can bring clean and dry plastic containers marked #1, #2, #4, #5, as well as dry cleaner plastic and plastic bags.

Use Evert Fresh bags for storing produce at home. They're reusable and they

really do keep produce fresher longer. They're in aisle 4.

Shop and recycle at 3r Living, 276 Fifth Ave., between Garfield and First Streets, which sells all types of earth friendly products. The store's recycling center accepts batteries, cell phones, ink cartridges, CDs and crayons.

For more information on where to recycle just about anything go to www.earth911.org and type in your ZIP code. ■



Computer and Electronics Recycling Day

By Michael Rieser

For the fourth time in two years, Recycle This! and Per Scholas present an opportunity for you to dispose of your outdated computer and electronic equipment responsibly on Sunday, October 23, 2005 at JJ Byrne Park, 5th Avenue at 3rd Street in Park Slope.

3RLiving, an eco-friendly Park Slope business, joins the team this year, increasing the materials that can be recycled to include:

- Computers, Monitors & Components
- Televisions & Radios
- Copiers & Fax Machines
- Phones & Cell Phones
- Floppy & Zip disks,
- Tapes, CD & DVD Media
- Batteries & Crayons

Why Should You Recycle Your Electronics?

When you place your outdated computer and electronic equipment on the curb, either it is scavenged for pieces and then dumped, or New York's Strongest loads it into the next sanitation truck that rolls down your block. Crushing and mixing the lead, cadmium, lithium, nickel, zinc and mercury that made your computer do all the great things that it once did with onion skins, banana peels, cantaloupe and lemon rinds with organic and inorganic waste expedites the process of releasing these highly toxic materials into the environment.

Your computer is next delivered to a city transfer station and passed to a private hauler who drives it out to a landfill where sooner or later rain water filtering through it leaches toxins into the groundwater.

By participating in Computer and Electronic Recycling Day, you will ensure that your computer is reconditioned and reused or disposed of in an environmentally responsible manner. Per Scholas will make recent-model computers like new again, by triple-erasing the disk drive (according to DoD standards), loading new software, and making them available to schools and low-income families through the Per Scholas Access program.

If your computer, monitor, or other electronic equipment is not repairable or simply too old, it will be processed at Per Scholas' EPA approved recycling facility which separates the raw materials and returns them to the manufacturing stream. Not only does this divert toxic waste from the landfill, it also reduces the quantity of raw materials that must be mined in order to make new machines: now, that's responsible!

In her recently published book, *Garbage Land, On the Secret Trail of Trash*, Elizabeth Royte follows the trail of waste as it leaves her Park Slope home, through the New York

City sanitation system, and into the hands of private haulers who deliver it to landfills. Royte sites Silicon Valley Toxics Coalition as a reputable source for information on the impact of improperly disposed of electronic equipment. According to SVTC, although computers and electronic waste represent a small proportion (5%) of the landfill's bulk, the concentration of toxic materials in this equipment is so high that it contributes an estimated 70% of the landfill's toxicity.

Per Scholas is a nonprofit organization whose mission is to bring computers to technology-deprived children and families at the lowest possible cost, to train disadvantaged community residents to become computer technicians, and to provide environmentally responsible recycling of end-of-life computer equipment.

Recycle This! is a grassroots waste

reduction & recycling activist group that works throughout the five boroughs of New York City. We focus on recycling, but also the whole cycle—reducing, reusing, and rethinking garbage in New York City with a goal of creating a more sustainable NYC!

Previous electronics recycling events hosted by Recycle This! Have diverted a growing amount of e-waste from landfills. In April 2004, we collected approximately three tons of electronic equipment. In October 2004 we collected seven tons, and in April of 2005 we collected so much e-waste that we had to get another truck (approximately 20 tons).

No one expects garbage collection

itself; why should recycling? A \$10 donation will be requested to help protect Per Scholas against the actual cost of recycling and disposing of the equipment to the appropriate downstream partners.

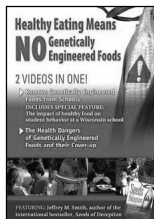
While recent model computers are reconditioned and sold at minimal cost through the Per Scholas Access program, much of what we collected in April was demanufactured by Per Scholas at a cost of \$3,500. Computer and Electronics Recycling Day is funded by your tax deductible contribution.

For further information including a complete list of recyclable electronics and for information on erasing your disk drive prior to recycling please visit www.RecycleThisNYC.com. ■

JOIN THE FOOD REVOLUTION

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

Presented by the PSFC Safe Food 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."

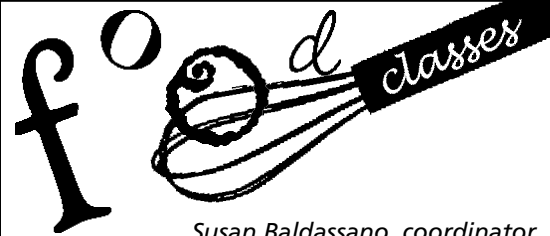
Join the Food Revolution right here at the Park Slope Food Coop. This program is sponsored by the Park Slope Safe Food Committee (formerly the GE Campaign Committee) and will be hosted by Vanessa Tricoche, a Board Certified Holistic Health Practitioner and Community Food Educator. You will have an opportunity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

Thursday,
Nov. 3
7:30 p.m.
at the Coop



Susan Baldassano, coordinator

PARK SLOPE FOOD COOP

More Turkish Delights

RECIPES—TASTINGS TOO!

- Ezme (Dried Fava Bean Mash)
- Ezo Gelin Corba (Bride Ezo's Soup)
- Manti (Turkish-Style Dumplings) with Yoghurt Garlic Sauce

\$4 materials fee

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

Guest Chef: Tolga Klein

Tolga is a graduate of the Natural Gourmet Cookery School Chef's Training Program. He is a private chef focusing on health-supportive cooking who specializes in dishes that are seasonal, fresh and delicious, using ingredients native to the region.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

WORDSPROUTS

The Park Slope Food Coop's Reading Series



Tuesday, October 18
7:00 p.m.
in the meeting room

A program for families! Ms. Seltz will discuss her book and give a slide show of all the wondrous things she has explored in the urban outback with her two young sons.

Books will be available.

Big Apple Safari

Exploring Nature with Kids in the City

Want to experience nature with your children close to home, but don't know where to go? In her new book, *Big Apple Safari for Families, The Urban Park Rangers' Guide to Nature in New York City*, Sharon Seltz guides families through the urban wilds, whether by hiking, fishing, canoeing, camping or other outdoor adventures, and showcases programs offered by organizations committed to exposing and sharing nature with families.

Sharon Seltz is a fourth-generation Brooklynite who got her first taste of nature during fishing trips with her father. An alumna of Columbia's Graduate School of Journalism, she is co-author (with her husband, Stuart Miller) of *The Other Islands of New York City* and the third edition of *The Blue Guide, New York*. She lives in Park Slope with Miller and their sons, Caleb and Lucas.

All Wordsprout participants are Coop members.

