

Established  
1973

# LINEWAITERS'

## GAZETTE



Volume Z, Number 26

December 22, 2005

## Childcare: Popularity Is Its Challenge

By Masha Hamilton



The youngest Coop members happily listen to a story at the childcare center while their parents shop.

The dark-haired toddler stepped into a busy room one level above where Coop shoppers were squeezing melons and sniffing tomatoes. "Poop," he said, satisfaction evident in the grin spreading across his face. And then he repeated it: "Poop."

"Yes," agreed childcare worker Sarah Hovde as she slipped into the bathroom to clean out the plastic potty chair. "A microscopic amount, but yes, poop. Good work."

Just another day at the bustling childcare center—the second-floor room that boasts original crayon artwork from our youngest new artists, ranging in theme from angels to skeletons and in style from scribble to precise. A train set, blocks and toy cars complete the décor, along with a mattress on the floor, plenty of books and, always, free bagels.

### A Safer Environment

Begun in the autumn of 1981 with the goal of getting young children off the crowded, active shopping floor to create a safer environment, the childcare center has become an integral part of Coop community life.

Not only do kids get to make new friends—or, in the case of toddlers, engage in parallel play—but parents of young children also have a chance to meet and exchange information that, for a few years, is top priority: names and phone numbers of pediatricians, babysitters and preschools, pros and cons on vaccinations, brands of the best-made strollers.

Sometimes they make lasting connections.

"I met two of my best friends here," said Lijah Friedman, a doula and mother of three children who signed on for a childcare shift immediately after joining the Coop 10 years ago, took a break from that job several

years ago, and now has returned to it again.

Her two younger children, she said, "had their first exposure to social daycare" at the Coop. The same was true for General Coordinator Linda Wheeler's younger child, born a month after the childcare center opened.

"When we left the hospital, we stopped by the Coop to see how things were going, and within weeks, she was here," said Wheeler, who helped birth the childcare service. Wheeler's two children spent significant time there and even grew to have a favorite worker—a B-week Saturday caretaker.

Kate Wimsatt appreciates the Coop's childcare option, even though she doesn't drop her child off yet. She visits the room regularly to ensconce herself in one of the cozy couches and nurse her four-month-old son, sometimes while chatting with other parents. When she returns to

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## Energy Efficiency At the Coop

By Johannah Rodgers

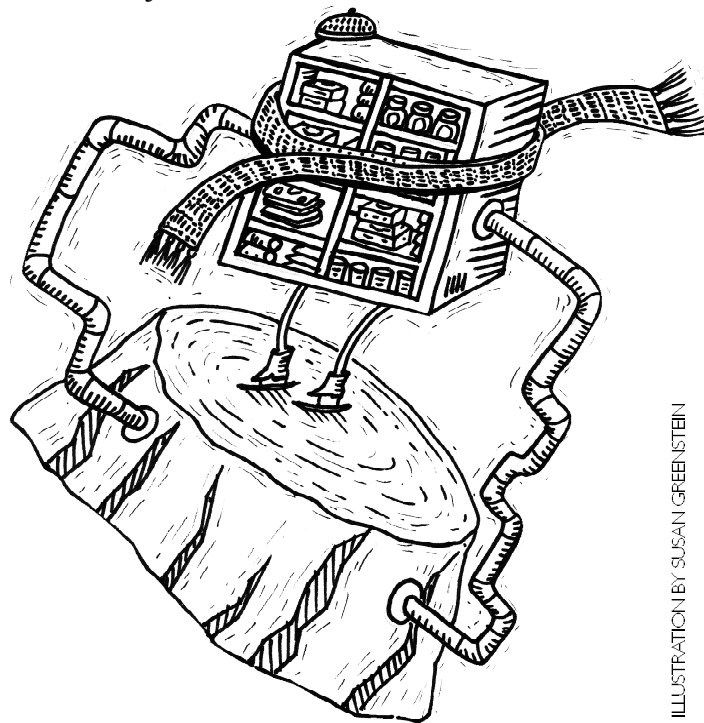


ILLUSTRATION BY SUSAN GREENSTEIN

With energy costs rising and fossil fuels becoming ever more scarce, members will be interested to know that the Coop has already taken steps to conserve energy wherever possible and to diversify its sources of energy, both in the interest of managing costs and protecting the environment.

The Coop, like all grocery stores, uses a significant amount of energy to operate. "A supermarket is like a big refrigerated warehouse," explained General Coordinator Mike Eakin.

In other words, cooling rather than heating represents the highest energy usage for the Coop. The air temperature at the Coop is kept between 68 and 70

degrees in order to keep even non-refrigerated products cool and to help maintain a constant dew point to prevent frosting up of refrigerated and frozen cases.

In 1990, the Coop installed what Eakin calls "its first really good" refrigeration system. At that time, Eakin and the other General Coordinators worked with the Coop's refrigeration contractor to consider ways to use its energy as efficiently as possible.

### Recovering Cool Air

By recycling and recovering cool air, the Coop is able to decrease its usage of energy to keep refrigerated cases cool and to keep the building warm.

"In parts of the store, we

CONTINUED ON PAGE 2

## 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.  
FTOP shifts available daily through January 2. \*indicates changed hours

## Coop Event Highlights

**Thu, Jan 5 • Food Class:** Winter Warmth—Soups & Stews, 7:30 pm  
**Fri, Jan 6 • Film Night:** Stories from San Francisco, 7:00 p.m.  
**Sun, Jan 8 • Kids Variety Show Tryouts:** full details inside  
**Sat, Jan 14 • Kids Variety Show Tryouts:** full details inside  
**Fri, Jan 20 • Good Coffeehouse:** Swing Street, 8:00 p.m.

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

## Next General Meeting on January 31

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month.\* The next General Meeting will be Tuesday, January 31, 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 be available as a flyer in the entryway of the Coop beginning January 4. For more information about the GM and about Coop governance, please see the center of this issue.

\* Exceptions for November and December will be posted.

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# 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. Monday through Friday, from 6:00 a.m. to between noon and 2:00 p.m. (depending upon the day). Ability to fill-in on weekends (either in addition to or instead of one weekday) to cover for illnesses and during vacations.
- 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:

