

Established
1973



LINEWATERS' GAZETTE



Volume AA, Number 1

January 5, 2006

Waste Not, Want Not

By Barbara Ensor

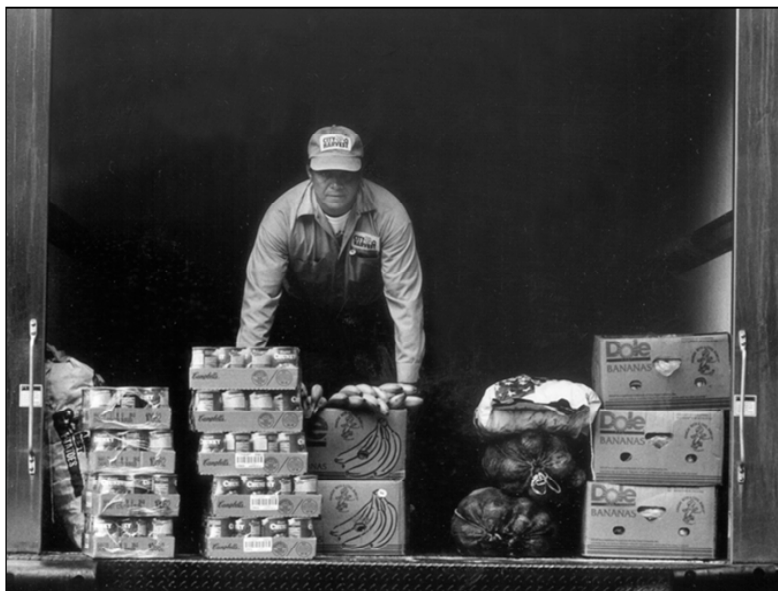


PHOTO SUPPLIED BY CITY HARVEST

When it comes to produce, the Park Slope Food Coop does what any food market with high standards would do: makes sure the freshest, most salable merchandise is on display for purchase. That means that a small portion of produce is cleared from the shelves early each morning, if it is deemed unsalable, to make room for unblemished goods. The assortment of fruit and vegetables, good enough to eat but scarred, bruised, broken, or wrinkled, arrives later the same day at CHIPS, City Harvest, and other soup kitchens. Washed and chopped by neighborhood volunteers and some Coop members doing their work-slots at CHIPS, it finds its way into salads and soups. The food, which would otherwise have been thrown away, becomes an important part of the hot meal served up to scores of people.

We Coop members who prepare the food at CHIPS are often surprised by its quality. At times a basil leaf needs to be discarded, or a soft part of a tomato cut off. But as we chop the carrots and onions, we can see that these vegetables are about as good as what is at home in our own refrigerators. The only produce at the Coop that is “thrown away” because it is not good enough to eat goes into compost barrels, never to the landfill.

Still Good Enough to Eat

What about the rest of the food in New York that is still good enough to eat, but not to sell? City Harvest, the world’s first food-rescue organization, founded in New York City in 1982, has a fleet of fifteen refrigerated trucks. The organization provides a model for similar groups in other cities. Efficient as it is, City Harvest can salvage only a fraction of what the city could offer its thousand or so soup kitchens and food pantries.

A number of local supermarket chains, including D’Agostino’s, do arrange for refrigerated trucks to pick up food. Public Advocate Betsy Gotbaum’s office would like to see that number grow. A report on the public advocate’s Web site calls on “the entire local food

industry—including manufacturers, supermarkets, retailers, farmer’s markets, restaurants, cafés and delis—to help reduce hunger in New York City by donating excess food to organizations who will deliver it to people in need.”

The number of New Yorkers who are hungry has risen dramatically in the last several years.

The need is certainly there, as the number of New Yorkers who are hungry has risen dramatically in the last several years. In 2003 alone, the demand for food in local shelters and soup kitchens increased by as much as 26 percent. But even if more food were donated, the plan would require more trucks and drivers. One City Harvest initiative called Street Fleet circumvents that problem by inviting New Yorkers to donate just a half hour to an hour a week to carry bags of baked goods to where they are needed. Several dozen Starbucks shops are among the network of bakeries throughout Manhattan that contribute bags (anywhere from five to 20 pounds in

CONTINUED ON PAGE 2

SAFE FOOD COMMITTEE REPORT

Why We are Troubled by GE Food: Mothers Speak Out

By Pam Phillips-Malcolm and L. Maher-Johnson

Outspoken moms, all members of the Safe Food Committees of either the PSFC or Albany’s Honest Weight Food Coop (HWFC), are concerned that the world’s food is being permanently altered in a process that has been taking place for the past ten years, by the addition of unnatural “trans-genes” (genes that cross the natural species barrier) with unknown effects on corn, soy, cotton, canola, papaya, zucchini, potato and many other crops.

These two coops, in turn, are members of NYSAGE, the statewide coalition of over 20 food coops and over 50 CSAs (direct consumer-to-farmer purchasing organizations representing more than 25,000 consumers who want natural, healthy food). New York State Against Genetic Engineering began speaking with legislators last spring, and by June had held a successful lobby day and seen four new bills to regulate biotech food introduced into the assembly.

Our coop is joining NYSAGE in a second lobby day, sponsored also by NOFA (Northeast Organic Farmers Association) on February 8. With this Safe Food and Farm Lobby Day, we expect to get

legislation passed this year. Mothers and their young children, and anyone else who has ever been a child, are invited to meet with farmers and legislators on lobby day. They can also call legislators’ offices, especially those of Governor Pataki, Leader Bruno and Speaker Silver. Join our moms in voicing their many concerns about biotech food (www.nysage.org).

Here’s what some of these mothers had to say:

“How can these enormous agribusinesses actually hold a patent on a plant, made by nature? How dare they saturate our food with untested genetic organisms?” For Amari, mother of a toddler, the patenting of life forms and the corporate takeover of food, without testing or accountability, are the root of the problem

“First I learn that each biotech seed cell has bacteria and/or virus genes added,” says Louise, a mom and a teacher, who is amazed at what passes for science in our world of increasing biotech food. Then I find out that each cell also has an antibiotic-resistant gene. Then, that each cell of GE corn has a pesticide-producing gene. These genes are

CONTINUED ON PAGE 4

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 appears in this issue and is available as a flyer in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

* Exceptions for November and December will be posted.

IN THIS ISSUE

GM Agenda	2
From the President’s Kitchen	3
Work, Work, Work	5
Coop Hours, Coffeehouse, Puzzle	6
Coop Calendar, Workslot Needs	
Governance Information, Mission Statement	7
Community Calendar	8
Letters to the Editor	9
Stressed Out? Try Flax Seeds	10
Classified Ads	11

Coop Event Highlights

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

Fri, Jan 6 •Film Night: San Francisco Stories, 7:00

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.