Bookings: PJ Corra,
pjcorra@earthlink.net

FREE Non-Members Welcome

Next Wordsprouts, Tuesday, Nov. 1

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

WORDSPROUTS

The Park Slope Food Coop's Reading Series

Tuesday, November 1
7:30 p.m.
in the meeting room

THE BLOG KNOWS BROOKLYN

ONLY THE BLOG KNOWS BROOKLYN:
For your daily dose of Brooklyn news, culture, street life and stuff to do. www.OTBKB.com

Louise Crawford is a writer with her hand on the pulse of the neighborhood. In addition to writing fiction, she has a writing business, which specializes in web content, public relations for artists and galleries, and brochures. She also edits a bi-weekly newsletter for the FDNY called "The Link" for family members who who lost a loved one on 9/11. She runs Brooklyn Reading Works, a monthly reading series at the Old Stone House and is a member of the Park Slope Food Coop.



All Wordsprout participants are Coop members.

Bookings: PJ Corra,
pjcorra@earthlink.net


FREE Non-Members Welcome

Next Wordsprouts: Friday, Dec. 9 Book Party

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

What is Reiki?

with Rowana Shepard



Reiki is a holistic 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

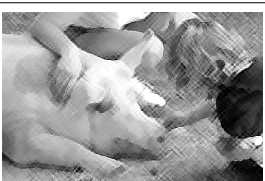
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

The Peaceable Kingdom


WITH **JK CANEPA**

What is more beautiful than a child delighting in an animal?

And how does this same child grow up to care about dogs and cats, but not cows, pigs and chickens?



Do animals raised for human food have emotional lives and family bonds?



What happens to farm kids when they are asked to take the lives of the animals they have cared for?

See the film that poses these questions and tells the story from the viewpoint of humans who've been affected by factory farming.

We'll have a discussion and refreshments. Bring your friends and your own questions.

JK Canepa, Coop member, Deep Ecologist, mother, bike rider, gardener. "The earth is ancient and alive, and we are all her children."

FREE
Non-members welcome

Saturday, October 22
11:00 a.m. at the Coop

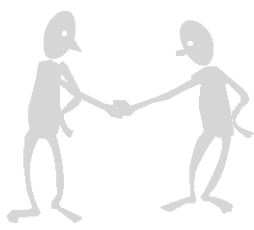
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

MEDIATION

ALTERNATIVE DISPUTE RESOLUTION

WITH **ANDREW GARY FELDMAN**

Learn about this effective and cooperative process for resolving disputes.



BENEFITS:

- settle differences peacefully
- reduce stress
- maintain power and control over outcomes
- avoid time in court and high legal costs

APPLICATIONS:

- family & divorce situations
- disputes between neighbors
- conflicts with contractors and businesses
- problems at the job, the Food Coop & elsewhere

The workshop will include mediation "role playing" demonstrations and give information about where to go for services.

Andrew Gary Feldman joined the Coop in 1979 and has been mediating since 1998.

FREE
Non-members welcome

Saturday, October 22
2:00 pm at the Coop

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

Touching Peace

Cultivating Ease and Freedom with Self-Massage and other Body-Mind Techniques

with **Stuart Garber, LMT, RPP**

Come learn simple self-care techniques for promoting both physical and emotional well-being in a playful, friendly atmosphere.

Learn ways to alleviate challenges with:

- muscle pain and tension
- joint problems
- depression
- stress, anxiety
- insomnia
- digestive problems & more

This will be a richly participatory afternoon, with attention given to individual participants' needs and interests. Please wear loose, comfortable clothing. People of all physical abilities are welcome.

Enrollment will be limited, so please pre-register to reserve your space by calling 718-789-2315.

Coop member **Stuart Garber's** Full-Spectrum Touch Massage and Body Therapy blends Swedish massage and related systems with energy balancing techniques, dialogue, contemporary trauma healing and time-honored mind-body-spirit practices. He's worked at the Ostrow Institute for Pain Management and Memorial Sloan Kettering Cancer Center's Integrative Medicine Program as well as in private practice, since 1988.

FREE
Non-members Welcome

Sunday, October 23
12:00 p.m. at the Coop

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


Eating for Energy

Top Seven Ways to Double Your Energy Today

with **Jena la Flamme**

Tired of being tired?
Do you want more energy?
Tired of using sugar and coffee to "prop you up"?

If you are already an active person but you feel you want more energy to match your busy lifestyle, then the Top Seven Ways to Double Your Energy Today for you.




Learn quick and easy strategies you can incorporate right away in order to increase your energy levels, sleep better, lose weight, manage stress more effectively, decrease your cravings and allow you to feel and look better.

Jena la Flamme is the director of the Jena Wellness Group, a certified Holistic Health Counselor, massage therapist and yoga teacher. She has a private practice in Union Square, Manhattan and regularly conducts workshops. She is a Coop member.

FREE
Non-members welcome

Sunday, October 30
12:00 p.m. at the Coop

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



Saturday, November 5
11:00 a.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, 913-715-7157 or visit the school's website: brooklynfreeschool.org.

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

Healing Hands: Brennan Energy Work

WHAT DOES IT MEAN TO WORK WITH THE SUBTLE ENERGIES OF THE HUMAN ENERGY FIELD? LEARN ABOUT THE DIFFERENT DIMENSIONS OF THE ENERGY BODY AND HOW THIS WILL HELP YOU GET IN TOUCH WITH YOUR TRUE ESSENCE AND BRING YOU INTO ALIGNMENT WITH YOUR HIGHEST PURPOSE IN LIFE.

WITH **KRIS JONES**



Kristine Jones is a Reiki master and a recent graduate of the four-year Barbara Brennan School of Healing. She has been a member of the Coop for over three years.

FREE
Non-members welcome

Saturday, November 5
3:00 p.m. at the Coop

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

Third Annual Brooklyn Peace Fair: Sat. Oct. 22

Antiwar Activist Cindy Sheehan to Speak at All-Day Event

By Hayley Gorenberg

Peace activist Cindy Sheehan comes to Brooklyn! Her son died in the Iraq war, and she made headlines when she camped outside President Bush's Texas ranch in efforts to confront him. Sheehan kicks off Brooklyn Parents for Peace's third annual Peace Fair. The activities Saturday, October 22, run from 11:00 a.m. to

prior years, she said.

Brooklyn's peaceful roots run deep noted Cohen, who pointed out that Brooklyn's congressional delegation, many of whom have attended prior peace fairs, included strong votes against the Iraq war.

This year's fair stretches beyond traditional concepts of peace issues, to include workshops focused on healthcare justice and free-

dom in the digital age. Attendees can add a tile to a community "wall of action," can choose from half a dozen workshops every hour, and will learn the results of a newly launched essay contest on peacemaking, where awards of hundred-dollar savings bonds will be given to essayists in grades 3-5, 6-8, and 9-12, who have chosen to

answer one of the following questions: How would you bring peace to your school, your community, or the world? How can you become a peacemaker? What would the world be like without violence and hate?

Also new is a professionally curated "Community Art Museum" art exhibit, which will be displayed at the fair and thereafter at a city gallery, with some proceeds from the art sold to go to Brooklyn Parents for Peace, now in its twenty-first year.

As in prior years, activities for children will permeate the fair, with a reading of Dr. Seuss' Butter Battle Book and performances of a peace dance, featuring 50-100 children from area schools. For the first time, attendees will also have the option of free childcare during the workshops.

A proclamation for Brooklyn Peace Day (begun the first year of the fair, when Borough President Marty Markowitz so designated the day) will follow Sheehan's opening address. Poetry readings and monologues, the Brooklyn Women's Chorus, story-



telling, step dancing with the Gowanus Wildcats, and the Raging Grannies are all set to appear.

