

# LINEWALTERS' GAZETTE

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## A PEACE MOVEMENT RECHARGED

A healthy crowd attended the Third-Annual Peace Fair on October 22 at the YWCA of Brooklyn, with many making the trip through wind and rain to hear Cindy Sheehan deliver opening remarks. The event was hosted by Brooklyn Parents for Peace.

Sheehan, who is best known for camping outside President Bush's Crawford, Texas ranch and demanding an explanation for her son's death, spoke to an enthusiastic audience which packed the building's auditorium.

"I will always speak my truth. Everything I say comes from my broken heart. And it's all about bringing our troops home," Sheehan said at the end of her question and answer session.

*I will always speak my truth. Everything I say comes from my broken heart. And it's all about bringing our troops home. —Cindy Sheehan*

Amid shouts of "We love you Cindy," Sheehan urged listeners to discuss the war in Iraq in terms of right and wrong, not partisan politics, emphasizing that moral action is not by definition a Democratic or Republican act.

Sheehan has most recently made headlines for speaking out against New York Senator Hilary Clinton. She told the Fair audience, "If she [Clinton] is our best hope, we're screwed."

She added, "I'm not just speaking out against Hilary Clinton. I'm speaking out against all pro-war Democrats."

Sheehan said that pro-war positions on both sides of the aisle were characterized by

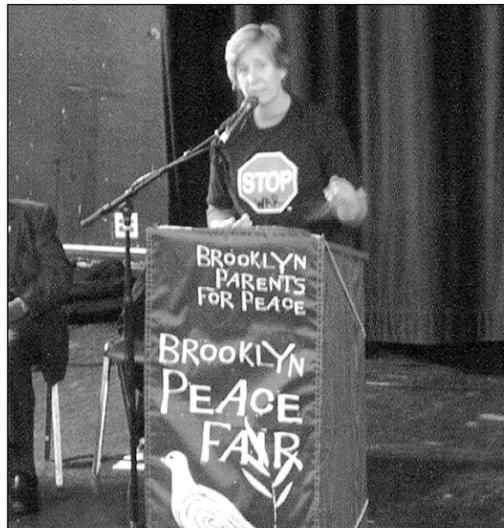


PHOTO BY PATRICK MACKIN

Cindy Sheehan speaking at the 3rd Annual Peace Fair October 22 at the YWCA

politicking and strategizing, rather than by concern for the many lives lost in Iraq.

"Our politicians have lost connectedness with being human beings," she said.

Her good humor and candor, which brought some to tears, set the tone for the day. The Fair featured over 100 local community and arts organizations, religious groups, performers and elected officials, all of whom are working toward a more peaceful society, at home and overseas.

Carolyn Eisenberg, Brooklyn Parents for Peace's Vice Chair and Hofstra University Professor of Foreign Policy, thanked Sheehan for her speech, and told New Yorkers that now is the time to take action.

"We need to compel our government to listen to the people. If we don't bring the troops home soon, we will be at war in the Middle East for a

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## October 2005 General Meeting



By D. S. Aronson

More than 60 members slogged through a dreary morning to attend the Park Slope Food Coop October General Meeting, which, because of the holidays, was held in the Saint Francis Xavier school auditorium on President Street instead of in the Beth Elohim Temple House on Garfield Place. Members should note that the November GM will return to the Temple, but it will take place on November 15 because of Thanksgiving.

The October meeting was ably chaired by Carl Arnold. Members voted to fill open slots on the Board and on the Agenda Committee. Attendees also voted to approve revised disciplinary procedures, including the division of disciplinary committee work among three committees.

The GM started with the customary Open Forum, which is an opportunity for members to bring up a quick point or ask a short question. Speaking for several members, one member asked for an explanation regarding the Coop's disciplinary procedures, which in this case would have affected a member of their squad. The Chair

pointed out that this was more than a brief topic and couldn't be fully explored at a GM. The Chair did ask General Coordinator Joe Holtz to comment, which he did, and he explained that as of the date of the October GM, the squad member decided to pursue a disciplinary hearing.

Another member queried if it was possible to have access to the Coop without a member card or number, whether there was another piece of information the database could store that would allow members to gain entry. General Coordinator Jess Robinson answered that for now, "no," but she reminded all that the membership office is open during most shopping hours, so a member or an entrance worker could contact the office to retrieve a forgotten number.

A new member queried whether similar items could have volume or weight expressed in the same measurement units so that price comparisons would be easier.

A member spoke about a need for stepped-up shopping squad training in produce rotation. Produce that stays in the front of the bin

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### Turkey News — No need to preorder

**FRESH:** organic and/or "natural" turkeys will be available beginning... Friday, November 18

**SIZES:** Range will be 8 to 28 lbs.

**Not every size will be available in every brand.**

- Dines Farm Pasture-Raised, \$2.65/lb
- Murray's, \$1.89/lb
- Eberly Organic\*\*, \$3.18/lb
- Finger Lakes Farms, pasture-raised American Bronze (heritage breed\*), \$3.18/lb
- Frozen Kosher Organic\*\* Turkeys, \$3.28/lb



\*Heritage breeds of turkeys are making a comeback at the Coop.

\*\*The main difference between the organic turkeys and the others is that the organic turkeys are fed organic food.

**Thanksgiving Day Shopping Hours:** 8:00 p.m. – 2:30 p.m.

## Coop Event Highlights

- Fri, Nov 18 •Coffeehouse:** Mary Mulliken; Rebecca Pronsky; Anath; 8:00 p.m.
- Sat, Nov 19 •Game Night:** 6-9:00 p.m.
- Thu, Dec 1 •Food Class:** Fermentation, 7:30 p.m.
- Fri, Dec 2 •Film Night:** Exploring Memory. Three short films: Home Cookin', I Remember, Presence of Water, 7:00

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

### Next General Meeting on November 15

**\*\*NOTE DATE CHANGE\*\***

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month with the exception of November and December. The next General Meeting will be Tuesday, November 15, 7:00 p.m. at the Congregation Beth Elohim Temple House, 274 Garfield Place at 8th Avenue.

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.

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## October 2005 General Meeting

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tends to get misted more heavily and may spoil faster. Jess Robinson reminded the meeting that there is an information sheet available which addresses how to work with produce.

There were a few more questions or comments, but the GM soon moved to the Coordinators' Reports. Mike Eakin went first and gave the financial report. He observed that our gross margin—the amount used to cover our expenses—was at 16.66%; a perfect gross margin would be 17.71%. The gross margin for an average food coop is about 38%, more than twice ours.

Expenses are up, but as a percentage of sales, the percentage is lower by more than half a percent over October 2004. Our pre-income tax income is up over October 2004's as well.

Our inventory turnover is 58 times a year—more than once a week. According to Mike, this turn is three times faster than the typical coop.

Member numbers are growing, too. The Park Slope Food Coop currently has 12,652 members, compared to 11,456 in October 2004.

The next coordinators' report was presented by Jess Robinson. Currently, members may receive workslot credit through shift work with the Garden of Union and CHIPS. Starting in November, the Coop will broaden the community service list. One worthy cause will be helping the Prospect Park Alliance on November 15 and 19. Members should note that these new service workslots are primarily limited to FTOP workers for now. Details are available through the membership office.

After a few questions, the GM moved on to the first agenda order of business: holding an interim election to fill an open Board slot. The three declared candidates, Bill Penner, Imani Q'Ryn and Albert Solomon, each gave a short speech.

Bill spoke first. A member for several years, Bill worked a receiving shift and is now a member of the CHIPS shift. He has attended GMs regularly for several years and sees the role of the Board as "not one of advocacy." He is interested in fiscal responsibility; believes in the Coop's environment and social missions; and feels the Coop's efforts to keep food prices low leads to "cultural and economic diversity." Bill is an architect and heads his own firm.

A long-time Brooklyn resident, Coop member and a realtor, Imani Q'Ryn, who is on the GM Chair Committee, spoke next. She praised the Coop structure for its "hustle and bustle and diversity." She continued, "To me, it is a microcosm of how I would like to see the world." Imani

would like the board to reflect the diversity she sees on the Coop shopping floor, and she shared a thought from Gandhi, "Be the change you seek in the world."

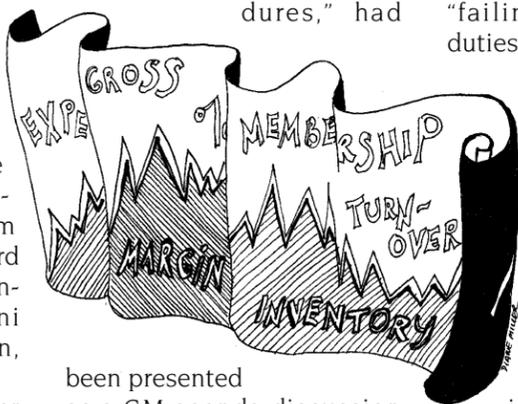
Albert Solomon spoke last. Opposed to the current governing structure, Albert sought to position himself as a maverick Board candidate, interested in changing Park Slope Food Coop governance to one based on representation through delegates.

*Imani would like the board to reflect the diversity she sees on the Coop shopping floor...*

The Board candidates took some questions, and then paper ballots were distributed. There were not enough printed ballots, but ballots were improvised on the spot, so all could cast their votes. Later in the meeting, the Chair announced the new Board member, Imani Q'Ryn, who won with an overwhelming 55 yes votes.

After the ballots were cast in the Board election, the October GM moved to fill a two-year position on the Agenda Committee. The one declared candidate, Glenn Moller, was running for re-election, and the preliminaries and balloting went quickly. Later in the GM, Glenn's re-election was announced, with a solid 45 votes "yes." This leaves the Agenda Committee down by two members.

Agenda item three, "to adopt revised Disciplinary Hearing Committee procedures," had



been presented as a GM agenda discussion item during the September meeting. At the October meeting, it was time to put the proposal to a vote. Karen Kramer presented the item for the Disciplinary Hearing Committee. The proposal won by stout 40-in-favor majority, but not until after discussion, a vote against tabling action on the proposal, and a "yes" vote to extend the GM.

Two amendments were put forward by Albert Solomon: one was to publish several times a year in the *Gazette* information regarding the sort of transgressions or purported transgressions that came under review by the committee, while keeping the members involved in the cases anonymous. The other proposed amendment, was

to limit the committee's involvement to the most egregious alleged offences. The October GM voted down both amendments.

Under the proposal that passed, the old Disciplinary Hearing Committee will divide into three committees: the Disciplinary Committee, Hearing Administration Committee and Hearing Officer Committee.

The Disciplinary Committee will include at least seven members, with 12 as a full roster. Each member's renewable three-year term will be filled by a GM vote. Members of the Disciplinary Committee are responsible for investigating submitted complaints regarding Coop member behavior, excluding paid employees. Complaints against receiving coordinators, office coordinators and other area coordinators will be referred to the general coordinators. Complaints received about general coordinators will be referred to the Personnel Committee.

According to the "Park Slope Food Coop Disciplinary Procedures" circulated at the October General Meeting and voted into effect, the Disciplinary Committee may take several actions "after an investigation has been completed but without a hearing, in regard to any member found to have committed any act of prohibited conduct set forth in Section II . . . or any other act of misconduct that violates the rules of the Coop."

Section II lists several general categories: theft, vandalism of Coop property, theft of services and extremely uncooperative conduct.

Some theft of services are "failing to perform work duties in a conscientious and deliberate manner" or "failing to pay Coop fees, member investments or balances due in a timely manner."

Specific uncooperative behaviors include "disrupting or obstructing Coop activities"; "racist, sexist, homophobic or other biased conduct"; "violation of a Coop rule"; "parking, loading groceries, or having any vehicle (including a car service) stand in front of the firehouse, or in any other way block the firehouse driveway."

If, after investigation of a complaint, the Disciplinary Committee believes action is warranted, it may pursue from the following: a warning [a written notice to the member that the member has "violated a rule of the Coop and advising him/her to refrain from further similar conduct in the future"]; an admonition ["a written reprimand to a member indicating that, despite a prior warning, the member is continuing to violate a Coop rule and warning the member that future violations may result in more seri-

ous disciplinary action"]; a pre-hearing disciplinary suspension of membership; mediation; workslot adjustment; restitution; or pre-hearing resignation.

If the matter does move on to a hearing, the Hearing Administration Committee is notified. Responsible for communication and coordinating between all necessary participants in order to schedule a hearing, this committee will include three to five members elected by the GM to a renewable three-year term. The Hearing Administration Committee also calls randomly selected Coop members to organize a hearing group, which will review the charge.