Thu, Feb 2 •Food Class: SeaVegetables, 7:30 p.m.

Thu, Feb 3 •Film Night: Films TBA, 7:00 p.m.

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

Waste Not, Want Not

CONTINUED FROM PAGE 1

weight). In just two years the program has grown to include 190 separate pathways. The 300 Street Fleet volunteers operate in teams to ensure that each route is covered each weekday. It is an elegant balance of resources and needs—a peaceful, cooperative interaction that doesn’t get much media coverage.

A Lifestyle Choice?

In December, the all-too familiar sight of people rummaging in dumpsters for food suddenly did draw the media spotlight. When a group of middle-class New Yorkers calling themselves Freegans began to invite others to sift through garbage cans, the world press paid attention. “Like wearing torn jeans or avoiding meat, this was a lifestyle choice! It’s the surprise and the prize,” explained Janet Kalish, a high school teacher, to a reporter for the Associated Press. Cameras for the ABC-TV program 20/20 focused on members of the group pulling food out of dumpsters and offering advice on the Freegan lifestyle. Foraging twice a week feeds her nicely, explains Madeline Nelson, a “former corporate communications officer.” The clincher, of course, was when one Freegan expressed “pity” for those of us who still pay for our food.

The real agenda—cleverly disguised beneath discussions of mozzarella cheese—is to draw attention to the shameful problem of so much waste amidst so much poverty. According to statistics on the movement’s Web site, Freegan.info, the city’s soup kitchens and food pantries, which serve two million New Yorkers annually, must turn away 2,500 people a day. Although a group like the Freegans may be helpful for shining a light on the problem, John Krakowski, a spokesperson for City Harvest, cautions against eating food that may be spoiled or contaminated. So perhaps you should hold onto your Coop membership after all. ■



PHOTOS SUPPLIED BY CITY HARVEST

with Susan Martin
Achieving Sales
Goals and Quotas

Are you a business owner
or sales professional?

- Do you need more customers?
- Have sales goals and quotas eluded you?
- Do you want to ensure success?
- Do you need help to develop a plan?

Tuesday,
January 31
7:30–9:00 p.m.
at the Coop

This interactive workshop
will help you:

- Identify the goal and it's importance
- Discover what may be blocking you from achieving it.
- Create a plan to ensure success.
- Fill you pipeline.
- Increase your selling skills.
- And finally, get the customers you need.

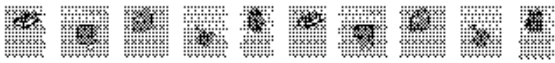


FREE
Non-Members
Welcome

Susan Martin helps
business owners, sales
teams and independent
professionals get more
clients, improve
productivity and run
their businesses more
effectively.

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

Saturday, February 4
3:00 p.m. at the Coop



BASIC BOOKKEEPING
for 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 new 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.

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

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

**PSFC JANUARY
GENERAL MEETING**
Tuesday, January 31
7:00 p.m.

- Congregation Beth Elohim 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: Disciplinary
Committee Elections
(30 minutes)**



Election: Three current committee members will stand for re-election, and the committee will present three additional candidates for the committee under the recently revised committee procedures. —submitted by the Disciplinary Hearing Committee

**Item #2: 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

**Item #3: GM Attendance Work
Credit (30 minutes)**

Proposal: "To double the number of General Meetings one can get work credit for attending two per year." —submitted by the Robin Campbell

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.



**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

From the President's Kitchen

Illustrations by Molly Parker-Myers



Coop president Israel David Fishman is a dedicated cook who always prefers Coop ingredients when concocting his delicious dishes. To help us ward off the cold winter nights ahead, Israel has agreed to share three of his original soup recipes with the *Gazette*. Each recipe is modular: it comes with variations in ingredients and preparation. All quantities are approximate and very forgiving, he says. And each recipe is sized Large: Israel always freezes the leftovers in smaller portions for future meals.

MIXED BEAN SOUP

This soup started when I found myself with a bunch of leftover dried beans. It came out so yummy that I tried to reconstruct it afterwards. This is the current version. You don't need to use the brands I recommend, but you'll be glad if you do.

INGREDIENTS:

4 cups mixed dried beans—kidney (white or red), navy, great northern, and chickpea.
1 small-to-medium shallot, finely minced
1/2–1" piece of fresh ginger, finely minced
Some chopped celery tops
Casa Pareja organic olive oil (the absolute best olive oil we have ever tried!)
6 or more cloves fresh garlic
1 tsp. kelp powder
1 tsp. dulse powder
1 tsp. whole coriander
1/4 tsp. ground turmeric (if you can get whole turmeric to grind, it's much better).
1 tsp. ground cumin
2 tsp. garam masala
1 tsp. each of the two Coop curries (mild and hot)
5-6 bay leaves
1 lb. or more finely sliced shiitake mushrooms (stems and caps)
Bionatura organic tomato paste—a 7 oz. jar
1 cup wild rice
1 cup long brown basmati rice (optional)
1 tbsp. salt
1 cup lentils (French lentils preferred; they maintain their shape)
1 cup split peas
1 1/2 cups cubed Yukon or red potatoes

INSTRUCTIONS:

1. Soak the beans overnight, drain, add fresh water, and let soak for another two hours. Drain again, add fresh water, bring to a boil and skim off the scum. Drain and either refrigerate for cooking later that day, or freeze for future use.

2. Sauté the shallots, celery, and ginger in the oil. Add the next ingredients listed, through the mushrooms, with enough water to cover them, and cook under pressure for about half an hour, or without pressure until the mushrooms are very soft.
3. Add the wild rice, 2-3 cups of water, and cook another 20 minutes or so under pressure, or about 45 minutes without pressure, until al dente. Do not add salt yet. (Wild rice never cooks if salt is put in at the beginning of its cooking.)
4. Add the soaked beans, and the basmati rice, if used. Add 8 cups more water, plus 2 more cups of water for each cup of basmati rice.
5. Cook under pressure for about 10 minutes, or about 30-40 minutes without pressure.
6. Add salt, lentils, and split peas. Cook another 5 minutes or so under pressure, or about 15-20 minutes without pressure. Add more water if necessary. Try to leave the beans slightly al dente.
7. Add cubed potatoes, but only to the portion you will be eating right away, or to a defrosted portion. Use organic potatoes and don't peel them. Cook them in a little oil, with added salt and some more curry and fresh ginger. When the potatoes are soft, add the soup mixture and heat through. Don't overcook.

