

Established
1973

LINEWATERS'

GAZETTE



Volume Z, Number 25

December 8, 2005

KEEPING THE COOP GREEN

By Walecia Konrad

Ever wonder where those helpful Eco Choice signs on the Park Slope Food Coop shelves come from? Sprinkled throughout the store, shoppers can use them to choose the most earth-friendly products available. (One example: Marcal and Seventh Generation toilet paper use 100 percent recycled material while the environmentally correct sounding Green Forest brand uses only 30 percent.)

The signs are just one of the many projects undertaken by the Environmental Issues Committee—a group of committed individuals determined to educate fellow Coop members and staff on the very best ecological choices and practices.

Until recently, the Environmental Issues Committee worked very much behind the scenes. But that changed last summer when the Committee's proposal to switch the Coop from traditional electricity to renewable wind power passed unanimously at the General Meeting—despite the extra cost involved. Committee members had been researching how the Coop could use alternative power for over a year. Ultimately the move was greatly supported by the General Coordinators and helped bring more visibility to the Environmental Issues Committee's overall efforts.

Formed over two decades ago, the Committee has ten work slots, two of which are now open. Former members

have gone on to form related spin off committees including the GMO Shelf Labeling Committee, the Safe Food Committee (formerly the GE Campaign Committee), and the successful plastics recycling committee. The group has no formal chair, but rather splits duties equally among all members, explains Eileen Kapp, who has been on the Committee since 1997.

Enlightening Members

Member education about eco-friendly products and practices is the biggest committee goal, says Kapp. In addition to the store-shelf signs, members frequently contribute stories to the *Gazette* on everything from proper composting to which water filter is best.

Until recently, the Environmental Issues Committee worked very much behind the scenes. But that changed last summer when the Committee's proposal to switch the Coop from traditional electricity to renewable wind power passed unanimously at the General Meeting

In past years, the Committee has sponsored speakers and other events at the Coop including a video about garbage produced by the Brooklyn group called RecycleThis! and a representative of New York Public Interest Research Group talking about the revisions to the bottle bill.

The Committee has not staged many events lately because they are shorthanded, says Kapp, but this is something the group wants to revive when they are fully staffed.

Finally, there is a Committee bulletin board and neighboring rack of fliers at the back of the store, behind the express checkout line, that regularly provides green-minded information. Currently, for instance, there's a brochure that tells what individuals can do to promote the use of alternative energy.

Green Alternatives

Committee members also seek out environmentally friendly alternatives to products already on the store shelves. Members often research the best green products out there, help locate manufacturers and distributors, then contact the appropriate coordinator and try to get them to buy the product. Some examples of products the Committee has helped stock, says member Cynthia Blayer, are Ecover non-chlorine bleach, Earth Friendly Earth Enzymes drain cleaner, and Seventh Generation carpet cleaner. All are non-toxic and fully effective cleaners.

Committee efforts also led to new recycled office supply products, including loose-leaf notebooks, spiral notebooks and index cards made with recycled content.

The latest project: researching shower filters. (There is some evidence that

CONTINUED ON PAGE 2

Diversity & New Auditor Discussions Dominate GM

By Hayley Gorenberg

News of the Diversity and Equality Committee commanded much of the November 15 General Meeting, which also selected a new auditor for the Coop, for the first time in nearly 30 years.

Diversity and Equality Committee

The Diversity and Equality Committee came before the GM seeking an allotment of 20 work slots. The Committee was authorized by the GM in Spring 2004. It was requested to report back to the GM with details of its purpose, activities and recommendations for work slots.

The Committee, its members explained, can receive reports of bias incidents, review them and formulate resolution processes. It also aspires to serve an educational function, providing a component for future new member orientations, occasional Coop member forums, and a possible *Gazette* "presence."

Unlike the Disciplinary Committee, with which its function may overlap in some ways, the Diversity and Equality Committee, its members said, provides a forum for members who may not seek a disciplinary resolution to

CONTINUED ON PAGE 3

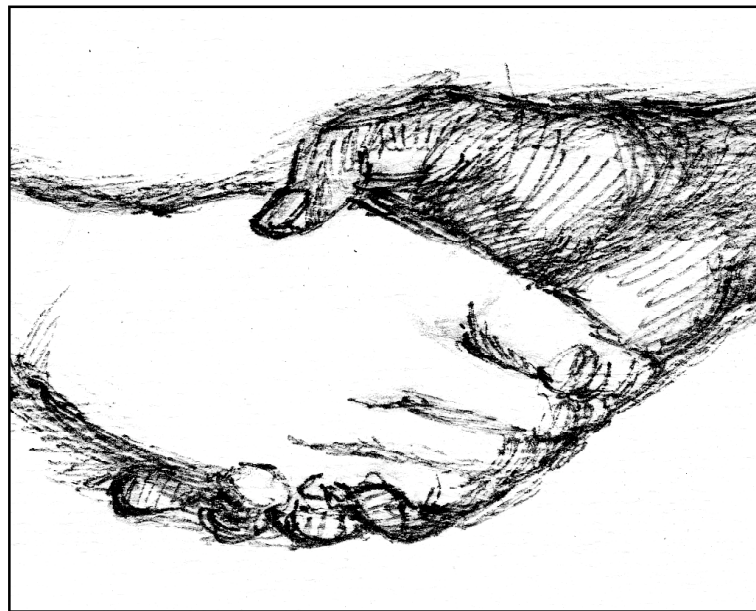


ILLUSTRATION BY CATHY WASSILEWKO

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 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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Christmas & New Year Weekend Shopping Hours

Saturday, December 24 6:00 a.m.—*7:30 p.m. Saturday, December 31 6:00 a.m.—*7:30 p.m.
 Sunday, December 25 *8:00 a.m.— 7:30 p.m. Sunday, January 1 *10:30 a.m.— 7:30 p.m.
 Some FTOP shifts available to fill out the regular squads. *indicates changed hours

Coop Event Highlights

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

Sun, Dec 18 • Pub Night: 7:00 p.m.

