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# LINEWATERS'

## GAZETTE



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PHOTO BY ED LEVY

## East New York Food Coop to Be Modeled on PSFC—Project is Linked to Study of Community's Health

By Ed Levy

East New York is about to get a new food coop, part of a study that will look at that community's health and eating patterns. The coop is to be closely modeled on the Park Slope Food Coop, which is the "gold standard of food cooperatives," according to Kimberly Morland, Ph.D., a professor at Mt. Sinai School of Medicine, who was instrumental in securing the grant.

The idea for an East New York food cooperative began to germinate about a year and half ago, after the community invited academics and other experts to a day-long conference to discuss what could be done about the area's lack of healthy foods. Overwhelmingly, the attendees asked for a community-organized, community-sponsored food coop. Dr. Morland, one of the participants, proposed that Mt. Sinai Hospital and East New York apply for the grant, which will make quantitative and qualitative studies of local residents' health as well as fund the coop's

startup. It is being designed to become self-sustaining within four years.

The grant was awarded by the National Institute of Environmental Health Science, a branch of the National Institutes of Health.

In the early stages of planning, the East New York group sought advice from General Coordinator Joe Holtz, of the Park Slope Food Coop, who tutored them in the philosophy of food coops. Joe, they said, pointed out that unlike competitive businesses, most coops consider it their responsibility to help other coops get started. And to back up his words, he wrote a letter of support for the project that was included in the application to the NIEHS. The awarding of the grant for the four-year study, amounting to about one million dollars, was announced in September.

Dr. Morland has already done studies that show a wide disparity in the quality and availability of fruits and vegetables between low- and

high-income neighborhoods in Brooklyn. "Regarding fresh vegetables," one such study states, "a 60% higher prevalence in the availability of vegetables was observed in the low-medium areas and an 80% greater prevalence in the medium-high areas were observed compared to the lowest wealth areas."

Coop Grant Partners include Mt. Sinai Hospital's Department of Community and Preventive Medicine, Wyckoff Hospital and the Local Development Corporation of East New York (LDC-ENY). The project is known formally as Building Food Justice in New York.

### Urban Gardens to Supply Coop

The Local Development Corporation of East New York also helps run the East New York Farmers Market, which could become an integral part of the food cooperative. The Farmers Market is currently supplied by 22 urban gardeners in the East New

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## Thieves at Work—Coop Shoppers and Workers Beware!

By Erik Lewis

As reported by General Coordinator Tricia Leith, on Saturday October 29th a member reported that her handbag was stolen from her shopping cart at approximately 7:20 p.m. while it was parked at the front end of aisle 6. She had been leaving it there while running to the next aisle to pick up items. She called 911 and the police arrived and she made a report.

The security system revealed, according to Leith, that a male had entered the Coop through the exit door and walked unstopped into the Coop. The exit worker was reading a magazine. Twenty minutes later the thief walked past the member's cart and straight to the exit door clearly holding the member's purse, along with two of the Coop's canvas bags filled with items. The exit worker had paused reading a magazine to stamp the receipts of someone else. The thief walked past them and out the door unstopped. However, photos of the thief, made from the Coop's security system, have been provided to the Police.

What lessons does this incident hold for Coop workers and shoppers? Clearly, shoppers should not leave valuable items unattended and exit and entrance workers should remain vigilant.

But what should you do if you see suspicious behavior? Coordinator Leith advises: Do not confront the person. "If you see something, discreetly let a staff person know," says Leith. Often the nearest Coop staffer can be found in the Receiving Department. If you can't easily find a Coop staffer, use the telephone to page one, suggested Leith. Also, make note of as much information as possible: the date, the time, the description of the person, location in the Coop, what particular items were taken and where they were concealed: in a shopping bag or coat pocket for instance, or what other form of stealing was involved, such as the stealing of the handbag in the incident described.

Specific information is particularly important if Coop staff end up confronting the person. ■

### Next General Meeting on December 13

\*\*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, December 13, 7:00 p.m. at the Congregation Beth Elohim Temple House, 274 Garfield Place at 8th Avenue.

The agenda will appear in the next *Gazette* and will be available as a flyer in the entryway of the Coop beginning December 7. For more information about the GM and about Coop governance, please see the center of this issue.

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## Coop Event Highlights

**Thu, 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

**Fri, Dec 16 •Good Coffeehouse:** An Evening of Spoken Word, 8:00 p.m.

**Sun, Dec 18 •Pub Night:** 7:00 p.m.

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



# East New York Food Coop

CONTINUED FROM PAGE 1

York area. “We are hoping the community gardeners will have enough product to sell both in the coop and at the market,” said Laura Sanzel, a co-investigator of the grant. The 22 gardens, which began as vacant lots, are now a beautiful and vital community resource. Almost all are certified organic or transitioning to being fully organic. Many of the gardeners employ practices even more stringent than those required by organic certification—for example, rarely using even organic pesticides—and engaging in sustainable practice like rain-water harvesting and composting, according to the East New York Farms



Picking collards under the El

Coordinator Sereta Daftary, who is also a PSFC member. A large number of the growers and customers are from the Caribbean, or have roots in the American South, and specialize in growing callaloo, karela and collards for the market. The garden recently got its first beehive. Besides being an important urban oasis, the Farms is also an important source of supplemental income to immigrants and people of color in this low-income neighborhood. According to the Project for Public Spaces, half the customers are immi-

grants and of those 80% are from the Caribbean (Puerto Rico, Dominican Republic, Jamaica, Barbados, Trinidad, etc.). The remaining 20% are either Russian or from Central or South America. Like the sellers, customers generally come from within a 15-minute radius on foot. According to the PPS, over 45% of customers at the market receive food stamps, which fill critical gaps in household budgets. Currently, several vendors at the market accept the coupons. By later this year the market will acquire an Electronic Balance Transfer (EBT) machine, enabling all the vendors to accept them. Four organizations—the Local Development Corporation of East New York, United Community Centers, the Cornell Extension Program and Pratt Community Development—sponsor and support East New York Farms. The City of New York is another crucial partner, having allowed East New York Farms to exist.

Located at New Lots and Barbey Street in East New York, the market is open Saturdays from the end of June to the middle of November. The garden is one block from the market. The garden also contains a youth farm, where 18 young people train in sustainable agriculture. Interns recruited from local middle schools and high schools get paid a stipend to roll up their sleeves and work twice a week after school and half a day on Saturday. One of the interns we spoke with, a thirteen-year-old at St. Rita’s named Shanelle Woods, had this to say: “We have a lot of fun there. Sometimes it might be boring but then we start singing.” Shanelle wants to be a multi-media designer when she grows up.

## Grant Also Funding Mobile Van and Documentary Film

As part of the overall community study, Wyckoff Heights Medical Center will provide clinical services in the form of a mobile van for health screening; the van will be available for coop members as well as non-members. Grant money will also be used to study the effects of eating patterns on health and quality of life, to study what people eat and where they shop, and to create classes for those looking to make dietary and life changes. A documentary film maker has been hired to film the four-year project and an ethnographer will analyze case studies.

The current plan is to open the food cooperative in about six months, in May or June. Cooking classes will start prior to that, in early Spring. Although there was some initial discussion about modifying the design of the coop to eliminate the PSFC’s policy of having members make a financial contribution upon joining, in the end it was decided to retain that practice as a way of encouraging a sense of ownership among members.