Free and open to all, the fair includes activities for children, teens, educators, and adults. Per its organizers, "More than one hundred local community organizations, religious groups, arts organizations, performers, and elected officials—all dedicated to peace, justice, and a better society—are expected to participate in this year's Fair. Through workshops on current events, music, arts activities, discussion groups, video presentations, and performance,

As in prior years, activities for children will permeate the fair...

groups of all kinds will present their work and encourage New Yorkers to take action. The Fair also seeks to unite diverse communities from across Brooklyn and create bridges for communication, participation, and understanding."

Loren Weybright, an elementary educator and professor at Metropolitan College of New York, is another Coop member who has volunteered to bring this year's fair to life. Involved in peace education through the group Creative Response to Conflict, Weybright has helped with the fair since its start. He

remarked on efforts this year to do outreach to people who may not consider the peace fair their fare. "It's trying to reach out instead of just preaching to the converted, to reach out to a broader audience, to people who might not necessarily think of themselves in the context of peace activities," he said.

"We're trying to reach out to professionals and business folks as well as families from all walks of life." He urged a broad view of peace, seeking to speak to "folks who would feel that it's in their best interest to look for alternatives to violence in all things. It's not all about peace and war; it's about developing alternatives to all conflicts."

In other peace-related action, last month, Brooklyn Parents for Peace filled eight buses with demonstrators who marched on Washington, D.C. BPP continues to petition for withdrawal of U.S. troops from Iraq, and has made demands on New York's senators to support the withdrawal. The group's website lists New Yorkers who have died since the war began. Other

international work includes a call for action on Sudanese refugees and condemnation of American intervention in Haiti. At home, BPP educates about aspects of the Patriot Act that require public high schools to give students' home phone numbers to military recruiters unless the parent or student opts out,



Antiwar activist Cindy Sheehan will speak at the event.

and the group has supported a New York City Council measure that would ban military recruiting in public high schools. ■

To contact Brooklyn Parents for Peace, call (718) 624-5921, email bpfp@brooklynpeace.org, or visit www.brooklynpeace.org. BPP's office is located at 138 Court Street, PMB 416, Brooklyn, NY 11201.

THE THIRD ANNUAL **BROOKLYN PEACE FAIR** 2005
BROOKLYN PARENTS FOR PEACE
WWW.BROOKLYNPEACE.ORG

SAVE THE DATE

Over 100 community organizations. Workshops and discussions. Art. Community Museum. Music. Poetry. Dance. Self Defense. Yoga. Activities for children of all ages. Movies. Information tables on peace and justice issues. And more.

Looking for:

- organizations to participate (endorse, lead a workshop, share information at a table)
- community sponsors to provide in-kind and financial contributions.
- volunteers to plan, publicize, post flyers, set up, take down, fundraise and more.
- artists, performers, vendors, poets, etc. to take part in the festivities

eliminating racism
empowering women
peace

Brooklyn Parents for Peace
138 Court Street, PMB 416
Brooklyn NY 11201
Telephone/Fax: 718 624 5921
bpfp@brooklynpeace.org
www.brooklynpeace.org

Support provided by
Independence Community Foundation

Convenient transportation from all neighborhoods in Brooklyn:
D, Q, 2, 3, 4, 5 to Atlantic Avenue • 4, 5 to Nevins Street • N, R, B, M to Pacific Street • A, C, G, H to Schermerhorn
Buses B65, B103, B37, B63, B65, B62, B26, B30, B67, and B41

5:00 p.m. at the YWCA, which is cosponsoring the fair at its building, 30 Third Avenue at Atlantic Avenue.

The Brooklyn Peace Fair is an all-day event that brings together people from across Brooklyn to learn about peace and justice issues at home and abroad in a fun, dynamic environment. At the fair, first conceived by Brooklyn Parents for Peace, organizations and individuals

This year's fair stretches beyond traditional concepts of peace issues, to include workshops focused on healthcare, justice and freedom in the digital age.

present workshops, discussion groups, films, arts activities, storytelling, performances, and more.

Volunteer organizer Amy Cohen, a Coop member since the late 1980s, said about this year's fair, "I think the biggest difference is that we've had a tremendous response." The numbers of workshops and media coverage have both increased over

Saturday, Nov 5
11am-1pm
Meet In Front of
Old First Church
7th Ave & Carroll St

BEFORE

Make a Difference

AFTER

A Special FTOP Opportunity for Members as the Park Slope Food Coop Joins in Partnership with the Park Slope Civic Council for their Semi-Annual "Park Slope Civic Sweep"

The Coop hopes to contribute ten teams of five members each to the "Sweep."

- To sign up for FTOP work credit, call the Coop during office hours..
- A Coop member will act as squad leader for each team, signing team members in & out.
- Members will report to Old First Church, 7th Ave & Carroll St, either ON TIME or EARLY.
- The Civic Council will supply equipment: paint, brushes, brooms, litter bags, etc.
- If you have a Coop T-shirt or sweatshirt, please wear it.
- Cancellations will NOT be accepted after 5:00 p.m. Friday, November 4.

This partnership is an experiment that we hope will be so successful that it can be repeated and even grow in scope.

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



Onel Mulet

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.

Edible Mushrooms

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

Z S I B K P K

F N S G N D I W W N

N U X G I S

B N S I W

X J K K G H Q I

G S Y M M W I

F N S Z K P K

O J K G I D Y G G N P

Z J H P G I S I W W I

J I P N M G J I

O N N L X

K P N A K

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WORKSLOT NEEDS

Agenda Committee Election—October 25 GM

The two-year terms of three of the Agenda Committee's seven members expire in October and will be filled by an election at the October GM.

Members of the Agenda Committee prepare the agenda for the the monthly General Meetings. The Agenda Committee's main considerations are: (1) the best interests and

orderly functioning of the Coop, and (2) fairness to Coop members who wish to have their concerns placed on the agenda.

Committee meetings are scheduled for the first Tuesday of every month at 8:00 p.m. and last approximately one hour and forty-five minutes. Committee members frequently attend GMs to follow up on the agenda.

Members say they have greatly enjoyed working together in an earnest and honest effort to be fair in prioritizing the agenda items and feel that the Committee's operations have displayed a model of cooperative spirit.

If you would like additional information, please call Linda Wheeler at the Coop.



The Safe Food 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:

Oct 27 issue: 7:00 p.m., Mon, Oct 17
Nov 10 issue: 7:00 p.m., Mon, Oct 31

CLASSIFIED ADS DEADLINE:

Oct 27 issue: 10:00 p.m., Wed, Oct 19
Nov 10 issue: 10:00 p.m., Wed, Nov 2

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, OCT 25

GENERAL MEETING: 7:00 p.m. The agenda appears in this issue, and flyers are available in the entryway. See location change at right.

TUE, NOV 1

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, NOV 8

SAFE FOOD COMMITTEE: (formerly GE Campaign Committee): Open meeting for members & non-members. 6:30 p.m. for training on ge; 7:00 for work session.

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, October 25, 7:00 p.m.

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

Location

The temple (St. Frances Xavier School Auditorium Temple), 274

The October GM will be held in a different location because of a holiday celebration at the temple.
St. Frances Xavier School Auditorium
763 President St (btw 6th & 7th)
entrance under the flag pole.

How to Submit 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.

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.



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, 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 shakuhachi tradition. \$10. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

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.