Thu, Jan 5 • Food Class: Winter Warmth-Soups & Stews, 7:30

Fri, Jan 6 • Film Night: Films TBA, 7:00

Sun, Jan 8 • Kids Variety Show Tryouts: full details inside

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

PSFC SEPTEMBER GENERAL MEETING Tuesday, December 13 7:00 p.m.

Note Date Change

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

AGENDA:

Item #1: Personnel Committee Election (30 minutes)

Proposal: "To increase the size of the Personnel Committee from six to seven." —submitted by The Personnel Committee

Election: Candidates will be presented to the GM for election. —submitted by The Personnel Committee

Item #2: Retirement from Active Service (30 minutes)

Proposal: "To eliminate the work requirement for twenty-five year members who have attained the age of sixty-two." —submitted by Michael Rieman

Item #3: Reducing Lines for Checkout (30 minutes)

Discussion: "To create a new weekend work shift of "packers" to make checkout lines move more quickly." —submitted by Beth Segal

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.

KEEPING THE COOP GREEN

CONTINUED FROM PAGE 1

the chlorine can be harmful to breathe in during a shower and some filters on the market claim to reduce the chemical from shower water.)

Member education about eco-friendly products is the biggest committee goal.

The Committee also tries to ensure that the Coop uses environmentally sound practices. The wind power switch is the most recent and dramatic example of this. But the Committee has also been involved in efforts to reduce the use of plastic bags by charging members for them. Currently members are working with staff to supply the maintenance squads with non-toxic cleaning products that the Coop carries.

Looking Forward

The Committee is looking forward to recruiting two new members and becoming fully staffed in the beginning of the new year. Then, among other ongoing projects, the group will follow up on many of the questions raised at the General Meeting about the possible use of solar power at the Coop. If you're interested in joining the Committee or you want to send a suggestion or concern, you can email the group at ecokvetch@yahoo.com. ■

BEST ECO-CHOICE: Cellulose Sponges

Cellulose "pop-up" sponges are made from wood pulp, a renewable resource, in contrast to synthetic sponges. They're biodegradable, so when they get too old to use, rinse thoroughly and drop them in your compost bin!

PSFC Environmental Committee

EcoKvetch@yahoo.com

BEST ECO-CHOICE: Non-Toxic Glass Cleaner

Windows or other glass surfaces can be cleaned by combining 2 cups of water, 1/4 cup of white distilled vinegar, and up to 1/2 teaspoon of liquid soap, like Dr. Bronners, in a spray bottle.

PSFC Environmental Committee

EcoKvetch@yahoo.com

BEST ECO-CHOICE: Natural Value Sponge

The Natural Value brand kitchen scrubber sponge is made with 50% post-consumer recycled materials. Close the recycling loop by buying recycled products!

PSFC Environmental Committee

EcoKvetch@yahoo.com

ANNOUNCING AUDITIONS for our SECOND COOP KIDS VARIETY SHOW

Auditions:

Coop members ages 4-18

- Sunday, January 8, 12:00-2:00 p.m.
- Saturday, January 14, 2:00-4:00 p.m.

Coop second floor meeting room

To reserve an audition spot contact:

Martha Siegel: 718-965-3916
msiegel105@earthlink.net

You must audition to be in the show.

- Polished act not required for audition; we can help you polish it.
- Singers and other musicians, poets, jugglers, stand-up comics, rappers, dancers, magicians, gymnasts, etc. (no lip-syncing please)

Performance Date:

Saturday, March 4, 7:00 p.m.
at the Old First Church

We look forward to hearing from you!



Presented by the PSFC Fun'Raising Committee

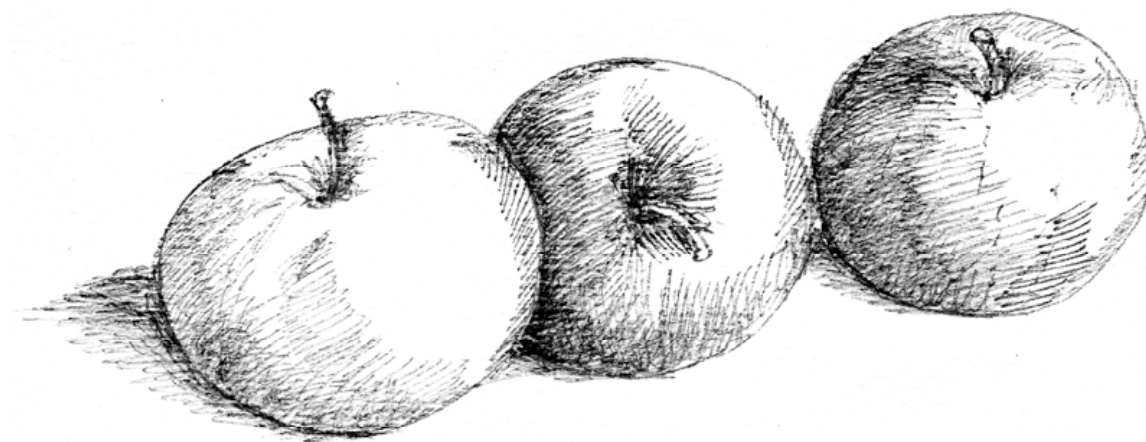


ILLUSTRATION BY CATHY WASSILENKO



TOLERANCE...