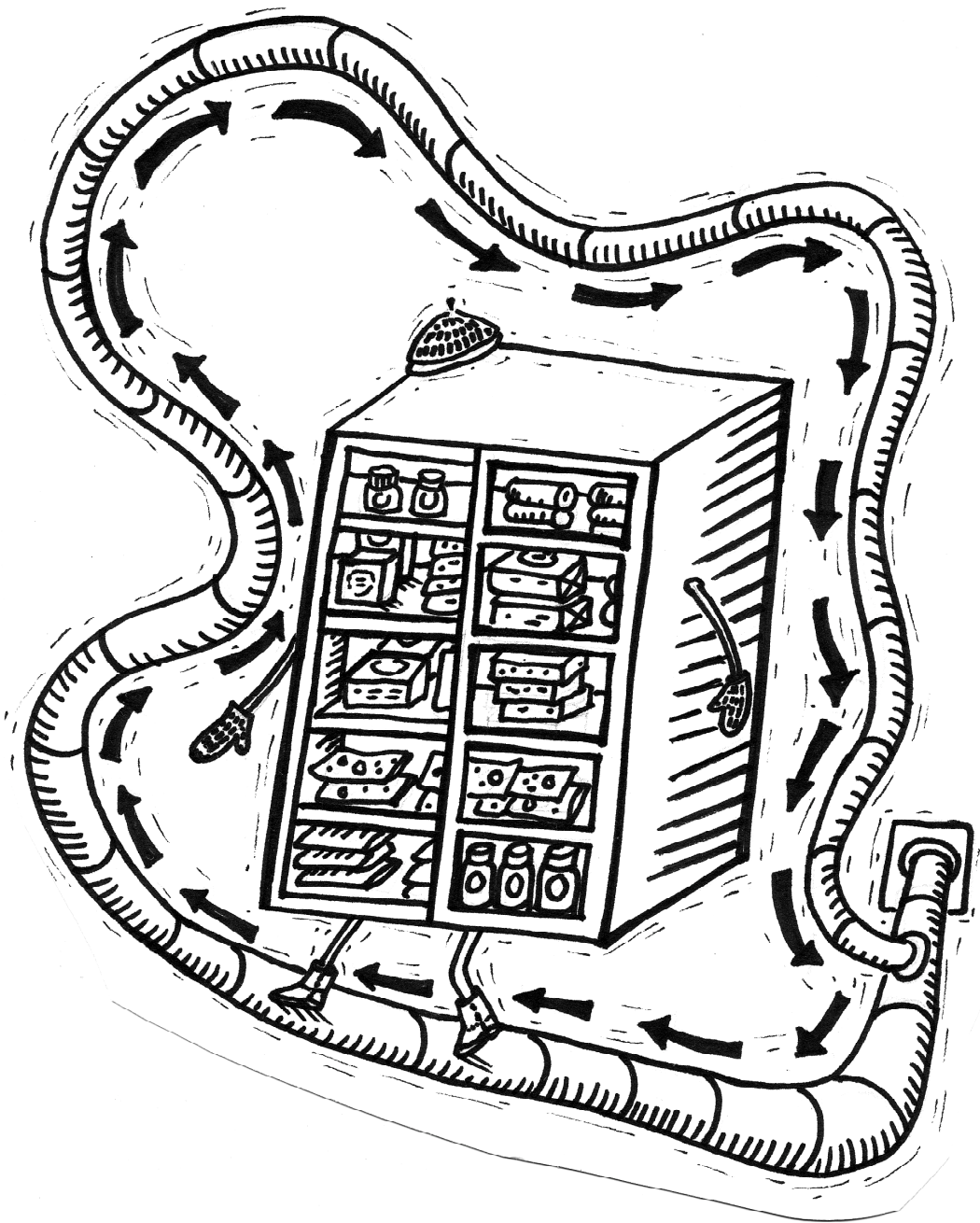
Please provide a cover letter with your resumé as soon as you can. Mail your letter and resumé or drop them in the mail slot in the entrance vestibule of the Coop. Please state your availability. All applicants will receive a response.

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.**



ILLUSTRATIONS BY SUSAN GREENSTEIN

### Energy Efficiency

CONTINUED FROM PAGE 1

have return ducts for refrigerated air that is re-used,” said Eakin, “and this keeps the aisles warmer and increases energy efficiency by recycling cool air into the refrigeration system and therefore requiring less energy to cool it.”

### Recovering Heat

Recovered heat from the cooling equipment is used to heat the Coop in winter, as well as to heat hot water year-round. According to Eakin, “what your refrigeration system is doing is recovering

heat to pipe through a coil and produce heat.” The Coop recovers the heat from the frozen food refrigerators to heat hot water through what is called a ThermoStor system. The supply of hot water the system produces is not limitless, though, and Eakin cautions members “to be pretty careful about how much hot water they are using and conserve it whenever possible by not leaving hot water taps on.”

In addition to minimizing usage through recycling and recovery systems, the Coop has tried to make environmentally conscious choices in how its cooling systems operate. The Coop now has 17 refrigerated cases that are cooled via a glycol system, a new technology that saves energy by maintaining temperatures more evenly and uses far fewer CFCs than conventional refrigeration systems.

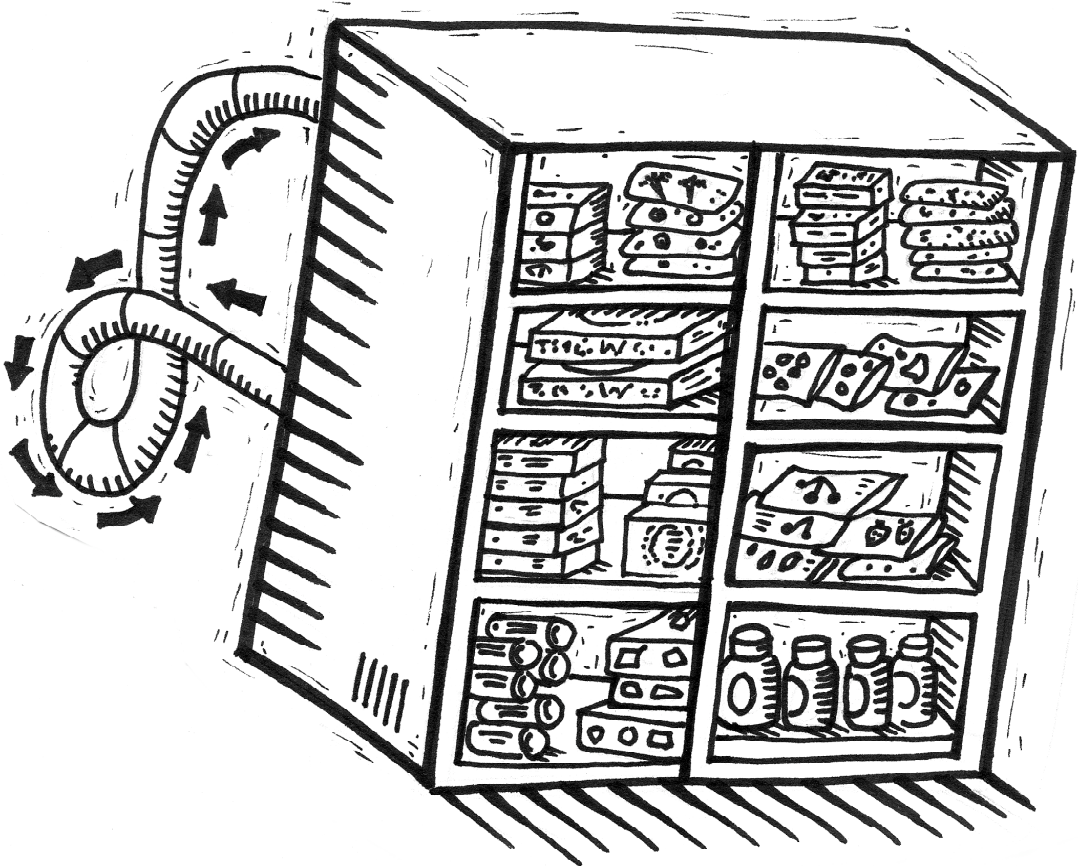
### Gas-Fired Chillers

Air conditioning at the Coop is powered through gas-fired chillers, which, when they were installed in the early 1990s, were also “a more environmentally sound choice and allowed the Coop to save money,” according to Eakin. In the early 1990s, natural gas was not only significantly less expensive than electricity, but by using gas rather than electricity for its air conditioning units, the Coop received rebates from Con Ed, its electricity supplier, by decreasing its usage of electricity during the summer

months, when demand is at its peak.

The fact that the Coop's cooling, heating, and refrigeration systems were well thought out and designed for maximum energy efficiency means that overall energy usage remains quite steady and, even with recent price increases, energy costs still represent a small percentage of total operating costs. Comparing year-to-date costs of gas and electricity in 2004 and 2005, Eakin calculated that gas costs have increased from \$11,000 to \$17,000, an increase of 54%, while electricity costs, which were \$100,000 for a similar period last year, now total \$128,000, an increase of 28%. The slower growth rate in electricity costs means that as a percentage of total costs, the cost of electricity actually declined from .66% to .59% of total operating costs, while the cost of gas increased from .07% to .09% of total costs.