The Hearing Officer Committee supplies a pool of hearing officers who function in a manner similar to judges, with a deciding group of Coop members (chosen by lot from the hearing group) as analogous to a jury. However, the deciding group deliberates on innocence or guilt only.

The new disciplinary procedures describe the Hearing Officer Committee's role as the committee "shall select three of its members to conduct each disciplinary hear-



ing. . . One of the three Hearing Officers shall preside over the hearing. The Presiding Hearing Officer shall ensure that the hearing proceeds in an efficient and unbiased manner. The Hearing Officers will also decide upon the final disciplinary actions by a majority vote." This committee includes five to nine members, each elected by the GM to a renewable three-year term.

One of the goals of reorganizing the Disciplinary Hearing Committee into three separate committees is to spread a workload more widely that has increased alongside of membership growth. The vote at the October GM and the Board's approval has greenlighted a gradual transition to the new PSFC disciplinary structure. ■

ILLUSTRATIONS BY DIANE MILLER

## PSFC NOVEMBER GENERAL MEETING

Tuesday, November 15, 7:00 p.m.

- Items will be taken up in the order given.
- Times in parentheses are suggestions.
- More information on each item may be available at the entrance table at the meeting. We ask members to please read the materials available between 7:00 & 7:15.
- Congregation Beth Elohim Social Hall (Garfield Temple) 274 Garfield Pl at 8th Ave.

### AGENDA:

#### Item #1: Hiring an Auditor for the Current Fiscal Year (25 minutes)

Proposal: "To retain the services of \_\_\_\_ [to be presented at the GM] to perform an audit of the Coop for the fiscal year ending January 29, 2006" — submitted by The Auditor Search Advisory Group

#### Item #2: Diversity & Equality Committee (40 minutes)

Proposal: "To allot 20 workslots to the Diversity & Equality committee." The committee was authorized in May 2004 without organization details and requested to report back to the General Meeting with details on purpose, activities, and recommendations regarding workslot status. A full report will be made. —submitted by the Diversity & Equality Committee

#### Item #3: Membership Survey (25 minutes)

Proposal: "Authorization for the Diversity & Equality Committee to conduct a survey of the membership regarding diversity and sensitivity issues." The proposed survey will be presented for approval. — submitted by the Diversity & Equality 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.



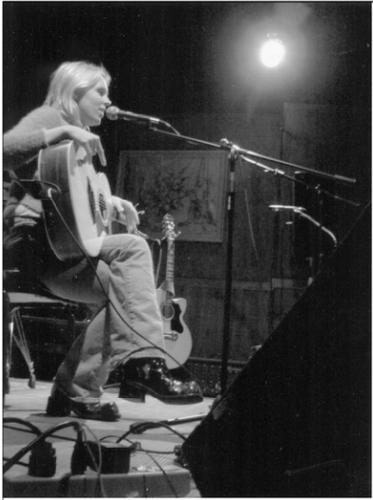


PHOTO SUPPLIED BY BILL MAZZA

Jolie Rickman

Choosing some of the seasonal products at the Coop is going to be tougher than ever this year. One calendar shows how to make three hundred and sixty-five tiny paper airplanes. Another features twelve inspiring photographs of cats napping. Consider also the benefits of a Kimono Print Calendar which, when 2006 is over, converts to a handy file folder. But only one calendar celebrates the remarkable legacy of Food Coop member Jolie Rickman—who sadly passed away in January of this year, at the age of 34. The War Resister's League Calendar is named "Peace-Loving Nations" after one of two Rickman songs included in the collection. In the dedication she is remembered as "Sister, singer, poet, activist, fighter, goddess of the guitar strings." The music and lyrics to one of Rickman's songs, from which the calendar gets its name, brings in the first week of January:

*I look at the stars tonight,  
like never before  
To see such beauty,  
on the eve of war  
I think of the children,  
who'll awake to bombs  
outside their door.*

With her partner, artist Bill Mazza, Jolie moved from Syracuse to New York City in August of 2000. They both had friends in New York City, Mazza explains, and being near the Park Slope Food Coop was a big factor in choosing a Brooklyn-based

## Timeless Tribute to Jolie Rickman

By Barbara Ensor

home. Among Rickman's accomplishments as director of the local, New York Committee in Solidarity with the People of El Salvador (NYCISPES) was forming CONSULTA, a grass roots effort to build resis-

tance to the Central American Free Trade Agreement (CAFTA). Her many inspired rabble-rousing efforts included making a giant papier-maché pretzel shortly after George W. Bush had famously choked on a pretzel. It was a papier-maché pretzel that led a march, inspired chants and got decent press coverage. We should all be so lucky.

Gene Glickman, co-editor of the War Resisters League Music of Peace and Resistance 2006 Peace Calendar (and himself a PSFC member) explains that Jolie Rickman was an obvious choice as a musician to spotlight in this year's calendar because "the kinds of songs that she wrote addressed the important issues of the day." Ellen Davidson, who co-edited the calendar, notes that Jolie's goals and those of the league had a great deal in common. Jolie believed artists should participate actively in movements for social change. It was by co-founding "Sing It Down: Songs to Close the School of the Americas," a nationally-touring, multimedia campaign to stop the infamous, US-funded "school of assassins" that Jolie first came to the attention of legendary political songwriters, including Pete Seeger—with whom she performed each year at the annual SOA gatherings in Fort Benning, GA. Her second full-length effort, *The Sing It Down* CD, written and recorded with Colleen Kattau, became a definitive

part of a music career fueled by her passion for feminist and non-violent causes.

Rickman went on to co-found two other national multimedia tours. The first, "Art Car!" was the name of an interdisciplinary feminist tour. "Hen Tour" which followed, was inspired by a Confucius saying that "When the hens crow, the state will fall" (Hen also became the name of Rickman's indie record label).

*Her lyrics distill complex issues and emotions into deceptively simple and funny songs.*

—Bill Mazza, Jolie's partner

Rickman found she had a knack for getting complicated messages across in singable ways. As her partner, Bill Mazza, points out, "Her lyrics distill complex issues and emotions into deceptively simple and funny songs." Ellen Davidson, Jolie's friend and co-editor of the calendar recalls, "She could write these really angry songs that didn't scream." It helped if you could be there to hear her sing them, too. Davidson remembers Jolie performed "in a way that made you just lose your breath."

The calendar serves up a rich stew of social protest songs from around the world. The haunting "Bread and Roses" helped gather an international group of women to fight for a living wage in 1913. You pick up a rap rhythm from "Mind Break," written by a Brooklyn high school student just last year.

*And half those protesting don't even know what they're fighting for*

*Which gets me thinking how come no one protests for the poor?*

A handy place to keep track of appointments, including your workslot at the Coop, Gene Glickman hopes the calendar will also be a reminder

## The Coop & Our Community

### FTOP Opportunities Available

The Coop is partnering with local community organizations for three one-time events available as workslot opportunities for FTOPers. Contact the Membership Office for more information or to sign up. Advance sign-up is required to get Coop work credit.

### Monday through Friday, November 14 – 18, 6:00 – 8:45 a.m.

Create a Clean Walk to School in partnership with the Park Slope Civic Council.

### Tuesday, November 15, 10 a.m. – 12:30 p.m.

Rake, Clean and Spruce Up in Prospect Park in Cooperation with the Prospect Park Alliance

### Saturday, November 19, 10 a.m. – 12:30 p.m.

Rake, Clean and Spruce Up in Prospect Park in Cooperation with the Prospect Park Alliance

These three events are an experiment in partnering with other community groups. If they are successful we hope to offer more work opportunities in partnership with other groups for the benefit of the wider Park Slope community.

in other ways. "People who are resitting in the second stand of the second violin section are important, too," he observes. So, too, are Chinese workers whose song appears opposite Halloween 2006. "Father Running Under a Hail of Stone" is memorialized in a Lithuanian lullaby, printed opposite a week in July.

Rickman picks up the same point in her song "Peace-Loving Nation," which inspired the calendar's title. In the same breath she celebrates Martin Luther King and sings about friends of hers we really ought to know about—people like Kathy Kelly (who has tirelessly organized aid shipments to Iraq since the embargo of the nineties) and Amy Goodman (a hard-working reporter for syndicated, independent media program "Democracy Now!"). Rickman herself was one of those people, too. She is not somebody we might hear on the radio, or catch on the cover of a magazine. However, the calendar reminds us that Rickman and the things she cared about matter very much. Ending the calendar year is the solemn "Da Pacem, Domine," a plea for peace by a seventeenth-century German composer.

Sometimes people didn't notice Jolie's visual impairment. In talking about her it is something her friends

rarely mention. "I never thought about it that much because she never let it stop her," explains Davidson. In fact a form of macular degeneration took away all but her peripheral vision, leaving her legally blind for most of her adult life. It was a handicap her partner Mazza explains Rickman chose not to draw attention to. The physical limitation makes the spirited achievements of Jolie Rickman's too-short life all the more remarkable. As a calendar muse, you have to hand it to her—she rises high above the paper airplanes.

The latest in a series of tribute concerts to Jolie Rickman will take place November 12 at 8:00 p.m. at the Peoples Voice Café, 45 East 33rd St., in New York City (between Park & Madison, North side of 33rd St). Her three CDs, *Sublime Detonation* (1998), *Sing it Down: Songs to Close the SOA* (1999) and *Suffer to Be Beautiful* (2000) will be available at the concert and are also available by contacting Bill@mazzastudio.com and www.JolieRickman.com.

*Then you show up and you smile for no reason*

*Like it's all so simple and clear*

—From "Emma Goldman" written by Jolie Rickman 2000, featured in the Peace-Loving Nations Music of Peace and Resistance 2006 Peace Calendar. ■

## DIVERSITY AND EQUALITY COMMITTEE REPORT

### Diversity and Equality Committee Moves Forward with Mission

By Joyce Kravets and Allegra Fishel on behalf of the Diversity and Equality Committee

Are you concerned about issues of diversity and equality in the Coop?

Do you feel unwelcome in the Coop because of your race, gender or age? Because of your sexual identity, where you were born, the language you speak, or your religious observances?

Have you ever been the recipient of conduct or treatment (whether through Coop rules which were not enforced equally, or just in working with a fellow Coop member on a squad) which you believe was based on overt prejudice or unconscious biases?

Do you want to see the Coop become a place

where prejudice and bigotry are not tolerated; and where barriers which separate members based on irrational stereotyping is challenged?

Do you wish to see the membership and staff educated about bias issues? Diversity in the membership increased and sustained? Members brought together to confront bias issues in a non-disciplinary informal resolution process?

Then you should be interested in the progress and future plans of the Diversity and Equality Committee ("DEC").

At the November 15, 2005 General Meeting of the PSFC, the DEC will update members on why the

Committee was formed, and report on the work it has been doing over the past year to solidify its mission to make the PSFC a more tolerant place to work, shop and socialize. The DEC will also describe

*Please plan to come to the  
November 15 General Meeting.*

the subcommittees formed, the staffing of these subcommittees, the role the DEC can play in conflict resolution and education and training, and the DEC's goal to survey members about problems in the Coop related to diversity and equality.

The DEC invites all members of the PSFC to come and share with the DEC its thoughts and experiences. Your input can help this Committee grow! ■

# Public Access Channels—An Endangered Species?

By Jennifer Stearns

**W**e Food Coop members, who labor together monthly to preserve a sanctuary from the world of corporate food, should be aware of growing threats to another rare and precious resource—the public access channels on our cable system. These channels preserve the only space on our TV dial available for use by ordinary citizens—to cover neighborhood events, showcase local talent, or discuss issues we care about. It's a tiny island of unprocessed media, as startling and unpredictable as a free-range chicken let loose on a factory farm. And—wouldn't you know it—it's under attack.

In Brooklyn, public access means BCAT—Brooklyn Community Access Television shown on 56 (Time Warner) or 67 (Cablevision). Over the past nine years, BCAT's ten-million-dollar facility in downtown Brooklyn has grown into a bustling hub of production activity. Forty full and part-time staffers train and equip hundreds of

"community producers" from every Brooklyn neighborhood to do shows in studio or on location. Other producers make videos on their own and drop off the tapes to be cablecast. Four weekly staff-produced shows provide regular reporting on Brooklyn news, politics and sports.

"This opportunity doesn't exist anywhere else," says BCAT Director Greg Sutton (himself a Coop member). "We teach Brooklyn residents, for \$90, how to use a professional production facility. And once you learn the equipment, you get to use it any way you want to, to do whatever show you want to do, and put it on cable."