Diversity & New Auditor

CONTINUED FROM PAGE 1

particular incidents, but do want to be heard regarding their experiences.

General Coordinator Jess Robinson suggested that the Committee draw up a written formulation of the options members have for addressing bias-related incidents. "Something clear, in writing, would be of great value to the staff and the membership," she said.

The committee's request for 20 work slots was approved by a vote of 41 in favor and one against, with three abstentions.

The committee also proposed a membership survey, and submitted a draft set of questions for GM approval.

"...the Diversity and Equality Committee...provides a forum for members who may not seek a disciplinary resolution... but do want to be heard regarding their experiences."

Part I of the survey asked demographic questions regarding "race/ethnicity," age, gender, sexual orientation, and disability, as well as frequency of shopping at the Coop and length of Coop membership.

Part II of the survey, which probed experiences of discrimination, unfairness, and other maltreatment, raised far more questions from the GM attendees. The four-page survey included questions such as "How many times have you been made fun of, picked on, pushed, shoved, hit, or threatened with harm in the Coop because of your gender?" and "How many times have you been accused or suspected of doing something wrong (stealing, cheating, not doing your share of the work, breaking a Coop rule) in the Coop because of your disability?" Each of the 24 such survey questions also asked respondents to rate the level of stress caused by such experiences.

Some members at the meeting questioned such things as the length and overall structure of the survey, the possibility that it would project to readers a very high level of negative experiences at the Coop, and the use to which such a survey would be put.

Members of the Diversity and Equality Committee responded to individual questions and expressed a desire to review and retool the survey, ultimately converting the proposal to a discussion item.

New Auditor Selected

Responding to the need to select a new auditor, the GM approved a committee recommendation to hire the firm of Cornick, Garber & Sandler, LLP Certified Public Accountants for the fiscal year end-

ing in January 2006. (This past summer, the Coop's auditor of nearly 30 years, Henry Singer, announced that he would no longer be available to perform the legally required annual audit, as he was cutting back on his work.)

By approving the firm, the GM ratified the recommendation of the Auditor Search Advisory Group, composed of General Coordinators Mike Eakin, Tricia Leith, and Joe Holtz, joined by members Victoria Brush, a longtime member and an accountant; banker Judith Hertzberg; Bill Greene, who participated in the financial planning for the Coop's 2001 renovation; and Peter Rich, a certified public accountant.

The committee reported it had talked to various professional contacts and the bank holding the Coop's mortgage, seeking recommendations and feedback. The committee vetted six proposals, and the committee's members expressed pleasure at the quali-

ty of the firms in the pool.

In response to a question from member Mel Spain, Hertzberg confirmed that none of the members of the committee is related to any members of the new accounting firm.

General Coordinator Joe Holtz assessed the cost of the new firm's services as "extremely similar" to Singer's charges in recent years. He projected the bill for the audit to be \$34,000.

Financial Report

Coop General Coordinator Mike Eakin reported that the Coop is not soliciting any new member loans, as the organization has adequate cash available, and has been paying down the mortgage at the maximum rate allowable without penalty.

Eakin mentioned that the Coop might have the option of seeking a "revocable consent" from the city that might allow the Coop to extend the reach of its entrance lobby onto the sidewalk. The possibility would likely cost hundreds of thousands of dollars, but would allow significant reconfiguring. No particular plan has been worked out for the proposal.

Expanded Outside Work Slots

Robinson reported that work slots to assist shoppers with returning carts and unloading groceries into cars had proven extremely popular, and that the outside work slots were due to expand to cover 8:00 a.m. to closing. "There's been a universally positive response," she said.

In response to a question, she noted that delivery service, often mentioned as a potential work slot, raises "serious logistical challenges," as the Coop does not have a place to store purchased groceries prior to delivery or an alternative plan in instances where a shopper has requested delivery but is not home to receive groceries at the appointed time. ■

Coop Job Opening:

Office Coordinator

Description:

The Coop is hiring a Membership Office Coordinator for an early morning, primarily weekday schedule. The work of the Membership Office starts at 6:00 a.m. Monday through Friday, with paid staff performing a variety of administrative, coordinating and supervisory functions in preparation for the Coop's weekday opening at 8:00 a.m. The person who fills this position will divide their time between independent early morning work, shifts in the Membership Office, and oversight/coordination of early morning member work.

Applicants must be early morning people—available Monday through Friday—with the ability to work independently, balance multiple priorities, and work within fixed deadlines. The ideal candidate will also be able to cover shifts on Saturday and Sunday periodically in the case of illness or vacations of other staff members. Applicants must have excellent communication and organizational skills as well as patience, comfort with computers, and the ability to maintain high standards of accuracy. Applicants should be able to remain calm under pressure, oversee the work of others, teach and explain procedures, delegate and enjoy working in a group.

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

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

Benefits: — Sick time
— Health insurance
— Pension plan
— Vacation—three weeks/year increasing in the 4th, 7th & 10th years
— No payroll deductions for benefits

Application & Hiring Process:

Please provide a cover letter with your resumé as soon as you can. Mail your letter and resumé or drop them in the mail slot in the entrance vestibule of the Coop. Please state your availability. All applicants will receive a response.

Please do not call the office.

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

Prerequisite & Probation Period:

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

We are seeking an applicant pool that reflects the diversity of the Coop's membership.



**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.

Thursday,
January 5
7:30 p.m.
at the Coop



PARK SLOPE FOOD COOP

**Winter Warmth
Hearty Soups & Stews**

Get out of the cold and warm your soul with some delicious soup and stew recipes from around the world. Take advantage of the abundance of winter produce and other ingredients the Coop offers such as butternut squash, sweet potatoes, potatoes, plantains, millet, kale, beans & fish to create nutritious meals in a pot.