PHOTOGRAPHERS' PERSPECTIVES ON GLOBAL WARMING: Opening Reception, 6-9:00 p.m. See box below for more info.

SAT, OCT 15

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.

SUN, OCT 23

BROOKLYN OPEN STUDIO TOUR: Kristin Brenneman Eno*, painter, jewelry designer & art educator, opens her studio along with many artists in Brooklyn, as part of the NYC Citywide Open Studios. Sa/Su 11-6:00. 1713 8th Ave. btwn 17/18th Sts, 3rd flr, rm 11. 347-564-0213, www.k-b-e.net, www.isupportart.org/mambo.

TUE, OCT 25

THE BEST OF EVERYTHING: Alfredo Zelcer* sings "Songs From the Movies 1950-1959." Musical Director: Rich Siegel. Bass: Bob Sabin. Percussion: Sabor, 7 p.m. Upstairs at Rose's Turn, 55 Grove St, (south of Christopher St & Sheridan Sq). Reservations recommended: 212-366-5438 (after 4 p.m.) \$12 Cover+2 drink minimum (Alas, no credit cards)

FRI, OCT 28

GOOD COFFEEHOUSE: Halloween special: An Evening of Devilish Delights with Theatre Group Dzieci. Horror for the whole family. \$10. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

HABANA/HARLEM: pt I, 7:30 p.m., \$25 or \$40 wkend pass! The most exciting Cuban music event of the season featuring Latin Grammy nominee, David Oquendo & Raices Habaneras; and Lisandro Y

Su Tratado creates some of the best Latin dance music in recent years! **HABANA/HARLEM**, produced by Neyda Martinez*, Monserrat536@msn.com. Tkts www.aarondavishall.org or 212-650-7100.

SAT, OCT 29

HABANA/HARLEM: 4pm, \$10 or FREE for HABANA/HARLEM ticket holders. Humanities program & panel discussion. Film Screenings: "Machito: A Latin Jazz Legacy" by Carlos Ortiz; "The Old Man & Hemingway," scored by Onel Mulet*. Panel discussion follows, moderated by Newsday's music critic, Ed Morales with Ben Lapidus, Ph.D., composer/musician; Jorge Navarro, founder of the Cuban Cowboys; & Onel Mulet*, composer/musician. Producer, Neyda Martinez*. Monserrat526@msn.com. www.aarondavishall.org.

HABANA/HARLEM: pt II, 7:30 pm, \$25 or \$40 weekend pass! Program II continues with Park Slope Jorge Navarro & the Cuban Cowboys. Rock to a funky hybrid of son-mon-tuno, surfer guitars & post-punk power chords. Yo rdamis, formerly of the Cuban group Bamboleo, forges a new direction in Cuban "timba" dance music with funk, jazz & rumba flamenca. **HABANA/HARLEM**, conceived and produced by Neyda Martinez*, Monserrat536@msn.com. Tkts: www.aarondavishall.org.

FRI, NOV 4

GOOD COFFEEHOUSE: Ken Perlman & Alan Jabbour—Old-time Fiddle & Ganjo. Traveling Troubadour series, \$15. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, NOV 5

THE PARK SLOPE CIVIC SWEEP: The Park Slope Civic Council with merchant partners Tarzian True Value Hardware & La Bagel Delight invite you to help clean up Park Slope—remove graffiti, pick-up litter & beautify our streets & sidewalks. Trash bags & pickers, brooms, gloves, paint & brushes PROVIDED. Make a difference in your community. All ages Welcome. 11a.m. to 1 p.m., meet in front of Old First Church, 7th & Carroll St. www.parkslopecivic-council.org.



Turkey News

No need to preorder

FRESH turkeys will be available beginning Friday, November 18

- Dines Farm Pasture Raised Heritage* Turkeys: 10–26 lb birds, \$2.65/lb
- Murray's** Turkeys: 8–26 lb birds, \$1.99/lb
- Eberly Organic** Turkeys: 8–28 lb birds, \$3.18/lb
- Frozen Kosher Organic Turkeys, \$3.28/lb

*Heritage breeds of turkeys are making a comeback at the Park Slope Food Coop. the larger Dines Farm birds will be American Bronze. The smaller birds will be Small Whites.

**The main difference between the Murray's and Eberly Organic turkeys is that the Eberly turkeys are fed organic food.



SAVE THE DATES!

FUN'RAISING COMMITTEE EVENTS:

Saturday, November 19
Game Night

Sunday, December 18
Pub Night

Saturday, February 11
World Beat Jamboree

Sunday, April 2
Spoken Word Circle

Saturday, May 6
Game Night

ONGOING SHOWS/EVENTS

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 14 – 16

9TH ANNUAL ARTS UNDER THE BRIDGE: Over 200 artists open their studios to the public through the weekend. Dumbo Arts Center, 111 Front St. in the Dumbo area of Brooklyn, noon to 6:00. Open studios, exhibitions, artists talks. Info at www.dumboartscenter.org/festival/

OCT 14 – NOV 7

PHOTOGRAPHERS' PERSPECTIVES ON GLOBAL WARMING: Wednesdays to Sundays, noon to 6:00, or by appointment. Gallery #228 at 111 Front St in the Dumbo area of Brooklyn. www.global-warmingphotography.com

**SAVE A
LIFE**
Give Blood

Join the Blood Drive at the Park Slope Food Coop

📅 **Thursday, October 27**
3:00 – 8:00 p.m.

📅 **Friday, October 28**
10:00 a.m. – 6:00 p.m.

📅 **Saturday, October 29**
9:00 a.m. – 6:00 p.m.

Upstairs in the Meeting Room



FREE! Low-time 3% off the population donation blood and 50% off low blood more time in Park Slope.

• Park Slope Food Coop • 782 Union Street •
• Brooklyn, NY • 718-622-6600 •

• In cooperation with New York Blood Bank Hospital •
For further information about blood donation,
call Stuart Rosenberg, 718-664-0444



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

A POSTING ON COMPOSTING

DEAR MEMBERS AND EDITORIAL STAFF,

"Soil in the City" (*Linewaiters Gazette*, 9/15/05) was a welcome introduction to composting procedures and city agencies. A few points were not emphasized that I would like to share with Coop members. Our Coop has a substantial program that is one of the best models in NYC. It involves three gardens currently; Garden of Union on Union St., 6/15 Green Garden at 6th Ave and 15th St. and Red Hook Community Farm at Columbia and Sigourney.

Master Composter training classes visit our sites as do many school groups and individuals to see firsthand how a working system operates. While there are always unpredictable factors to navigate, the system at Garden of Union (where most of the Coop produce is taken) has state-of-the-art bins and well defined procedures.

Additionally, individuals are invited to compost kitchen scraps and Saturday morning is a good time to drop in for a short tour and explanation of the methods used. It is essential to mix green material with brown such as sawdust, shredded leaves or shredded newspaper. The nitrogen-carbon recipe is about 50/50 depending on the wetness of the raw materials. Keeping the pile fluffy so that air can circulate is key.

Compost is an important way to reduce waste and create benefit. The Garden of Union is built on rubble and would not be the lush oasis you see today if not for compost. It is a public space with membership open year-round. Garden members may enter the garden to use the compost facility at any time. Due to the Coop's continuing growth, we would like to find more gardens that can accept produce waste material. If you are interested in finding out more about our compost program at Garden of Union or expanding the program to your community garden, contact Claudia Joseph at (718) 369-1139 or joseph11215@earthlink.net.