But now an ominous shadow looms over public access, like Ratner's foot poised over a community garden. BCAT has flyers posted in its lobby asking producers to write their legislators to "Save BCAT & Protect Local Control of Cable TV!!!" Three bills now pending in the House and Senate will do away with the legal infrastructure that currently protects public access.

At present, cable companies negotiate directly with cities and towns to win local franchises. Companies are motivated to set aside channels for public use in exchange for the exclusive "right-of-way" to wire city streets. Cable franchise fees amounting to five percent of revenue can be used to fund access production centers like BCAT.

The proposed new legislation threatens these public resources. As television goes digital, big telecom corporations, such as Verizon and SBC, are moving into the industry. These companies are asking Congress to exempt their broadband-Internet delivery systems from the annoying municipal franchises cable companies have to deal with. They are lobbying hard to replace local franchises with a standard national franchise, and to replace local authority with the FCC.

Without the power to grant franchises, cities and towns will be unable to negotiate channel space or funds for public access. We citizens

will lose one of the last media spaces open to us in the corporate network of tightly controlled channels delivered to our homes. Our

Picco, with the help of other Coop members. The show recently featured members of the GE Campaign Committee talking about the fight to get foods labeled accurately.

Another recent show covered a visit to Hepworth Farms, a fourth-generation family farm kept alive by selling to the Coop.

Picco says he checks out public access channels first whenever he's out of town. "I know I'll see something real, something unpredictable. Not just the same-old, same-old—another game show, reality show, sports show. It's a place for people who haven't been numbed. It's people giving their own perspective."

Coop members can help by contacting your Congressional representatives and telling them you support public access and you oppose the following bills: HR 3146, S1504 and S1349. For information, check the websites for BCAT ([www.brooklynx.org](http://www.brooklynx.org)), Manhattan Neighborhood Network ([www.mnn.org](http://www.mnn.org)) and the Alliance for Community Media ([www.alliancecm.org](http://www.alliancecm.org)). ■

## Member Contribution

local issues will be ignored by huge media conglomerates subject to sole oversight by the FCC.

The Alliance for Community Media, a national association of access channel users, says the proposed legislation is unnecessary. Telecom entry into cable can easily conform to existing legal arrangements governing cable companies, common carriers or open video service providers.

For Coop members, the issue is personal. Our very own weekly show—Inside the Park Slope Food Coop—has been running for roughly seven years. It is staffed as a work shift by producer Carl

## PEACE MOVEMENT

**CONTINUED FROM PAGE 1**  
generation, our city will be the obvious target for terrorists, and the \$1 billion a week we are spending in Iraq will multiply, destroying our already inadequate health, education and welfare systems."

### The Sheehan Effect

Sheehan, who is the founding member of Gold Star Families for Peace, lost her son to the war in Iraq. She is largely credited with revitalizing a flagging national peace movement this August, when she set up Camp Casey outside Bush's ranch. Polls taken by CNN at the time showed that the President's approval ratings also began to decline after he refused to meet with her.

However, the Brooklyn Parents for Peace tapped her to speak at the Fair long before she became the face of mourning military mothers across the nation.

Members of the Brooklyn-based activist group met Sheehan on Mother's Day of last year, and understood then that her story was a powerful one.

"Often in the peace movement, it's frustrating because it seems like no one is listening to us. We have a march in Washington with millions of people and it makes page 26 of the *New York Times*," said Peace Fair organizer Emilia Engelberg.

"But people listening to Sheehan helps collapse the fallacy of a huge cultural divide in America... that there are these huge differences between red and blue



states and the people who live in them."

Don Murphy, a public school teacher who attended the Fair, agreed. "People paid attention to her because she was just an average person who believed in democracy and the goodness of the country and patriotism.

"She doesn't have a political agenda. She is just trying to save the lives of young men and women," he said.

### Activism at its Liveliest

Many people attended the Peace Fair to see Cindy Sheehan, but the estimated 1,100 attendees stayed for other speeches, performances, lectures and workshops.

Informational booths lining the walls of the YWCA included activists working for better conditions in prisons, anti-war organizations, the neighborhood-action-group Develop Don't Destroy Brooklyn and even an anti-consumerist church.

"A lot of the reason we're in a state of constant war is because we are pumping up

this all-American lifestyle where we consume more than any other citizens," said Madeline Nelson, a member of the Church of Stop Shopping.

While the group is led by the charismatic performance artist who goes by the name Reverend Billy and delivers its message with its tongue planted firmly in its cheek, its goals are serious.

"Massive consumption is one of the biggest causes behind wars over oil" said Nelson.

He added, "If people are not living simply, if they always are having to have more... it's always going to be a state of war for them."

Several student groups also made their voices heard on a day that nearly all attendees and participants considered a success in terms of turnout and participation.

Lovella Calica, a 24-year-old member of the National Youth and Student Peace Coalition, said that young people have the most at stake in the war in Iraq because it is youth who will

kill and die for it.

"But there is a huge peace movement being created by young people that is not getting attention," said Lovella, adding that the media attention to the war has been cursory at best.

She countered critics who call the anti-war movement unpatriotic by saying resistance is a patriotic act. "It is not unpatriotic to think about what you're asked to do," she said.

Topics covered at the Fair also included citizens' rights, freedom of information, the media, yoga and universal healthcare.

### Diverse Voices March in Unity

As children created artwork that portrayed images of peace, the crowd prepared for a final march through the streets.

Those left at the end of the day carved a path past the Brooklyn military recruiting station and through the busy

Fulton Mall shopping area near downtown Brooklyn. Drumming, chanting, passing out flyers, and toting signs, the group was book-ended by giant effigies of a winged missile and a vulture tolling the number of Iraqi and U.S. deaths. Marchers distributed information to passers-by about how to counter the presence of military recruiters in schools.

According to the group, Brooklyn Parents for Peace is a 21-year-old organization that has advocated for diverse causes, from local nuclear non-proliferation to protesting both Iraq wars.

The YWCA of Brooklyn, the host and co-sponsor of the Fair, was established in 1890 and still remains committed to empowering women and eliminating racism.

The Brooklyn Peace Fair kicked off the YWCA's annual "Week Without Violence." ■

For more on the fair and on Brooklyn Parents for Peace, visit [www.brooklynpeace.org](http://www.brooklynpeace.org).

## Have a WARM COAT you can't use?

Boxes for coats, hats, scarves, mittens, and gloves will soon appear on the second floor of the Coop. (Collection boxes will be out from Thanksgiving Day and through January.)

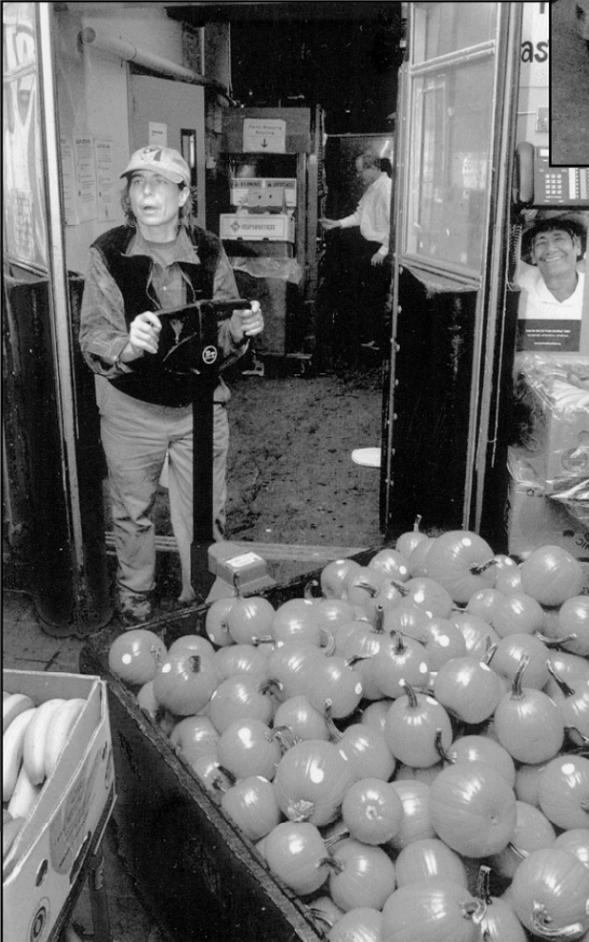
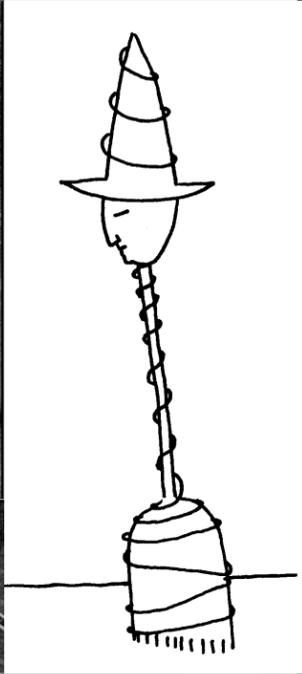
Coats need to fasten & be clean!  
Winter clothing only, please.

- Adult men's clothing will go to CHIPS\*.
- Women's and children's clothing will go to the Catherine St. Shelter in Manhattan.
- Some of everything will go to people displaced by Katrina who were brought to New York City unprepared for the northern weather.

## Many Thanks!

\*Christian Help in Park Slope, our local soup kitchen at 4th Ave. & Sackett.

# HALLOWEEN AT THE COOP



PHOTOS BY MICHAEL EAKIN, PATRICK MACKIN & WILLIAM FARRINGTON, ILLUSTRATION BY PATRICK MACKIN

COORDINATORS' CORNER

# Are the Fish Oil Supplements You're Taking Safe?

By Carrie Brownstein

Brownstein is a Coop member and consultant working to develop innovative solutions to problems facing our oceans. Her expertise is in evaluating marine fisheries and aquaculture to help consumers make ocean-friendly seafood choices, and ultimately to create a more sustainable seafood market. Below is a report of some research she is doing for General Coordinator Janet Schumacher.

The health and medical communities have become increasingly vocal about the difference between "good fats" and "bad fats"—and the importance of getting adequate amounts of the former in the diet, while limiting consumption of the latter. Among the most famous of the good fats are omega-3 fatty acids. Omega-3s help maintain cardiovascular health and may serve as a mechanism for reducing tissue inflammation and diseases associated with inflammation, including rheumatoid arthritis and possibly cancer. Some research suggests that omega-3s may also help with depression.

The three types of fatty acids that have been most extensively studied by the medical community are: ALA, EPA and DHA. ALA exists naturally in foods such as flaxseed, grapeseed and walnuts and is also made by marine algae, or phytoplankton. When small marine animals eat the algae, the ALA gets turned into EPA and DHA. EPA and DHA then accumulate up the food chain as bigger fish and shellfish eat the smaller animals. For people, the greatest health benefits come from EPA and DHA. Thus, eating fish high in omega-3s appear to be the best sources of DHA and EPA.

But for those who don't eat fish, or eat very little, it's hard to get adequate amounts of omega-3s from diet alone. Walnuts, flaxseeds and canola oil are good sources of the omega fatty acid ALA, but don't provide heart-healthy DHA and EPA. Consequently, many people are turning to supplements to meet their omega-3 needs. There are currently a few new DHA supplements on the market (e.g., NuTru Omega-Zen-3), which are derived entirely from marine algae. Most omega-3 supplements, however, are fish oil-based. Fish oil supplements can be a healthy source of omega-3s. But are the fish oil supplements you're taking safe?

Fish can become contaminated by heavy metals, industrial chemicals and pesticides such as mercury, lead, PCBs and DDT, which are washed into estuaries, streams and rivers. Fish may absorb chemicals such as PCBs, dioxins, and DDT. They also may

ingest chemicals through their food. For example, mercury in the water gets converted by bacteria into methylmercury, which fish consume in their food, or absorb as it passes over their gills. When fish eat other fish, mercury accumulates up the food chain. Consequently, large predators such as sharks and swordfish will likely have the highest mercury levels. In turn, when we eat fish that are contaminated, these chemicals build up in our bodies. Among the scariest risks are developmental delays in children, as a consequence of in-utero exposure to contaminants through the placenta.