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

RECIPES—TASTINGS TOO!

- Caldo de Peixe (Fish & Potato Soup) Cape Verde
- Djaja Tarat (Lentils, Squash, Root Vegetables & Millet Stew) Morocco
- Kale

\$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.

Folk Music Society of New York, Inc.
The Pinewoods Folk Music Club and the Coop Fun'Raising Committee
jointly and proudly present...

Pub Night

**A night of informal singing, dancing,
partying, food and drink with your
friends, old and new**

Sunday, December 18, 7:00–10:00 p.m.

BRING voices, instruments, friends, family, good cheer.



**Tea Lounge • Union Street across from the Coop
Free Admission!**

**Tea Lounge goodies available for sale
All ages welcome • All songs, tunes, stories welcome**



**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.



PHOTO BY JHAZEL HANKIN

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?

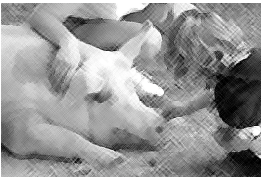
And how does this same child grow up to care about dogs and cats, but not cows, pigs and chickens?

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

What's Wrong with This Picture?

(Hint: even in November 2002, when Owen Long drew it, something was missing.)



ILLUSTRATION BY OWEN LONG

Scanning Tips

while shopping

THE PRICE LOOKUP SCANNER



PHOTOS BY LARRY LUDWICK

This scanner lives by the member phone across from the shopping carts. It reads bar-codes. Just pass the product you

are curious about under the scanner. It will display both the product name and the price.

while working checkout

MEMBER CARDS

Older member cards have bar codes smaller than many product codes, but even the old ones can often be read by the scanner when positioned at about 45° and about half way back from the upright scanner. The newer member cards have an improved bar code.

It definitely reduces errors when cards or entrance door printouts are scanned rather than typed in, and remember, ALWAYS work from a card — do NOT accept a spoken member number.



POSITION OF PRODUCTS

It saves a lot of time if checkout workers don't hunt for the barcode on each item.

Luckily, most product packaging is designed with the barcodes conveniently placed for scanning. To take advantage of this, simply hold the item so that the product label is facing you when you pass it in front of the scanner. Since the scanner reads from both the horizontal and vertical screens, and barcodes are most often on the bottom or back of the product, changes are good that the item will scan.



PHOTOS BY HAZEL HANKIN

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

very

The Good Coffeehouse

COOP CONCERT SERIES

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



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 11.

Cryptogram Topic: Bulk in Silos

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.

C A J L R H Q L R H O L K
Q A L Q W M A Z
A L F Z T J L A
D L Z O H R M A H Q M
O L A L R L V E L
V L O L A H R T V
A C L Z V M A O H G
L A S C A H C A H Q M
J A M L V R C A V E M A R
S M L R Z
X M L X L K V
Z U M K V Z M Z L O M
Z V H G
Z C N B K C T A
G T M C R J X R D C A

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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.

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 22 issue: 7:00 p.m., Mon, Dec 12
Jan 5 issue: 7:00 p.m., Mon, December 26

CLASSIFIED ADS DEADLINE:

Dec 22 issue: 10:00 p.m., Wed, Dec 14
Jan 5 issue: 10:00 p.m., Wed, Dec 28

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 13—DATE CHANGE

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

TUE, JAN 3

AGENDA SUBMISSIONS: deadline for consideration for the January 31 GM, 8:00 p.m.

The Coop on Cable TV

"Inside the Park Slope Food Coop"
FRIDAYS 1:00 p.m. with a replay at 9:00 p.m.
Channels: 56 (TimeWarner), 67 (CableVision)

GE Campaign Meeting

TUE, 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 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

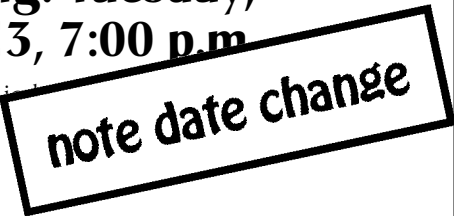
Agenda (8:00 p.m.)

- 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.



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, 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: Steve Sufet w/ MacDougal Street Rent Party; Voices of Shalom. 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. 10:00 a.m.- 5:00 p.m.. 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. Info: lesecologycenter.org, 212-477-4022. Ask for a receipt for your tax-deductable contribution.

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.

FRI, DEC 16

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 17

BELLA VOCE SINGERS WINTER CONCERT: "British Invasion" Women's Choir, including 6 Food Coop members*, performs choral works of Britten, Purcell, Rutter, Beach & others, under the direction of Jessica Corbin. 3:00 p.m., Grace United Methodist Church, 29 Seventh Ave. (at St. John's Pl.), Park Slope, Bkln. \$5 General Admission. Info: 718-622-3300.

PEOPLES' VOICE CAFE: Joel Landy; Rachel Stone. 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, 11-4:00. Quality handcrafts & homemade foods, vegetarian & non-vegetarian, raffle. Admission free. For info 718-768-2972.

CFTA HOLIDAY CRAFTS FAIR: at Camp Friendship, 339 8th St (btw 6th & 5th Aves.—closer to 6th). One day shopping extravaganza! A Holiday Boutique of handcrafted items and unique vendors from all over New York. 9:00 AM - 7:00 PM. A Holiday Boutique of handcrafted items and unique vendors from all over New York.