Claudia Joseph

SULLEN? MUTINOUS?

TO THE EDITORS:

Former Yale football coach Herman Hickman claimed that a major part of his job was to keep the alumni sullen but not mutinous. Lila Rieman's letter suggests that something similar is going on in the Coordinator's handling of the issue of ending work assignments for aging members.

We quite properly try to provide health coverage and pensions for paid staff.

What about our own older members? We are told that their work responsibilities MAY end at the age of 75. That might be about right in North Korea, but surely not here. We are also told that it would be "dangerous" to "tinker" with "the work requirement".

Unresponsive? Patronizing? Arbitrary? All the above?

Some of us are already sullen on this subject. I ask that this be addressed.

Jules Trachten

DISCIPLINARY ISSUES AND MORE

During the Summer I did two makeups on childcare squads other than my own—was I glad to be back! We are only three people but believe-you-me, when things get tough we really *hum*! At least in our little three-person squad, I find making decisions cooperatively is not only empowering, it is exhilarating!

Look at the Disciplinary Hearing Committee (DHC)—what fun! A reorganization plan, expansion on the horizon, a discussion at the General Meeting, and in the current *Gazette* four letters, if you include Ann Pappert's reply and my comments. They must be really feeling their oats.

Accuse me of oversimplifying if you like but for me the letters all boil down to this: The DHC says the Hearing and Deciding Group (HDG) didn't rule that squad leaders David Meltzer and Jed Sarfaty should go back to their former squads after serving their suspensions, but *in case it did* it doesn't matter

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 Gazette-Submissions@psfc.coop or on disk. Disks are returned through an envelope at the back of the *Gazette* submissions box.

anyway because the only penalties allowed under "coop rules" are "expulsion or suspension." But then they say, "Relevant or not," Ann Pappert should have recorded the session. So the statement of the Group *might* have been relevant? If so, does the Committee admit the possibility that the HDG *did* say the leaders could go back to their former squads?

I'm not really serious in saying this, but it does suggest a sort of subliminal guilt. This is not my only reason, but I do believe that somehow the Committee and the Management are not coming forward with the truth and eyewitnesses Ann Pappert and Kalinka Moudrova are. Two eyewitnesses, and also the Committee refuses to poll the actual HDG members. Sounds just like the Bush administration or Judge Roberts, doesn't it!

The claim that only expulsion or suspension is allowed is a narrow interpretation, and don't I remember at least one "creative solution?" And, uh, Joe, don't we do things cooperatively and act on trust?

"Street Assistance Squad."

Loophole: Because workers are *assumed* to be outside, identity documents are no longer kept as assurance of return of carts. However, all workers may be with shoppers, so that a member could take a shopping or parking cart unobserved. I have no solution; only noting problem.

LETTERS POLICY

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.

Parking Carts: Are probably intended for a finished floor surface such as a warehouse (I accompanied a father whose daughter was standing on the cart). They look appropriate but they're not; they may be even worse than the shopping carts. The sidewalks in our area are sometimes *very* rough! They could have: *Large* front wheels equal to or larger than rear wheels.

-A drawbar as on a wagon or railroad cart, so they can be pulled rather than pushed.

-Very soft, preferably inflatable, rubber tires.

Erik Lewis is Coordinating Editor of the *Gazette*, Development Editor of one of the issues, and now a Petra Lewis is editing another one. Looks like a family business!

Albert Solomon

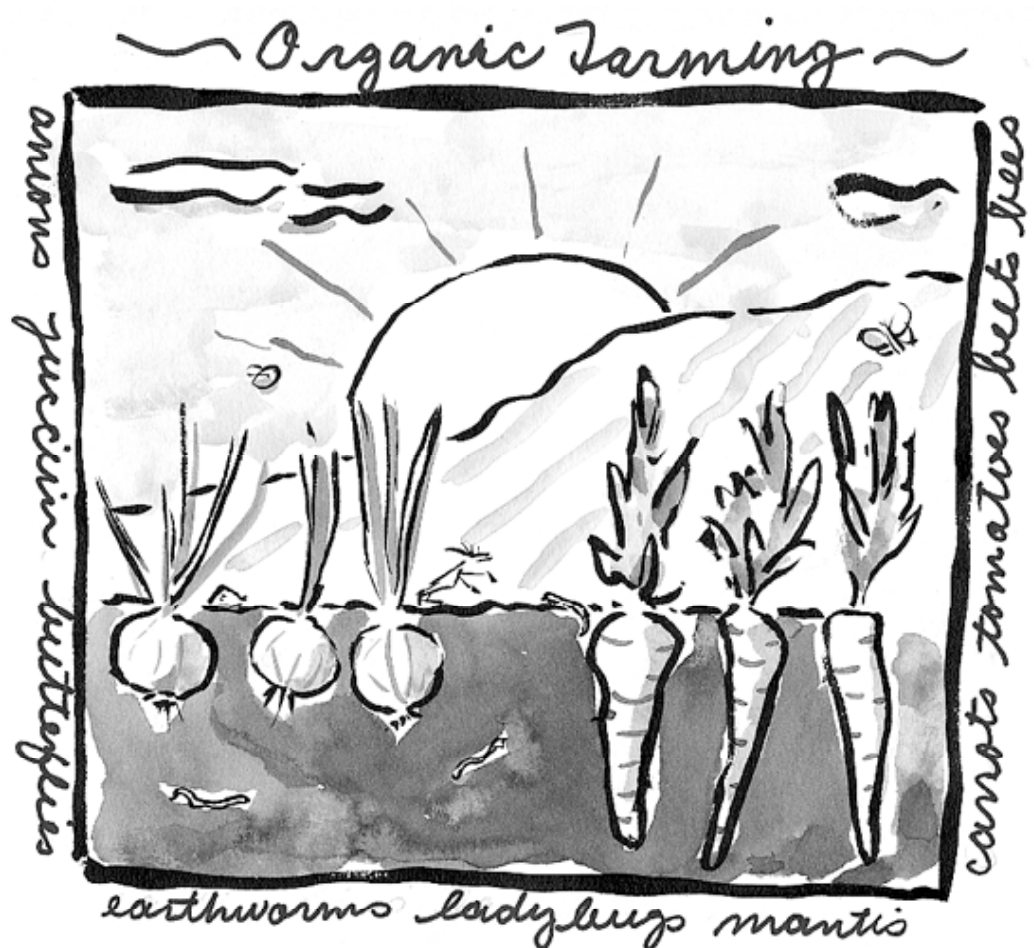
HONK IF YOU CARE

"More than 50 members attended the...August General Meeting..." Thus begins the lead article in the September 15 *Gazette*. At the moment, ladies and gents, that amounts to *less than one-half of one percent of our membership*.

How can we continue to call this a "governing body?" Can't we come up with a way to create a more representative entity?

Honk if you care.

Mary Lou O'Brien



SAFE FOOD COMMITTEE REPORT

From Albany to the Coop: Assemblywoman Visits

By Margaret Maugenest
and Jay Tran

The Safe Food Committee (formerly the GE Campaign Committee) recently played host to a friend of the Coop—Assemblywoman Joan Millman. Ms. Millman's visit was a follow-up to the Safe Food Committee's lobbying efforts in Albany as part of a state-wide NYSAGE (New York State Against Genetic Engineering) effort to bring legislators' attention to the need to label genetically modified seeds and foods. When Ms. Millman met with a group of Safe Food Committee members in Albany, she expressed an interest in visiting the Coop. Her staff in Albany was very enthusiastic and well-informed about some of the issues regarding food.