The LDC-ENY is technically part of a larger entity called the Planning Group, which includes the United Community Center, Pratt Community Council and Cornell Cooperative Extension. The Planning Group as a whole is responsible for the gardens and market. “It can get confusing,” Laura Sanzel remarked of the interlocking governance, “but having all of these partners makes the project even stronger!” One of the partners, United Community Center, has been in existence for over fifty years, and operates a day care center, HIV outreach education, women’s health workshops, free classes for ESL, two programs for teens, and an environmental after-school teen drama group, and publishes a bi-monthly newspaper for 8000 households.



The new beekeeper, Jason Thomas, at work

## Personnel Sought

As part of the grant study, the LDC-ENY is seeking an Environmental Program Coordinator. Candidates should have a degree in Environmental Studies or a related field. Those interested can contact Laura Sanzel in writing at the Local Development Corporation of East New York, 80 Jamaica Avenue, Brooklyn, NY 11207, by telephone at 718-385-6700, ext 18, or via email at lauras@ldceny.org.

East New York Farms is also seek-



Kerala, a Caribbean island vegetable growing in East New York

ing an Urban Agriculture Coordinator for the community gardens, who will recruit, organize and train local gardeners and interns, and support them in managing the farmers market. Contact Sarita Daftary at enyfarms@yahoo.com. ■

# Making the Healthiest Food on Earth Even Healthier

By JK Canepa

## Member Contribution

It’s not enough to eat healthy food, we also have to absorb it. What makes the dark green leafies so nutritious are the carotenoid antioxidants, like alpha-carotene, beta-carotene and lutein. These compounds are lipophilic (fat-loving molecules), though, and as such our body can use ingested fat to entice out these nutrients trapped within our greens. So researchers at Ohio State University paid about a dozen people to eat salads (sometimes you’ve got to PAY people to eat salad) with or without avocado, one of the

healthiest sources of fat, and then measured the amount of carotenoids that made it into everyone’s bloodstream. Those eating a salad including half an avocado absorbed about ten times more carotenoids than those eating the fat-free salad! What about salsa? Well, the nutrient lycopene doubles as an extremely powerful carotenoid antioxidant and the red pigment that makes fruits and vegetables like watermelons and tomatoes red. Adding avocado to salsa more than quadrupled the amount of lycopene absorbed by test subjects. Another salad enhancement study recently took place at the Universita di Urbino in Italy. Understand-

ing that it’s the antioxidants that give fruits and vegetables their anti-cancer, antiviral and anti-inflammation properties, scientists experimented with adding different fresh herbs to salads and measuring their resultant total antioxidant content. They found that adding just a single sprig of fresh herbs (the weight of three paper clips’ worth of thyme, sage or marjoram—a kissing cousin of oregano) literally doubles the antioxidant power of a bowl of salad. It’s almost like eating two salads for the price of one! The researchers conclude: “We stress the need to introduce aromatic herbs as a seasoning supplement in the diet of every age group.” Sources: *Journal of Nutrition* 135 (2005), *British Journal of Nutrition* 93 (2005) ■

Thursday, December 1

7:30 p.m. at the Coop



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, Pickles 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 microscopic walk on the wild side and a tasting you will long remember.



# Coop Cornucopia

By Michael Esterowitz

As the holiday season approaches, the Coop is readying itself for its busiest time of year by stocking shelves full of products for special meals, beautiful table settings and memorable gifts. To make space available for seasonal items, while insuring an adequate supply of regular inventory, the Coordinators must plan weeks or even months in advance.

The centerpiece of any holiday table—at least for our non-vegetarian members—is the meat dish. Receiving Coordinator Jenny KixMiller reports that we will have approximately 900 turkeys for Thanksgiving, ranging from 10-28 pounds. Several varieties will be offered: Murray’s, which is antibiotic and hormone free; Eberly, which is organic; Dines Farm, which is pasture-raised; and a frozen Kosher organic turkey. The largest turkeys offered are the American Bronze heritage breed turkeys (being a traditional breed, they have smaller breasts), priced the same as organic. The fresh turkeys will begin coming in the Friday before Thanksgiving.

There will also be some special meat offerings for the Christmas table, although these will be in much smaller quantities. We will carry fresh ducks from D’Artagnon and, for the more adventurous, we will be selling geese, ranging from 10-18 lbs. For Christmas ham lovers, there will be four- to six-pound spiral hams from Wellshire Farms, certified as humanely raised. For those who can’t do without their beef, we will have hormone- and antibiotic-free beef tenderloins.

When it comes to produce, General Coordinator Allen Zimmerman’s philosophy this time of year is “more of everything!” (In his ledger of last year’s orders is his hand-written note to himself: “Shocking numbers! I got lucky!”) For Thanksgiving we will be ordering 2,000 bags of cranberries (organic and non), 40 cases of organic butternut squash and plenty of Jewel, Japanese and Red Garnet sweet potatoes. We will have extra bags of fresh herbs, such as thyme, tarragon and sage, and of dried mushrooms. Escarole and pearl onions will be available, and there will be ample pineapples, organic and non, to top hams. Those who like to bake from scratch will find plenty of fresh pumpkins and a variety of apples for their pies. Chestnuts for roasting over an open fire will be coming into season. Clementines will be available, but perhaps not in time for Thanksgiving.

Shoppers will find many specialty and gourmet food items—or what Receiving Coordinator Marty Stiglich refers to as “indulgent luxury stuff.” Some of these might be for preparing special recipes, but many also make terrific food bas-

ket gifts. At the last end cap one can find fine aged Italian balsamic vinegars in several handsome bottles, the top of the line being a 21-year-old Manicarde for over \$20. We have a variety of exotic oils, including high-end imported extra virgin olive oil, truffle oil, macadamia oil and even a pumpkin oil at \$13.63 for 8.4 ounces. There will be a pumpkin-ginger compote. Gourmet vegetable, meat, chicken and mushroom stocks from Aromort make a time-saving ingredient in fine holiday recipes. In addition to our usual line of chocolates found in the express line aisle, we will be carry-



ILLUSTRATION BY LYNN BEN STEIN

ing boxes of Callebaut and Guylian chocolates, truffles and pralines, which make a fine gift if one can resist the temptation to open the box.

Shoppers looking for unique snacks and hors d’oeuvres might consider the Primo Naturale herb-coated salamis, which can be stored without refrigeration. To go with this is a variety of higher-end imported cheeses, and a locally crafted herb-flecked cracker. (A review of this item in the New York Times is featured prominently in the last aisle.)

Libations for the holidays are plentifully arrayed. There is Martinelli’s sparkling cider and apple-cranberry, Lorina sparkling orangeade and limeade, and Knudsen sparkling pear. There will be eggnog, and of course our fine assortment of microbrewed potables.

Equally important to the food at a holiday meal are the settings on which it is served, and Receiving Coordinator Karen Martin has had the main responsibility for ordering these items. Votive candles, tapers and candle holders are all currently stocked; particularly attractive are the Aloha Bay votive candles scented with natural oils, found near the checkout area. To serve as a table centerpiece or mantelpiece there are glass bead “Christmas Collection” decorations at the front of Aisle 3. Also nice as seasonal table decorations are gourds from Hepworth Farms, available in the produce aisle for a mere 25 cents each. Karen reports that many members have requested tablecloths, so we now have matching tablecloths, placemats and towels by TAG, some in a holiday theme such as Christmas berry pattern. There is also a Hanukah-themed towel in blue and white, and pumpkin-patterned cloth cocktail napkins.