Variation #1: Add the lentils and split peas with the beans in Step 4. The soup will be nicely thick and the process less complicated.
Variation #2: Forget the beans: use only lentils and split peas (they don't need to be soaked) for a quick and equally yummy soup.

Serving Suggestion: Add chopped



fresh cilantro and/or a tablespoon of olive oil in each bowl.

PUMPKIN SOUP

This recipe was inspired by a soup made for us by an Iranian princess in a private home in Florence, Italy, about 20 years ago.

INGREDIENTS:

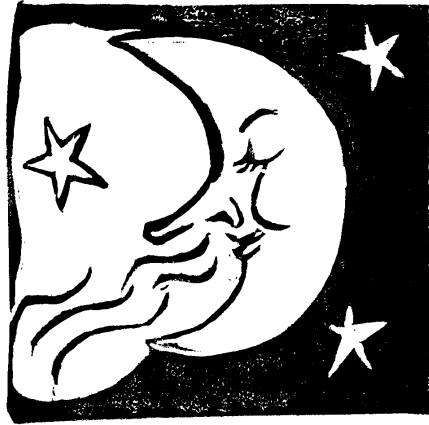
One large pumpkin
1 small to medium shallot, finely minced
Extra virgin olive oil
A handful or more fresh dill fronds, chopped
1 tsp. dried thyme
A pinch of freshly grated nutmeg
Salt to taste
A pinch of ground Cayenne pepper

INSTRUCTIONS:

1. Scrub the pumpkin clean and place it in a 350- to 375-degree oven for about 30 minutes to an hour, or until you can pierce it with a fork. Cut the pumpkin in half and let it cool down until you can handle it. Then remove

the skin, cut it into wedges, and carefully remove the seeds. Continue to Step 2 or freeze the flesh for later use.
2. Briefly sauté the shallots in the oil. Add the pumpkin flesh to the sautéed shallots, along with the other ingredients.

3. Cover with water and simmer the soup for a few minutes.
4. Use a hand mixer to blend the soup right in the pot.
5. Add previously cooked quinoa to the soup after Step 4. (Don't try to cook raw quinoa in the soup; it won't come out the same.)



Variation #1: Make the soup with kabocha squash instead of pumpkin. You don't need to bake it and you can use it with the skin on. To prepare, just cut up the squash, remove the seeds, and proceed to Step 2.

Variation #2: Use Japanese yam and/or carrot in the puree, along with either the pumpkin or the kabocha squash
Variation #3: Add some sliced carrots and/or sliced Japanese yams (peeled). Sauté the slices in oil until they are al dente, then add them to the rest of the ingredients. Use this variation with either squash or pumpkin, and with any variation.

Serving Suggestion: Add a little soy sauce and olive oil to each bowl.

WILD RICE/SHIITAKE MUSHROOM/CHESTNUT SOUP

This invention is a little pricey and upscale, but it is unique and does go a very long way. You'll get a lot of compliments with it! It all started because I kept buying jarred chestnuts but didn't know what to do with them! I tried cooking them with wild rice, and that dish evolved into this soup.

INGREDIENTS:

Extra virgin olive oil
A handful of celery tops, processed or very finely chopped
A dash of Cayenne pepper
A little freshly grated black and white pepper
1 jar tomato paste
1 lb. or more (depending on how flush you feel) shiitake mushrooms, with 1/4" of the stem removed, and both stems and tops very finely sliced.
3 cups wild rice
6 or more bay leaves
Filtered water
A handful of raw carrots, or baby carrots
1 can organic peas
1 or more jars or packages of chestnuts
1 tbsp. salt (I use Celtic salt—we now carry it in the Coop—or Fleur de Sel; both are very good and they do make a difference in cooking!)

OPTIONAL:

A good handful of fresh dill
A moderate amount of Italian parsley
5-6 cloves fresh garlic, finely chopped
A small piece of fresh ginger

INSTRUCTIONS:

1. Sauté the celery in olive oil for a few minutes. If you're using any of the optional ingredients, add them and sauté a bit longer. Add the pepper but no salt at this point. (Wild rice never cooks if salt is put in at the beginning of its cooking.)
2. Add the tomato paste and stir, making sure it does not scorch. Add the mushrooms, bay leaves, about a half a cup of the olive oil, and 1 or 2 cups of water. Cook for at least 30 minutes under pressure, or without pressure until the mushrooms are quite soft.
3. Rinse the wild rice and add it, along with about 6 cups of water. Cook for at least 30 minutes under pressure or about 45 minutes to an hour without pressure, or until the rice is soft. Add the salt towards the end of the cooking time.

4. Sauté the carrots with oil and salt, and add to the mixture. Add the chestnuts and heat through. Add the peas (with or without the liquid in the can—your choice). Add some water until the soup is the proper consistency, and add yet more oil and even more salt, to your taste. (The rice needs a lot of salt.) Voilà!

Variation #1: Add a cup of dried cranberries at Step 4. I've never tried this, but it feels like it might fit with these seasonal items, as well as add some nice color.)

Variation #2: Combine this soup with the pumpkin soup for more flavor complexity.

Suggestion: If you intend to freeze the soup, do so after Step 3. Then, when defrosting, pick up the recipe at Step 4 and continue.

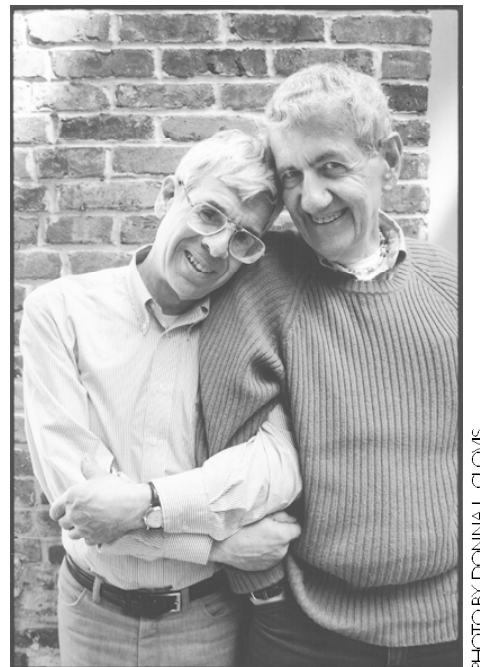
Enjoy!

I would love to hear your results with these recipes, or if you have a suggestion for modifications; my recipes are not writ in stone and are always evolving. I can be reached at 718-633-2824 or jcigraphics@earthlink.net

Blessings!