Ms. Millman and aide Nick

raised by members—which is why the Coop had allocated workslot time for groups to follow up on such concerns. One such group is the Safe Food Committee, which does educational outreach about

"The Coop sells at 21% above wholesale. Most Coops sell 60% over wholesale—about the same as what health food stores charge. So the PSFC is extraordinary in that it offers very low prices as well as...input over food choices and policy," said Jess.

genetically modified foods and the need for legislation to label these foods.

Jess, Allen, and Jennie proceeded to give Ms. Millman an information-packed tour that explained the Coop's approach to food selection and storage. Jennie, who is the meat buyer for the Coop, pointed out that we had only

as okra and unusual heirloom varieties of eggplant and peppers." Allen told the group. The packaging in which their produce arrives is stored in the basement and then picked up by Hepworth Farms

to be used again. "A grocery store would not allocate such amount of space for storage of delivery materials," commented Jess.

As the group explored the storage areas, a discussion about pricing ensued. "The Coop sells at 21% over wholesale. Most Coops sell 60% over wholesale—about the same as what health food stores charge. So the PSFC is extraordinary in that it offers very low prices as well as having input over food choices and policy," said Jess.

The issue of genetically modified foods came up as the group stood in the cereal aisle, where Grape Nuts are shelved and labeled as containing genetically modified grain. Ms. Millman was surprised. "So you *do* carry genetically modified foods?" she asked. Allen explained that the Coop does not dictate what people can or cannot buy. "Foods are labeled as Genetically Modified, and consumers vote with their pocket books. If people do not buy the food, it is discontinued." (In fact, since the Coop initiated GMO labeling, many of the products have been discontinued.)

Next on the agenda was a food demonstration from the

Safe Food Committee's Yes to KNOW (Kids' Nutritional Options Workshop) Squad. Squad leader Uni Lee and assistant Tracy Stephens demonstrated how to prepare Fuzz E Salt E's (edamame beans cooked with a pinch of sea salt) and a Thousand Seed Sandwich (a tortilla made of grains, legumes that have sprouted, avocado, cucumbers, a pinch of sea salt, and a squeeze of lemon). Uni explained that edamames are a good source of protein, and that the ingredients in the Thousand Seed Sandwich actually have cooling effect, so it is a perfect warm-weather

Millman's eyes lit up. "This is actually very good!" she said.

As the tour wound down, Ms. Millman was given a copy of "The Future of Food," a film by Deborah Koons Garcia about the issues regarding genetically modified foods, including how they are unlabeled, patented, and the push towards their globalization. (This film recently premiered at the Film Forum. The Coop's screening is TBA.) Ms. Millman said she would read the three bills currently in the New York State legislature. These bills require: 1. the labeling of genetically modified



Brooklyn Assemblywoman Joan Millman said, "Action Shot." before she picked up a tomato to smell. With her (l-r) are General Coordinators Allen Zimmerman and Jessica Robinson and Safe Food Committee member Jay Tran.

staff receives, and was pleased to hear that they were covered by health care and pension plans.

Jess pointed out how food and consumer issues are

farm that has been in operation since the early 1800s. We actually have input into what seeds they plant. In the winter, Amy [Hepworth] and I discuss crops to plant, such



Members of the Safe Food committee (l-r) Tracy Stephens, Jay Tran, Margaret Maugenest and Uni Lee .

er snack. "Avocado contains a good fat, and cucumber has enzymes to help digest proteins."

Ms. Millman, a former teacher and once very active in the school educational system, commented: "Kids love food. They love to talk about it. They love to touch it. But kids don't know how to eat fresh foods. They know how to open a can of soda, but they may not know how to peel a banana!" When given samplings to taste, Ms.

fied seeds; 2. manufacturer liability for cross-contamination by GMOs; and 3. protection for farmers from liability if crops are cross-contaminated by GMOs. When asked what else the assembly would be addressing when they return to Albany from summer break, Ms. Millman answered, "The Rockefeller Laws!"

(Ms. Millman has been active in reforming the draconian Rockefeller drug laws.

CONTINUED ON PAGE 13

LEARN THE 7 STEPS YOU NEED TO KNOW TO: GET ORGANIZED!

WITH AMAYA TOLAND

This workshop will teach you 7 simple steps toward organizing your home, your office, and your life!



THESE 7 STEPS WILL
HELP YOU:

- Remove unwanted clutter
- Stop scrambling at the last minute
- Plan ahead
- Save time and money
- Feel better about the space you work and live in

Amaya Toland, a Coop member, is a Professional Organizer with over ten years of experience helping people organize their homes and offices. She is the owner of GET ORGANIZED-NYC, a professional organization service in Brooklyn, NY.

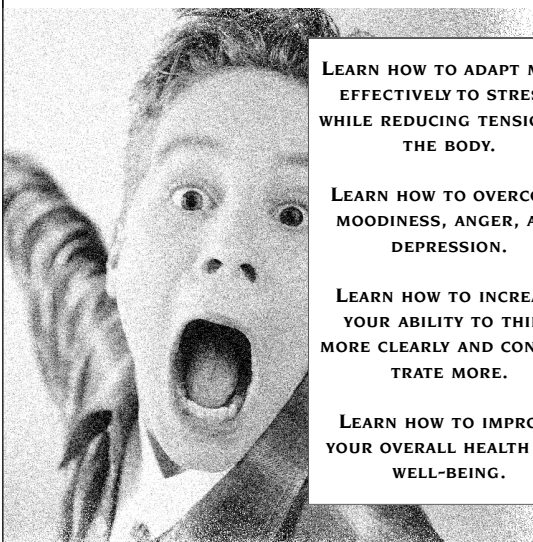
FREE
Non-members welcome

Saturday, November 5
6:00 p.m. at the Coop

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

Stressed Out and Not Going to Take It Anymore?

with Wendy Morris and Judy Knowles



LEARN HOW TO ADAPT MORE
EFFECTIVELY TO STRESS,
WHILE REDUCING TENSION IN
THE BODY.

LEARN HOW TO OVERCOME
MOODINESS, ANGER, AND
DEPRESSION.

LEARN HOW TO INCREASE
YOUR ABILITY TO THINK
MORE CLEARLY AND CONCENTRATE MORE.

LEARN HOW TO IMPROVE
YOUR OVERALL HEALTH AND
WELL-BEING.

Dr. Wendy Morris and Dr. Judy Knowles both licensed chiropractors with advanced certification in Network Spinal Analysis are dedicated to creatively supporting the health of individuals and the planet. They practice in Park Slope and Dr. Wendy is a Coop member.

FREE
Non-members welcome

Sunday, November 6
12:00 p.m. at the Coop

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

The Food-Mood Connection

Seven nutrition and lifestyle suggestions
to keep you smiling.