At the front end of Aisle 3 is a variety of stoneware and glassware to make an attractive table setting. TAG offers festive colors in mugs, plates and bowls, so you can mix and match your settings. (The only drawback is that TAG changes its colors every year.) Karen states that many members have requested more diningware, so we are now offering large serving bowls and platters. There are colorful metallic-finished “charger” plates which can be used under a regular dinner plate. Particularly attractive are red glassware pieces, also by TAG, in goblets and regular drinking glasses. Hosts may wish to serve drinks in Luminarc pitchers available in Aisle 6.

Holiday bakers will find a great assortment of bakeware in Aisle 4, including the popular silicone bakeware. Pie makers can find their rolling pins, measuring cups and pastry brushes. For the perfect bird, basters and pop-up turkey timers are on display at the end of Aisle 3.

Holiday season is a time of gift giving, and Aisle 5 offers a plethora of gift items. There is a milk frother, a French-style coffee maker (the one preferred by James Bond), teapots, a striking blue glass spaghetti canister, a honey jar with a built-in dipper and a coffee grinder. One returning gift item is Wrap Sacks, reusable cloth gift bags that can be registered on the Internet. Also making nice gifts are the calendars, coming in themes varying from fruit case labels to insects to rebels and radicals of world music.

While some items are ordered specifically for the holidays, General Coordinator Janet Schumacher notes that she must anticipate greater demand for many regularly stocked foods that go into traditional holiday recipes. These include items such as evaporated milk, pie crusts (we are offering a wheat-free organic version), butter, eggs, cream, flour and baking spices. Stuffing (unfortunately not available in organic), canned cranberry sauce (now available in organic and orange flavored), and of course canned pumpkin in organic and non are prominently displayed. Wild rice is big as a holiday side dish, so extra quantities are ordered. For that extra festive touch with home-baked goodies, there will be food coloring; for slightly more virtuous decorations, we offer “Sprinkelz” organic desert sprinkles.

Not only are our aisles crowded with a cornucopia of items, but shopper traffic will be at its peak for the next month. The new early weekend hours are probably the best time to beat the holiday rush, so shoppers should try to plan ahead. Happy holiday shopping to all! ■

## 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

## OBEESITY 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.



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



# Almost Organic

By Alison Levy

The organic movement may have started with food, but as it has gathered momentum, it has become a progressive force for health, for the environment, for animals and for socially sustainable economics; and over the last 35 years, people have gravitated to organic foods because they resonate with its core principles.

The unspoken assumption—or perhaps dream—has been that should the day ever come when this movement expands from the minority to the mainstream, health and environmentally conscious people would be empowered to knit humane and sustainable values and economics into the social

fabric more indelibly. And this dream has grown along with the movement's many hard-won successes, such as the adoption of nation-wide organic standards, as well as the recent first steps towards establishing organic standards for topical skin care products.

But now those dedicated to organics are waking up to a different reality.

The increased volume of sales driven by growing numbers of consumers wanting organic food has prompted giant businesses and factory farms to join the ranks of organic producers.

Although its \$12 billion in sales annually make organic foods a minor player in the

\$500 billion a year food industry, the organic segment is currently growing faster than any other—with an approximate 20% increase in sales in the last year. As a result, acquiring organic brands has become attractive to corporations, large agribusinesses and food conglomerates who can use organics to increase profits in their giant, but economically stagnant industries. Although quite a few well-known natural and organic brands have been acquired by mega-companies, long-standing health food purchasers may not know that their Boca Burger purchase enriches Kraft, or that both Horizon Organic and White Wave are now owned by Dean Foods.

Are these manufacturers converts to green and organic values? Unlikely. Kraft still makes Cheez Whiz, and Dean's core business is conventional dairy. For them, entering the organic field is not about saving the earth, it's about a booming niche market. But as these companies capitalize upon—and build—the demand for organics, can organic standards be maintained on the production scale these giants require for their profit engines?

Though feasible, it would cost money and time, underwritten by a commitment that these giants may lack.

Organic Valley, a cooperative of small dairy farmers, supplied organic milk to Wal-Marts for three years. But then the mega-chain asked for a volume discount. That would have required cutting corners and undermined their core mission, Organic Valley calculated, so they bowed out. Dean Foods moved in and now supplies Wal-Mart with organic milk via its acquired brand, Horizon, which produces 55% of the organic milk sold nationwide. Does their 4,000-cow farm based in Idaho use the same procedures as the smaller farms of Organic Valley?

Not according to Cornucopia, a watchdog group working for the integrity of organic standards. On the Horizon farm, they found that animals were crowded, confined and fed on grain, rather than permitted to openly graze on pasture, a practice central to organic animal husbandry. The conventional practices of confining cows to feedlots and stuffing them with grain are a less humane and healthy, but more economically efficient model familiar to big suppliers also operating conventional dairies. Where the organic committed suppliers draw a

clear line to uphold standards, agri-giants seek to blur distinctions. For example, via a current loophole, they can consider themselves organic (by the letter if not by the spirit of the law) if they maintain open pasture, even though the cows rarely feed or roam there. Last April, the National Organics Standard Board tried to close that loophole, but the U.S. Department of Agriculture delayed adopting the new language, permitting organic tokenism.

When Cornucopia staff recently discovered that cows supplied to Aurora (another organic-come-lately supplier) originated at a ranch that had never been certified, inspected or practiced organic methods, they filed a claim against Aurora, which supplies milk to Horizon, Safeway, Wild Oats and others.

These and other instances show that in rushing to capitalize on consumer demand, some suppliers selectively ignore organic rules, while government officials look the other way. But using the organic label while ignoring its standards still wasn't enough. Now they've changed the letter of the law as well.

In early Fall, pro-industry Congressmen (led by the Organic Trade Association [OTA]) tacked a stealth rider onto the 2006 Agricultural Appropriations Bill that amended organic standards. In response, 320,000 consumers and countless organic manufacturers begged Congress to leave existing standards in place. Therefore, instead of passing the offending legislation, Congress asked the Agricultural Secretary to devise future recommendations in consort with the organics community. But just days later, before any discussion could occur, a small group of Congressmen passed the rider in a private session. "Behind closed doors and without a single debate, the Organic Foods Production Act was amended at the behest of large food processors without the benefit of the organic community reaching a compromise," summarize Congressman Tom Harkin (R-IA). "To rush provisions into the law that have not been properly vetted, that fail to close loopholes, and that do not reflect a consensus, only undermines the integrity of the National Organic Program,"

he warns. What are the revisions now enacted into law?

### Revision number one:

*"Numerous synthetic food additives and processing aids, including over 500 food contact substances, to be used in organic foods without public review."*

With this in place, producers may freely use unidentified complex chemicals in the manufacture of organic products. Although the claim is that none of these contaminate foods to any significant degree, that theory is untested and fails to account for the cumulative effects of repeated chemical exposures from various sources. Moreover, a 2005 survey conducted by the Consumers Union, found that 85% of consumers expect to find few or no synthetic substances in organic products.

### Revision number two:

*"Young dairy cows to continue to be treated with antibiotics and fed genetically engineered feed prior to being converted to organic production."*

During what stage of conversion do farmlands become organic? Although this has been debated, this revision would permit a large volume of young cows raised in a distinctly "non-organic" way to be declared organic, when it suits the supplier.

### Revision number three:

*"Loopholes under which non-organic ingredients could be substituted for organic ingredients without any notification of the public based on 'emergency decrees.'"*

In other words, if a cookie manufacturer is unable to obtain "organic honey" because it's unavailable (at a price he would care to pay), then he can appeal to the U.S. Department of Agriculture for discretionary "emergency" permission to substitute a non-organic sweetener, such as genetically modified corn syrup, without any requirement to list the replacement on a label.