—Israel David Fishman

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Israel Fishman (right) with partner Carl Navarro

PHOTO BY DONNA L. CLOVIS

Mothers Speak Out

CONTINUED FROM PAGE 1

permanent. And they are in our food. Mad science? Bad science? Without precautions, is it science at all?"

Brigid finds it "appalling that the government has not enforced a mandatory labeling requirement for foods containing GM ingredients." She says, "I've come to expect that corporations such as Kraft Foods and Monsanto will operate covertly and without regard for individuals unless the government intervenes on the behalf of its people."

"In fact," says Kate, mother of two pre-schoolers, "we are the test subjects! We can't totally avoid GE food, even if we try, since no labeling is required for either food products or seeds, nor can we know what is fed to farm animals, like milk-cows."

Fabiola thinks education is key in exposing problems with foods. "If media were more independent in the U.S., most people would be aware of the dangers of GE food and demand it be taken off the market (or at least label it!) The same companies that produce GE food here in the U.S. produce the very same products GE-free for the E.U., because the public demanded it."

Andrea, concerned mother of two children, is saddened

that the biotech/agribusiness response to the problem of environmental degradation from chemical inputs is adding to the problem. And she finds it ironic that "they have removed the opportunity to recover already existing environmental degradations to our soil by eliminating



indigenous species of plants."

"What makes me saddest," she continues, "is that it takes away people's freedom to choose what kind of food they want to feed their families. By taking away this choice, agribusinesses have reduced the abundance, variety and diversity that is intrinsic to a healthy global ecosystem."

Louise also fears that freedom of choice and biodiversity are at risk. She recalls "a letter HWFC received last winter from Fedco, a cooperative that sells garden seed packets. They were writing to all their retailers in response to the purchase of their main seed supplier, Seminis (the largest vegetable seed company in the world) by Mon-

santo (the largest biotech crop corporation in the world). Since genetically engineered seeds don't have to be labeled, and since Monsanto now owns the company that supplies its seeds, Fedco wanted to advise consumers of the problem. My response to Fedco and everyone: Buy and protect organic and local. Educate about and regulate GMOs. And hurry!"

None of these mothers seem to believe the biotech ad campaigns' promises to feed the world, reduce chemical use, and increase nutrition. They sense that biotech inventions (such as permanently inserting three human genes into rice in order to cure diarrhea, or toxin-producing genes into corn in order to kill bugs) may lead to more harm than good; perhaps leading to no good at all.

Megan, mother of two-year-old Aengus, looks at the larger picture: "My opposition to GMOs, for both personal health reasons and ecological reasons, is based upon the fact that I consider myself a 'seven generations person': I believe we have to consider every act we commit in terms of its effects on the seven generations to come after us. I have to oppose GMOs on behalf of my son, his children, all of the children living now, and all of the descendants to come."

(If you are interested in learning more about this topic, please come to the screening of films on the subject, held periodically at our Coop.) ■



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.

Seeking
Craftspeople



This year's World Beat Cabaret & Dance presented by the Fun'Raising Committee, in addition to music, will have craftspeople selling their wares. We are looking for potters, jewelers, fabric artists, people who make clothing & accessories.

The Cabaret & Dance will be Saturday evening, February 11 at Old First Church.

If you are interested, please contact Len Heisler at LHeisler@berkeleycarroll.org



Susan Baldassano, coordinator

PARK SLOPE FOOD COOP

Sea
Vegetables

Guest Chef:
Annie Kunjapp
Annie is a graduate of The Natural Gourmet Institute for Health and Culinary arts. Her approach to food is deeply connected to her long-term study of yoga and traditional Chinese healing practices, and integrates the belief that our bodies need change seasonally. This winter menu explores the underwater treasure trove of nutrition found in Sea Vegetables and strengthens the body during the cold dark season.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

Thursday,
February 2
7:30 p.m.
at the Coop

RECIPES—TASTINGS TOO!

- Cleansing Broth
- Dulse & Black Sesame Seed Crackers
- Millet Bean Cakes with Hijiki-Orange Relish
- Sweet Bean, Red Date & Seaweed

\$4 materials fee

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

Work, Work, Work

Work commitments up for discussion at December GM

By Katie Benner

Few issues touch a nerve like the Coop workslot commitment, and the topic became a heated matter of contention at the December 13th General Meeting.

A proposal to eliminate the work requirement, only for 25-year members in good standing who have attained the age of 62, sparked a debate that went far beyond the agenda item to the mission of the Coop and the treatment of senior citizens in our society.

The item, submitted by Michael Rieman, failed to pass a vote of the members present at the December meeting by a count of 35 votes against, 21 votes for, and 12 abstentions.

"There's a theory that there are too many workers, but it's just a theory."

Clearly, the tension over the issue had not eased since it was originally brought before the Coop in August.

Even as Rieman read the proposal, heads swung and nodded vehemently as assembled members prepared to debate the issue.

Some members openly cheered the idea of a retirement program for Coop members, while one member yelled, "you keep those muscles pumping," with the unrest forcing the Chair Committee to call the meeting to order.

General Coordinator Joe Holtz was one of the first to speak out against the proposal, saying that even though it seemed like an award for honorable service. "There's a message in this that is not expressed explicitly...and that is that Coop work is a burden."

"We have to avoid things that lead us in that direction," Holtz said, adding that the work commitment to the Coop was one of the things that allowed the organization

to thrive.

Holtz, along with others who were against the retirement proposal, added that working is not a burden for most retirees, because members are able to abstain from the commitment for medical reasons, no matter how old or young they may be.

The work slot is a particular burden for members with young children, who could be siphoned away by services like Fresh Direct and the Whole Foods Market that is slated for construction in Brooklyn.

"There's a theory that there are too many workers, but it's just a theory," Holtz said. "We can't just start letting go of members because they reach a certain age."

However, others reminded Holtz that the decision to stop working at the age of 62 after 25 years of continued service was not a forced retirement, but an active choice.

Moreover, most members who fulfilled both of those requirements were probably the sort of members who would be too dedicated to stop working just because they were of retirement age in other sectors of American life.

"It's like the meeting we're attending tonight," said one member. "Some of us are here paying attention while others of us sit in the back and read the newspaper and talk to our friends. There will be Coop members who are dedicated to the Coop and those who are not. And for those who are, being given the opportunity to stop working at the age of 62 won't mean anything to them."

Members paying attention nodded gravely, while those sitting in the back talking to friends munched on snacks provided by the Coop and seemed unfazed by the barbed comment.