Knowing which fish are both good sources of omega-3s and free of contaminants can be confusing because there are a number of agencies with standards for allowable levels of contaminants. However, standards are not consistent between agencies. For example, the U.S. Environmental Protection Agency (EPA) has established standards, but many scientists believe that the FDA's standards are not protective enough. Currently, the FDA cautions consumers from eating only four species or groups of species: sharks, swordfish, king mackerel, and tilefish. In contrast, the Environmental Protection Agency (EPA), which provides guidance to individual states for testing and issuing advisories for game and sport fish, has more protections. In addition to the EPA, the State of California, under Proposition 65, has strong standards for allowable levels of contaminants. Other agencies with standards for allowable levels of contaminants include the Canadian Food Inspection Agency and the European Union.

Fortunately, there are steps that both seafood consumers and those who use fish oil supplements can take to avoid unnecessary consumption of contaminants. For consumers of fresh seafood, the first step is to find out—before you order at a restaurant or make a choice at the local seafood market—specifically what kind of fish or shellfish you're eating. Some fish species are higher in contaminants than others, yet they may not be identified or labeled at the species

level. For example, king mackerel, which is on the FDA warning list, has higher mercury levels than Spanish mackerel. Yet, some markets will just label the fish as "mackerel," without identifying the species. And albacore tuna, sold as canned "white" tuna, is higher in mercury than Skipjack tuna (chunk "light" canned tuna). The second step is to know how many meals of a particular species you can eat before you face risks associated with contaminants. While the first step is up to you to take on (until seafood labeling becomes the norm), the second step requires only access to the internet. The New York-based conservation organization, Environmental Defense, has an excellent website ([www.oceansalive.org/eat.cfm](http://www.oceansalive.org/eat.cfm)), which distills sampling data of fish, using the most protective standards, into a user-friendly chart showing how many meals of each type of fish men, women, and children can safely eat.

To assess the safety of fish oil supplements, Environmental Defense conducted a survey of 75 companies currently selling their fish oil products to pharmacies, grocery stores, and natural food stores.\* The companies were asked the following questions: 1) whether they purify their fish oil to reduce or remove environmental contaminants; 2) what methods they use to purify their fish oil; and 3) what standards they comply with regarding acceptable levels of contaminants. Companies were asked to provide quantitative testing data to verify that mercury, PCB and dioxin levels were within the standards that the company was following for acceptable levels of contaminants in fish and fish oil. Based on a company's responses, each fish oil supplement product received one of the following rankings: Best Choice, Incomplete, or Worst Choice. The good news is that more than 80% of the companies surveyed are complying with the strictest standards (those of the EPA and the State of California).

So how do the fish oil supplements sold by the Coop measure up? To find out, I compared the fish oil products sold at the Coop to the results of Environmental Defense's survey. I looked at each of the eleven fish oil products sold at the Coop, which are manufactured by five different companies: Now, Carlson, Health from the Sun, Sonne, and Twinlab. When I began this project, only Twinlab's product and a few of the fish oil products manufactured by Carlson had been

ranked by Environmental Defense. For those that had not been ranked, I called the companies and asked them to participate in the survey. It took several months to get the final results, as companies were required to provide proof of their testing results. Companies that received a "Best Choice" ranking were those that had their products conform to the strictest standards for safe levels of contaminants. In contrast, companies ranked Worst Choice refused to participate in the survey and therefore there is no evidence that their products are safe.

Products by the company "Now" were ranked incomplete because they failed to submit complete data, despite numerous follow-up attempts by both myself and Environmental Defense. This company does not appear to

be moving forward to complete their survey submission. Carlson's cod liver oil products are currently listed as incomplete because of problems related to the dosage of liquid cod liver oil. Carlson appears to be actively working to determine whether dosages recommended for liquid cod liver oil products are actually within the acceptable contaminant levels. When this information is complete, Carlson's ranking may be adjusted.

\* For the complete list of companies surveyed by Environmental Defense see: [www.oceansalive.org/eat.cfm?subnav=fishoil&sort=Rating](http://www.oceansalive.org/eat.cfm?subnav=fishoil&sort=Rating)

**Coming soon:** Results of analysis of Coop's seafood selections: Is the fish sold at the Coop ocean-friendly? ■

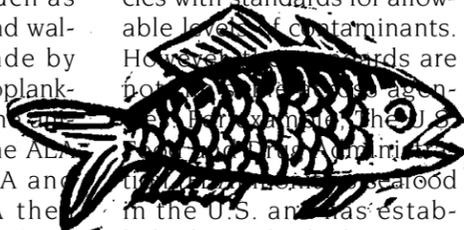


ILLUSTRATION BY SUSAN GREENSTEIN

ILLUSTRATION BY PATRICK MAGNIN

NAME OF PRODUCT	RANKING
Now, cod liver oil gels	Incomplete
Now, salmon oil 100 mg	Incomplete
Carlson, omega 3 fish oil gels	Best Choice
Carlson, omega 3 fish oil liquid	Best Choice
Carlson salmon oil Norwegian with GLA gels	Best Choice
Carlson cod liver oil lemon liquid	Incomplete
Carlson cod liver oil low A gels	Incomplete
Carlson cod liver oil super 1000 mg gels	Incomplete
Health from the Sun EFA total with fish oil liquid	Best Choice
Sonne cod liver oil liquid	Worst Choice
Twinlab cod liver oil plain and orange liquid	Worst Choice

**KEY:**  
**Best Choice:** Conforms to strictest standards for safe levels of contaminants  
**Incomplete:** Responded but did not submit complete data  
**Worst Choice:** Did not respond.

Thursday, December 1  
7:30 p.m. at the Coop

*food classes*

Susan Baldassano, coordinator

**PARK SLOPE FOOD COOP**

## Fermented Foods

A Cultural Approach to Healthy Digestion and Happy Taste Buds

The fermentation process preserves foods as it increases their nutritional value and health benefits.

chef Terry-Anya Hayes conducts a survey of fermented foods available at the Coop and a quick course in how to perform this traditional magic in your own kitchen.

**RECIPES—TASTINGS TOO!**

- Bold Beverages: Beet Kvass & Kombucha
- Condiments & Sides: Ginger Carrot Preserved Lemons, Sauerkraut & more Sauerkraut
- Tempting Tempeh with Ginger, Pirouettes and Red Rice

**\$4 materials fee**

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

**MEMBERS & NON-MEMBERS WELCOME.**

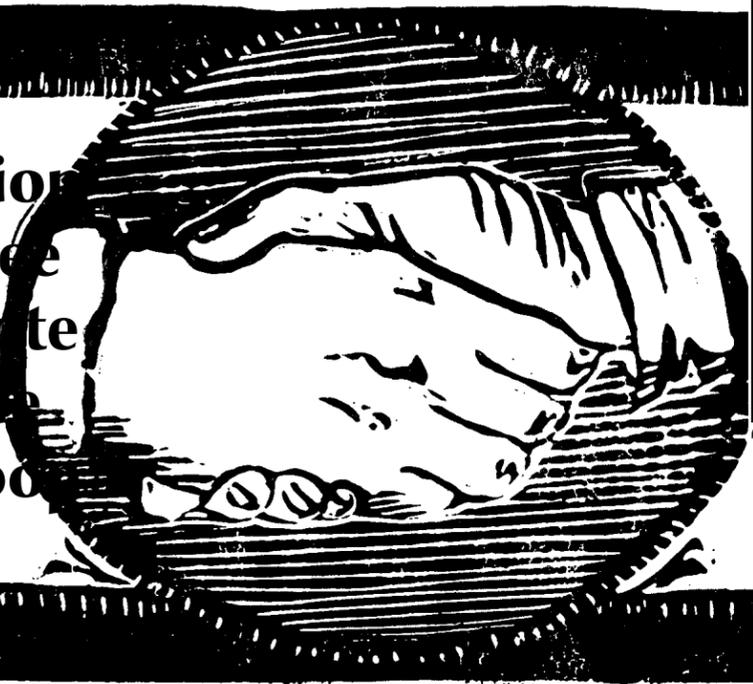
Come early to ensure a seat.

**Guest Anya Hayes**  
Terry-Anya is a writer and educator based in New York City. A past president of the NY Mycological Society and a practicing herbalist, she leads plant and mushroom identification walks and workshops wherever she goes. Join Terry-Anya for this microcosmic walk on the wild side and a tasting you will long remember.

## FAIR TRADE ACTION COMMITTEE REPORT

## New Action Committee to Promote Fair Trade in the Coop

By Freya Riel



This past September, the General Meeting unanimously approved a new Fair Trade Action Committee. Loosely modeled on the Safe Food Committee, formerly known as the GE Campaign Committee, the six member Fair Trade Action Committee will receive work credit for educating Coop members and the Brooklyn community about Fair Trade, promoting Fair Trade products and businesses and hosting events to increase Fair Trade awareness.

Fair Trade, as some consumers may already know, is a system of doing business that cuts down on the middlemen between the producer and the consumer, allowing for more direct and equitable relationships between trading parties. Through Fair Trade, farmers gain market access and receive a higher, fairer price for their goods, which can then be reinvested into their farms, businesses, and communities. While specific criteria differ by product, in order for any product to

be Fair-Trade Certified, the buyers must enter into long-term agreements with farmers and adhere to a floor price set by the International Fair Trade Labeling Association. The farmers must also belong to small, democratically organized, environmentally sustainable cooperatives that do not use child labor. For products not grown on small farms, such as tea, the workers must have the right to collectively bargain. Transfair USA, the only Fair Trade certifying body in the United States, certifies coffee, tea, cocoa, sugar, rice, bananas, mangoes, pineapples and grapes. Fair-Trade crafts, certified by the Fair Trade Federation, are also available in the United States.

The Fair Trade Action Committee began taking shape about six months ago, when members of the Coop began volunteering with the New York City Fair Trade Coalition. The Coalition, composed of individuals, local businesses, labor unions, religious

groups, student organizations and social justice groups, works to build Fair Trade awareness and increase the availability of Fair Trade products in New York City. In the spring of 2005, the Coalition ran a successful campaign to pass a City Council resolution on Fair Trade. The resolution states the City's support of Fair Trade, and calls on the City to purchase Fair Trade coffee when taxpayer dollars are concerned. The Coalition is currently leading a letter-writing campaign to convince the Mayor's office to implement the resolution by incorporating Fair Trade purchasing guidelines into the coffee procurement process.

Upon finding such enthusiastic interest in Fair Trade at the Coop, Scott Codey, Coop member and co-founder of the New York City Fair-Trade Coalition, began holding meetings open to all Coop members to discuss the possibility of starting a new action committee. Coop members Amy Bann, Dave Leon, Eva Shen,

Kyla Levin-Russell, and Freya Riel demonstrated consistent interest, and thus the group was formed.

Initially the committee will concentrate its work within the Coop. A number of products carried by the Coop are Fair-Trade Certified, but members may not know about all of them. There are Fair-Trade bananas, for example, but they sit back by the wall near the egg and tofu refrigerator. The committee will be labeling shelves below Fair-Trade items, as well as compiling a comprehensive list of Fair-Trade products in the Coop, which will be made available for shoppers. In addition to promoting such products, the committee will research other Fair-Trade products on the market, including Fair-Trade crafts, to explore the feasibility of bringing them to the Coop.

The Fair Trade Action Committee will also engage Coop members on topics related to Fair Trade, through fun and educational events. In July of 2005, Coop members, not yet acting as a formal committee, hosted an informational event featuring a Fair-Trade cocoa farmer and speakers from Transfair USA. And in October, in celebration of Fair Trade Month, the newly formed committee organized a Fair-Trade chocolate tasting. The committee served Equal Exchange and Divine chocolate, both carried in the Coop. Speakers included Scott Codey, Andrew Breck of Serrv International, and a local chocolatier. Approximately 80 people attended the event and polished off over 150 chocolate bars.

The Fair Trade Action Committee welcomes your suggestions, and looks forward to bringing more Fair-Trade products and events to the Coop. To find out more about the committee, you can visit [www.psf-fairtrade.blogspot.com](http://www.psf-fairtrade.blogspot.com), or e-mail point person Scott Codey, at [scottcodey@gmail.com](mailto:scottcodey@gmail.com). ■

## People of the Dome (PART ONE)

### Unanswered Questions

By Mitchel Cohen

"I'm sick to death of hearing things from uptight narrow-minded pigheaded politicians. All I want is the truth. Just give me some truth."—John Lennon

As Hurricane Katrina ravaged the Gulf states, many organizations kicked into high gear to send relief to local groups in Mississippi and Louisiana. Among them was the Malcolm X Grassroots movement. The Brooklyn Greens shares an office with MXGM and the Prison Moratorium Project on Atlantic Avenue in Boerum Hill. Tons of donated supplies poured into the office to be trucked to Jackson, Mississippi that weekend and distributed through community-based efforts.