"The weakened standards inserted into (this) bill will undermine consumer confidence in the integrity of the organic label," predicted Congressman Sam Farr (D-CA).

Coop members wishing to stay active in supporting initiatives to redress this change in standards, can sign up for the e-letter sent by the Organic Consumers Association, which also sends action alerts. [www.organicconsumers.org](http://www.organicconsumers.org) ■

**Have a  
WARM COAT  
you can't use?  
Someone else needs it!**

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

Do you buy  
Hellmann's  
Mayonnaise?  
**Take the  
Non-GMO  
Challenge**



Hellmann's Mayonnaise contains ingredients that are from Genetically Modified Organisms. GMO foods have been introduced into the US food system with inadequate testing and are potentially dangerous. When you buy Hellmann's, you are supporting untested and unsafe food.

Spectrum Canola Mayonnaise is made from non-GMO ingredients. It is made from real eggs. Check it out!

Hellmann's Mayonnaise	
16 oz. \$2.18=	12.6 cents per oz.
Spectrum Canola Mayonnaise	
16 oz. \$2.35=	14.7 cents per oz.
as of 11-2005	

This ad brought to you by the GMO Shelf Labeling Committee



## SAFE FOOD COMMITTEE REPORT

## The Safe Food Committee Welcomes a Safe Foods Crusader

By Terry-Anya Hayes, for the Safe Food Committee (formerly the GE Campaign Committee)

Like finding a perfect relationship, the search for a satisfying Coop work slot can take time, determina-

with us—she will be a vital link between our squad and issues emerging with groups around the country and the world.

This is familiar territory for Anna. Her brother Anthony is an activist, journalist and executive editor of *Guerrilla News Network*. Her mother is Frances Moore Lappé, whose 1971 book *Diet For A Small Planet* revolutionized how many of us choose the foods we eat and the ways we look at how our food is grown and distributed. Her father, the late Marc Lappé, was an author, scientist and ethicist, one of the first voices to warn that the Green Revolution had taken a grim turn. In short, Anna was born into a family that gave new meaning to the

phrase “food fight,” a tradition she proudly carries on.

“My parents were open in sharing stories with my brother and me about the work they did. They respected us in that way and it infused our whole lives,” she says. “Around the dinner table we would hear about the cases my dad was working on and we went on research trips with my mom.” Anna went on her first field trip to Central America with her mother at the age of three.

Today she is a speaker in demand, shares her energies as an advisor or consultant to numerous organizations, and her writings have been fea-

tured in dozens of publications. In 2002 she and her mother co-wrote *Hope's Edge: The Next Diet for a Small Planet*, which introduced readers to groups of exceptionally committed individuals around the globe—like Wangari Maathai's Green Belt Movement in Kenya and Grameen Bank in Bangladesh—who are creatively countering the assaults of hunger and poverty on a local level. Anna's new book, *Grub: Ideas for an Urban, Organic Kitchen*, was written with chef Bryant Terry. It reaches the stands in April 2006, but even before publication it has given rise to “Grub parties” at which eager and ecologically minded diners meet to prepare and share meals. (The October/November issue of *Ready Made* magazine calls them “supper clubs with a conscience.”)

“After *Hope's Edge* was published,” Anna said, “I wanted to give readers the chance to feel connected to and give back to the groups in the book,” so she and her mother subsequently co-founded the Small Planet Fund\* to help support these and similar efforts. “For this year and again for next year, we have received anonymous donations of \$50,000 for emergency grants to groups that exemplify our mission of grassroots solutions to hunger and poverty.” As a result, the Fund was able to provide some relief to farming and fishing communities affected by the tsunami and hurricanes.

In October, at her Brooklyn home, Anna spoke freely about her family, her current concerns and how she envisions her work with the Safe Food Committee, which until recently was known as the “GE [Genetically Engineered] Food Squad.” “I feel our new name fits our mission,” she said, “because it is vital to reframe the idea of ‘safe food.’ The public now feels that if our food has got plastic around it, if it's shining and we've got these institutions to protect it, it's safe. I think that the more people *don't* equate processed food—including genetically engineered food—with *safe* food, the better.

“The science behind GMOs [Genetically Modified Organisms] is actually crude, based on a misunderstanding about how genetics works. My dad talked about this a lot. I try to convey to people that it is critical to stand firm in an ethical position about whether or not we want GMOs in the foods we eat. We don't have to become scientists ourselves to do that.

“Many companies are ‘playing the science card,’” she added, “making us feel we can't engage in the debate because we don't totally understand the science. Well, neither do *they!*”

The Internet abounds with quotes from and about the Lappés. This one, from the 1<sup>st</sup> Annual Bioneers By The Bay conference, seemed particularly appropriate: “Anna Lappé opened this morning's session by telling us that we have reached a fork in the road, a

fork between fear and hope, between what is possible and what is impossible, between division and community, and we must now choose which road to take.”

Anna will be one of the speakers to present our concerns in Albany at our next Lobby Day in February, and we are delighted to welcome her to the Safe Food Commit-



**Women members of the Grameen Bank, a citizen organization in Bangladesh whose story the Lappés tell in *Hope's Edge*.**

tee. We look forward with enthusiasm—and, yes, also with hope—to combining our energies on this road we have chosen to travel.

*\*On the evening of Thursday, December 8, the fourth annual Small Planet Fund Party & Fundraiser will take place in a loft space in SoHo, in support of “grassroots changemakers around the world addressing the root causes of hunger and poverty.” The party includes holiday shopping, a live and silent auction of ecological products and art, services, travel, dinners and more, and will follow a separate Democracy Cocktail Hour featuring Frances Moore Lappé and journalist Amy Goodman. (E-mail [rsvp@smallplanetfund.org](mailto:rsvp@smallplanetfund.org) for ticket information. For questions or to donate an item, contact Betsy Seder or Ari Vena at [event@smallplanetfund.org](mailto:event@smallplanetfund.org).) The Fund is a project of the Rudolf Steiner Foundation. ■*

## REPORT FROM OUR LIAISON TO FDNY SQUAD 1

## Help Squad1 — Update

By Dr. Warren Spielberg, FDNY/Coop Liaison

On behalf of the Coop and Squad 1, I would like to thank you for your cooperation in reducing the parking congestion in front of the Coop and thereby removing car blockages of Squad 1. There has been a significant drop in blockages to the firehouse. This has allowed members of the Squad to get out of the firehouse quickly and efficiently as they go on rescue and fire runs. They are grateful for your cooperation, and we in turn must continue to be grateful to the Squad for their continuing dedication to serving the Brooklyn community in which we live.

Over the last six months the Coop has taken many steps towards helping to reduce car traffic outside the Coop. We

have instituted the sidewalk manager and cart return programs which include assistance to members as they unload their groceries into their car away from the Coop. We have also moved the Department of Traffic to change the sign directly outside the Coop to a create a No Standing (unless loading or unloading) area so that traffic keeps flowing. This summer, members of the Coop in conjunction with Squad 1, painted the street with yellow paint in order to clearly demarcate the boundaries of the firehouse. This project was done at night, with flares provided by the Squad protecting Coop members from ongoing street traffic.