WITH COLEEN DeVOL

THE FOODS WE EAT—IN ADDITION TO THE WAY WE THINK AND THE PEOPLE WE SURROUND OURSELVES WITH—HAVE A MAJOR IMPACT ON OUR MOOD. COME LEARN WHICH FOODS CAN NEGATIVELY IMPACT YOUR WELL BEING AND WHICH FOODS CAN KEEP YOU HAPPY. WE'LL ALSO DISCUSS LIFESTYLE STRATEGIES THAT WILL HELP KEEP YOU UPBEAT AND FEELING GOOD. THIS WORKSHOP WILL EQUIP YOU WITH THE INVALUABLE TOOLS YOU NEED TO BRIGHTEN YOUR MOOD AND BETTER YOUR LIFE THROUGH FOOD.



Coleen DeVol is a certified Holistic Health Counselor from the American Association of Drugless Practitioners and a certified yoga teacher. She runs a private practice in Prospect Heights, Brooklyn and is a Coop member.

FREE
Non-members welcome

Saturday, November 12
11:00 a.m. at the Coop

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

From Albany

CONTINUED FROM PAGE 12

She is also the sponsor of the Eminent Domain Reform Act, which would establish stringent criteria developers would need to meet to use eminent domain.

For more information about how Ms. Millman has been active and engaged in the community, please visit her website at: <http://assembly.state.ny.us/mem/?ad=052>.)

Coop members interested in doing something about genetically modified seeds and foods have various options. There is a table by the Coop elevator where you can sign letters addressed to Governor Pataki, NYS (New York State) Senate Leader Joseph Bruno, and NYS Assembly Speaker Sheldon Silver asking for their support in passing the aforementioned bills. You can also lobby with us. There is a local lobby planned for December 1 and 2 in the metropolitan area, and a statewide lobby day in Albany February 8, 2006. For more information about the Safe Food Committee and its outreach and activities, please contact Louise Maher at maherjohnson@gmail.com or 518-234-1942. ■



PHOTO BY YUWADEE TANTPECH

Tracy Stephens demonstrates how to make a Thousand Seed Sandwich—a tasty treat from the Say Yes to KNOW (Kid's Nutritional Options Workshop) cookbook.



ILLUSTRATION BY CATHY WASS/LENKO

Coop Job Opening:

Office Coordinator

Description:

The Coop is hiring two Membership Office Coordinators to fill late afternoon, evening and weekend schedules. Office Coordinators divide their time between shifts of approximately 6 hours in the Membership Office, Technical Support shifts of approximately 6.5 hours working on the shopping floor, and oversight/coordination of the Coop's administrative functions. Applicants must have excellent communication and organizational skills as well as patience, comfort with computers and computer technology, and the ability to do detailed record keeping. Applicants should be able to remain calm in hectic surroundings, enjoy being around people, oversee the work of others, teach and explain procedures, delegate work, give feedback, pay attention to several things at once, and maintain high standards of accuracy.

As a retail business, the Coop's busiest times are during traditional holiday seasons. Applicants must be prepared to work during many, though not all, of the holiday periods, particularly in the winter.

Hours: Approx. 35–40 hours/week. This is primarily a weekend and evening job. We will be filling weekday afternoon and evening hours (some shifts until 11:00 p.m.) and Saturday and/or Sunday hours.

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

Benefits: — Sick time
— Health insurance
— Pension plan
— Vacation—three weeks/year increasing in the 4th, 7th & 10th years
— 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 them in the mail slot in the entrance vestibule of the Coop. Please state your availability. All applicants will receive a response.

Please do not call the office.

If you applied previously to any other Coop job offering, please reapply.

Prerequisite & Probation Period:

Minimum of six months' membership in the Park Slope Food Coop. Applicants who have not previously worked a Coop shift in the membership office are strongly encouraged to do so. There will be a six-month probation period.

People of color are especially encouraged to apply.

Bowen Therapy

with Moraima Suarez

Bowen Therapy is a holistic bodywork that stimulates the body's own healing response. Each specific series of gentle "moves" across muscle and connective tissue sends signals to the body to relax and repair itself.

Bowen can relieve pain and bring substantial relief from most conditions.

- Safe and gentle for all ages
- Enhances immune system
- Improves blood circulation
- Improves assimilation of nutrients
- Increases joint mobility
- Promotes detoxification
- Improves lymph drainage
- Relaxes body and relieves stress

There will be a demonstration. You will learn a simple procedure to promote breast health.

Moraima Suarez is a certified Bowen Therapist, practicing Bowen since 1996, and a member of The Bowen Therapy Academy of Australia. She is also a certified Holobioenergetic® Healing Practitioner and hypnotherapist, and has studied and practiced the healing arts for over twenty years. She has been a Coop member since 1996.

FREE Non-Members Welcome

Sunday, November 12
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 JAY SMITH AND DAN MINER

WHAT IS PEAK OIL ABOUT?

The terminal Decline of oil reserves

PEAK OIL means...

- Increasing costs for oil extraction
- World demand rises while supplies decline
- Higher prices for vehicles and homes

Major media tells you...

- Nothing's wrong • Hydrogen is on the way
- Solar and wind are rising fast, and
- there's always nuclear, coal or natural gas

What they don't tell you is ...

- HOW TO PREPARE for the crisis that's near

Please join us to discuss Peak Oil and view "THE END OF SUBURBIA," which examines the subject.

Jay Smith is a Coop member concerned with increasing public awareness about Peak Oil. Dan Miner is the organizer of the NYC Peak Oil Meet Up Group.

FREE Non-members welcome

Saturday, November 12
5:00 p.m. at the Coop

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

ASTROLOGY AND THE FIXED SIGNS

WITH JEFFREY KISHNER

If you are a Taurus, Scorpio, Leo or Aquarius, come to this talk to learn what y'all have in common.

Currently, Mars is in Taurus, Saturn is in Leo, Jupiter is in Scorpio, and Neptune is in Aquarius. Find out what kinds of changes to expect on both the inner and outer levels of your life, as these planets are challenging your desire to keep things as they are.

Jeffrey Kushner, MA, is a Coop member and an astrological counselor and psychotherapist practicing in Park Slope. He is the co-editor of the anthology *The Astrology of Film* and has written for several astrology publications. Jeffrey also hosts the "Astrology at the Movies" blog.

FREE Non-members welcome

Sunday, November 13
12:00 p.m. at the Coop

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

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

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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.

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THE ALEXANDER TECHNIQUE frees restricted breathing, creates greater flexibility and coordination, improves poor posture and alleviates neck, back and hip disorders. This proven and practical educational method can help you help your self. 20% discount for coop members. 718-832-1460.

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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.

JOIN "PARK WELLNESS." Grand Army Plaza's new integrated health care center has space available for wholistically-oriented healthcare professionals. For information call Steve at 917-863-5070.

EMPLOYMENT

MAKE REAL MONEY - While Cycling! Revolution Rickshaws is looking for a few good drivers to fill out its fleet of cycle rickshaws in Manhattan. If you're good with people, city knowledge, and pedaling, then we want

you! Contact Gregg at 917-658-9467 or send your resume to info@revolutionrickshaw.com.

MERCHANDISE

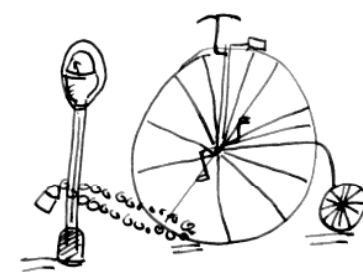
THINKING OF BUYING A WATER FILTER? Join lots of PSFCoopers who use MULTI-PURE for drinking / cooking / ice / tooth brushing / rinsing fruit & veg, knowing lead / mercury / giardia / cysts / dry cleaning solvents / gasoline additives / particulate matter are removed from their water supply & plumbing.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

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Seeking women's roadbike in good to excellent condition. Please call Ina @ 718-484-0424 or email photos to iwillers@optonline.net.