WED, DEC 21

POWERFUL JEWISH AMERICAN WOMEN TODAY: a Jewish Study Group, Series #1. Light kosher supper included. Members & non-members welcome. 7pm. Hadasah, Brooklyn Region, 1416 Ave. M, Suite 302. \$10 in advance, \$15 at the door. Call 718-382-6454, www.brooklyn.hadassah.org

FRI, DEC 30

KWANZAA CELEBRATION: African Folk Heritage Circle will celebrate Kwanzaa at the Fred Samuels Recreation Center, 669 Malcom X Blvd @ Lenox Ave, 4-7:00 pm, featuring spoken word artists, drumming & potluck dinner. For info: 212-568-1645, 212-807-1570.

FRI, JAN 6

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, JAN 7

PEOPLES' VOICE CAFE: Kim & Reggie Harris; Jon Fromer. 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:

Sunday, December 18
Pub Night

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, January 6 • 7:00 p.m.
at the Coop



San Francisco Stories

Classic (3:00 minutes) by Anne Alvergue, is a poignant and light-hearted account of a 76-year-old mechanic in San Francisco's Mission District who transcends his trade, reviving the beauty of a vintage artform. His cars are a metaphor for his life, growing more beautiful, enduring and rare with age.

Lilli Ann (11 minutes) by Gabriel Rhodes, is about a mural that was illegally whitewashed in San Francisco's Mission District. The film tells the story of the whitewash and elaborates on the community's connection to murals as way to protect their cultural heritage, which was being heavily threatened by gentrification.

Foo-Foo Dust (40 minutes) by Gina Levy, is a shocking and poignant documentary that explores the tight bond and love between Stephanie, a 52 year-old crack-addicted UC Berkeley graduate, and Tony, her 22-year old son. After spending all their money on crack and heroin, they face eviction from the residential hotel room they share San Francisco's Tenderloin district.

A **discussion** with Coop members Anne Alvergue and Gabriel Rhodes will follow.


Film Night organizer, Trish Dalton, can be reached at 718.398.5704 or mail@trishdalton.com.

FREE
Non-members
welcome

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



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

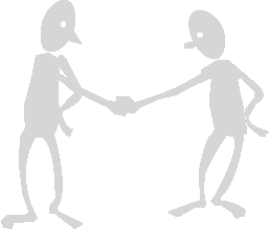
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

ALTERNATIVE DISPUTE RESOLUTION

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



LETTERS TO THE EDITOR

KEEP SICK KIDS (AND WORKERS) OUT OF CHILDCARE

TO THE EDITOR

I am a childcare worker and I work in childcare two times a month because I cover for my husband as well. “Childcare rules have developed over the years and are for the protection of the children and the Coop.”(From the Childcare rules sheet.)

People who work in childcare are required to go through a “training” where one of the things that are done is to go through the rules for childcare thoroughly because the workers for childcare will have to make sure those rules are followed for the above stated reason.

I understand that “untrained” members and “untrained” squad leaders are not required to know the rules, however, all members receive the rules for the childcare room when they join the Coop so the information is available to them. This means that the “trained” childcare workers have the real job of keeping an eye out to make sure the rules are followed.

I have a problem on nearly every shift with members with children whom they bring to childcare, squad leaders AND even “trained” childcare workers who don’t seem to know the rules. No one said it would be easy to work in childcare but it would be more cooperative if everyone involved with the childcare room in any way became more familiar with the rules. Also, as with money lost in shoplifting when there are breakdowns in security of the Coop, there is a loss of safety, comfort and health in the childcare room when there is a breakdown in the application of the rules for the childcare room.

I would like to ask that all members who utilize the childcare room and squad leaders and childcare workers become more familiar with the rules to make the room even safer. I thank the office staff for their support and continued efforts to keep the rules clear. A couple of very important ones for the REAL safety and health of our children and community during this clod/flu season that I believe are worth printing in this letter are as follows:

“A sick child CANNOT be left in childcare even briefly; a sick childcare worker needs to reschedule her/his shift. A child or childcare worker who is sneezing, coughing, or has a runny nose may not stay in childcare. If a child is deemed sick after the Parent/Guardian has left, page and ask him/her to sign the child out. Even though a child may not be sick enough to stay home, the childcare room must be considered safe and healthy. If it is your shift as a childcare worker and your child is sick please do not bring that child into childcare. Call the office and your Shopping Squad leader as early as possible to let them know you are not coming and schedule a make-up.”

June C. Burch Heffernan

MISUSE OF “GUEST” PRIVILEGE BY NON-MEMBER SPOUSES

DEAR MEMBERS,

As someone who worked for many years for my spouse, I find it offensive that some members register themselves only as members and keep bringing a “guest” with them to shop. As a squad leader, I feel frustrated when I see what my guts tell me is an abuse of the trust among members.

What to do? I propose a simple solution—computerize the guest sign-in and aggregate all entries by member to identify a pattern. Also, the guest will have to show identification which will be used in the electronic “sign-in.” I think this is a reasonable measure that will help prevent abuse of trust.

Cooperatively.
Yigal Rechtman

SHRINKAGE ALSO DUE TO CHECKOUT PROBLEMS AND SCAN FAILURES

TO THE EDITOR

In the *Gazette* article titled “September GM” of October 13, 2005, it states that coordinator Mike Eakin noted that our gross margin should be higher and that “we’re not there as a result of spoilage and theft.” Surprisingly, I have discovered another probable major cause of shrinkage.

At home after a shopping trip, I attempted to find a price of Sappho Hill bar soap (I had bought three) on the receipt. Lo and behold, I discovered that only one was listed. Additionally, on two other visits, I noticed that two other products (Now Lavilin Arm Deodorant and Alba Very Emollient Body Lotion) were also not recorded on the receipts. (I have since paid for these items.)

These separate incidences occurred within a period of about two and one-half months. I feel that my three experiences are too frequent. Concerning the thousands of other shoppers, this problem may be widespread and occurring very often.