However, our mission to create a blockage-free zone in front of the Firehouse is not

finished. Recently, for example, members of the Squad were prevented from going on a run by an SUV parked directly in front of the firehouse. When the member who owned this car was finally tracked down inside the Coop, he was initially unable to move the car because he had left his keys inside the Coop. In the end, 15 minutes had elapsed before the Squad could proceed. This prevented a timely response by the Squad.

COOPERATE AND NO ONE WILL GET HURT.

The life you save may be yours, a member of your family or that of a friend or neighbor.

### DO

- Be mindful of not blocking the fire house or double parking outside the coop.

- Leave your car home whenever possible.

- Use the cart service system. A member of the Coop will walk you up to a few blocks away with your cart.

- Use the parking garage up the street if you do drive to the Coop. There is a reduced rate for members.

- Move your car immediately if asked to do so by a member of the Squad or the Coop sidewalk management team.

### DON'T

- Block the Firehouse area for any reason.

- Park your car in front of the Coop. This is for loading and unloading only.

- Park across the street in spaces reserved for the firefighters.

- Call your car service as

soon as you walk into the Coop. Most car services will come within a few minutes of the call. If they come too early (sometimes by a half an hour or so because a member has called them as soon as they walk into the Coop) they will block traffic. Our outreach to car services has uncovered this source of congestion and double parking.

Thank you, for your attention and continued cooperation in this matter.

### Other FDNY-Related News

The General Coordinators donated a platter of food on behalf of the Coop for the lunch that followed Squad 1's annual September 11 memorial service. The platter was very much appreciated. ■



COOP HOURS

Office Hours:

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

Shopping Hours:

Monday–Friday  
8:00 a.m. to 10:00\* p.m.  
Saturday  
6:00 a.m. to 10:00\* p.m.  
Sunday  
6:00 a.m. to 7:30\* p.m.

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

Childcare Hours:

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

Telephone:

718-622-0560

Web address:

www.foodcoop.com

LINEWAITERS' GAZETTE

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

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

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

SUBMISSION GUIDELINES

All submissions MUST include author's name and phone number and conform to the following guidelines. Editors will reject letters and articles that are illegible or too long. Submission deadlines appear in the Coop Calendar opposite.

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

**Voluntary Articles:** Maximum 750 words.

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

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

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

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

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

**Printed by:** Prompt Printing Press, Camden, NJ.



Friday  
Dec.  
16



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



Akua

Akua is a poet, born in Chicago, who has traveled across the country performing at poetry venues and competitions. She was the 2004 All-Star Arizona Slam champion, 2005 AIPF Women's Slam Champion, and a member of the 2005 Urbana Slam Team.



Corie Feiner

Corie Feiner's voice is a midrashic fusion of tradition and renewal. She weaves Hebrew rhythms and songs with her poems, which she performs with an energy that stirs the room.



Professor Louie & Fast Eddie

Professor Louie has been rapping endless Brooklyn street poetries since he learned how to talk. Fast Eddie is descended from a long line of African and Taino princes who passed his inheritance to him through daily ritual gatherings of the drum on the nameless street corners of the ancestral barrios of NYC. They have three CDs.

Angela Lockhart

Angela's work as a playwright and director has been noted in the *New York Times*, *Glamour Magazine* and the book *Mega Trends for Women*. As a soprano in the Brooklyn Women's Chorus, Angela continues her life-long passion and exploration of singing, writing and performing to educate and enlighten. Two of Angela's poems tonight have been included in an anthology of previously unpublished female political poets entitled *From the Web*.



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

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

Booking: Bev Grant, 718-230-4999

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

Puzzle Corner

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

Cryptogram Topic: Citrus

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.

F S B Z Y G P B Y

Z G S I Y D G W P F

F S B Z Y V J

Q S B K S G P B

J G S B Z Y

R W Q M W S F

T V Y Q Y B F P B Y

Q Y O Y G V Y Q J B

V P Q Y

W Z V P D G W P F

A V J J K J G S B Z Y

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## Sunday Night Data Entry

When a computer does a meltdown, do you? If you are able to stay calm and cool, while watching the scanning system close out the store and later importing the scanning data into the inventory data base, we want you!

Become part of a team of four members who work at 9:15 Sunday Evening. After the above processes, team members type in the numbers generated by the inventory counters earlier in the evening. We use this data to create the orders for the coming week's sales.

If you want to know more, please call the office and ask for Linda Wheeler.



## Environmental Committee

The Environmental Committee has room for new members. We particularly need people who are good at putting ideas into action. There is room for everyone, but leadership or organizational abilities will be put to good use.

Work for the environment while fulfilling your Coop workslot!

For more information, phone David at (718) 338-9304 or contact the Environmental Committee at [ecokvetch@yahoo.com](mailto:ecokvetch@yahoo.com).

## Independent Jobs

There are many behind-the-scenes jobs in the Coop. They don't stay open for long, so the available shifts are constantly changing. The jobs are various kinds of record-keeping, specialized maintenance tasks, bookkeeping, etc.—all individual or part of a small team.

They are at all hours of the day beginning from 6:00 a.m. onward.



Please inquire in the office if you are interested in any of this type of work..

# 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:

Dec 8 issue: 7:00 p.m., Mon, Nov 28  
Dec 22 issue: 7:00 p.m., Mon, Dec 12

#### CLASSIFIED ADS DEADLINE:

Dec 8 issue: 10:00 p.m., Wed, Nov 30  
Dec 22 issue: 10:00 p.m., Wed, Dec 14

### 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, DEC 6**  
AGENDA SUBMISSIONS: deadline for consideration for the December 13 GM, 8:00 p.m.

**TUE, DEC 13—DATE CHANGE**  
GENERAL MEETING: 7:00 p.m. The agenda will appear in the next issue of the *Gazette*, and flyers will be available in the entryway of the Coop beginning December 7.

### 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 (GE Campaign)

**TUE, DEC 13**  
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.

## Attend a GM Receive Work Credit

In order to increase participation in the General Meeting, the GM has voted to allow a *once-per-year* workslot credit for attending a GM.

### Sign Up:

- The sign-up sheet is posted at the Coop Community Corner beginning in the first week of each month.
- Please *read the full instructions* posted above the sign-up sheet and follow them carefully.

### How It Works:

- Coop members on squads in Shopping, Receiving, Inventory (except data entry), Maintenance, Daytime Office, Construction and FTOP can receive credit for one workslot by attending one GM. (Other squads are omitted because their work is more difficult to cover, or attendance at GMs is part of their job.)
- After attending the GM, the member will summarize the meeting very briefly for their squad during the squad meeting of their *next* regular workslot.
- You will report to your squad on the next day you work and may then skip the *second* regular workslot following the GM. The work credit may also be applied to make-ups owed or be banked as FTOP
- *Missing the GM without canceling in advance will result in your owing a make-up*, as you are making a commitment as well as taking a slot that someone else will not be able to take.

### PARK SLOPE FOOD COOP

## MISSION STATEMENT

**The Park Slope Food Coop is a member-owned and operated food store**—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values and principles. Only members may shop, and we share responsibilities and benefits equally. We strive to be a responsible and ethical employer and neighbor. We are a buying agent for our members and not a selling agent for any industry. We are a part of and support the cooperative movement.

**We offer a diversity of products with an emphasis on organic, minimally processed and healthful foods.** We seek to avoid products that depend on the exploitation of others. We support non-toxic, sustainable agriculture.

**We respect the environment.** We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earth-friendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment.

**We are committed to diversity and equality.** We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member. We seek to maximize participation at every level, from policy making to running the store.