Soon after, another member pointed out that the proposal was also contentious because it touched on an

issue that Americans often swept under the carpet, which is our treatment of senior citizens.

He said that the proposal is about respect for the elderly, and honoring them as they age by giving them a choice.

Several 25-year members who were well beyond the proposed retirement age said they would not choose to leave work and vehemently disagreed with the agenda item because they said it went against the spirit of the Coop.

"We lose something by being just shoppers. If you can't work your slot, there are ways to get around it. There are provisions for disabilities, for age and for illness," one woman said.

"I think that it sets a bad example when long-term members want to coast and don't earn their keep when they are able to do so," she added.

But a technical detail may have decided the issue, when it was brought to the meeting's attention that the Coop does not have the records to verify 25 years of continuous service.

Eakin reminded the meeting that the Coop works by having the savings come off the top.

While it is possible to say on what date a person became a member, it is not possible to determine whether that person was on a long probationary period or left the Coop for some reason.

The motion failed, and the debate around it took up so much time that the final agenda item—to create a new weekend work shift of "packers" to make checkout lines move more quickly—was put off for another day.

Committee expansion

The other agenda item that caused a lengthy discussion was the proposal, submitted by the Personnel Committee to increase its size from six to seven members.

The Personnel Committee works directly with the general coordinators on issues surrounding personnel, including pensions, work performance and diversity, functioning much like a human resources department.

"By having more members it would better represent the interests of the Coop...It adds more diversity to the discussion by adding more heads to a problem-solving issue," the committee state-



ILLUSTRATIONS BY DIANE MILLER

ment said.

Members at the meeting voted in favor of increasing the number of slots by a vote of 63 to 3, with two abstentions. As of this vote, the committee had seven slots, but only four current committee members. There was some trepidation over who would fill the three positions.

While being on the Personnel Committee is a workslot like any other and is unpaid, the work is often very sensitive, skilled and in some ways very powerful. It is a de facto oversight committee for the general coordinators and it requires discretion and confidentiality. Moreover, any member on the committee would have to be fairly dedicated, because the members meet more than once a month.

But the committee presented three candidates who were all voted in by those assembled. The new Personnel Committee members are:

Angela Lockhart, who works for the State Education Department as rehabilitation counselor. She has worked with people in education and employment issues for 18 years and was recently trained to work on issues regarding changes in the work environment;

Arthur Finn, a Coop member for 10 years who has worked as a labor lawyer. He also serves on boards of sev-

eral non-profit organizations in New York, including one that focuses on gay-rights issues;

Yolanda McBride, a researcher at the Institute of Education and Social Policy at New York University. She is a project manager who serves the human-resources end of the Institute.

Recount Demanded

During the open forum portion of the meeting, Albert Solomon said that he wanted a recount because the board of directors vote was suspect.

Joe Holtz pointed out that the election Solomon had lost for a slot on the board had not been close. Even so, Solomon insisted that there had been more disqualified votes for him than for his opponent and wanted the vote overturned until the matter could be resolved.

It was recommended that Solomon bring the matter up as an official agenda item, and the matter was closed.

Financial News

Mike Eakin, a coordinator who acts as the Coop's chief financial officer, presented the 44-week financial statement at the December GM.

The important thing to remember when examining the financial statement, Eakin reminded the meeting, is that the Coop works by

CONTINUED ON PAGE 10



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



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.



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



Dance Instruction

with Liz Peterson. Liz has been teaching Ballroom and Latin partner dancing in the New York City area for 14 years, both as an independent teacher and at Stepping Out and DanceSport Studios. She holds a B.A. in Dance from the University of California, Irvine, and an M.A. in Arts Management from NYU.



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

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

Booking: Bev Grant, 718-230-4999

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

Puzzle Corner

Contributions from members are welcome. Please sign your entries. Answer is on page 11.

Cryptogram Topic: Nuts

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.

J W X Q K F W B M
U B F Q C L M
J Y N B Q M
R B N B H B R W B M
N B M T Y U M
J W M L B N T W K M
J Y B Q C L M
S W F A Y P L M
A P B O W F Q C L M
B F R K Q H M

Thank you to Mark Peters who noticed that the last item or two in the list has recently had errors in the code. These unfortunate errors occurred when the puzzle space became longer and a couple of items were added to each list and coded manually as opposed to the rest of the list which was coded long ago by a computer program that is no longer available to us.

Thanks again Mark.

Linda Wheeler

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Final Proofreader: Israel David Fishman

Post Production: Jessica Tolliver-Shaw

Index: Len Neufeld





Independent Jobs

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

Office Setup

Monday–Friday 6:00 a.m. The shift consists of a a miscellaneous set of jobs to prepare for the office day – before the phones start to ring!

Plastics Recycling

Thursday 6:15–9:30 p.m. Receive plastics for recycling from members — plastics not collected by the city of New York.

Maintenance Jobs

A variety of independent and team jobs — Remember, Maintenance jobs are two hours long.

Kitchen Cleaning

Wednesday, 6:00 a.m. in our three kitchens: childcare, the meeting room and the staff room.

Laundry

Tuesday and Friday at 9:00 and 11:00 a.m. and Sunday at 2:00 and 4:00 p.m.

Laundry, etc. #1: Gather laundry from ground floor and basement, prepare it (checking pockets, tying apron strings, etc.) and put it om washers at the laundromat. Following that, you will do some "light" maintenance tasks assigned by a receiving coordinator. No heavy duty lifting required, but you should be able to handle full laundry bags.



Laundry, etc. #2: Pick up laundry from Laundromat across the street. Sort clean aprons, towels, gloves, etc. and put everything away around the Coop. Additional light maintenance tasks assigned by a receiving coordinator.

CONTINUED 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 19 issue: 7:00 p.m., Mon, Jan 9
Feb 2 issue: 7:00 p.m., Mon, Jan 23

CLASSIFIED ADS DEADLINE:

Jan 19 issue: 10:00 p.m., Wed, Jan 11
Feb 2 issue: 10:00 p.m., Wed, Jan 25

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 31
GENERAL MEETING: 7:00 p.m. The agenda will appear in the next issue of the *Gazette*, and flyers are available in the entryway of the Coop .

TUE, FEB 7
AGENDA SUBMISSIONS: deadline for consideration for the February 28 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, 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.

FRI, JAN 6

OASIS IN TIME-VEGETARIAN SHABBAT CELEBRATION & FEAST: Come with an open mind, questions, reflections, and your favorite vegan, vegetarian, raw-food dish and/or wine to a unique and memorable Friday evening. Free. 7:00 p.m. 426 Second St. Reserve at www.alokhealth.com

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.