Suggestions

As many of us shoppers may have noticed, the scanners do not pick up and register all products’ UPC bar codes. If some of us shoppers ever notice an omission, hopefully you will pay the Coop on your next trip.

Also, possible greater care and focus is required by the checkout members. If the beep is not heard, it requires that the product be reswiped.

In addition, we can gather from the checkout people the product information for a “Bad Bar Code Product List.” Then, we can contact and request that the manufacturers improve them. Until corrected, we can ban further sale of such troublesome items.

Let’s Help Prevent Shrinkage

The most important point here is that positive actions need to be taken on the part of shoppers and checkout workers to reduce this type of profit loss. A meeting by squad leaders with their squad will raise the awareness of checkout workers. Please help to pre-

vent this type of shrinkage.

Also, coordinator investigation, discussion and implementation of my suggestions and other’s will go a long way in resolving one of the causes of shrinkage.

Any other ideas, suggestions or comments in this paper are welcome by me.

Your fellow Coop member,
Steve Solomon

ENCOURAGE, DON’T REPRIMAND, SLOW WORKERS

TO THE EDITOR,

I was discouraged during my last workshift at checkout by the attitude of my squad leader. I am not the fastest worker but I am never damagingly slow. I strive to be accurate, courteous and efficient. I take the time to do these things. Because there was a line, my squad leader assumed I was not working hard enough and gave me some nasty feedback and biting commentary and it ruined my day. Workers need encouragement, not ‘discipline’ when there is a line. Let’s change the system if it is not good enough instead of breaking the backs and spirits of our workers.

Thank you,
Deborah McNeely

KEEP POLITICS OUT OF THE GAZETTE

TO THE EDITOR

I could not help to note that some of your articles have political undertones. I understand we all have the right to our opinions but the *Gazette* should not be the forum for those opinions.

The membership would be better served with articles regarding the business of the Coop, and instructive articles on health, organic growing, avoidance of use of foods containing trans-fat et-cetera.

The publication of the *Gazette* comes at a cost. So please do not use it to publish news that can be read on the regular newspapers, especially those news of a political nature. Those subjects should stay out of the Coop and of the *Gazette*.

Thank you,
Anthony Albanese

AIDS LIES, PART II

TO THE EDITOR

Part II of II.

AIDS has a long list of lies of its own. (But first, in Part I meant to say *cesarean section*, not hysterectomy, is the only thing to do for a difficult pregnancy.)

The AIDS virus is a retrovirus that causes disease (none other does). It causes disease even when its antibodies are present. The virus is almost never found in human beings and even if it is, it infects so few cells that it couldn’t possibly do any harm. It has an incubation period that is now about eighteen years and continues to increase. The number of *cases* of AIDS, not the presence of antibody, has not increased in the west in years and in fact is petering out, that is why we had to go to Africa to continue the “war.”

The T-cells that define AIDS are only one part of at least five separate immune systems and perfectly healthy people have been found with zero T-cells. It is contagious but it takes on average of 250 exposures to catch it. Its propagation is totally unlike any other “infectious” disease. It has no symptoms that are unique to it—all a re already known diseases. Its definition has been changed at least twice to include far more people, yet it still does not blanket the world. It is pandemic in Africa even though the test for the antibody is almost never done and it is defined to include many of the diseases that have typically plagued Africa throughout history. Truly this is a wonder of nature second only to the Cardiff Giant, which was nothing but a rock sculpture!

The mythic reason: The establishment needs a way to make us guilty about having sex. Unfortunately the other venereal diseases became susceptible to antibiotics. The financial riches and the glorious careers and successes need no explanation. Live richly!

The vision: We wouldn’t be afraid of having sex—within reason. All the old venereal diseases are still there. But no one could tell us, *unreasonably*, that there was one disease that was the worst. Essentially, they could only tell us there was *nothing new*! And sex was getting pretty good until AIDS came around...

Mr. Carter’s examples are laughable...People have died of exposure and cachexia and old age and general sepsis and diarrhea and tuberculosis and pneumonia and anemia and combinations of the same from time immemorial...that does not prove or disprove *anything*.

How do I know all this? Because I make a study of this and because I am a Citizen, not a flunky of big business and big medicine and above all big money, and because it is too important to let it go. In the end, major public policies can and should be decided by citizens, not experts—at the Co-Op too!

Albert Solomon - 718-768-9079,
hobces@yahoo.com

LETTERS POLICY

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


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

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



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10% COURTESY DISCOUNT TO COOP MEMBERS

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 wall near the elevator.

BED & BREAKFAST

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

CHILD CARE

BROOKLYN FREE SPACE COOPERATIVE PRESCHOOL has one 5-day slot for a girl age 2 years 9 months to 3 years 6 months. Call 718-965-3135. Don't miss our annual open house Jan. 10, 2006, 7 p.m., located in Mission for Today, 6th Ave. between 2nd and 3rd Streets.

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.

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.

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 excel-





NEED HELP?

- pet/house/plant minding
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- personal assistant:

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References on request
Call Donna 718-857-2641

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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.

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.

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

SERVICES-HEALTH



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

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.

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

BLOW YOUR OWN HORN! Sax and Flute instruction. I am a professional musician and experienced teacher available for beg. to advanced lessons on flute, saxophone, beg. piano, improvisation and composition. Have worked with students of all ages and levels. Lessons are designed to be positive and fun! Jessica 718-469-2223

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

HOLISTIC 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 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.

ANGER MANAGEMENT FOR PARENTS. Do you feel that your 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.



DATING SERVICE

Eileen Thomas, NYS—licensed and certified in prenatal massage. Park Slope. 917-971-8834.