**We welcome all who respect these values.**

### ALL ABOUT THE GENERAL MEETING

## Our Governing Structure

From our inception in 1973 to the present, the open monthly General Meetings have been at the center of the Coop's decision-making process. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors. The Coop continued the tradition of General Meetings by requiring the Board to have open meetings and to receive the advice of the members at General Meetings. The Board of Directors, which is required to act legally and responsibly, has approved almost every General Meeting decision at the end of every General Meeting. Board members are elected at the Annual Meeting in June. Copies of the Coop's bylaws are available at the Coop Community Corner and at every General Meeting.

## Next Meeting: Tuesday, December 13, 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.

note date change



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.

SAT, DEC 3

BROOKLYN FRIENDS CRAFTS FAIR: 375 Pearl St, Bkln, 10-5:00. Handcrafted jewelry, ceramics, artwork & photographs, quilts, floral arrangements, holiday ornaments. Free.

SUN, DEC 4

EAT ART 8: Asian American Women Artists Alliance. 11-6:00 public viewing, 3:30-4:00 Musical performance by Feng Ka and kemaxiu, 4:00 Sale & consumption of artwork—eat at your own risk. AAWAA Gallery, 136 15th St, Bkln. \$5 in advance, \$10 at the door. Info: 718-788-6170, info@aawaa.org

BROOKLYN BAROQUE IN PARIS: Andrew Bolotowsky, Baroque Flute, David Bakamjian, Baroque Cello, Rebecca Pechefsky, Harpsichord. Music: Francois Couperin, Elisabeth Jacquet de la Guerre, Jacques Hotteterre, Michel Corrette, Joseph Bodin de Boismortier, Jen-Baptiste Barriere. 3:30 p.m. Bkln Society for Ethical Culture, 53 PPW. Suggested Contribution: \$10. Info: Constance Pigozzi, 718-331-1137

THU, DEC 8

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

ONGOING SHOWS/EVENTS

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.

FRI, DEC 9

GOOD COFFEEHOUSE: 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. PS321 PTA HOLIDAY FAIR: 180 7th Ave, Bkln. 10-5:00. Wide variety of hand-crafted items available. Free.

ELECTRONIC WASTE RECYCLING DAY: Make a gift to the environment. PS321, 7th Av @ 2nd St. Drop off 9-5:00. Collecting working & non-working computers & accessories, TVs, VCRs, PDAs, cell phones & stereo equipt. Lower East Side Ecology Center event hosted by PS321 & PS321 PTA. Ask for a receipt for your tax-deductable contribution. Info: lesecologycenter.org, 212-477-4022.

SUN, DEC 11

PS139 PTA HOLIDAY FAIR: 330 Rugby Rd, Bkln. 10-5:00. Hand-crafted dolls, jewelry, soaps, organic herbal products.

WED, DEC 14

MINIMALIST BROOKLYN CHICK JAZZ! Bassist Stephanie Greig & jazz vocalist Christiana Drapkin\* strip the tunes down to the bare bones & build them up again. Hear them get to the very core of the music. Utterly unplugged. No cover. The Backroom at Freddy's, 485 Dean St (@6th Ave.) 9–11:00 p.m. 718-622-7035.

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.

WINTER CRAFTS FAIR: Brooklyn Society for Ethical Culture, 11:00 a.m.-4:00 p.m.. Quality hand-crafts & homemade foods, vegetarian & non-vegetarian. For info 718-768-2972.

SAVE THE DATES!

PSFC FUN'RAISING COMMITTEE EVENTS:

Sunday, December 18  
Pub Night (see display ad in this issue.

Saturday, February 11  
World Beat Jamboree

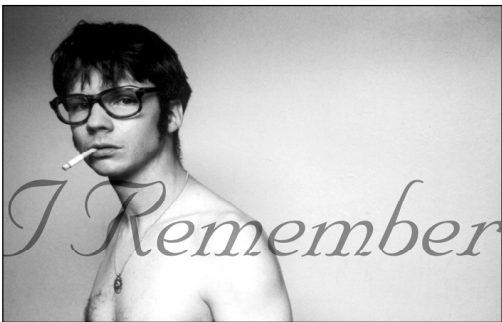
Saturday, March 4  
Kids Variety Show—auditions January 8 & 14

Sunday, April 2  
Spoken Word Circle

Saturday, May 6  
Game Night



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

### The Revolution in Heathcare:

### Homeopathy for the Childhood Illnesses

WITH CLAIRE DISHMAN



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 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

### 7 Steps to Healing & Preventing Diabetes

with Rachel Kieffer and Gabriela Huza



- 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





# WHY I KEEP FORGETTING MY MEMBERSHIP CARD

**TO THE EDITOR:**  
A True Story  
ME: Hello  
Entrance Desk Worker (EDW): Hewoah (while eating)  
ME: I forgot my swipe card  
EDW: Hold on—let me get to the right screen—damn—who invented these computers anyway? What is your #?  
ME: 3-1-2-6-7  
EDW: 8-9-5-3-8 ?  
ME: No, 3-1-2-6-7  
EDW: What ? 5-7-3-4-8 ?  
ME: (Still polite) No - 3-1-2-6-7  
EDW: 3-2-What ?  
ME: 3  
EDW: 3  
ME: 1  
EDW: 1  
ME: 2  
EDW: 2  
ME: 6  
EDW: 6  
ME: 7  
EDW: 7  
EDW: You are active but you really should remember to bring your card.  
ME: (Subliminally) Yes, and you should learn to count to 10, my 3-year-old nephew can do it.  
ME: Thank you. Have a wonderful day.  
EDW: Scowl

I am all for requiring people to bring their membership cards so that things go smoothly at the entrance desk. But shouldn't we also require everyone at the entrance desk to have an IQ over 40? There are some entrance desk workers (exceptions, no doubt) who process people faster when they don't have their cards. Between the finding, fumbling and mis-swiping it can actually take longer when you have your card—assuming there is someone behind the counter who can remember their own telephone #. I am all for saving time and saving trees, but what about saving some brains? I am beginning to think that I subconsciously forget my card on purpose just to save those brains!

Surinder Singh  
3-1-2-6-7

# RETIREMENT POLICY GM PROPOSAL

**TO THE EDITOR:**  
At the August GM, I proposed the voluntary elimination of the work requirement for members in good standing who had given 25 years of service and who were at least 62 years old. After much discussion, the GM tabled a vote on this proposal. Since the proposal will be on the agenda of the December GM, I would like to clarify the issues which arose in the August discussion.

It is important to understand that, at this time, the Coop has no "retirement" policy for long-term members. In practice, we allow 75-year-olds to shop without working, but this is entirely unrelated to length of service. In fact, they can join the Coop at 75 (without proof of age) and never work at all. Moreover, the lack of a benefit for long-term members is in stark contrast to the complete retirement package we now offer to our Coordinators.

In developing my proposal, I tried to balance fairness to the members with the work ethic on which our Coop is based. That is why I combined a significant length of service with an age that has been considered appropriate for retirement benefits.

The benefit would be **voluntary**. No member would be forced to leave his or her squad or committee. (At the August GM, the 71-year-old member who didn't want to give up her work slot missed the point. She also neglected to state that she was on a select committee.)

Joe Holtz thought it was "dangerous to tinker with the work requirement." Is developing a fair policy which rewards long-term service dangerous? Far more people join the Coop each month than would ever leave it under my proposal.