Eakin attributes the increase in gas costs primarily to an increase in price rather than an increase in usage and surmises that the increase in electricity costs results from similar causes. The Coop's decision to support environmentally conscious energy initiatives and switch to a wind power supplier for its electricity (see article in June 23 issue of the *Linewaiters' Gazette*) has also, he believes, contributed to the higher total cost for electricity. ■





# LAST MINUTE GIFTS? GET THEM AT THE COOP!

By David Boyer

Okay, the holidays are upon us. And you're running out of time if you still have some gifts to buy. Have you thought about picking up a few last-minute items at the Coop?

"I never really thought about it," said longtime member Jacques Melendez as he stocked shelves one December evening. "It didn't really cross my mind."

Well, Jacques, you're not the only one. That's why the *Gazette* has put together a holiday gift guide for everyone on your list.

### For your host and hostess

Ideally, you could build a gorgeous basket of fruit out of the Coop's organic bounty. But if you're really rushed, head to the produce aisle and pick up a fresh and easy-to-wrap 5-pound box of clementines (\$6.35 although the price may be going up). While you're there, consider the boxes of organic chestnuts (\$5.91), which you can pair with one of Tag's Sonoma bowls (\$2.99, aisle #3, next to the freezer).

A few other options: Lindt Chocolate Truffles (\$6.28) and the Guylian Chocolate Seashells (\$6.20)—both at the end of the aisle near the cheese fridge—or at the other end of the aisle, a decorative tin of Dancing Deer Gingerbread Cookies (\$10.80).

### For your office Secret Santa

There's a great selection of desk calendars near check-out, including a Sudoku calendar (\$7.29) and a "Best of the Onion" calendar (\$7.98). Two other great options: the Press & Go, a French press/travel mug combo (\$12.71) and a stainless steel flask that's perfect for morning coffee (\$9.85, both in aisle #5, above the teas).

### For a lover

Want to get that special someone something sensual? Head to aisle #5: it's full of massage oils, masks, bath soaps and all kinds of loofahs and scrubbers. Want to add something special? Consider booking a massage with a member of the Coop. (See classifieds for listings or the wall in the stairwell leading upstairs.) If you prefer not to mix and match, head to the end of the aisle (near the yogurt refrigerator) and pick up the Alba Organic Hawaiian Bath & Body Gift Pack (\$14.90) or the Alba Bath & Shave Gift Pack (\$12.65).

### For a friend

"I love to buy gifts at the Coop. I feel bad shopping anywhere else," explained new member Anna Brickman. "I don't like to shop at the chain stores and can't afford the mom-and-pops. We've even thought about buying balsamic vinegar for friends." How about Bionature balsamic vinegar (\$3.62), and a nice bottle of Bionature olive oil (\$9.93), both in aisle #3.

As you're waiting in line to check out, look through the Coop's amazing cookbook section, including the classic *Moosewood Cookbook* (\$16.06) and Ruth Riechl's *Gourmet* cookbook (\$30.20). Thanks to the Coop's smaller markup, all books are significantly cheaper than in bookstores.

Of course, if you're on the Express Line, consider selecting one of Gaia's bright striped yoga mats (\$13.54), the yoga mat bag (\$12.31), the Balance Ball and DVD workout kit (\$18.47) or the Pilates Bodyband kit (\$18.47).

Forget the perfume. Hook you kid's teacher up with something the teachers' lounge is probably missing: Jim's Organic Coffee (\$6.56) and a French Press (\$19.69). Another option, the beautiful Celadon Tea Pot (\$11.46). All can be found in aisle #5, above the teas.

### For mom

She gave birth to you, so don't skimp on her gift. How about giving her something

healthy and practical? Consider the two quality juicers the Coop stocks (while supply lasts): the Champion Juicer (\$206.99) or the Omega Juicer (\$171.82). The Coop also carries a large selection of Tag holiday-themed plates (\$2.66 for each salad plate, \$3.33 for each dinner plate) and cups (\$2.66 each). C'mon, get her the whole set.

### For dad

No ties here—the best we can do for good old dad is organic socks (\$9.81 for 3) and gift packs from some high-end microbrews: Magic Hat (\$14.22 for 12) and Unibroue (\$26.83 for 8). The Brewery Ommegang pack (\$13.63) even comes with a Belgian beer glass.

### For kids

The Coop is the perfect place to pick up stocking stuffers or a little something for the sixth day of Hanukkah. Head to the cookie and sweets aisle for some healthy treats or pick up a Glow in the Dark wall calendar (\$9.31). Another option: the Dancing Deer Gingerbread House kit (\$10.16, end of aisle #3, across from the prepared foods).

### For a teen

Cash is probably preferred, but it's not exactly festive. Charm that fussy teen with some of the 12 different True to Nature incense (\$0.79, at the end of aisle #2, across

from the cheeses) or the Tibetan Art calendar (\$17.94). For the sassy gals, pick up the Wild Words from Wild Women desk calendar (\$7.98)

or some of the great bath and beauty products. Or just cut him or her a check.

### Wrap it up

Before you reach for yard after yard of wrapping paper, consider picking up a few Wrap Sacks. These reusable gift bags come in a variety of colors and sizes and can be found at the end of aisle #5, across from the checkout stations (\$2.52, small; \$4.40, large). ■

## 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-synching 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**

## 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

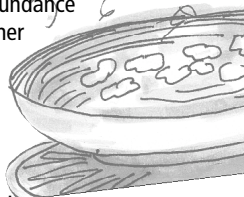


Susan Baldassano, coordinator

### 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.

**MEMBERS & NON-MEMBERS WELCOME.**

Come early to ensure a seat.

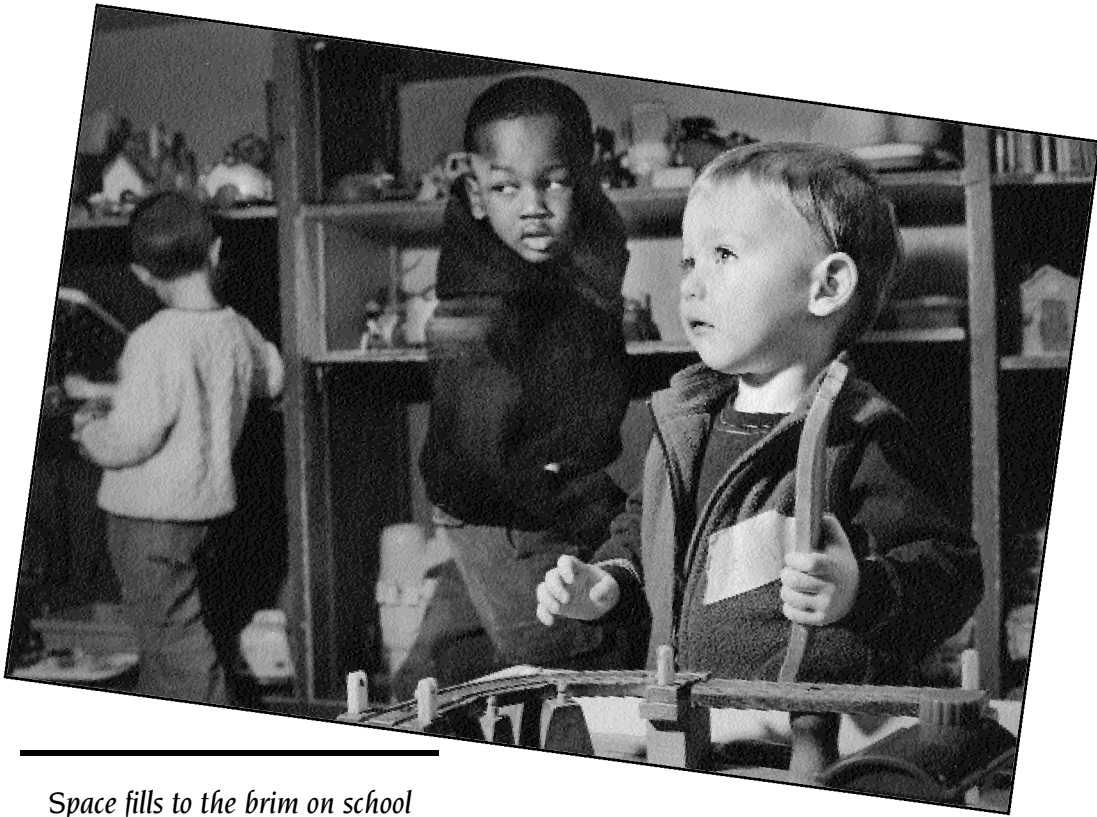
### RECIPES—TASTINGS TOO!