PEOPLE MEETING

WANT TO WRITE A CHILDREN'S BOOK? I do! I'm an art director, designer, illustrator. Let's collaborate. mikemiranda@verizon.net.

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

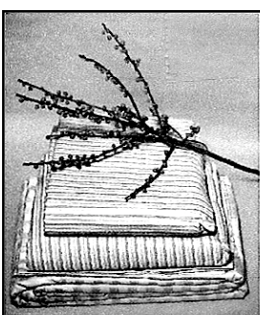
HAIRCUTS HAIRCUTS HAIRCUTS in the convenience of your home or mine. Kids \$15, adults \$30. Call Leonora 718-857-2215.

NEED AN ELECTRICIAN? call Art Cabrera at 718-965-0327 - Specializing in electrical renovation, trouble shooting and rewiring. I worked for 33 yrs in the electrical industry 23 of those years servicing the Park Slope Brooklyn Community. Will consider any electrical job large or small, give a call 718-965-0327.

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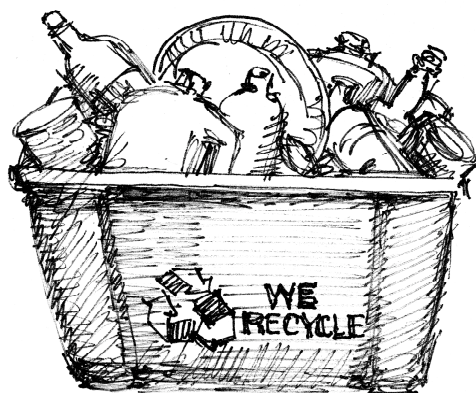
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If your ad would benefit from broader exposure, try the Coop's web page, www.foodcoop.com. The ads are FREE.



Answer to Puzzle on page 8

Cremini, Portobello, Oyster, Morel, Shiitake, Truffle, Porcini, White Button, Chanterelle, Hen of the Woods, Inoki

ARE YOU HURTING in any of these areas? Depression, anxiety, grief, world-related issues, separation, divorce, parenting, family relations, troubled relationships. Help is available by state licensed therapist. Midwood, Ditmas Park location. 646-325-5756.

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

ANGER MANAGEMENT FOR PARENTS. Feel that your good intentions turn into angry outbursts where you & your child both lose? Build parenting skills that will increase your level of communication while learning to recognize the triggers for angry outbursts before they occur. Psychotherapist Ray Reichenberg, 917-627-6047.

SERVICES WANTED

LEFTY ILLUSTRATOR seeks like-minded writer for satirical graphic novel(s) exposing Bush crimes & incompetence. As America becomes fed up with Bush's policies, space opens for a witty, incisive critique pointing to a progressive future. Humor much preferred. Publ. contacts pref. but not necessary. Jamie, 718-522-5724.

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SHELTER ISLAND PARADISE. Adorable, newly renovated, 1 Bedroom cottage with many amenities (W/D, A/C, TV/VCR/DVD, Stereo, B-Que Grill) on lovely, tree-lined property. Centrally located to all shopping, yet secluded. Reasonable rent. (Alternate weeks or weekends with female coop member.) No pets, smokers, or children. Call 917-855-8805.

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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.

Park Slope Food Coop

Pumpkin Day!

hundreds of organic pumpkins will be available for sale, right in front of the Coop!

PLUS clowns, face-painting all day long

Saturday October 22
from 8:00 a.m. 'til all pumpkins are gone!

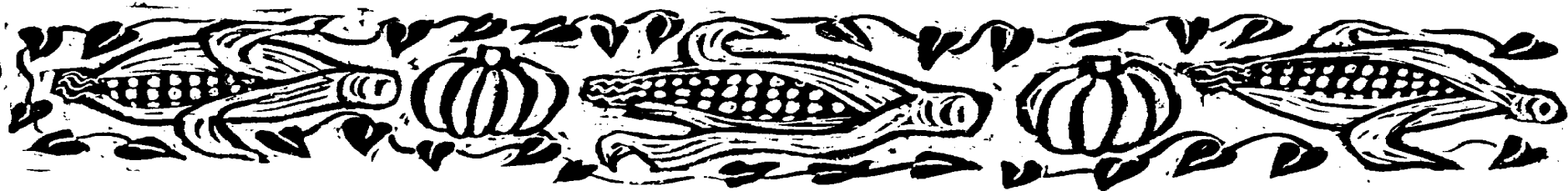
non-members welcome!

Organic pumpkins at member prices



ILLUSTRATION BY LYNN BERNSTEIN

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.					
James Abbazia	Ivette Davila	Jeffrey Hatfield	Julia Leshin	Adam Pierce	Bradley Sobel
Vivian Abbazia	Ivonne Davila	Christina Heatherton	Marci Lieber	Emily Pierce	Todd St. John
Juan Aboites	Christopher DeVoe	Leslie Heilbrunn	Michael Mammon	Ericka Pierre	Vinola Stephenson
Andy Abrahams	Jennifer DiLeo	Aneal Helms	Jeremy Manger	Amanda Pogany	Brenda Sterling
Chitra Aiyar	Jesse Dixon	Kyrsten Herbert	Marina Marrow	Gijon Polite	Molly Stinchfield
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Amy Alvarez	Todd Eaton	Carla Hinojosa	Magnolia Martin	Bonnie Prest-Thal	Michele Strauch
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Aliza Arenson	Judd Ehrlich	Molly Holder	Yuriy Matveyev	Anna Rasinskaya	Jennah Synnestvedt
Daniel Awes	Laura Eidlitz	Rose Howell	Jennifer McCharen	Sorah Raskin	Hallie Taylor
Deborah Bagg	Gwen Farrelly	Vladimir Ionis	Tristan Meador	Robin Rathmann-	Katasha Taylor
Kate Barron	Nicole Federici	Yelena Ionis	Erin Medea	Noonan	Cadence Thomases
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Brett Bell	Andrei Finocchiaro	Beatrice Jackson	Lisa Merrill	Helen Richardson	Mithran Tiruchelvam
Ayse Berkes	Andrea Fischman	Fred Jackson	Amelia Miller	Gillianne Roberts	Fenne Toorman
Sarada Bernstein	Noah Fowle	Lawrence Jacqueline	Ryun Miller	Michael Roccuzzo	Lauren Trainor
Konstantin Bibichkov	Erica Franklin	Mercedes Jimenez	Namik Minter	Jennifer Rodriguez	Amanda Trause
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Yvette Carter	Matthew Gingerich	Rebecca Kostyuchenko	Greta Palmer	Lily Shaw	Kate Werbe-Bates
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Sean Darroch	Meghan Hatch	Johnathan Lerma	Jane Phipps	Julie Smore-Ehrlich	Jennifer Zwarich



THANK YOU!					
Thank you to the following members for referring friends who joined the Coop in the last two weeks.					
Elizabeth Anderson	Basak Ertur	Lauren Hurley	Mika Lior	Alyssa Pinsker	Louise & Melvin Spain
Swati Argade	Dana Faconti	Arabella Hutter	Liz	Elizabeth Powers	Rina Spielberg
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