TIRED from holiday stress? Need a great gift? Perfect! Treat yourself—and those you love—to a relaxing massage therapy session: 90 minutes of calm during the busy holiday season. Evening and weekend sessions also available. www.ParkSlopeMassage.com. Nationally certified. Mary Rose Dallal, MA, LMT, 718-768-0787.

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.

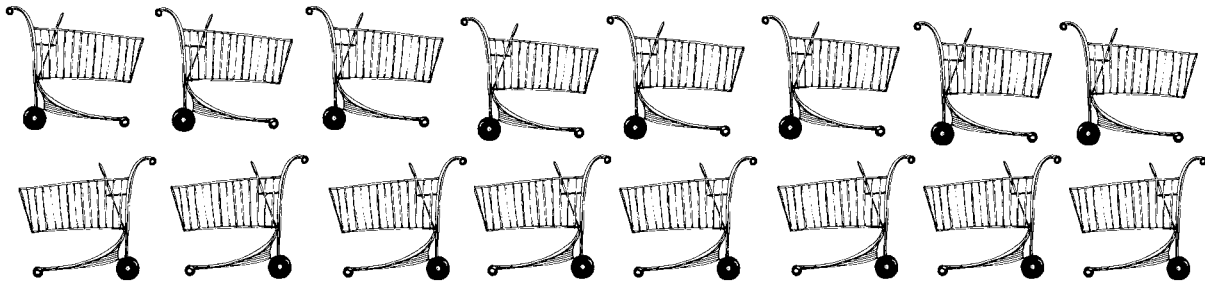


ADVERTISE ON THE WEB

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

Answer to Puzzle on page 8

Organic Animal Crackers, Raw Sugar, Jasmine Rice, Maranatha Tamari Nut Roaster Mix, Arborio Rice, Great Northern Beans, Sea Salt, Spelt Sesame Stix, Soy Flour, Kidney Beans,



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.

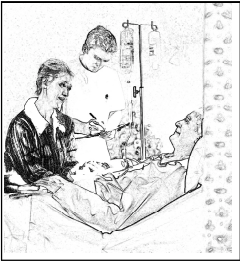
Christa Skoupy is a CPA/MBA and a Certified QuickBooks Pro Advisor with a professional track record in finance, accounting and taxation. Since 2002 she has been operating her own consulting business, Auxilia Accounting with special emphasis on assisting small business in financial, accounting, tax and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

How to Assist a Family Member or Friend in Hospital

WITH EMANUELA FROMENT



Emanuela recently spent three months in hospital for a bad case of pneumonia. The hospital staff considers her a miracle because of her brush with death while at the ICU. She will share with you how she came back to life and how she is treating herself, having stopped all medications once out of the hospital.

- She will also address:
- hospital procedures you should know
 - standing up for your body's needs
 - preventing financial hardship when discharged
 - how to learn in advance what you need to know about treatment options

Emanuela Froment is a live raw foodist. She is a nutritional counselor, having been to workshops with Gabriel Cousens, MD. She has worked as a private chef in the past, combining macrobiotics, ayurveda and live raw food.

FREE Non-members welcome

Friday, December 30
7:30 pm at the Coop

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

Are You Making a New Year's Resolution to Get Healthy?

Come join an open forum on food enlightenment.

with
Coleen
DeVol

This is an opportunity to find answers to all those tricky questions you've been pondering:

- What are some clever sugar alternatives?
- What are the best food combos for improved digestion?
- Is raw food right for me?
- What can I eat to clear up my skin?
- Maybe you are resolute about doing the zone diet this year to balance your blood sugar.



There are a million different diets out there that can cause overwhelming confusion. Come solve your eating errors. And bring questions!

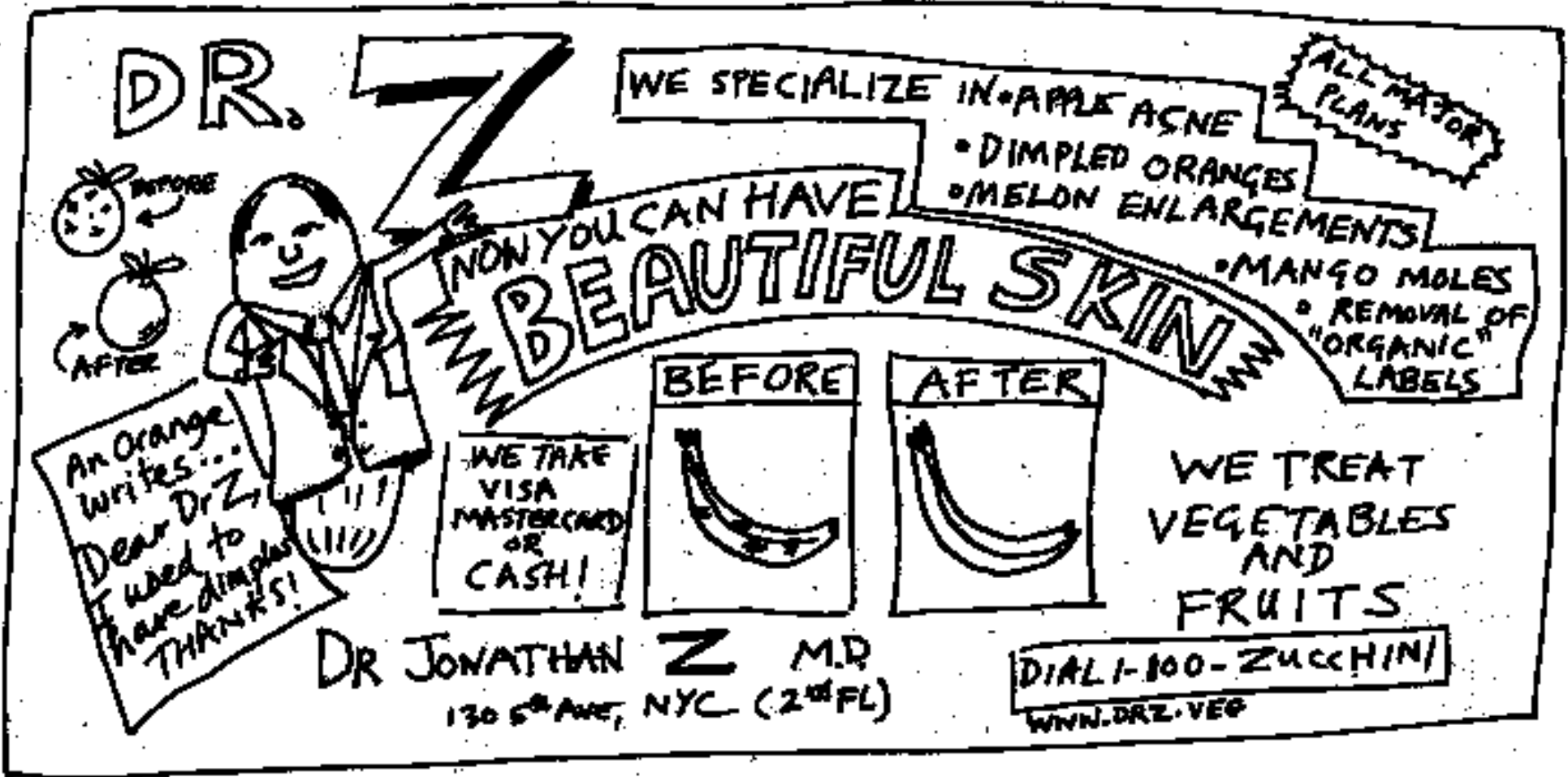
Coleen DeVol is a certified Holistic Health Counselor from the American Association of Drugless Practitioners and a certified yoga teacher. She runs a private practice in Prospect Heights, Brooklyn and is a Coop member.