As to "tinkering," just consider for a moment the various "worksheets" which don't even require work in the Coop itself—such as doing work in Prospect Park or entering data from home—or being a member of a political action committee. All of these are worthy activities, but they don't put food on the shelves or in your cart. How about the little-known policy which exempts spouses or partners of staff members from the work requirement? Would Joe consider that tinkering?

I am not asking for changes in any of our committees or squads. What I am proposing is a policy of fairness which rewards those who have contributed years to the Coop's well deserved success. Each such member would decide whether or not to take advantage of this benefit.

I urge everyone interested in this issue to attend the December GM.

Michael Rieman

## PART I OF II

### MEDICAL LIES

I'm glad to see (October 27th) Mr. George Carter is carrying forth the discussion of what I prefer to call "the AIDS myth."

The reasons—and I don't want to project guilt on the doctors or the mothers (who can be the same people) who dose their charges with AZT and worse...

Always each field of medicine has special lies that it relies on: Vaccination effects will be limited to 72 hours, The uterus has no function after menopause (and so on for the tonsils, the appendix, etc.), The heart has no blood supply except the major coronary arteries, Hysterectomy is the only thing to do for a difficult pregnancy, Surgery is the only thing to do for an enlarged prostate, Cancer is a local, not a metabolic disease that can be cured by removal of diseased cells, the only measure of cure is tumor shrinkage, and the only effective treatments are surgery, chemotherapy and radiation, Homeopathy cannot work because the medicines are too rarefied, Only patentable, synthetic, laboratory-produced medicines can successfully cure disease (an institutionalization of what was once called "German laboratory medicine"), Only multicenter double blind randomized controlled trials costing an average of \$120 million (thus consolidating capital and control of new medicines) can prove the utility of a medicine, The vital force, the inner wisdom of the body cannot be relied upon to take its own

course, We can only cure through theories that are supported by conventional chemical, physical and biological explanations (rational vs. empirical medicine), and finally, only one micro-organism can be responsible for each infectious disease (the germ theory). Some lies are specific to certain fields of medicine (cardiology, vaccination); others apply to all (synthetic chemicals used as medicines).

Homeopathy cures infectious diseases—We are not saying that targeted chemotherapy (antibiotics) does not have an effect on the course of the disease, only that it is not the only or the best treatment.

AIDS has a long list of its own lies, some of which have been mentioned above. It is because I was so familiar with these other lies that I was immediately certain that AIDS was mostly lies the first time I heard about it. And what would sex be like if we didn't have this "ultimate" sexual disease to make us feel guilty? ... Continued in Part II. See VIRUSMYTH.NET.

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

## GIVING THANKS

**TO THE EDITOR:**  
Greetings & Salutations from David Beerram Jr., owner of King David's House, a home-based business that seeks to provide permanent homes for homeless kids within our community. I am writing this letter to remind humanity that there is no greater gift to give thanks for than Life, living and its many learning experiences. Although I do not personally celebrate Thanksgiving out of mutual respect for the Native Americans and all living creatures, I always give thanks for Life's many blessings. Currently at King David's House we have been holding fundraisers to raise the capital needed to purchase a building to house the homeless and we are seeking the public's assistance.

## LETTERS POLICY

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

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

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

### Anonymity

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



I am proposing that each Coop Member consider writing a check or money order in the amount of your Thanksgiving and/or Christmas receipt. The amount should be equal to the amount that was spent on any living creature, including a turkey, that was killed for food or clothing. The check or money order, call it an atonement tax, should be sent to King David's House at 1081 Eastern Parkway 1B, Brooklyn, NY 11213 or collected by the Coop in a Fund for King David's House. If members are unable to give financially, emotional support is an even greater gift. Show your support by contacting the Coop Board of Directors to start a King David's House Fund to help house the homeless. Let us all give thanks for Life and our children and remember all living creatures are Jah's Children and deserve our protection. I thank the Coop for its assistance in allowing a conscientious voice to be heard and for its current donations of food to a local soup kitchen, enjoy and give thanks.

Sincerely,  
David Beerram Jr.



### Fairness



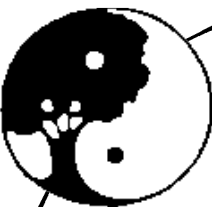
In order to provide fair, comprehensive, factual coverage:

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

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







## 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**

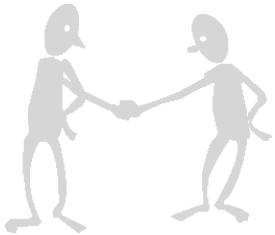
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

## ALTERNATIVE DISPUTE RESOLUTION

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WITH ANDREW GARY FELDMAN

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- 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

## 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




PHOTO: JEZRA KAYE

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

**Jezra 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

**Saturday, December 17**  
**10:30 p.m. at the Coop**


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

## The Peaceable Kingdom


WITH JK CANEPA

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

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



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



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

See the film that poses these questions and tells the story from the viewpoint of humans who've been affected by factory farming. We'll have a discussion and refreshments. Bring your friends and your own questions.

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

**FREE**  
Non-members welcome

**Saturday, December 17**  
**1:00 p.m. at the Coop**


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

## what is an ETHICAL WILL?

with Harvey Stein

An ethical will is an ancient tradition that dates to biblical times, where an elder passes on, not material possessions—but stories, beliefs, values, hopes and blessings.

In our time, not only seniors, but anyone going through a life transition can clarify meaning and direction by creating an Ethical Will.



An ethical will is a unique legacy, strengthening the bonds between family members and generations.

We will discuss ways to start writing an ethical will and look at examples.


**Harvey Stein**, a Coop member, consults with people to make Ethical Wills, Video Ethical Wills and Video Biographies.

**FREE**  
Non-members welcome

**Saturday, December 17**  
**3:00 p.m.**

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

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



## BASIC BOOKKEEPING

for Freelancers & Business Owners

Year-end Issues and Procedures

with Christa Skoupy, CPA

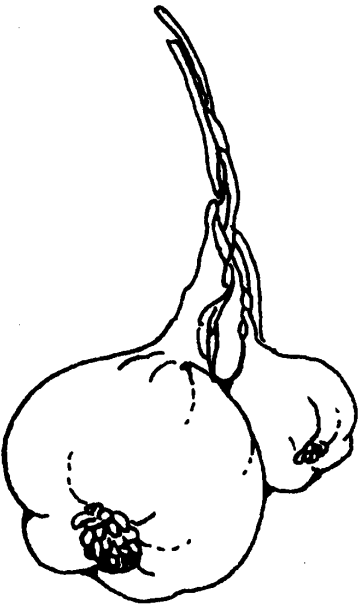
- Find out more about different types of bookkeeping software and which one might be the right one for your type of business.
- Learn basic concepts and terminologies of bookkeeping.
- Discuss year-end procedures and concerns.
- Learn what you can do to get a good start for the next year.

**Christa Skoupy** is a CPA/MBA and a Certified QuickBooks Pro Advisor with a professional track record in finance, accounting and taxation. Since 2002 she has been operating her own consulting business, Auxilia Accounting with special emphasis on assisting small business in financial, accounting, tax and operational matters. Christa is a Coop member since 2002.

**FREE**

Non-Members Welcome

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



# Garlic

By Matthew Foley

Matthew, 16, is a junior at The Child School/Legacy High School and a Coop family member his whole life.

## Member Contribution

I like garlic. Garlic is a vegetable that is good as a seasoning and is good in almost

any dish. Garlic is used all around the world. Garlic adds a kick to the flavor of foods. The part you eat is the clove, which is inside of the bulb of the garlic plant. If you buy it fresh, you remove the papery coating, and crush or slice the clove.