- 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.

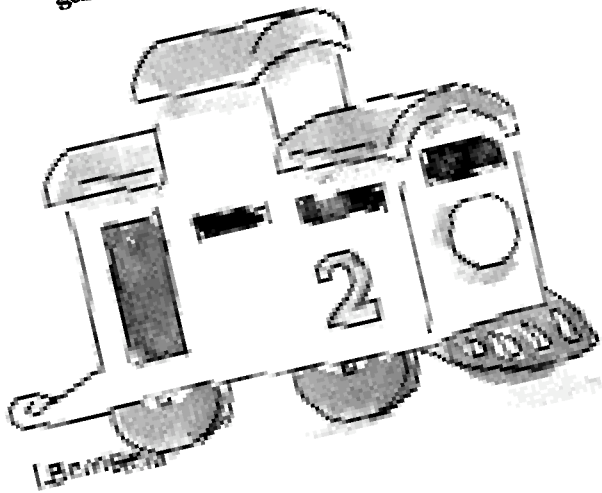




*Space fills to the brim on school holidays and on some afternoons... parents have to be turned away.*



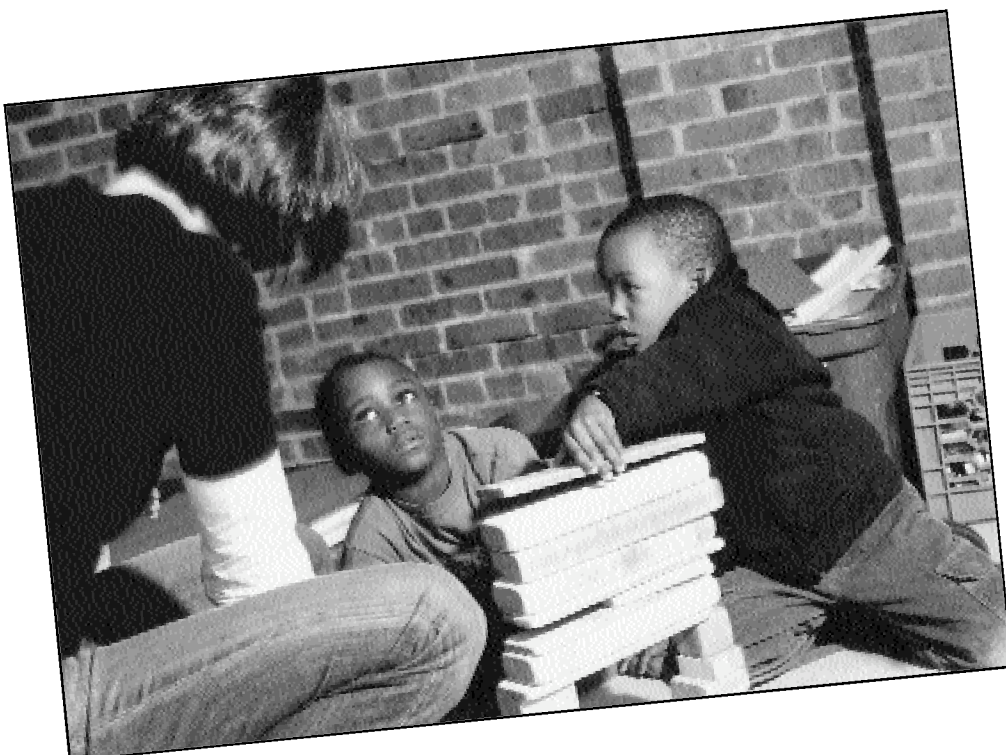
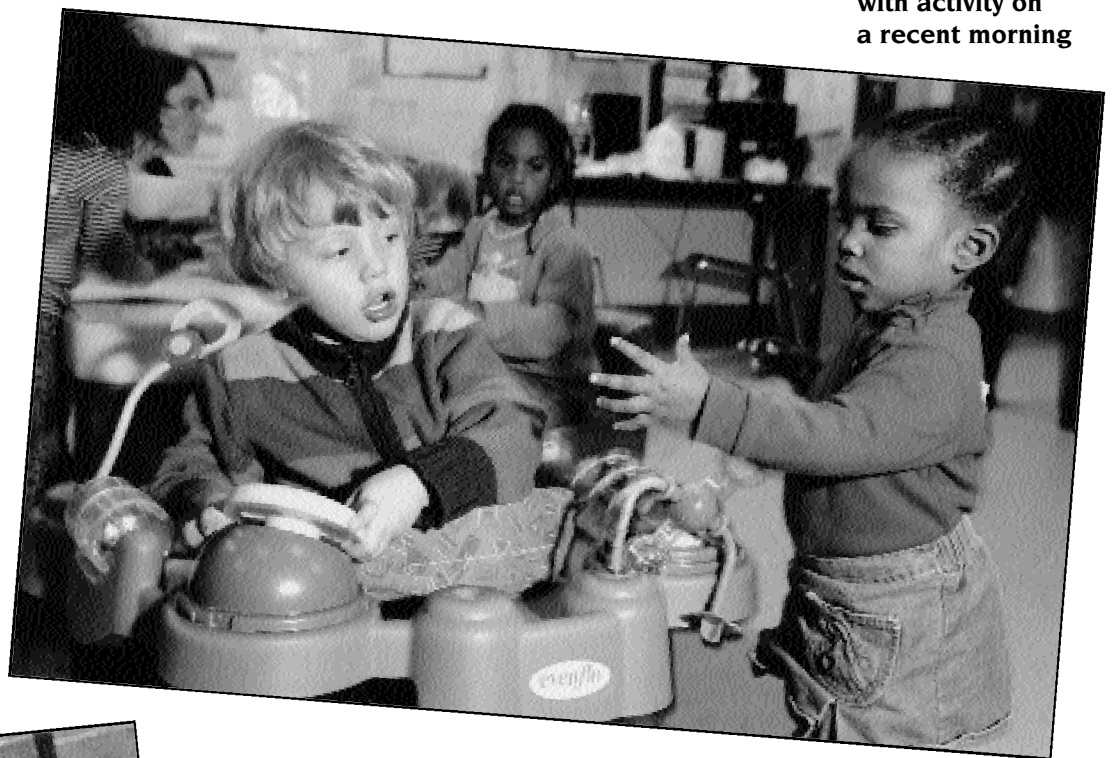
*"I definitely want to partition off the room to make a space for older children, where they can do their homework or play with games," says staff childcare liaison Annette Laskaris.*



## Welcome to Childcare

Photographs by Hazel Hankin

The Coop childcare center buzzes with activity on a recent morning





## Childcare

CONTINUED FROM PAGE 1

shopping, it's with a calmer, happier baby.

### An Oasis, but It's Getting Crowded

Clearly, from the viewpoint of parents and kids, the childcare room is an oasis, albeit sometimes a chaotic one. In fact, its popularity over the last two and a half decades has created its current challenge—how to economically provide childcare for more children, particularly during the crunch periods, and for children of older ages.

The program accepts up to 12 children at a time and, according to the rules, they are watched over by at least two, and sometimes three, trained workers. Currently, workers and shoppers can drop off their children for up to four hours—as long as there is space in the program, with priority given to offspring of Coop members working their shift.