FREE Non-members welcome

Saturday, January 7
6:00 pm at the Coop

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

ILLUSTRATION BY ROD MORRISON



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.					
Deirdre Amthor	Carlton Bondswell	Susanna Eckblad	Jenny Lai	Sally Moses	Latasha Smith
Jasmine Astronomo	George Boorujy	Hester Farabee	Courtney Law	Manlio Narici	Athena Soules
Karen Atkins	Kate Boulanger	Robert Feinstein	David Leech	Isabelle O'Connell	Remi Soummer
Jorge Avitia	Jo'Anne Brancato	Kristin Firth	Tricia Leech	Sheyi Ojofeitimi	Bweela Steptoe
Jessica Baer	Janet Brand	Raoul Germaine	Toy Lei	Steve Orsborn	Andrea Tosto
Mia Barker	Naomi Brisman	Don Godwin	James Lemkin	Kristine Patnugot	Natalie Tyler
Peter Barr	Eric Bryant	Leah Gottlieb	Susan Leone	Robert Pihl	Joe Ventura
Amanda Baten	Sarah Buck	Reinhard Haslinger	William Lesmerises	Chris Posteraro	Jim Vidal
Lauren Becker	Violeta Bustamante	Vicky Huey	Josselyn Levinson	Nissa Puffer	Sarah Wilkinson
Adam Bell	Hillary Byrum	Ali Isong	Emily Lew	Felicia Putter	Sasha Wortzel
Isak Bengiyat	Gianpietro Caramanica	Tejal Jesrani	Dara Lillis	Jason Putter	Jennifer Yamanuha
Erik Benson	Rebekah Carver	Chowhean Johnson	Rebecca Loubriel	Kamaladevi Roldan	Michael Yu
Marina Benson	Jesus Chapa-Malacara	Cameron Kane	Annie-Oxidian	Nelson Ryland	David Zimmerman
Brody Berg	Chloe Chapin	Nadine King	Martinez	Michael Sanders	
Alex Berger	Jennifer Corbett	Jennifer Kingsley	Kristine Mason	Kristen Schoonover	
Etienne Bernstein	Monica Cortez	Ronnie Kinsey	Effie Michot	Nicole Sherwin	
Alex Block	Rasul Davis	Jwajiku Korantema	Leigh Anne Miller	Nicole Simon	
Sean Boland	Suzanne Douglas	Surabhi Kukke	Florence Mills	Kara Smith	

THANK YOU!					
Thank you to the following members for referring friends who joined the Coop in the last two weeks.					
Judi Aronson	Eric	Mai Iskander	Ann M.	Alan Pratt	Emily Willis
Tim Barnes	Miles Everett	Jamie	Philip Malek	Sonia Ruschak	Pete Wohlsen
Mike Beck	Christine Findlay	Jossie	Kim Mallett	Dawn S.	David Wurth
Michael Bobker	Sonya Fix	Kenny	Maria	Estelle Silberman	
Brian	Jennifer Gellman	Seri Datar Kaur Khalsa	Lisa Martin	Robin Simmen	
Erica Bricking	Chelsea Green	Gillian Kirby	Matthew Moran	Jennifer Song	
Cynthia Briolotta	Laura Hames	Danielle Kuczkowski	Iris Ng	Midea Stewart	
Peta-Gay Campbell	Masha Hamilton	Judy Lefkowitz	Cara O'Flynn	Paige Trabulsi	
Colin Cheney	Tim Harrington	Ardele Lister	Denise Oswald	Juno Turner	
Heather Davis	Janine Herman	LK	Marta Panero	Tali Vardi	
Sue Epstein	Sasha Hinkley	Lieli Loures	Rachel Porter	Robina White	