FRI, FEB 17

GOOD COFFEEHOUSE-COOP NIGHT: Russ Siegel* Big Band. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, FEB 18

PEOPLES' VOICE CAFE: Zenobia* with Jacque DuPree* & Ben Silver*. 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, FEB 25

PEOPLES' VOICE CAFE: Triboro; Anne Price. 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, MAR 4

PEOPLES' VOICE CAFE: Sharleen Leahey & Catherine Moon; Sarah Underhill. 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, MAR 11

PEOPLES' VOICE CAFE: TBA. 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!

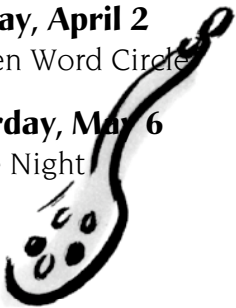
PSFC FUN'RAISING COMMITTEE EVENTS:

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



Soup Kitchen

We have scattered openings throughout the following days and shifts.

Prep at the Coop:

Monday – Saturday, 7:00 – 9:45 a.m. You will be working at the Coop. Teams of two will collect food and deliver it to CHIPS by car or U-boat. The goal is to make food more usable to the cooks by separating fruits, vegetables, salad greens, etc, and transferring inedible food to compost. Members will be responsible for checking collection areas for dry goods, refrigerated, and frozen products.

Food Prep at CHIPS: Monday, Tuesday & Saturday, 9:00–11:45 a.m. You will report to work at CHIPS, located at 200 Fourth Avenue, at the corner of Sackett. Two or three Coop members join established teams of cooks at CHIPS. Enjoyment of cooking and comfort in the kitchen are necessary for this job. Experience with food prep for large groups is a plus. Reliability, cooperation and ability to take directions are vital. You must be a member for at



least six months and have good attendance to be assigned to this workslot.

Serving & Clean-up at CHIPS: Monday, Tuesday & Saturday, 9:00–11:45 a.m. Two or three people will join regular CHIPS volunteers. CHIPS to serve lunch to 200 people daily. There are four seatings, the first at 11:30. Punctuality and reliability are essential. You must be a member for at least six months and have good attendance to be assigned to this workslot.

Outside Services

Cart Return Service & Sidewalk Management.

The services have been extended to most of our open hours. The latest additions, day-time Monday–Thursday still have many openings. Scattered openings are also available at other times throughout the week.

Agenda Committee

The Agenda Committee needs members. The committee meets for about one-and-a-half hours on the first Tuesday of the month to plan the agenda for that month's GM. In addition they attend several GMs each year. The members are elected by the GM. If you are interested, or you would like to know more about their work, call Dorothy Siegel, 718-624-0334.



WORKSLOT NEEDS, CONTINUED...

...FROM PAGE 7

nance tasks under supervision of a staff person. No heavy duty lifting required, but you should be able to handle full laundry bags.

Sunday Maintenance Squads

Sunday 7–9:00 or 8–10:00 p.m. These two squads to a thorough end-of-the-week cleaning of the Coop, basement & first floor.

Cheese Area Cleaning

Wednesday, 6–8:00 a.m.

Mops

Monday 12:00 noon to 2:00 p.m. This workslot involves organizing the cleaning equipment, taking all the mop heads to the laundrymat to be washed, and returning clean mopheads to the Coop.

Toy Cleaning

Friday 8:30 p.m. Childcare will be closed. The room and toys get tons of use. Maintenance will clean the room. You will clean the toys, check and remove broken toys.



LETTERS TO THE EDITOR

FACE IT, WE'RE POLITICAL

TO THE EDITOR:

RE: Keep Politics Out of the *Gazette*

With respect for the opinions of Mr. Albanese, I feel unable to determine the difference between articles with “political undertones” and those about “health, organic growing, avoidance of use of foods containing trans-fat et-cetera.” For example, an article about organic growing is inherently antithetical to the interests of major chemical companies posing as agriculture specialists, that profit from degradation of common land and natural resources. Last time I checked, use of natural resources was a leading justification for war.

Given this connection, it shouldn't be too surprising to learn that the history of agricultural chemicals is sordid at best. Many common agricultural pesticides, including the organo-phosphate family of insecticides, were originally developed by the IG Farben Corporation for use as chemical warfare agents in Nazi death camps. Agricultural herbicides also began a period of rapid commercial introduction following World War II, for which several were developed as a means of bio-warfare.

Fortunately they were not used to destroy rice crops in Japan, as planned, but of course we are all familiar with how they were used in Vietnam, when 19 million gallons of herbicide, including 12 million gallons of dioxin-laden Agent Orange, were sprayed in Vietnam. Interestingly enough, the producer of Agent Orange was Monsanto, which had full awareness at the time of the toxic nature of its products—the same corporation that is now spending as

much as \$1 million a week to convince us that genetically modified food is harmless to human health and earth ecology. According to Mr. Albanese's assertion about keeping “news of a political nature” out of the Coop, our Safe Food Committee should no longer be allotted space in the *Linewaiters*, or even exist, since their work is directly related to addressing the social, health, environmental and political causes of and solutions to this new corporate assault on our lives.

Articles about health are also potential political minefields. Should we be able to discuss, or even acknowledge, the fact that huge corporate financial interests dominate U.S. national policy regarding health insurance, introduction and regulation of pharmaceuticals, approval of genetically modified food and seeds, the newly diluted organic standards, and allocation of research funds?

Finally, I would like to suggest that the idea that “regular newspapers” should be our source for political news is deeply flawed. We are currently living in a climate of corporate deadlock on our interests.

Everything about us is an opportunity for profit, from our meals to our moral beliefs. Our president openly admits to spying on us. Our vice-president is profiting from an illegal war in which we are all implicit if we don't speak against it. A food store owned and operated by its customers, providing access to fresh, healthy, local food for people of all races and income levels, is inherently anti-corporate, therefore anti-current-U.S.-administration. Face it, we're political. I say, embrace it: Why should we let them have our voice, too?

In cooperation,
Marly Hornik
marly@marlyhornik.com

NO LAUGHING MATTER

TO THE EDITOR:

I am discouraged by Mr. Solomon's commentary. I am a citizen and activist. I feel compelled to respond, especially as he seems to feel that the deaths of my friends are “laughable.” Was my brother's death from lung cancer possibly laughable, too?

Mr. Solomon makes so many errors it is hard to know where to begin. His first letter was to form the basis that anything from the “Establishment” is a lie. Then in his latest letter, he picks and chooses which bits of science suit his fancy and fanciful ideas.