MXGM staffers sent us on a mission: Find boxes! So, Cathryn Swan and I swung by the Park Slope Food Coop. With the help of the shift supervisor we scoured the Coop's dungeon and found 30 excellent boxes slated for the crusher. We somehow stuffed them all into Cathryn's 1991 Buick (fueled on Venezuela's CITGO gas, of course, in support of the progressive Chavez government there) and raced back to the office on Atlantic Avenue, where

a dozen young activists were packing everything at a no-nonsense pace. A great big thank you to the Coop for coming through in the clutch!

I was in daily touch with friends in New Orleans; they were "holding out" as long as they could. Their area was dry and they didn't want to leave. The story they told me is as shocking as it is unknown: U.S. and local government officials refused to allow water or food relief into New Orleans in a brazen attempt to starve people out. They also turned off the drinking water. Hundreds of people died unnecessarily as a result.

And yet, there was no shortage of water or food being sent—it was just not allowed into the City! When Green Party activists tried to donate a large amount of water for the people in the SuperDome a few days after the levees broke, armed soldiers pointed rifles at them and prevented them from delivering supplies. Even three Walmart trucks loaded with drinking water were denied entry and turned away. No water was allowed into New Orleans.

Attempts to starve civilians into leaving an area is a war crime under the Geneva Conventions.

Who gave the order to block water and food from entering New Orleans? Who ordered the water inside the city to be turned off? No one has yet asked those questions.

On Thursday of that first week, volunteers who had rescued over 1,000

people in boats earlier in the week were ordered to stop, under the pretext that it was "too dangerous." The volunteers wanted to continue their rescue operations. They said there was little risk, that desperate people had been welcoming them with open arms. The military "convinced" them at gunpoint to "cease and desist." They did the same to a state senator from Mississippi who had led a convoy of boats and rafts all that way to rescue people.

Who gave the order to block the volunteer rescue teams in New Orleans? No one has yet asked that question.

Two U.S. military helicopters spent a few days plucking 110 people from the roofs of their flooded houses. We saw them on T.V. and cheered. When they returned to base they were called into the commander's office. They thought they were going to be given medals. Instead, as reported in the NY Times, their commanding officers reprimanded them and removed them from helicopter duty.

Who gave the order not to rescue people? No one has yet asked that question.

For more than two weeks, the Times also reported, hundreds of volunteer doctors and fire personnel—including a squad from New York City—were denied entry to New Orleans. They

were dispatched, instead, to provide backdrop for Bush's photo ops in other areas. The medical personnel were kept twiddling their thumbs, as people were dying.

Can all of this be explained by simple incompetence and negligence, or is there something sinister going down?

How could a police squad of 120 cops be provided with only 70 small bottles of water, according to its commanding officer? Could FEMA, Homeland Security and the City government in New Orleans have simply forgotten to store bottles of drinking water in the SuperDome and elsewhere?

And, why did the Federal Emergency Management Agency recommend that concerned people send contributions to a front group for rightwing evangelist Pat Robertson's church—"Operation Blessing"—following Robertson's speech calling for the assassination of Venezuela's president Hugo Chavez? We'll look at all of this more fully in the next issue of the Gazette. ■

Mitchel Cohen is a member of the Coop and the Brooklyn Greens. He is also co-editor of "G", the newspaper of the NY State Greens: [mitchelcohen@mindspring.com](mailto:mitchelcohen@mindspring.com)

## Member Contribution

## 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 placed on behalf of Coop members only. Classified ads are prepaid at \$10 per insertion, business card ads at \$20. (Ads in the "Merchandise–Non-commercial" category are free.) All ads must be written on a submission form (available in this issue and at the front of the Coop). Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2"x3.5").

**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  
Nov.  
18

# very The Good Coffeehouse COOP CONCERT SERIES



## Mary Mulliken

**Rob Burger**, one of New York's most sought-after multi-instrumentalists (Tin Hat Trio, Antony and the Johnsons), offers fresh arrangements on the Hawaiian lap steel to **Mary Mulliken's** witty and intelligent "old world sounds with modern day appeal." Tonight: unabashedly catchy songs from the critically-acclaimed first CD, \*i 8 the sandbox\*, and gaggle of new tunes. "Mary Mulliken's songs are as well worn and sentimental as your favorite John Irving novel." —*The Hub Weekly*

## Rebecca Pronsky



Singer/songwriter **Rebecca Pronsky** is a Brooklyn native known for her clever lyrics and distinctive, jazzy voice. *Time Out NY* says Rebecca's writing is "literate, passionate, and wry," while the *Village Voice* praises her "big jazz-trained voice." Rebecca plays all over New York City and tours the northeast with her band. Her recent release "The Early Hours" is receiving airplay on local and college radio.



## Anath

**Anath's** music is a tapestry of her middle eastern roots and western rock influences. Lush mediterranean songstress with a spellbinding voice, Anath succeeds in mixing Fayrouz, PJ Harvey and Mazzy Star in an intimate set of sensual melodies and jazzy electronica.

**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

## Puzzle Corner

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

### Cryptogram Topic: Cold & Sweet

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 V B V S E

E N I S D P ' E

N D M H V S

J D X L J J W

W J ' E E D B

G V H W Y W D L E

S W Y V G S V I C

Y I E Y I G W I P

X I S C E

E J I S Z L Y F E

N I I R V P G I T E

E M V V J

P D J N W P R E

G D L Z H V S I W P Z D M

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Post Production: Jessica Tolliver-Shaw

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## Independent Jobs

There are many behind-the-scenes jobs in the Coop. Here is a sampling of the shifts currently available. Please inquire in the office if you are interested in any of them.

### Monday, 7:30 p.m.

Voucher Bookkeeping—no prior experience is required, but comfort and accuracy with numbers is a must.

### Sunday Inventory Data Entry, 9:15 p.m.

Transfer data from the store system to the inventory database. Input the figures generated by the Inventory Committee earlier in the evening.

## Agenda Committee

Members of the Agenda Committee prepare the agenda for 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.

The committee also supports members with a proposal in preparing their item for effective



presentation at the GM.

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.

Two two-year terms are available. If you would like additional information, please call Linda Wheeler at the Coop.

# 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:

Nov 24 issue: 7:00 p.m., Mon, Nov 14  
 Dec 8 issue: 7:00 p.m., Mon, Nov 28

### CLASSIFIED ADS DEADLINE:

Nov 24 issue: 10:00 p.m., Wed, Nov 16  
 Dec 8 issue: 10:00 p.m., Wed, Nov 30

## 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, NOV 15—NOTE DATE CHANGE

GENERAL MEETING: 7:00 p.m. The agenda appears in this issue, and flyers are available in the entryway of the Coop.

### TUE, DEC 6

AGENDA SUBMISSIONS: deadline for consideration for the December 13 GM, (date changed because of holiday season). 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)

## Safe Food Meeting

### TUE, DEC 12

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.

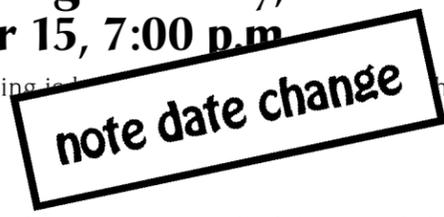
## ALL ABOUT THE GENERAL MEETING

### 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, November 15, 7:00 p.m.

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



### Location

The temple house of Congregation Beth Elohim (Garfield Temple), 274 Garfield Place.

### How to Place an Item on the Agenda

If you have something you'd like discussed at a General Meeting, please complete a submission form for the Agenda Committee. Forms are available in the rack near the Coop Community Corner bulletin board and at General Meetings. Instructions and helpful information on how to submit an item appear on the submission form. The Agenda Committee meets on the first Tuesday of each month to plan the agenda for the GM held on the last Tuesday of the month. If you have a question, please call Linda Wheeler in the office.

### Meeting Format

#### Warm Up (7:00 p.m.)

- Meet the Coordinators
- Enjoy some Coop snacks
- Submit Open Forum items
- Explore meeting literature

#### Open Forum (7:15 p.m.)

Open Forum is a time for members to bring brief items to the General Meeting. If an item is more than brief, it can be submitted to the Agenda Committee as an item for a future GM.

#### Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

#### Agenda (8:00 p.m.)

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

#### Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

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

## 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, NOV 11**

**GOOD COFFEEHOUSE:** John Hasbrouck-Fingerstyle & Bottleneck Guitar. \$10. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

**SAT, NOV 12**

**PEOPLES' VOICE CAFE:** Songs of Jolie Rickman: a Tribute to her music with special guests Colleen Kattau, Charlie King, & PMN singers, & 8 more groups/performers. In her 34 years, Jolie touched an immeasurable number of people through her music and work with such organizations as the Hen Foundation, SOA Watch, Art-Car, The People's Music Network and CISPES. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. 212-787-3903.

**WED, NOV 16**

**AU PAIR - Minimalist Brooklyn Chick Jazz** at Freddy's Backroom, 428 Dean St (@ 6th Ave), 9-11:00 p.m. Vocalist Christiana Drapkin\* & bassist Stephanie Greig continue their intense duo collaboration: Parker, Miles, Monk. Porter, Kern, Carmichael. Satie, Weill & other unexpected treasures. Utterly unplugged. No cover.

**SAT, NOV 19**

**THUNDERBIRD AUCTION** at American Indian Community House, 404 Lafayette Ave, 8th fl, NY. Preview 7-10:00 pm.

**PEOPLES' VOICE CAFE:** Brooklyn Women's Chorus: Forty women joining voices, strong and sweet, to create one powerful voice for peace and justice. Their repertoire ranges from South African freedom songs to socially relevant songs by contemporary American songwriters like Jolie Rickman\*, Jackson Brown, Pat Humphries and director Bev Grant\* herself. Workmen's Circle, 45 E 33 St, Manh, 8:00 p.m. Admission: \$12, more if you choose, less if you can't. 212-787-3903.

**THURS, DEC 8**

**SMALL PLANET FUND ANNUAL FUNDRAISER:** Fourth annual NYC-party and silent/live auction; VIP cocktail hour 6pm; general festivities 7pm. Delectables from Cleaver Co. Contact Ari & Betsy for details. www.smallplanetfund.org/events-party\_04.html

**FRI, DEC 9**

**GOOD COFFEEHOUSE-COOP NIGHT:** Traveling Troubadors: Paul Geremia, virtuoso acoustic blues

guitar & passionate singing, one of the world's great rack harmonica players. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

**SAT, DEC 10**

**PEOPLES' VOICE CAFE:** Joel Landy; Reno. Workmen's Circle, 45 E. 33rd St. (btw. Madison & Park); www.peoplesvoicecafe.org. Suggested donation: \$12 general/\$9 members/more if you choose, less if you can't/no one turned away. 212-787-3903.

**SAT, DEC 17**

**PEOPLES' VOICE CAFE:** Joel Landy; Reno. Workmen's Circle, 45 E. 33rd St. (btw. Madison & Park); www.peoplesvoicecafe.org. Suggested donation: \$12 general/\$9 members/more if you choose, less if you can't/no one turned away. 212-787-3903.

**SAVE THE DATES!**

**PSFC FUN'RAISING COMMITTEE EVENTS:**

**Saturday, November 19**  
Game Night, see display ad on page \_\_\_\_

**Sunday, December 18**  
Pub Night

**Saturday, February 11**  
World Beat Jamboree

**Saturday, March 4**  
Kids Variety Show (audition dates TBA)

**Sunday, April 2**  
Spoken Word Circle

**Saturday, May 6**  
Game Night

**ONGOING SHOWS/EVENTS**

**NOV 10 - 12**

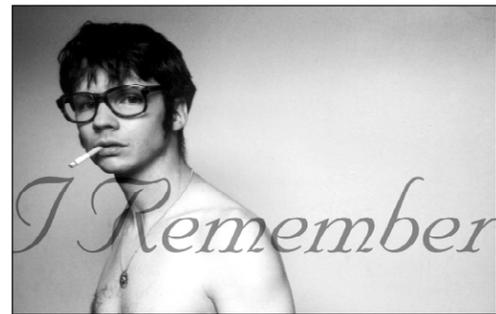
**OPEN STUDIOS:** Brooklyn College MFA candidates. View new work by 37 artists in Painting, Drawing, Sculpture, Video, Performance and Installation Art. (Many are Coop members!) Thu, 4-8 pm, Fri 5-10 pm, Sat 2-7 pm. Graduate studios are on the 4th, 5th & 6th floors of Brooklyn College's Boylan Hall. Take the 2/5 to Flatbush or Q to Ave H. More info: depthome.brooklyn.cuny.edu/art/index.html

**NOV 12 - DEC 3**

**A GATHERING OF FRIENDS:** Works by: Audrey Frank Anastasi, Gerard Barbot, Sue Buricksen, Irene Gennaro, April Greenberg, Carlton Ingleton, Neddi Heller, Eugene Miller, Lucille Nurkse, Robert Reid, Robin Ross, Sherman Sussman, Nina Talbot and Bruce Zeines Curator: Sheryll Durrant. Artist Resource Kollektiv will kick off its inaugural year at Gallery 64 with a show exhibiting artists from our local community. Fri-Sun 1-6:00 p.m., or call for an appt. 64 St. Marks Ave, Bkln, 718-638-2447.