Beyond the fact that it tastes good, garlic has many health benefits. When crushed or cut, enzymes combine with amino acids to produce the compound allicin, which has been proven to kill 23 types of bacteria. During WWII, garlic was used as a disinfectant for wounds. Garlic also lowers blood pressure, prevents blood clotting (therefore reducing the likelihood of heart attack or stroke) and may prevent several cancers. The Department of Agriculture's analysis of a garlic clove is that it is low in calories, fat and carbs.

On top of all that, garlic boosts your brain's production of serotonin, the chemical in your brain that makes you happy. So garlic actually makes you happy. Garlic is tasty, good for you and popular all around the world.

Here's my Mom's recipe for Garlic Bread:  
Garlic bread is best made with bakery fresh Italian bread.

**Ingredients**

- 1 long loaf of Italian bread
- 1 full bulb of garlic
- Olive Oil
- Parmesan cheese
- Utensils
- Large baking pan
- Bread knife

**Directions**

- Peel all the garlic and chop or crush it into tiny bits
- Cut the bread into 3/4 inch thick round pieces
- Place them on the baking pan
- Spread garlic on each slice
- Sprinkle olive oil on the bread
- Bake in a 350-degree oven for about 10 minutes, or until toasty while watching it to be sure it doesn't burn.
- Take the pan out of the oven and sprinkle on the Parmesan cheese while the bread is hot. ■



## 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

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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.

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

### 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 laurenclombart@hotmail.com.

### MERCHANDISE FOR SALE

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

### MERCHANDISE

PS39 PTA INVITES YOU to our 2nd annual holiday craft fair at Camp Friendship, 339 8th St. (just below

6th Ave.) on Saturday, December 3rd, 9:00 a.m. - 6:00 p.m. Come do your holiday shopping for Channukah, Christmas and Kwanzaa! There will be craft activities for the kids! Delicious food at the Landmark Cafe. Info: 718-330-9310.

CLAIREWARE HOLIDAY POTTERY SALE. Friday, 12/2, 10 - 6. Saturday, 12/3, 10 - 5. Sunday, 12/4, 11 - 4. 543 Union St. #1A, on the corner of Union & Nevins. 718-875-3977. Cash or check only.

### MERCHANDISE NONCOMMERCIAL

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.com

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.

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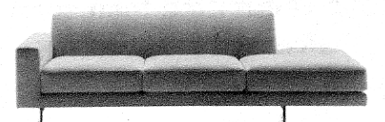
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Answer to Puzzle on page 6

Tangerine, Grapefruit, Tangelo, Mandarin Orange, Kumquat, Clementine, Meyer Lemon, Lime, Uglifruit, Blood Orange

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.

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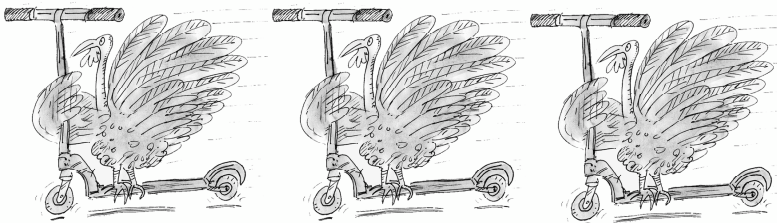
CAN YOU TRIM A RABBIT'S NAILS? I need your help! Please call Kathy 718-499-2820.

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People of the Dome (Part Two)  
Unanswered Questions about New Orleans

By Mitchel Cohen

Les Evenchick, a Green activist living in New Orleans' French Quarter, reports that officials told people to go to the bus depot to evacuate, but it had already been shuttered. Buses were available—they were not used. AMTRAK offered free rides but officials never told anyone.

Hundreds attempted to walk out of New Orleans; they were forced off the road and back to the Coliseum, where no water or food was available. Some began "looting," grabbing water, food, diapers and medicine. "These looters," Les said, "saved the lives of the old and sick, as well as small children. But officials hyped the looting, militarized the region, placed it under martial law and dispersed the population, mostly Black people (but a number of whites as well), mostly poor, mostly women."

These were the people who had twice voted against the candidacy of George Bush—the only area in the state to have done so. They held the balance in statewide elections, having fought off attempts to privatize the drinking water, battled Shell Oil's plan to install a Liquefied Natural Gas facility and prevented the bulldozing of public housing—battles in which Mayor Ray Nagin sided with the oil companies and wealthy developers. (Nagin was a registered Republican until the 2002 Mayoral campaign and had contributed to Bush's 2000 presidential campaign.) With that progressive bloc dispersed out of state, the electoral balance in Louisiana is expected to swing dramatically to the right.

The only FEMA official on the scene early on, Marty Baha-monde, testified that he begged FEMA director Michael Brown for water, food, toilet paper and oxygen, warning that "many will die within hours." Brown's press secretary, Sharon Worthy, replied that the FEMA director

needed time to eat dinner at a Baton Rouge restaurant that evening. "He needs much more than [sic] 20 or 30 minutes," Worthy wrote. "Restaurants are getting busy, we now have traffic to encounter to go to and from a location of his choice [sic], followed by wait service from the restaurant staff, eating, etc." Let them eat gumbo.

Green activist and former Black Panther Malik Rahim, who lives in the Algiers section, argues that officials should have provided water and food to those who remained, but did not do so in order to force them to leave. I emailed Gov. Kathleen Blanco (a Democrat) asking, Who ordered the turn-off of the drinking water? There was no health reason to turn it off at the time—the water is drawn into a separate system from the Mississippi River, not the polluted lake, and filtered through self-powered purification plants separate from the main electric grid. If necessary, people could boil water—strangely, the municipal natural gas used in stoves still functioned that first week. I have not received a response.

Locked in the Superdome and not allowed to leave for five days of hell, the poor were finally bussed out of the area to another stadium, the Astro-Dome in Houston.

Call them "People of the Dome."

Grassroots Organizes Itself

Gulf Coast resident Latosha Brown reports that the first group to send emergency supplies was TOPS, The Ordinary Peoples Society, a prison ministry in Alabama staffed by ex-offenders. They organized food, pooled money for goods, and distributed supplies. "Felons were the first to feed, first to respond to need, first to get up and do something. They didn't

wait for permission or for a contract. That's real leadership." (Bruce Dixon, The Black Commentator.)

The grassroots Common Ground Collective (www.commongroundrelief.org) estab-

Member  
Contribution

lished free medical clinics, garbage pickups and water and food distribution in defiance of government edicts and arrests. Others working with tribal leaders have created a relief effort for Native American communities: www.intuitivepath.org/relief.html. Food Not Bombs (www.foodnotbombs.net/dollar\_for\_peace.html), volunteers have been feeding people all over the region.

From Day One, corporate war profiteers such as Halliburton and Bechtel descended on the city. Thousands of poor homeowners and rental tenants—including those not yet able to return to New Orleans—are being evicted, says Mike Howell, who is organizing tenants to resist eviction. Common Ground has called for volunteers to come to New Orleans to provide services and resist the land grab and phony "reconstruction"—gambling casinos that Mayor Nagin claims would "rescue" the city (while destroying the remaining wetlands).

Many are resisting this blatant confiscation of their lands and homes. As resistance grows, New Orleans may become known as the first battle of the new American revolution.

Mitchel Cohen is a member of the Coop and the Brooklyn Greens. For the complete text, email mitchelcohen@mindspring.com. ■

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