First, I utterly support the joys of life. Whether it is good food, good music or good sex. Denialism, though, won't make certain realities disappear.

HIV is a retrovirus, indeed. But it is not the only one known to cause disease. Retroviruses in the “lentivirus” family cause disease in cows, cats, horses and goats, to name a few. Other retroviruses, such as HTLV-I and HTLV-II, cause disease in humans.

HIV-1 infection results in the decline of CD4+ T lymphocytes (T cells). Indeed, this is only one of a range of cell types that are part of our immune defenses. However, there are *no* other diseases that cause a persistent decline in T cells to zero. And having a T-cell count below 100 is *not* a healthy situation. Further, neither drugs nor malnutrition cause T cell counts to drop to zero. This is an absurd notion, unsupported by any data—indeed, data exist to refute it.

Most infections result in the generation of an antibody response. However, Mr. Solomon's comment that this indicates that the disease has been effectively dealt with is also incorrect. Hepatitis B and C are other viruses in which an antibody

response does not always result in clearance of the infecting agent and thus results in disease.

Mr. Solomon's grasp of epidemiology is similarly deeply flawed. Incidence means the number of new cases. The number of newly infected individuals has stayed relatively constant—but it is still a significant number, and in groups not affected at the outset: more women, heterosexuals, and people of color. Conflating incidence and prevalence of HIV infections versus numbers of people who have gone on to develop AIDS only further underscores how confused Mr. Solomon is about the reality—and globally, that reality is devastating.

I would prefer to think that Mr. Solomon could find useful ways to make a difference. Even where we disagree, there is much that we can work together to accomplish to assure better access to health care here and worldwide; lower drug prices and fight the outrages of the pharmaceutical industry; and, importantly, a deeper understanding of what can help us to stay well and heal from illnesses. Such opportunities abound at the Coop.

George M. Carter
Director, FIAR
(Foundation for Integrative Aids Research)
<http://www.fiar.us>



LETTERS POLICY

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

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

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

Anonymity

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

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.



ILLUSTRATION BY CATHY WASSILENKO

Work, Work, Work

CONTINUED FROM PAGE 5

having the savings come off the top. In order for members to benefit, they do not want to see large gross margins or profits soar relative to sales.

The Coop's gross margin is 16.73%, meaning that the Coop keeps 16 3/4 cents out of every dollar spent. The typical large coop keeps 38 cents out of every dollar, Eakin said.

And while expenses have increased, the percentage as part of the total budget is down because sales have grown.

The income in the 44-week statement hovered near \$174,000, a number that could change radically in the year-end report because taxes have not yet been factored in.

The most notable expense increase was that spent on gas and electricity, with the most recent energy bills being the largest the Coop has ever seen, Eakin said.

Since the Coop is finally making a little money, Eakin said the tax burden could be more significant this year.

Moreover, the Coop is no longer accepting loans, but is willing to renew existing loans. This is because the organization currently has enough funds and is paying off its mortgage as fast as it can without penalty.

The markup on food is 21%, versus the typical food coop mark up of 61%, Eakin said.

Little Carts

In other coordinator reports, Jessica Robinson encouraged members to try out the new, smaller shopping carts, but reassured worried meeting attendees that there will always be lots of giant carts available for those who need them.

And Greg Todd from the GMO Shelf Labeling Committee said that the group has labels on all of the grocery foods it has identified as potentially genetically modified, and that they are about to begin labeling ice cream.

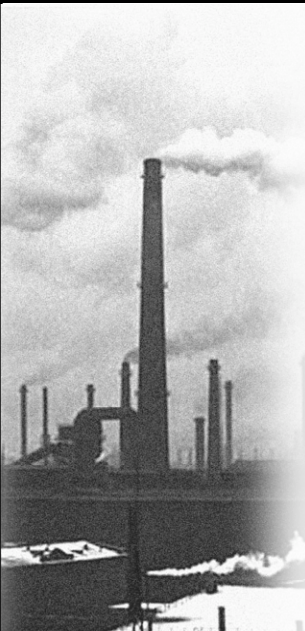
The group is also in the process of redesigning its GMO food signs to make them more eye-catching.

Another member reminded members interested in composting to call their local botanic gardens for more information, or to call Ellen Kirby, the composting community outreach director at the Brooklyn Botanic Garden, at 718-623-7251 for more information.

At the end of the meeting, the board of directors voted to ratify all of the decisions made in the course of the evening. ■

Welcome to PEAK OIL

A POSSIBLE SOLUTION WITH PHILIP BOTWINICK



What is peak oil about?

The terminal decline of oil reserves PEAK OIL means...

- Increasing Costs for oil extraction
- World demand rises while supplies decline
- Higher prices for vehicles and homes
- Winter heating costs we're feeling right now!

Major media is only beginning to get the message. Too little, too late?

There is an alternative. We can run and power our country on solar energy using alcohol fuel. We can do this with a crash program that would take 5-10 years.

Please join us to view a DVD presentation of "Alcohol Can Be a Gas" by David Blume, renowned expert in alcohol fuel and permaculture. There will be a discussion afterward.


Philip Botwinick is the co-founder of Grassroots United for HR 676. He is a Coop member.

FREE
Non-members welcome

Saturday, January 28
7:00 p.m. at the Coop

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

Sustainable Heathcare: Homeopathy



WITH CLAIRE DISHMAN

CLAIRE DISHMAN, a Coop member, practices homeopathy in New York City. In her fourth year of study at the School of Homeopathy, New York, she sees patients in her supervised practice in Union Square and also in the clinic at SHNY. Her interest in herbal medicine helps her bring a well rounded approach to patients of all ages.

FREE
Non-members welcome

Sunday, February 4
6:00 p.m. at the Coop

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

Homeopathy, as an alternative healthcare choice, offers many of the same ideals of the natural foods movement such as non-toxic, sustainable agriculture and environmentally low impact. Do you treat your healthcare with the same intention as you select your food and other products?

Homeopathy is a system of medicine that treats the entire person and not just the disease name. Our medicines are extremely cost effective and organic in nature. The substances come from plant, mineral and other natural sources.

Learn how you can take control of your health and improve the environment around you at the same time.

Weight Loss that Lasts



with
Rachel Kieffer
and
Gabriela Huza

Have you struggled with losing weight?
Have you tried different diets unsuccessfully?
Do you have emotional eating patterns?
Are you dissatisfied with the way you look and feel in your body?