**Friday, December 2 • 7:00 p.m. at the Coop**



**EXPLORING MEMORY**

**Home Cookin'**

by Diane Rostyak (4:30 minutes) A young woman makes 'Piggies in a Blanket' with grandma.

**I Remember**

by Avi Zev Weider (18 minutes) A dynamic adaptation of parts of Joe Brainard's modest but completely unique book, "I Remember." In his book, Brainard recounts his life through a series of diary-like entries: "I remember trying to figure out what it's all about (life)." —Joe Brainard, "I Remember"

**Presence of Water**

by Rian Brown (28 minutes) A couple living in Italy (one is American), learn they are to have a baby and make an experimental poem for the upcoming baby. They later have to face the decision of where they should raise the child.

**A discussion with Avi Zev Weider will follow.**

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

**FREE Non-members welcome**

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

Tuesday, November 15  
7:30 pm at the Coop

# Effortless MARKETING

An Interactive Workshop for Freelancers, Professionals & Small Business Owners.

**Create winning strategies!**

- Do you run a business or work for yourself?
- Do you need more customers?
- Do you find marketing frustrating, disappointing, or just plain scary?

**with Susan Martin**

**FREE Non-Members Welcome**

JOIN US and learn how to create winning strategies that are successful, comfortable and easy!

This workshop will help you to:

- Attract your ideal customers
- Differentiate yourself from the competition
- Make marketing easy!

Susan Martin created the Business Sanity Program to help small business owners and solo professionals make more money, have less stress and more fun working for themselves. She maintains a private coaching practice in Park Slope. Susan is a Coop member.

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

## SELF-HEALING AND EMPOWERMENT WORKSHOP

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

**Saturday, November 19, 11:30 a.m.** in the Coop

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

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

Please wear comfortable clothes.

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

**Non-members are welcome.**

**FREE**

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

## Public Speaking for Everyone

**WITH JEZRA KAYE**

**Do your speeches drive results?**  
Whether you give business presentations... speak out for a cause... or talk to your civic organization, this hands-on coaching workshop will help you clarify your message, organize your thoughts and find the most powerful way to deliver them.

**Learn how to:**

- Find and develop your best speaking style
- Outline and write a speech
- Prepare to deliver it flawlessly
- Handle Q&A and media interviews

All are welcome. No prior public speaking experience is needed. Wear comfortable clothes, and bring a notebook and pen.

**Jeza Kaye** is a professional speechwriter and presentation skills coach who works with business and non-profit leaders. She is active in Develop Don't Destroy Brooklyn, which is fighting the 17-skyscraper Atlantic Yards Complex, and has been a PSFC member since 1981.

**FREE Non-members welcome**

**Sunday, November 20 12:00 p.m. at the Coop**

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



## IT'S NOT JUST STICKY FINGERS—IT'S THEFT OF SERVICES

### TO THE EDITOR,

Thank you to Masha Hamilton for the article on shoplifting. Stealing from the Coop is stealing from each and every one of us, as part-owners of this business.

Possibly worse than items pocketed are whole cartloads that are only partially paid. How can that happen? By not performing your Coop work shift, or by being a lapsed member or simply a friend of a member. But then how could you shop? I estimate that almost every other week I overhear a checkout worker ask someone for their member number. No card or entry slip is ever shown. Perhaps the checkout person is looking to help the process go faster, and "trusts" the shopper.

Anyone can memorize a number, call it out while acting harried, and putting their groceries onto the counter. If no card or entry slip is shown, that person may be suspended, a lapsed member, or even never a Coop member. We present an ID card at the entry door as a form of security check. Our photo is on the card and in the computer. We hope the entrance worker is paying attention and confirms that our picture and our face are at least somewhat similar. If we forgot our card, we can be found by our name or number, and hopefully then our face and photo are given a little extra scrutiny. We can then be issued a bar-coded entry slip, good only for that day, which must be surrendered to the checkout worker, who scans it like an ID card, and disposes of it.

If the checkout worker only asks for a number, there is a gaping hole in our security. Entry, checkout, cashier, and exit positions are all SECURITY jobs. If you are not comfortable doing a security job, please ask to be reassigned. I have even seen exit workers reading, never even looking up from their newspaper, while they stamp my receipts! The new checkout procedure with debit cards may help the situation, when it eventually arrives. Until then we need to rely on what all smart Coops (and businesses) do! Train our "employees." Squad leaders, take a poll next shift—without first explaining why: Do your checkout workers accept a number only?

We all might be surprised.

Paul Sheridan

## DISCIPLINARY HEARING COMMITTEE QUALIFICATIONS

### TO THE EDITOR,

As a member and owner of the Coop I must say that the qualifications, personnel and culture of the Disciplinary Hearing Committee are disturbing to me.

My remedy has been a tabulation in the *Gazette* at least quadrennially of all contacts, with members showing which rules were enforced, the results, and how many different members of the Committee contacted each suspect. Only then can we know whether their judgments correspond with our own

on the enforcement of rules.

The October 25th Meeting marks at least the third time I have voiced these same concerns with them. While I was pacing the aisles of St. Francis Xavier School auditorium—do they perform *mass* in this cavernous, resonant, ebony-flavored space?—I thought of something else that would allay my suspicions: Would they reserve all their worthy qualifications and expertise only for the most grievous offenses, deserving at least a long suspension—all other matters to be handled by a different kind of committee, to be determined? Both of these I proposed as friendly amendments.

...at least this time they listened, scribbling dutifully in their notes. If any of my supporters were behind the seven votes for the tabulation amendment, thanks.

Finally, the meeting should never, never, get obsessed about getting anything done. That is the most anti-democratic thing they could do and they do it regularly. More on the story of "Carl's little riot" to follow.

But as I said at the meeting, Don't vote for me, support me! If you had joined me before the meeting so that we could act together, the effect would be devastating! One of the undemocratic things about the Meeting is it can be fragile ...

Acoustics of the room...Microphones of the "Microphone Squad:" They are the wrong kind (highly monodirectional) and if they are not replaced soon, I will bring it up at a general meeting! Also in Child Care. Acoustics is another subject the Rulers seem to have chosen to ignore!

The Agenda Committee was having elections. Repeated my astonishment that they would expend *seven work slots* on this minimal duty, and this time got some response. More on this when I get my notes back.

Now, two *Gazettes* without the Meltzer-Sarfaty case. Rereading the September 29th verbiage—what self-righteousness on the part of the Committee: Pappert should have made a tape recording! And I did ask the status on October 25th, to which Holtz says peevishly, Read my article—which ephemerally accuses them of a "lack of introspection." If as he says they are likely to continue their crimes, they can be accused all over again. But for the moment Justice, Decency and Cooperation clearly say, Put them back on their squad!

Albert Solomon—718-768-9079,  
HOBCE@YAHOO.COM

## WORKING HARD IS HARDLY WORKING

### TO THE EDITOR

I am the squad leader of the last receiving squad of the day. The squad has been together for a long time and we expect to work hard.

When I last worked at the Coop, I felt pressure to work faster and faster. The receiving coordinator sent u-boats up without break. The squad was short-handed and about six people were putting away produce, yogurt and meat. At that point the coordinator agreed to take back the u-boat of prepared food, though it was sent back up some minutes later. At 10:30 the elevators were still coming up while we tried to round

## LETTERS POLICY

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

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

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

### Fairness

In order to provide fair, comprehensive, factual coverage:

up enough people to sweep and wash the floor. She refused to take anything back downstairs. This was hard work and it felt like drudgery.

I don't mind working hard and I prefer to be somewhat busy than to be idle, but this was ridiculous. If it had been a factory, it would have been considered a speedup. We were working for the coordinator and she wanted us to work faster.

Working efficiently and maximizing profits are but two of the needs of the Coop. As important as getting inexpensive healthy food, Coop members learn to perform complex tasks cooperatively and without compulsion. We go back to our day jobs, work for 'the man,' with the knowledge that there is a better way. Work can be fun, elevating and efficient.

So why did my squad feel like a factory line?

The coordinators should realize that we do not work for them. They work for us. Whatever pressures are on the coordinators, they need to take into account the needs of the squads. It may even be helpful for a coordinator to confer with a squad representative as to the needs of the Coop and the abilities of the squads.

Deborah Kapell

Tuesday, D week, 8:30 receiving squad leader (ret.)

## ORGANIC LABELS: DON'T BELIEVE THE HYPE

### DEAR EDITOR,

Everytime I saw the green USDA ORGANIC label I felt it's like a trusted friend because I knew the food was safe until I joined a non profit organization called 'organic consumers organization' just a few months ago. Even though it was a short period of time, the information they sent me through e-mails are both informative and shocking. An ordinary organic consumer like me would be too naive to believe those facts. Just to name a few: Horizon dairy products, though marked **USDA organic** are produced by cows locked in confinements and fed with artificial stuff; body care products stating 70% organic may only mean most of the ingredients are water which could still contain numerous harmful chemicals because the standard for body care products is

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.

volume based. It seems not only the current standards have many loopholes, but that government and corporations are indeed in the same boat to create more. According to the organization, big corps are now attacking organic standards more feverishly, because they now realize that 'organic' means money and try to put their products in disguise, too. I believe the only and most efficient way to protect the purity of organic is to promote awareness of these issues so we can take action together.

Their website is really worth visiting: [www.organicconsumers.org](http://www.organicconsumers.org). We really should update ourselves; don't forget bad guys are constantly working against people's good, so we should be alert and fight back all the time.

Yours truly,  
Chun Lu

## CORRECTION ON 10/13 PEACE FAIR ARTICLE

### DEAR LINEWAITERS GAZETTE,

Thank you very much for your extensive and supportive article about the Brooklyn Parents for Peace Peace Fair in the Oct. 13 issue. There was one misstatement about our activities that I would like to correct. We educate people about the No Child Left Behind Act, for this act, and not the Patriot Act, requires high schools to turn over the names and contact information of all students unless the student or the parent opts out. We are also working to get military recruiters out of the high schools, for they are in many of them on a regular basis. Anyone who would like to join our work against the No Child Left Behind Act and military recruiters in the schools should contact the Brooklyn Parents for Peace Anti-militarism committee at [nowar@brooklynpeace.org](mailto:nowar@brooklynpeace.org).

Molly Nolan



# UNLOCK YOUR POTENTIAL

WITH SUCCESS COACH JEFF AULENBACH

"If we did all the things we are capable of doing, we will literally astound ourselves." —Thomas Edison

We live at a time in the world's history when there have never been more opportunities for you to turn your dreams into realities than there are right now.

This class will explain 15 universal principles for creating more success at work and life and help you start applying them today.

Use this class to help you move further and faster on the path to creating the life you want.



**JEFF AULENBACH'S** dreams and achievements have spanned from independent adventure travel around the globe to racing formula cars to business success to raising two incredible sons with his wife in Park Slope. He is a graduate of the Coaches Training Institute and a member of the Food Coop.

**FREE** Non-members welcome **Saturday, December 3**  
**11:00 am at the Coop**

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

# HAPPY HEALTHY HOLIDAYS

WITH LEIGH VAN SWALL

Have a holiday season like one you have never had before!

You can change the way the holidays affect you this year by learning ways to balance how you approach the close of 2005.

Discover where your holiday stress originates and find ways to handle it effectively.

Prevent:

- Over spending
- Over indulging
- Over committing

It is time to simplify your approach and nurture yourself so that you can enjoy the holiday season.



**Leigh Van Swall** is Founder and Chief Exploration Officer of Soul Exploration. She is an AADP certified Holistic Health Counselor and Passion into Practice certified Career Coach and a Coop member. With a private practice in Brooklyn, Leigh also conducts workshops, cooking classes and seminars internationally.