Space fills to the brim on school holidays and on some afternoons, however, and parents have to be turned away. In the month of September, about 1,625 children used childcare services, although in October and November, after school got into full swing, the number fell to 1,450 and 1,350 respectively, Wheeler said.

The program now seems best suited for toddlers and preschoolers, caretakers say. "It gets pretty boring for the kids who are older than five or six," Hovde noted. "There's not enough for them to do."

She was there with her own children, ages four and seven, and her older child sat on a couch and read, or squeezed into an uncomfortably small chair and did homework. Games for older children are not allowed if they have small pieces that might prove to be a choking hazard for babies or toddlers. Though the rule makes perfect sense, it also means older kids are less likely to find ways to occupy their time.

Sometimes when older kids are there, "it's a lot louder," said Shawna King, mother of 2-year-old Imann and a Coop member for almost three years. Her daughter, she said, can feel overwhelmed. "The older kids' energy can overtake the space."

The room set aside for childcare is sprawling, by New York City standards—as big as some studio apartments—and Wheeler and others say the general intention is to divide the space, though it's not a plan currently being pursued.

"I definitely want to partition off the room to make a space for older children, where they can do their homework or play with games," said staff childcare liaison Annette Laskaris.

What she envisions is a sturdy, low wall—perhaps with a bookcase on one side—and definitely with a door. Such a division, she anticipates, would not only provide separate space for the older kids—five or six years old and up—but would allow for at least half a dozen more children to be admitted to the program.

### Waiting List

Having enough workers probably would not be a problem. There is a waiting list of Coop members who want a childcare shift, although about 425-450 Coop members already are involved in childcare-related work. About 80 percent of the childcare workers have children of preschool age, Laskaris estimated, and so for them, it is an ideal way to do their shifts and watch over their kids at the same time. Most of the childcare workers are women, but about 20 percent are men, she said.

The fact that workers and parents want to see the service expand is a testament to its success. Onsite childcare undeniably makes shopping safer and more enjoyable for everyone—children, parents and non-parents alike.

Janine Hodgkins, the mother of a 2-year-old and a 9-week-old, said her older child loves being in childcare while she shops. "It's a great convenience for parents," she said, adding that she probably shops at the Coop more often because she can leave her son in the childcare room.

Still, workers and parents do have suggestions for improvements. "I'd like to see more frequent overhaul of the toys to replace ones that are broken or have missing parts," Hovde said.

Laskaris, for her part, says rule breaking is one of her biggest frustrations. She assumed her job as liaison about three years ago and oversaw a revision of the rulebook, which was updated primarily to make the rules clearer. All childcare workers, who undergo a mandatory training session, read the rules, and Laskaris said she urges the workers to encourage new parents to familiarize themselves with them as well.

When rules are breached, Laskaris said, "that's when it could get dangerous for the kids." The most common violations include parents leaving the building when their child is in childcare, bringing in a child who is sick, or failing to properly sign their child in or out, she said. But she was quick to add: "I think in general that childcare works and is great for all members."

King agreed. "We joined the Coop for good food and good prices," she said. "But I was sitting up here earlier today and thinking, what a great service. What other grocery store can you go to and have this?" ■

## DISCIPLINARY COMMITTEE REPORT



ILLUSTRATION BY COWEN LONG

## New Disciplinary Committees Seek Members

By Mel Spain for the Disciplinary Committee

At the October General Meeting, new Disciplinary Procedures were adopted. The Procedures created two new committees to take over several functions of the old Disciplinary Hearing Committee. The new committees being established are the Hearing Administration Committee and the Hearing Officer Committee. The Disciplinary Hearing Committee was authorized by the GM to establish the two new committees by advertising for, and interviewing, prospective members for election at a future GM. Because the new committees will meet only on an as-needed basis, that is, when hearings are required, their members must maintain regular Coop workslots in good standing or be FTOP members in good standing. The nature of their work requires that all members maintain strict confidentiality with respect to all matters on which they work.

We are seeking an applicant pool that reflects the diversity of the Coop membership at large.

**Hearing Administration Committee:** requires from three to five members who will be elected at a GM to renewable three-year terms. They will receive FTOP or make-up credit.

The committee shall perform administrative functions necessary to arrange and facilitate hearings, which will be held from time to time as necessary. It will schedule hearings, arrange by telephone for randomly selected members to serve as the hearing group, attend confidential hearings and maintain records of the hearings.

Applicants should be Coop members in good standing for at least one year

and have good attendance records. Applicants should be detail-oriented, have experience with and enjoy working by telephone.

**Hearing Officer Committee:** requires from five to nine members to be elected at a GM for renewable three-year terms. They will receive FTOP or make-up credit.

The committee will conduct and preside over disciplinary hearings; ensure that hearings proceed in an efficient and unbiased manner and, after the Deciding Group (a randomly chosen group of

members) has decided whether an accused member violated a Coop rule, determine what disciplinary action should be taken against the member.

Applicants should be Coop members in good standing for at least two years, have good attendance records and preferably have judicial, arbitration, mediation or legal backgrounds.

Those interested in either workslot should telephone Jeff Goodman of the Disciplinary Hearing Committee at 718-636-3880. ■

**Please take one day to  
Educate Your Legislators**

**•Safe Food & Farm Lobby Day•  
Wednesday, February 8 in Albany**

**Plan now to meet or call NYS Legislators**



**Protect your family  
and community how by  
buying local, organic,  
unprocessed food.**

**Let's spread the word that genetically engineered food is:**

- **Not** tested or regulated by our government
- **Not** labeled to show engineered genes or warn of unpredictable consequences
- **Not** able to be contained or recalled when problems occur

**Let's avoid these genetically engineered foods:**

- Milk with unlabeled growth hormone
- Soy and soy lecithin in most baked and processed foods (80% of US soy is GE)
- Corn products/processed foods with corn starch and sweeteners (40% of US corn is GE)
- GE corn, licensed by the EPA as a pesticide, has a toxin-producing gene in each cell.
- Non-organic potato, zucchini, papaya, canola & cotton seeds oils, etc.

**Come to Albany or call offices of Gov. Pataki, Leader Bruno, Speaker Silver on February 8.**

- Sponsored by NYSAGE (New York State Against Genetic Engineering...of food)
- and NOFA-NY (Northeast Organic Farmers Association)
- and by the Safe Food Committees of Park Slope and Honest Weight Food Coops

**For more info: 518-234-1942**

- Ride info • legislator phone numbers • etc. •



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  
Jan  
20

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

SWING STREET

A Great Big Band Sound from a Great Small Band

"Swing Street is a dance band with a rare ability: It provides stirring jazz and dance tempos without compromising either one," wrote Stuart Troup in New York Newsday.

Come join Barry Bryson, bandleader and trumpeter, with Coop musicians for a night of big band dance music, with special guest vocalist, Marje Wagner.

George Kanzler, Newark Star Ledger, says, "Not only are the musicians all committed to music well, they're also dedicated to making it sound fresh and interesting, too."

Barry Bryson

Marje Wagner

Barry Bryson — Trumpet/Leader  
Sheila Cooper — Alto Saxophone  
Andy Middleton — Tenor Saxophone  
Rob Garcia — Drums  
Stefan Bauer — Vibraphone  
Matt Pavolka — Bass  
Marje Wagner — Vocals

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: More 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.

Z E B X D T W Q

J M T Q H I Q E K B

E W H A B W X

C W N E X C F T T Q

M W J H W

Z W X X T Q Q L X L

J E O A T W X J

E W H N B E W H J

J H T T Q X K H E W H J

I Q W R J T T V J

M T M L H W J

J E O X K H J

U Q R R C W R C Z T W A

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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.

Although the listings can change as often as daily, here are a few current examples:

Monday	Mop Cleaning
Wednesday	Typing—updating the waiting list
Friday	Toy Cleaning
Sunday	Wall Chart Updating
	Laundry

Maintenance

Sunday, 8:00 p.m. The store will be closed. The main focus of this squad is a deep cleaning of the first floor shopping area. All Maintenance squads are two hours.