We all know how to diet and lose weight, but keeping it off is the challenge as old habits come creeping back. Join Rachel and Gabriela for a workshop will take you out of the weight loss/weight gain cycle and into making permanent changes.

We will cover:

- why diets don't work—developing permanent habits
- creating a new relationship with food and our bodies
- dealing with emotional and addictive eating patterns
- yoga for weight loss
- relaxation techniques to reduce overeating

ARE YOU READY?
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, February 4
12:00 noon at the Coop

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

SPEED YOUR RECOVERY

from Injuries & Surgeries, Medical & Dental Procedures, Childbirth and more with Therapeutic Massage

WITH STUART GARBER



While popular use of massage has exploded in recent years, some of its most powerful and effective applications remain among today's best-kept healthcare secrets.

Come learn how this "feel-good" treatment can help you and your loved ones through challenging times by complementing traditional medical care.

Coop member **Stuart Garber** is a licensed massage therapist, in practice since 1988. He's served on the staff of the Ostrow Institute for Pain Management and the Memorial Sloan-Kettering Cancer Center's Integrative Medicine Program. His private practice, Full-Spectrum Touch Massage & Body Therapy, is based in Park Slope.

FREE
Non-members welcome

Sunday, February 5
12:00 pm at the Coop

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

Stressed Out? Try Flax Seeds

By J.K. Canepa

It's not just the omega-3 fatty acids in flax seed that helps the heart. It turns out that, as with so many other whole foods, nature has designed a group of components that work together in ways that benefit us more completely than if we try to separate out the ingredients.

There was a study published in 2004 by the *Journal of the American College of Nutrition* on how flax seed affects the heart and circulatory system

when under mental and physical stress. One important measure is what happens to your blood pressure when you have feelings of anxiety. If it shoots up, this can indicate a potential risk of heart disease.

Researchers in Canada had some people sprinkle three tablespoons of ground flax seed onto their food every day for several months. And, of course, they used a

Member Contribution

control group of folks who didn't eat any flax seed. Then they subjected all the volunteers to stress, although my source doesn't say how. Those eating the flax seed showed a much stabler blood pressure, as well as other less drastic physiological reactions to stressful conditions, than the other group.

The researchers postulated that this happens because

flax seed contains a high concentration of lignans (anti-tumor antioxidants) in the form of phytoestrogens (plant estrogens), which seem to boost the effects of those essential fatty acids we've been hearing about. With flax seed, you can have your omega-3s without the safety concerns of eating fish. ■

Source: Dr. Michael Greger's Newsletter: February, 2004 (*Journal of the American College of Nutrition* [JACN 22(6):494])

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 wall pocket near the elevator.

Completed ad copy goes in a wall pocket on the front wall of the Coop near the exit door.

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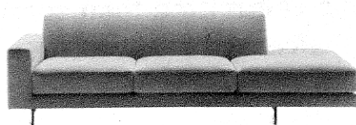
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CLASSES/GROUPS

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.

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

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

MERCHANDISE NONCOMMERCIAL

VINTAGE TABLE RADIO (wood, solid-state, circa 1960), \$50 or best offer; gold-plated jewelry signed by artist (vintage), \$20-\$40. Call 718-768-1598.

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.

THREE BOOKCASES, 4 shelves, Pine wood, mission style, 30" wide X 12 3/4" deep X 60" high. Easy assembly, still in boxes. We're \$145 each, sell for \$110 each, or 100 each when buying 2 or 3. Brooklyn, 718-951-7168.

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Answer to Puzzle on page 6

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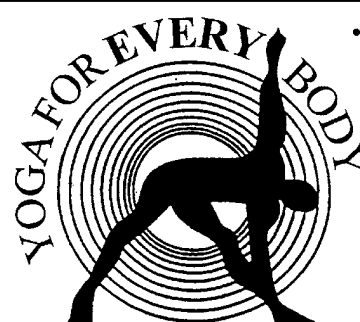
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ATTORNEY-PERSONAL INJURY EMPHASIS. 26 yrs. experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 18-year Food Coop member; Park Slope resident.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

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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.

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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.

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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.

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WHAT'S FOR FREE

FREE INITIAL ORAL EXAM in holistic dental office for all Coop members. X-rays are strictly minimized so bring your own. Dr. Goldberg's non-mercury offices in Soho or in Midwood section of Brooklyn. For info please call 718-339-5066 or 212-505-5055.

FREE TICKETS for concerts for true classical music lovers (only...) Lincoln Ct., Carnegie, etc. on short

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 ROD MORRISON

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.

Pepa Anastasio	Sima Katz	Adam Sipos
Victor Arango	Allyson Lynch	Candida Smith-Harris
Bronwen P. Armstrong	Jywanzo Maye	Leane Snoeck
Marc Belli	Polina Miretsky	Michael Sobel
Patricia Cai	Seth Mitter	Zara Stern-Frazier
Constance T Chang	Adrian Morrice	David Tanzer
Jeannine Dillon	Mary Mulholland	Sarah Tanzer
David Dodson	Courtney Nicholson	Herve Thibert-Hamilton
Veronica Eady	Hannah Page	Erin Thomas
Susan Evans	Sarah Pappas	Ann Tolliver
Hannes Famira	Laura Parada	Sarah Tompkins
Gary Fisher	Lea Parayno	Ana Maria Toporek
Jack Garrett	Julia Peck	Pedro Torres
Lynne Glendenning	Cristina Pippa	Maria Torres-Quiles
Ellen G. Gordon	Phoebe Reed	Arlene Tudor
Joshua Guttman	Caitlin Reiger	Tomas Vail
Amy Hamilton-Thibert	Itai Ren	Charles A. Vasquez
Bevan Harris	Yael Ren	Vladimir Vaynshteyn
Scott Holtz	Ellen Sande	Margaret Watts
Elizabeth J. Jones	Michael Sande	Barbara Wilson
Tracie Jones	Megan Schmidt	

THANK YOU!

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

Mitch Adair	Dewi Lim
Joan Altman	Rick Mangi
Aaron Baker	Missy McGoogan
Nathalie Cabot	Ricardo Mendez
Caroline	Anya Miretsky
Jennifer Chang	Yevgeniya Nagorny
Ramon Cruz	Laura Nuss-Caneda
Elaine Davenport	Shirley Politzer
Gail Efroymson	Paola Rubbo
Kristin Eno	Rivkah Siegel
Louisa Floyd	Shakti Smith
Lewanika Forde-Senghor	Nik Sokol
Ariel Friedman	Justin Stein
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Dion Graham	Laura Tolliver
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Anne January	
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