**FREE** Non-members welcome **Saturday, December 3**  
**2:00 pm at the Coop**

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

# OBESITY THE WAR WITHIN

WITH LISA JACOBSON

When trying to lose weight, the conflict between your mind and body is nothing shy of a battle.

Through understanding the cycle which causes this disease, you can end your suffering and bring peace to your body. Lisa will discuss the nature of obesity, why diets don't work and give you practical tools to permanently lose weight.

# आयुर्वेद

**Lisa Jacobson** is a Coop member and a certified Holistic Health Counselor. She studied Traditional Chinese Medicine at the national College of Naturopathic Medicine, holistic nutrition at the Institute for Integrative Nutrition and Ayurveda in Pune, India.

**FREE** Non-members welcome **Saturday, December 3**  
**5:00 pm at the Coop**

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



1—A delivery of some 300 pounds of Park Slope Food Coop produce waste for the 6/15 Green Community Garden.

2—Coop member hauler Johnny Werbe brings it to the garden's compost bins, chops it, and layers in the dry material.

3—Another repository for the Coop's deteriorated produce is the Garden of Union's "state of the art" bins.

4—Turners Lily Baldwin, left, and Stacy Roupas do their Coop workslot shoveling compost from one bin to another for aeration.

5—They leave an empty, cleaned bin for the next hauler team.

6—A compost drop is made to the Lower East Side Ecology Center's containers at the Union Square GreenMarket.

7—The "dropped" contributions are taken to the Ecology Center's East River Park composting location. This facility may relocate to Red Hook.

8 & 9—Christina Datz, director of the Center, created a system with intricate plumbing for catching the liquid by-product.

10—Selling the end-product worm castings and potting soil at the Center's Union Square GreenMarket table.

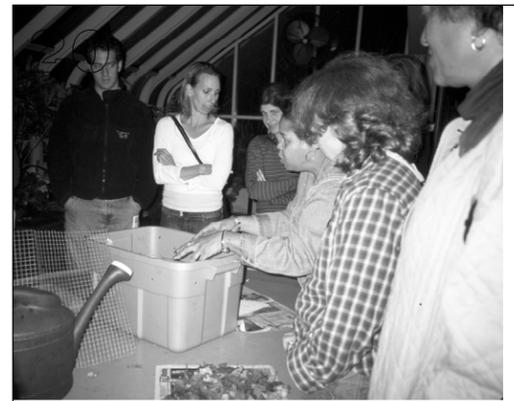
11—At various City recycling centers, residents may take an unlimited quantity of compost made from leaves collected by the NYC Department of Sanitation.

# Making Soil in the City

Photo essay by Judy Janda



11



12



21



22



13



14



15



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17



18

12 to 18—Residents fill all kinds of receptacles and even some container vehicles.

19 & 20—Curious as to what goes on in composting? At a recent Brooklyn Botanic Garden GreenBridge workshop on vermiculture (indoor composting uses worms) participants observe compost critters under magnification, learn how to use worm bins and how red wiggler worms function.

21—An uncomplicated small back yard composting system begins with collected kitchen scraps. A supply of autumn leaves serves as the year-round dry material.

22—Park Slope community gardens that encourage individual composters include 6/15 Green and the Garden of Union. Signage guides the correct process.

**M**aking soil in New York City occurs in big and small ways. The largest system is administered by the New York City Department of Sanitation (DSNY) is based on leaf collection. Bagged leaves are picked up city-wide and brought to various DSNY facilities. Each autumn and spring DSNY, with the respective borough Botanical Garden, holds “compost givebacks” where residents can haul away an unlimited amount of compost from a previous year’s leaves.

The Lower East Side Ecology Center (LESEC) collects kitchen scrap contributions at the Union Square GreenMarket. Compost production currently takes place in the East River Park near Grand Street. Red wiggler worms finish the composting process with worm castings, a very rich fertilizer whose nutrients are readily absorbed by roots. Red worms, worm bins and worm castings separately and also mixed into potting soil (sold as New York Pay Dirt) are available at the GreenMarket.

The Park Slope Food Coop, another system, moves fruit and vegetable waste, averaging some 300 pounds of it four times a week, to several

local community gardens for composting and use at those sites. Year-round, haulers and turners (two kinds of workslots) maintain the compost production at the gardens.

## We, Ourselves, Can Make Soil in the City

- Use outdoor compost bins and/or indoor worm bins.
- Save kitchen scraps and donate them to a local community garden. The Garden of Union and 6/15 Green accommodate responsibly made contributions.
- Gather leaves now, bag them in paper (preferred) or clear plastic, or place them loose in garbage cans. Put them out for City collection this November 12 and 26.
- Bring Christmas trees and greens to Green-Wood Cemetery this January 7 for chipping into mulch, immediately available for taking home for garden use.
- Learn more and teach others: Brooklyn Botanic Garden offers a Master Composter course this spring. Class size is limited, so call now to give them your name. The Botanic Garden also offers various compost-related workshops. ■

## Resources:

- New York City Composting Guide, [www.nyccompost.org](http://www.nyccompost.org)
- Lower East Side Ecology Center, 212-477-4022, [www.lesecologycenter.org](http://www.lesecologycenter.org)
- Brooklyn Botanic Garden, Urban Composting Project, 718-623-7290, [www.bbc.org](http://www.bbc.org)
- DSNY, 311, [www.nyc.gov/sanitation](http://www.nyc.gov/sanitation)
- Garden of Union, Claudia Joseph, [permie@earthlink.net](mailto:permie@earthlink.net), [www.gardenofunion.org](http://www.gardenofunion.org)
- 615 Green Community Garden, [maureen@modino.com](mailto:maureen@modino.com), [www.sixfifteen.org](http://www.sixfifteen.org)
- “Soil in the City” by Katie Brenner, *Linewaiters’ Gazette*, September 15, 2005

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## To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$10 per insertion, business card ads at \$20. (Ads in the "Merchandise-Non-commercial" category are free.) All ads must be written on a submission form (available in this issue and at the front of the Coop). Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2"x3.5").

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

### BED & BREAKFAST

**BROWNSTONE BROOKLYN BED AND BREAKFAST.** Victorian home on tree-lined Prospect Heights block has space with semi-private 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

### HOUSING WANTED

**SEEKING ONE WEEK HOLIDAY rental.** Will you be away between December 24—30th? My Belgian family of five (mother, father and three young children) is visiting Park Slope and needs a place to stay. They are tidy, organic and considerate—will pay for stay. Please contact Laurence Lombart at 718-399-2302 or laurencelombart@hotmail.com.

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

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

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

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

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

**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 years 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.

**AGENT READY.** Are you a writer? Do you need an agent? AgentReady can help! We offer full editorial services, including: non-fiction proposals, marketing plans, line editing, plot development, and writing and editing sample chapters. I am a former NYC literary agent who knows what they want. Evaluation, 50% off for members. 718-499-3760

**HOLISTIC DENTISTRY** in Brooklyn (Midwood) & Manhattan (SoHo). Dr. Stephen R. Goldberg provides family dental care utilizing non-mercury fillings, acupuncture, homeopathy, temporomandibular (TM) joint therapy & much more. For a no-obligation free initial oral examination, call 212-505-5055. Please bring X-rays.

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

## Math Tutor

I'm a caring, patient, NYS-certified/NYC-licensed math teacher. I provide clear, precise explanations to develop problem-solving skills while building confidence and ease in the world of mathematics. I have successfully tutored students for Regents Exams, SAT, GRE, and all school levels. I can help you or your child no matter what problems you have. **Call David Cohen at (718) 857-5968.**

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Licensed Sales Agent/ Coop Member

718.832.4168/ [caw@corcoran.com](mailto:caw@corcoran.com)

### CHILD CARE

**RELATIONSHIP SUPPORT GROUP.** A safe, open, co-ed forum to reduce isolation; improve communication; deepen self-understanding; and explore how you can have more rewarding relationships. Led by an experienced psychotherapist. To learn more, call Gary Singer, LCSW, at 718-783-1561.

### CLASSES/GROUPS

**MEN'S GROUP.** Accepting new members. A safe, open forum to enhance communication, deepen relationships, and improve self-esteem. Led by an experienced psychotherapist. For more information, call Gary Singer, LCSW, at 718-783-1561.

**VIOLIN LESSONS.** Openings available at Park Slope location or your home. Adults and children, beginners to advanced welcome. Qualified instructor (M.A. Music Ed. and Performance) with over 20 years experience. Traditional and Suzuki methods, individual and group lessons. References available. Have fun! 718-832-7975.

### COMMERCIAL SPACE

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

**GREAT STUDIO / OFFICE Space.** 1,200 square feet for \$1,700 per month with utilities. Shares possible. Artist-owned converted factory near Botanic Garden and Brooklyn Museum. Ground floor, split level 9 to 13 foot ceiling, windows on street. Call Lucy and Daniel at 718-826-8575 or daniel@kohnworkshop.com.

### 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@revolutionrickshaws.com.

**SEEKING MENTAL HEALTH workers** for SAMHSA-funded project at the Park Slope Women's Shelter. Clinicians (12 hrs/week) must have related Masters plus 2 years experience. Full-time Case Managers need related Bachelors plus 5 years experience. Knowledge of Spanish a plus. Training provided. Call Sharon Sorrentino at 212-385-3030, ext. 3226.

### 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

### MERCHANDISE NONCOMMERCIAL

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

**MOVING TO KENSINGTON** with my new husband! 2 marble top, dark wood 2-drawer end tables, Yamaha portable grand keyboard, midi compatible, stand included. Like new! Best offer. Call Delores Natividad, 718-857-0049.

**VICTORIAN LOVE SEAT,** lavender velvet, \$550; 2 side chairs, beige brocade, \$75 each; hall or dining room chandelier, two circles of beveled glass, \$75; gym/exercise mat, 46X100X2, sturdy blue cover, \$35. Contact Louise at 718-783-7405 or mellou22@msn.co

**NORDIC TRACK,** barely used, sale \$150. Cross-country skiing exerciser #267 Challenger. Gives a full-body cardio workout. Take this great machine off our (lazy) hands. Originally \$300+. Complete with instruction manual. Also (FREE) timer/pacer that needs some re-wiring. 718-783-4196.

### SERVICES

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

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

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

**MADISON AVENUE HAIRDRESSER** 20 years experience. Available in Park Slope 1 block from Coop. By appointment only. Please call Maggie at 718-783-2154 \$45

**I have 10 ways to improve your health. Just ask me.**

"My Naturopathic Treatments have been a Blessing to all my clients."

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10% COURTESY DISCOUNT TO COOP MEMBERS



**YOGA FOR EVERY BODY**

- Reduce stress
- Heal chronic pain
- Be flexible and strong
- ✓ Private and group instruction
- ✓ Convenient Park Slope location

**Call Mina at 917-881-9855**

### Jewelry Making Classes

Intensive course: metal fabrication, soldering, use of flex-shaft, stone setting, choosing gemstones. **Small classes (max. 4 students.)** Individual instruction. Fully equipped jewelry studio with torch and flex-shaft for each student. Open studio hours available. Convenient Park Slope / Windsor Terrace location. Classes Tues., Thurs. 7 - 9:45, Sat. 1:30 - 4:15. **718-789-5168 bezelset@mindspring.com**

*Helene Bergman / John Carlson*

## Park Slope Players

*Music for all Occasions*

718. 832. 7975 [bergman31@earthlink.net](mailto:bergman31@earthlink.net)



### NEED HELP?

- pet/house/plant minding
- dog walking • house and office cleaning
- personal assistant:
- pickup laundry; child care; senior care; grocery shopping; local errands; mail packages

Let me know what you need!  
References on request  
Call Donna 718-857-2641

### ADVERTISE ON THE WEB

If your ad would benefit from broader exposure, try the Coop's web page, [www.foodcoop.com](http://www.foodcoop.com). The ads are FREE.

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

### 7 Steps to Healing & Preventing Diabetes

- Do you have diabetes?
- Does diabetes run in your family?
- Are you addicted to sugar and other refined carbs?
- Do you have low energy?

If you answered yes to one or more of these questions, this workshop is for you.

Diabetes (type 2) has become synonymous with getting older, but is a direct result of unhealthy dietary and lifestyle habits. Join Rachel and Gabriela to learn what causes diabetes and 7 steps, using nutritional, exercise and yoga recommendations to heal and prevent it.

The workshop will include a yoga class. Please wear comfortable clothes.



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

**FREE Non-members welcome** **Saturday, December 10 12:00 noon at the Coop**

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

### SERVICES

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

**ANGER MANAGEMENT FOR PARENTS.** Do you feel that our good intentions turn into angry outbursts where you and 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.