MORE LISTINGS ON PAGE 8

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:

Jan 5 issue: 7:00 p.m., Mon, December 26  
Jan 19 issue: 7:00 p.m., Mon, Jan 9

CLASSIFIED ADS DEADLINE:

Jan 5 issue: 10:00 p.m., Wed, Dec 28  
Jan 19 issue: 10:00 p.m., Wed, Jan 11

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, JAN 3  
AGENDA SUBMISSIONS: deadline for consideration for the January 31 GM, 8:00 p.m.

TUE, JAN 31  
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 January 4

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, JAN 10  
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,  
January 31, 7:00 p.m.

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

Location

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

How to Place an Item  
on the Agenda

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

Meeting Format

Warm Up (7:00 p.m.)

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

- Explore meeting literature

Open Forum (7:15 p.m.)

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

Reports (7:30 p.m.)

- Financial Report
- Coordinators' Report
- Committee Reports

Agenda (8:00 p.m.)

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

Wrap Up (9:30-9:45)

(unless there is a vote to extend the meeting)

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



COMMUNITY CALENDAR

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

\*Denotes a Coop member.

MON, DEC 26

KWANZAA CELEBRATION: sponsored by the Kwanzaa Collective at Boys & Girls High School, 1700 Fulton St, Bkln, 5-9:00 p.m. Bring the entire family & a dish of your choice to share. Free, open to the public. Info 718-638-6700

KWANZAA CELEBRATION was created by Dr. Maulana Karenga as a multi day celebration at the December holiday time. Dec. 26, 27 & 28. Each evening a film or panel begins the discussion and everyone participates. Brooklyn Society for Ethical Culture, 53 Prospect Pk W. Info: 718-768-2972, bsecOffice@aol.com, or www.bsec.org/kwanzaa.pdf.

TUE, DEC 27

KWANZAA CELEBRATION was created by Dr. Maulana Karenga as a multi day celebration at the December holiday time. Dec. 26, 27 & 28. Each evening a film or panel begins the discussion and everyone participates. Wonderful gourmet feast at very reasonable prices on December 28, 2005 Brooklyn Society for Ethical Culture, 53 Prospect Pk W. Info: 718-768-2972, bsecOffice@aol.com, or www.bsec.org/kwanzaa.pdf.

WED, DEC 28

KWANZAA CELEBRATION was created by Dr. Maulana Karenga as a multi day celebration at the December holiday time. Dec. 26, 27 & 28. Each evening a film or panel begins the discussion and everyone participates. Wonderful gourmet feast at very reasonable prices on December 28, 2005 Brooklyn Society for Ethical Culture, 53 Prospect Pk W. Info: 718-768-2972, bsecOffice@aol.com, or www.bsec.org/kwanzaa.pdf.

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, dru m-

ming & potluck dinner. For info: 212-568-1645, 212-807-1570.

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.

SAT, JAN 14

PEOPLES' VOICE CAFE: Rod MacDonald. 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.

FRI, JAN 20

GOOD COFFEEHOUSE: Coop Night. Swing Street with Barry Bryson\*, a little big band with guest vocalist. Dance instruction with Liz Peterson\*. \$10 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, JAN 21

PEOPLES' VOICE CAFE: George Mann & Julius Margolin; The Solidarity Singers. 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.

FRI, JAN 27

GOOD COFFEEHOUSE: Night of Magic, 5th Annual. Produced again this year by Bkln magic maven Richard Steven Cohn. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

FRI, FEB 3

GOOD COFFEEHOUSE: TBA. \$10 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, FEB 4

PEOPLES' VOICE CAFE: Roy Brown; Tao Rodriguez Seeger. 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.

FRI, FEB 10

GOOD COFFEEHOUSE: Traveling Troubadour series. Steve Gillette & Cindy Mangsen. Steve & Cindy have three award-winning CDs. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, FEB 11

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

SAVE THE DATES!

PSFC FUN'RAISING COMMITTEE EVENTS:

Saturday, 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

FILM 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

MORE WORKSLOT NEEDS

CONTINUED FROM PAGE 7

Two Unusual Listings:

Looking for members with Cater/Waiter and Prep Cook experience interested in doing this kind of work for workslot credit at Coop functions, please email ouicater@yahoo.com with your experience and general availability.

*Linewaiters' Gazette* Classified Ad Prep: work every two weeks for about an hour processing member ad submissions. Best time is Thursday morning, but occasional alternative times of later Thursday or Friday morning OK. When you call, ask for Linda.

Outside Services

Cart return and sidewalk management have been extended to Monday through Friday daytimes. Workers needed to staff these positions. Until they are filled with regular squad members, some FTOP is available.



ILLUSTRATIONS BY CATHY WASSILENKO





LETTERS TO THE EDITOR

REMEMBER YOUR CARD

TO THE GAZETTE:

As an entrance worker I am writing in response to “Why I Keep Forgetting My Membership Card” a letter signed by Surinder Singh which appeared in the 11/24/05 issue.

I don’t even understand why this letter was printed. What purpose was served? I found it insulting and mean spirited. So what if a person’s IQ is 40? Did that person or any one choose their level of intelligence or any other trait acquired at birth?

When a person states their number instead of bringing their card this is uncooperative behavior in my opinion. The entrance worker has many responsibilities, but the most important aspect of the job is SECURITY. When the worker has to take time from watching who is entering the Coop and divide their attention between one particular individual and a keyboard, this is a security breach. Also the Coop can be noisy at times. I work on Sunday afternoon when the Coop is very busy. I cannot always hear what one person is saying when others are making a lot of noise. So, yes, I usually have to ask the person to repeat their number. Guilty as charged. What relation this has with anyone’s intelligence is beyond me. If you bring your card, this does not have to happen, my dear Mr. or Ms. Singh.

Does the writer think we should give an IQ test to prospective members so they can measure up to this person’s obviously high intellectual level? If anything, I think if there were to be a more stringent screening process, it should determine the person’s motivation to join. Our purpose is not solely inexpensive food. Our mission statement emphasizes cooperation and teamwork as much as low prices. I think people should read it before they decide to join. There is too much of a “Me First” attitude in this place these days. It does not surprise me that we are having increasing problems with theft and other non-cooperative behavior.

So, Mr. or Ms. Singh...Please bring your card and have some patience with the lowly entrance worker the next time you shop.

Respectfully,  
Amina Ali (I.Q. 140)

**FUN WITH COMPOSTING**

**DEAR GAZETTE,**

Hello! My name is Victoria Gershik and I’ve been a happy Coop member since March of this year. Recently, I obtained a position at the Queens Botanical Garden as the Compost Project Coordinator. Luckily, I got this job and it has opened up a new opportunity for me to live sustainability. And that opportunity is in home composting.

I don’t have a backyard and I don’t have much space, but I can still compost indoors with the help of some worms. Before I got this job, I never knew one could compost in their home and thought one could only do it in the country. But with an introduc-

tion to it and some training, I found it to be easy, fun, and significant in its impact on reducing our solid waste stream. I am committed to a sustainable lifestyle, as I’m sure you are. Now the only things I see stopping every New York City resident from home composting is that most people do not know about it or don’t know how to do it or think they can’t do it in the city, like I had thought. All the four botanical gardens in NYC have compost programs that make it very easy for you to learn about home composting. Come to any of their workshops and learn about backyard and indoor composting. The workshops are of no charge and materials to get you composting are also available at these workshops at a nominal fee thanks to funding from the Department of Sanitation. Composting is in your best interest in more ways than one. If you want any information about composting programs and you live in Queens, please contact me at 718-539-5296 at the Queens Botanical Compost Hotline. Also, check out [www.nyccompost.org](http://www.nyccompost.org).

Victoria Gershik

KEEP POLITICS IN THE GAZETTE

TO THE EDITOR:

The *Linewaiters’ Gazette* of the Park Slope Food Coop is one of the finest news publications I get to lay my eyes on every (other) week. Our membership comprises many individuals who deeply care not only about healthy food but issues concerning the environment, our local as well as larger communities, peace and justice, etc. Many members have strong opinions and are working with dedication towards the improvement of our world on many levels.

The editorial staff of the *Gazette* has done an excellent job—at least over the last 12 years of my reading it regularly (and pretty much from cover to cover)—of providing a forum for members to share their observations, insights, and—yes—points of view with the community of PSFC members and beyond. There is truly no aspect of our lives as members of any community that is not political. Anytime you open your mouth, it’s political!

The *Gazette* has not served as a mouthpiece of any particular political group but has been publishing a balanced mix of informative articles about the going-ons in the Coop, food and health, as well as topics of concern to members, the health food industry or our community at large. Much of this information is not readily available in “regular” newspapers. Unsolicited contributions which may express the opinions of a particular member are clearly identified or appear in the Letters section. The guidelines for submission are inclusive and fair.

I am gratified that a portion of our profits is spent on a newsletter reflecting the diversity of our membership and wide range of experiences and opinions.

Christiane Siebert

RULES OF ORDER

TO MY COMRADES IN THE FIGHT FOR DEMOCRACY:

One of the two things I promised to discuss in the November 10th issue is “Carl’s little riots.”

Not too successful trying to find something in [fairvote.org](http://fairvote.org) and [wbai.net](http://wbai.net) (not the official site), and my Robert’s Rules of Order lies forlornly underused—you would ask Why think about Robert’s Rules? when we have our own nifty little abridged version. Simple: a set of rules has to be complete, it has to cover every conceivable eventuality. The Rulers claim Robert’s Rules cover when our list doesn’t...hm! Then which rules of Robert’s do they cover? It’s not obvious. What they would have to do is give us their position on each of Robert’s rules and whether or not and how it is covered in our “niftylist.” If it would be so much trouble, why not just use Robert’s?

These ambiguities result in many, I’m sure fairminded, conferences among the Chair Pool members where they decide on one or another thing—but on what grounds?

And another meeting will have different Pool members chairing it. They told us they were revising their short list months ago and still no response. Not to mention that their way the “rules” are not public!—in effect they make them up on the spot at every meeting. Transparency goes out the er, window!—and our Rulers are “rulers” in another sense of the word!

Now, even a full version of Robert’s leaves room for disagreement—the subject is involved and meetings are not, um, a good time for reflection. This is just the kind of star chamber that the Rulers need and want. In the presence of such unresolvable questions their major goal seems to be to hurry the meeting along to a conclusion—it seems to give them a feeling of accomplish-

ment, which leads to the “little riot” towards the end of the meeting where the tyrants show their teeth and the velvet glove is removed to reveal the mailed fist. The chairpeople and members shout at each other and any semblance of rules is trampled out of existence.

The Tinylist allows four ways to postpone a proposal: Later at the same meeting, which is laughable, Return it to the Agenda Committee, Have a supplementary meeting, which has never happened in the history of the Co-Op, and Have it at the next meeting. It seems to me that each time anyone proposes one of these, all four should be made available and voted on if requested.

There is no excuse for a legislative body being rushed by its chair faction. The very word “deliberation” is destroyed. There is no clearer indication that these meetings are not serious legislative bodies than this morass of incomplete, private, and infinitely malleable rules.

Happy holidays to everyone. Corrections and attempts to dissuade me of my delusions welcome.

In solidarity, Albert Solomon  
718-768-9079, [hobces@yahoo.com](mailto:hobces@yahoo.com)

CONTINUED ON PAGE 10



LETTERS POLICY

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

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

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

**Anonymity**

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

**Fairness**

In order to provide fair, comprehensive, factual coverage:

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

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







CONTINUED FROM PAGE 9

CELL PHONE  
RUDENESS

TO THE EDITOR:

This letter is about an annoying issue. I find that when I shop and stand in line, and check out my groceries and pay, I feel that I should be talking to somebody who is alert, and taking care of business. Not necessarily on the ball, but someone who is there. I find that it is extremely annoying to have somebody on their cell phone when this transaction is taking place. It is not only rude, but it is very distracting and mistakes can happen. I don't know if other people feel the same way, and I hope to hear some response. My e-mail address in case you want to write to me is nan-cyspitalnick@aol.com.

Thanks,  
Nancy Spitalnick

SHARE THE LOVE

DEAR MEMBER:

The Question: Dear Santa Claus, although we do not doubt your ability to deliver gifts to billions of homes in one night, we do wonder how do you deliver gifts to those children who are homeless and dream of having a place to call home.

The Answer: Santa Claus may not be able to deliver but the billions of Mothers and Fathers that take on Santa's duties every year can by giving a gift more powerful than money and material and it's called giving Love, which is our duty to Our Father in Zion. Love thyself and neighbor, Love rich and poor, Love Black and White, Love male and female, Love human and animal, unconditional

Love. Let Love sustain s all in changing all the distress and disease that plague our planet one day at a time. We plan on using Love to restore balance upon this Earth as it exists in our Heavenly Nation of Zion, where every soul has a place to call home, food for thought and is clothed in Righteousness.

Greetings and Happy Holydays from Kind David's House owner, David Beerram Jr. Since it is the season for giving gifts, as a member of the Coop we are giving that which we have in abundance, Love and Joy. Although we all have different beliefs of the existence of Santa Claus and how he makes it down the chimney, we should all agree that without a place to call home there could be no special delivery for anyone. We are currently holding fundraisers to acquire and renovate the building we live and work in because of its ideal location near a public school, library and park. The building has many violations and a tax lien but we are confident with loving care and volunteer work we can transform it into an environment for the growth and development of our youths and community. We thank the Coop for publishing the Good News for those in need because homelessness is not caused by a lack of available housing but by a lack of Love. A Love that would have resulted in a proper distribution of Mother Earth's resources to benefit all and not a few that are deceived in believing they are the elect. Forgive them for they know not what their greed and self-hatred is doing. Therefore give Love and let the New Year bring a new commitment to Love and caring for each other, Happy Holydays from King David's House.

Sincerely,  
David Beerram, Jr.

THANK YOU

DEAR FRIENDS:

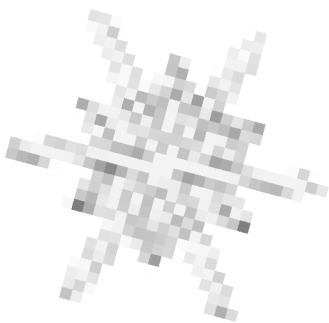
On behalf of the hundreds of lives you have touched, we wanted to take a moment to send one more thank you for your work with the New York Methodist Blood Donor Program.

Every time we turn to the Park slope Food Coop for assistance, the call has been answered. With the need for blood continuing to rise in the New York City Area, we count on people like you to help insure an adequate blood supply for our patients. You continue to touch the lives of others in a special way.

We would also like to thank the Coordinators, Squad Leaders and office staff that work with us on the days of the blood drive. Whether it was having the room ready, making overhead announcements, or giving out flyers on Seventh Avenue, our needs are always addressed with a smile and a "sure, no problem." We appreciate all the behind the scenes help that we receive.

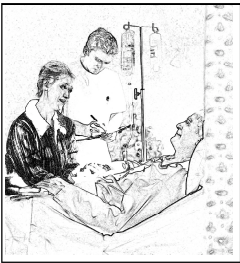
Thank you once again for sharing the "Gift of Life." We look forward to working with you again soon.