**MASSAGE THERAPY** helps relieve back pain and neck and shoulder tension. Benefits chronic overuse issues and injury recovery. Finding ways to manage stress helps promote health and well-being. Regain a sense of grounding and renewal. Eileen Thomas, NYS—licensed and certified in prenatal massage. Park Slope. 917-971-8834.

### SERVICES WANTED

I NEED STORAGE SPACE for 6 months to 1 year for personal belongings. Space should be the size of a large closet or small room. Call 718-789-6486.

### 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.

**DOSTOEVSKY** 1st Sunday of the month at 9am at Ozzies on 5th Ave. Classics book reading group. Dec 4th 2005 we begin with "The Brothers Karamazov." For info e-mail [zora2050@yahoo.com](mailto:zora2050@yahoo.com)

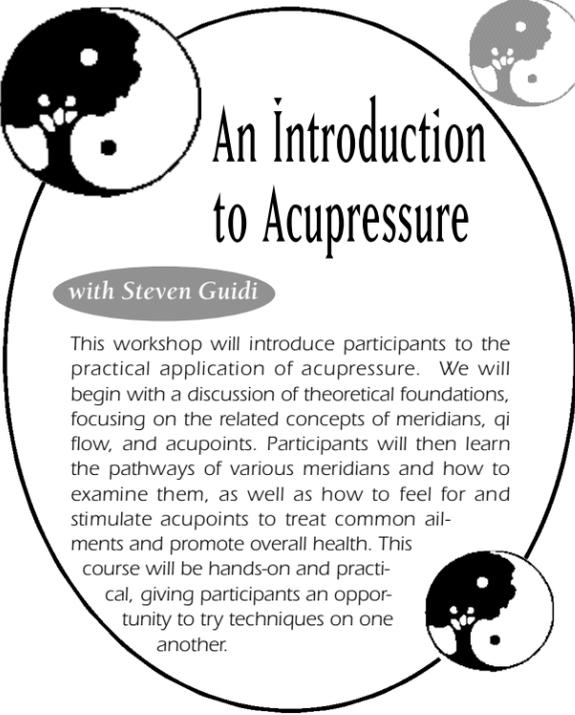


### Answer to Puzzle on page 8

Breyers, Sharons, Howler, Tofutti, It's Soy Delicious, Rice Dream, Cascadian Farms, Starbucks, Haagen Dazs, Sweet Nothings, Double Rainbow

### Answer to Puzzle on page 8

Breyers, Sharons, Howler, Tofutti, It's Soy Delicious, Rice Dream, Cascadian Farms, Starbucks, Haagen Dazs, Sweet Nothings, Double Rainbow



### An Introduction to Acupressure

with Steven Guidi

This workshop will introduce participants to the practical application of acupressure. We will begin with a discussion of theoretical foundations, focusing on the related concepts of meridians, qi flow, and acupoints. Participants will then learn the pathways of various meridians and how to examine them, as well as how to feel for and stimulate acupoints to treat common ailments and promote overall health. This course will be hands-on and practical, giving participants an opportunity to try techniques on one another.

**Steven Guidi, L.Ac.**, learned meridian style acupuncture from senior acupuncturist Dr. Wang Ju Yi of Beijing, China. He is now resident acupuncturist, herbalist and director of The Park Wellness center for integrative health care associates in Grand Army Plaza. He is a Coop member.

**FREE Non-members welcome** **Saturday, December 10 6:00 p.m. at the Coop**

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

### The Revolution in Healthcare:

As the school year starts back up and the kids start coming home with acute illnesses, how does one get through this without the routine application of antibiotics and other powerful drugs?

### Homeopathy for the Childhood Illnesses

WITH CLAIRE DISHMAN

Homeopathy offers a gentle solution to chronic earaches, whooping coughs, influenzas, chickenpox as well as asthma and other childhood illnesses that are common to the school age child. The speed of the results can be quite astonishing.

A homeopath believes health is balance in all spheres, mental, physical and emotional. Homeopathy is a system of medicine that treats the entire person and not just a specific complaint.



**CLAIRE DISHMAN**, a Coop member, is in her fourth year of study at the School of Homeopathy New York, a local extension of the Devon School of Homeopathy in England. Her practice is based in New York City. With added experience in herbalism, she brings a well-rounded, natural approach to healing for both individuals and families.

**FREE Non-members welcome** **Sunday, December 4 12:00 pm at the Coop**

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

### Meet Your Mind

WITH ALLAN NOVICK

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

Meditation opens and calms the mind.

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

**Allan Novick** has practiced meditation in the Shambhala Buddhist tradition since 1975 and is a certified meditation instructor in that tradition. He lives in Park Slope, has been a Coop member for 13 years, and works as a psychologist for the NYC Dept. of Education.

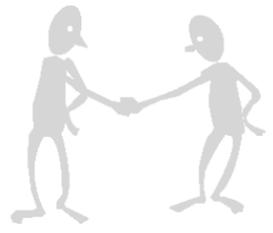
**FREE Non-members welcome** **Thursday, December 8 7:30 p.m. at the Coop**

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

### ALTERNATIVE DISPUTE RESOLUTION

# DIVORCE MEDIATION

WITH ANDREW GARY FELDMAN



**Learn about this effective substitute for litigation.**

**BENEFITS:**

- avoid high legal costs
- reach agreement quickly and efficiently
- reduce stress and negative emotions
- maintain full power and control over the outcome
- learn and practice valuable communication skills

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

**FREE Non-members welcome** **Sunday, December 11 12:00 pm at the Coop**

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



The Fun\*Raising Committee invites you to the next Coop...



# GAME NIGHT!

Saturday, November 19th • 6:00 p.m. to 9:00 p.m.  
in the meeting room at the Coop.

Free admission • All ages welcome • Bring your friends  
Bring your favorite game • Refreshments for sale

Theater Games  
in the childcare room

Scrabble, Taboo, chess, checkers, bridge, Nim, Boggle,  
Candyland, Trouble, Stratego, Pictionary, Monopoly, Trivial Pursuit...



## 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.

- |                      |                       |                    |                      |                    |                    |
|----------------------|-----------------------|--------------------|----------------------|--------------------|--------------------|
| Leela Accetta        | Ulrika Catarino       | Roland Hillocks    | Ray Mancini          | Marcello Ritondo   | Laura Tolliver     |
| Monica Alexander     | Peggy Cheng           | Sera-Kim           | Dwayne Martin        | Jesse Rivera       | Michael Topper     |
| Jennie Allen         | Rene Collins          | Hvenergard         | Kleo Masouridis      | Maria V. Rivera    | Fredrick Trelfa    |
| Jeannine Amber       | Yvans Compere         | Carlo Inserra      | Shane McConnell      | Joseph Rogers      | Angela Ueckerman   |
| Christopher Anderson | Christopher Connallon | Jarice James       | Craig McDowell       | Denys Rosemod      | Brigitte Valentine |
| Judith Angrand       | Brent Crawford        | Tracy Jarvis       | Patrick Meegan       | Laura Rosemod      | Daniel Vatsky      |
| Jeremy Armstrong     | Brent Crawford        | Camille Jensen     | Celeste Mendez       | Andrew Rosenthal   | Jessica Viola      |
| Elizabeth Aurandt    | Chris Cummings        | Monah Johnson      | Ernesto Mercado      | Rafael Ruiz        | Zachary Wagman     |
| Hans Aurandt         | Shannon Curren        | Edward Kaigh       | Martha Motzing       | Maria Sabat-Rivera | Kate Walker        |
| Richard Aurelio      | Evangeline Daughtry   | Dana Kaplan        | Victoria Munuelli    | Radhika Sambamurti | Aliza Wasserman    |
| Kelvi Batista        | Nathaniel DeYoung     | Rosa Kessler       | Brian Murphy         | Sylvia Sauvenet    | Paul Wasserman     |
| Katherine Behring    | Adrienne Donadelle    | Malti Keswani      | Jennifer Murphy      | James Scott        | Anthony Weiss      |
| Lisa Beizai          | Asante' Donadelle     | Kat Kim            | Tarini Naravane      | Jimmy Seitang      | Kenneth Welch      |
| Bill Berg            | Karla Elie            | Alison Klein       | Julie Negrin         | Megan Sielken      | Wanda Williams     |
| Elizabeth Berk       | Diego A. Fainer       | Becki Kollerberg   | Garett Neudeck       | Alison Simonian    | Shari Williamson   |
| Caitlin Bernhard     | Molly Fair            | Eric Konon         | Raji Nevin           | Vanessa Singer     | Beverly Wind       |
| Erin Berte           | Ethan Fiks            | Peter Konopkie     | Theocharis Nicolaou  | Benjamin Smith     | John Winkel        |
| Robert Boyar         | Justine Franko        | Nina Kryuk         | Ann Nolan            | Scott Smith        | Afriqiyah Woods    |
| Nicholas Boyce       | Heather Gershen       | Yossi Langer       | Steve O'Shea         | Vanese Smith       | John Wright        |
| Kara Brick           | Gerry Griffith        | Ian Lary           | Agnieszka Osek       | Debra Solondz      | Sarah Zarrow       |
| Matthew Briere       | Tatyana Guthertz      | David Ledingham    | Peter Owsiang        | Sara Soudavar      |                    |
| Erica Browne         | Emily Hagburg         | Angela Lee         | Charles Parham       | Peter Squires      |                    |
| Almondo Bruno        | Jami Hale             | Samira Lee         | Nikhil Parikh        | Ritza St. Simon    |                    |
| Benjamin Burns       | Jeffrey Hale          | Glorimarta Linares | Jeff Perlman         | Shanna Stocker     |                    |
| Kwanza Butler        | Keisha Hall           | Lincoln Linder     | Mathew Poindexter    | Katie Storey       |                    |
| Katherine Callahan   | Gaylen Hamilton       | Jamie Luft         | Adriana Portela      | Inez Suen          |                    |
| Kimone Campbell      | Frank Hausman         | Joseph Luft        | Sophia A. Powell     | Lillian Sullivan   |                    |
| Melitta Carnevale    | Alex Henderson        | Alice MacKenzie    | Maria Laura Quintero | Tharius Sumter     |                    |
| Gerard Carpentier    | Dan Henderson         | Silvana Maloney    | Benjamin Ransford    | Leigh Tarentino    |                    |
| Sheldon Catarino     | Robert Hernandez      | Scott Maltzman     | Josefina Ritondo     | Adriana Thompson   |                    |
|                      | Aaron Hexdall         | Joseph Mancini     |                      | Nicole Thompson    |                    |



## THANK YOU!

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

- |                                  |                  |                 |                       |                    |               |
|----------------------------------|------------------|-----------------|-----------------------|--------------------|---------------|
| Beth Ahlstrand                   | Megan Davidson   | Michael Helland | Marcos                | Renee Rose         | Mya Spalter   |
| Stardust Atkeson                 | Deborah Diamant  | Julia Hermos    | Bernice-Glenne Martin | Sondra Rosenberg   | Jack Storey   |
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| Carrie Barnes                    | Donna            | Katy Hope       | Noah Mayers           | Dustin Rubin       | Clara Waloff  |
| Elisheva Biernoff                | Dana Eudy        | Katie Issel     | Michael               | Sarah S.           | Erica Waples  |
| Michelle Bowen                   | Mary Eugene      | Jesse           | K Ryan Murdock        | Maria Sabat-Rivera | Fran Weiner   |
| Caitlin Brady                    | Jazz Fenton      | Kristen Joiner  | Jen Petersen          | Bernie Sanders     | M. Williams   |
| Megan Brenn-White                | Kristan Flynn    | Joyce           | BJ Pheiffer           | Miya Signor        | Ashley Wright |
| Carrie Brunk                     | Sarah Foudy      | Bonnie Kaplan   | George Porrata        | Nan Sinauer        | Emma Wunsch   |
| Jennifer Herman Clair            | Karen Gargiulo   | Philippa Kaye   | Suzanne Powell        | Christa Skoupy     | Posha Zubair  |
| A Sayeeda Clarke                 | Elisa Gerber     | Sarah Kornbluth | Brian Quan            | Laya Sleiman       |               |
| Emily Cohen & Eric Frumin Family | Victoria Gershik | Amanda Lamy     | Tracy Rahn            | Sasha Slocombe     |               |
| Eliza Cutler                     | Jessica Godden   | Erika Lea       | Debi Ray-Chaudhuri    | Maura Smale        |               |
|                                  | Laurie Green     | LeAnn           | Milayo Robinson       | Lindsay Smith      |               |