Yours truly,  
Grace Gehrke  
Blood Donor Recruiter  
Stu Rosenhaus  
Blood Donor Recruiter



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 macrobioics, 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 a 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

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 and 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, January 21  
6:00 p.m. at the Coop

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



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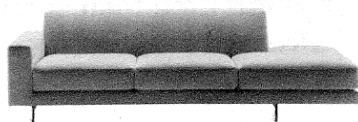
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## To Submit Classified or Display Ads:

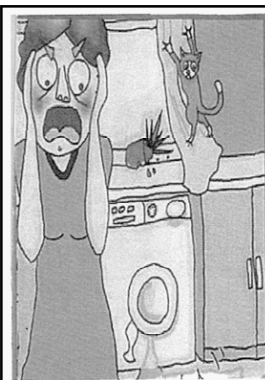
Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$10 per insertion, business card ads at \$20. (Ads in the "Merchandise-Non-commercial" category are free.) All ads must be written on a submission form (available in this issue and at the front of the Coop). Classified ads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

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



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## CHILD CARE

BROOKLYN FREE SPACE COOPERATIVE PRESCHOOL has one 5-day slot for a girl age 2.9 months to 3.6 months. Call 718-965-3135. Don't miss our annual open house Jan. 10, 2006, 7pm, located in Mission for Today, 6th Ave. between 2nd and 3rd Streets.

## CLASSES/GROUPS

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.

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.

## COMMERCIAL SPACE

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

## HOUSING AVAILABLE

BERKSHIRE CAPE-Beautiful 2/3 bedrooms; Htd in ground chem. free pool; Lg den w/WBF/LR w/ wood stove; sun room; perennial plantings; full basement; W/D; D/W; near Great Barrington; skiing; 20 min to Tanglewood; move in condition. \$299K. Call 718-636-9833. Sheffield, MA.

## 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](mailto:aqua4water@aol.com).

## MERCHANDISE-NONCOMMERCIAL

IKEA LOFT BED with desk and shelving. All wood. Full size mattress. Very good condition. Original cost \$800-900. Selling for \$250. 718-638-2462.

MOVING SALE. Best offers accepted within reason! Awesome vintage counter with 3 matching wall cabinets & built in bookcase, New RoyalPedic natural latex/wool 7 zone queen mattress plus 3 inch topper pad, 4 x 6 foot chalkboard, china cabinet, solid wood bookcases, fabulous vintage dresses, etc. Chris 718-797-3204. [ceanderson@mac.com](mailto:ceanderson@mac.com).

## Answer to Puzzle on page 6

Corn Meal, Spelt Flour, Oat Bran, Wagon Wheel Pasta, Cannellini Beans, Soybeans, Oat Groats, Steel Cut Oats, Flax Seeds, Pepitas, Soynuts, Green Lentils



PETS

CUTE AND AVAILABLE. 2 6-month old kittens, rescued off the mean streets of Brooklyn, seek loving home(s). Black & white male and female. Playful but shy at first. Healthy, neutered, with up-to-date shots. 917-733-0283.

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

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

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SPRING YOUR FLOORS TO LIFE by sanding and refinishing! Floor mechanic will install, repair, refinish wooden floors. Reasonable prices. Good references. Call Tony @ home 718-484-7405. Cell phone 917-658-7452.

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.

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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.

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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.

ATTORNEY — GENERAL PRACTICE. Wills, residential closings, criminal defense, family law, civil litigation. Laura Kittross, Esq. Kipiniak & Kittross. 26 Court Street, Suite 1304. Brooklyn, NY 11242. 718-624-2011. email: kittross-law@verizon.net.

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.

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

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SERVICES WANTED

COMPANION WANTED for 90+ year old male in assisted living. 3-4 hours per week, \$10 per hour, male preferred. Play cards, jazz, football interests. Call 718-638-5628 for more details.

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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.

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

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.

Robin Aigner Tim Al-Harby Molly Anderson Michele Arce Alyssa Awe Valentina Azzarello Chadd Baker Miriam Bale Amrita Barth Jerome Barth Matt Bassett Alestine Baylor Emily Baynes Sarah Baynes Max Bean John Benincasa Daniel Benoist Diana Berger Lisa Berger Tamiko Beyer Ani Bluhm Skyler Brickley Melissa Brough	Nyakya Brown Etta Brummel Michael Brummel Tyronne Cabrera Yumi Cantave Gabriela Celeiro Rebecca Chan David Cohen Jessica Cordova Gosha Danilov Patricia Spear Daskin Richard Daskin Melissa De La Cruz Tineke De Vries James DeCoursy Noa DeSimone Janine DiLorenzo Irene Donoso Kamilah Duggins Guy Dupuy Bentzion Elisha Sarah Chaya Elisha Jaime Emerick	Ginny Evans Michael Evans Elissa Federoff Andrew Fink Daniel Fisher Samantha Fong Edwin Garcia Brian Giambalvo Ken Goeringer Laurie Goeringer Jonathan Goldberg Anna Goldman Elizabeth Goodfriend Erik Grafe Peter Gunter Darren Guyer Anika Habermas-Scher Eve Hadley Iva Harper Annette Hill Anthony Hill Honey Hinds	Becky Hutcheson Linda Intveld Olga Itkin Debra James Marva James Joan Jubett Lisa Kalikow Tal Zadok Kazaz Debra Kendall Karimah King Zak Klein Elias Kramer Christopher Lee Rose Liebman Felix Lopin Kathleen Lucadamo Sunshine Ludder Andrew Lynn Albert Maniscallo Sarah Margles Hedia Maron Aaron Mate Lori McCaskill	Cindy Menell Lucas Monaco Jason Moonesar Neville Nagarwalla Elizabeth Napier Christine Newheart Sarah Novick Liz Oakley Esra Ozkan Daniel Packer David Pastor Crystal Pitcher Max Porter Elizabeth Press Christine Rabstenek Sarah Records Tamara Reiner Sergio Revah Bree Riegel Christine Rodriguez Elizabeth Ryan Charlene Salley-Cave Eva Sanchis	Serena Scaglione Laura Scanlon Abra Schaeffer Dominic Scott Erika Simonian Michael Skinner Tibet Sprague Mendy St. Louis Marie Sullivan Sarede Switzer Nicholas Thompson Dorian Tilbury Jody Tilbury Leontyne Toure Kirsten Tranter Arny Vaynshteyn Juma L. Williams Sauda A. Williams Dominique Wynn Atilla Yilmaz Maureen Yusuf
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THANK YOU!

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

Claire A. Marsha Aliaga Michael Alltmont Felicia Anderson Rena Ask Zac Barr Ellen Baxt Sarah Baynes Jill Benson Etienne Bernstein Fletcher Boote Jen Buley Eliza Byard Jeremy Campbell	Carol Ricky Caruso Ting Ting Cheng Stephanie Chiuminatto Debora Cousins Daria Cullen Eliza Jane Curtis Zeynep Dadak Rudolph Delson Ashley DeVries Craig Duff Kama Einhorn Shanee Epstein Gail Esterman	Marie Gaerlan Jenny Goldberg Jeffrey Goodman Victoria Grager, Anthony Greep Caroline H. Aneal Helms Amy Herda Julie Hollar Kara Imm Elisabeth Isaksen Dawn Jackson Anne Kelson Nicole Kempskie	Aaron Kirtz Jessica Klein Susan Knightly Tripti Lahiri Ted Lefer Chana Lew Alison Lin Sara Marcus Diane Maresco Lauren Mayer Robin McCollough Megan Mcfarland Deborah Anne McNeely	Manuael Morales Serina Morales Orly Nadler Natasha Lycette Nelson Heather Nolan Beth Ostergaard Danielle Posen Clara Presler Lupe Ramsey Lydia Robertson Benjamin Serio Shanel Sharone B.	Lily Shaw Heidi Singer Chana Smith Lucy Stein Sunshine Yumiko Tomobe Cara Tuzzolino Vaharia Keri Watkins Wendy Karen Williams Sauda Williams
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