

Established
1973

LINEWAITERS' GAZETTE



Volume AA, Number 5

March 2, 2006

A Shift in Coop Work Shifts?

By D. S. Aronson

The March GM will bring a key agenda item: a discussion about changing the Coop's work requirement. Currently, four members are working with the Agenda Committee to present their ideas. General Coordinator Joe Holtz will give a presentation as well. Under the new GM guidelines, this will be a discussion agenda item, with no vote. So important is the topic that, according to Dorothy Siegel, secretary of the Agenda Committee, the current plan is for the March GM to consider only this agenda discussion item.

During January and February, I interviewed several Coop members, who were either working or shopping.

Shedo Ollek, a member for more than five years, felt that we "shouldn't cut back on the amount of people on the shift, but if there's a way to work less, of course, yes. If you could work every six weeks instead of every four but have the same amount of people per shift, great." She would work a longer shift every six weeks, if that was necessary.

Jonathan Sender has two children under four and fitting in a workslot can be a challenge. If there were to be a change in the workslot commitment, Jonathan would prefer a less-frequent workslot, "every five or six weeks as opposed to a shorter time." Once he's at the Coop, he doesn't mind doing the shift: two hours versus two hours and forty-five minutes isn't a big difference. When asked if he would be willing to work a longer workslot every six weeks, Sender said he would work up to an additional half hour.

Martha Rose, a member since 1988, felt that people "could better use the time in the way they work." She thought it would be good if there were a group of members to look at "how people can work more effectively; what kind of training is needed; do manuals need to be written?" Rose felt it was important to identify what members were reacting to. Do people think they are working too much and don't have time? Do people think there isn't enough work? She felt the Coop needed to look at "what is the work and how can people work more effectively when they are here." Rose wasn't sure what solution lower work hours would fulfill.

When I first spoke with Phyllis Capello, a member for three years, she felt that most people would want less of a workslot commitment, but she wasn't comfortable giving an opinion until she knew more details about how the workslot structure might change. Her shift is food processing on Friday afternoons, and she describes her workslot as a "really good situation." Fellow household member,



Ruth Orlowicz at work stocking tempeh in cold case.

PHOTO BY WILLIAM FARRINGTON

Michael Conrad, felt the workslots could be farther apart, observing that "only so many people can fit in here at one time." He thought that the sheer number of workers, combined with shoppers during his Saturday afternoon shift, was very high, almost to the point of making it nearly impossible to maneuver around the shopping area.

A member since 1998, Sarah Dupuy works a Sunday morning shopping squad shift. She felt that the current workslot setup was "fine." She really "didn't have too many complaints about the Coop." Dupuy did observe that when there were a lot of makeups working on her shift, it made the shift seem overstaffed. If the workslot commitment were to change, Dupuy would prefer a shorter shift every four weeks.

Tina Gauthier, a member since May 2005, works a Sunday late-afternoon food processing shift. She thinks the current once-every-four-weeks rotation is "fair," but she "understands that there are a lot of members and could see the time of it being cut down to allow the other members to work," although she doesn't object to the current two-hour-and-forty-five-minute shift.

Four-year member Fayola Herod commented about the workslot, "Because we are getting such an influx of people, we should probably cut the hours" every four weeks. She felt that shortening shifts could result in less

CONTINUED ON PAGE 4

FINANCIAL FREEDOM: THE GIFT THAT KEEPS GIVING

By Katie Benner

The holidays are long gone, but some are still giving themselves the gift of debt.

So financial planners and accountants with Coop ties have offered members a plan to get wallets back in good shape—which is as important as shedding holiday pounds.

There's a difference between a stray \$50 credit card charge and the lingering effects of a huge spend-a-thon. For those facing down the latter, the key to climbing from the hole is not just about following some rules, said certified planner Russell Bosworth, head of Bosworth Financial Services. It's about putting your life under the microscope.

"The unexamined life isn't worth living, and that can apply to finance, too," Bosworth said.

Living in debt becomes a bad habit—and like smoking or overeating, it doesn't feel like it's hurting your quality of life until it's too late.

Bosworth added that kicking the debt habit is an intensely personal decision. And like quitting cigarettes, the process could produce negative feelings, including shame, denial and resentment, that keep people locked in a downward credit spiral.

"Remember, the past is dead," he said. "Deciding to get out of debt means that you're creating a better future."

CONTINUED ON PAGE 4



ILLUSTRATION BY DIANE MILLER

Next General Meeting on March 28

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, March 28, 7:00 p.m. at the Congregation Beth Elohim Temple House, 274 Garfield Place at 8th Avenue.

The agenda will appear in the next Gazette and will be available as a flyer in the entryway of the Coop beginning Wednesday, March 8. 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.

Coop Event Highlights

- Thu, Mar 2 • Food Class:** 10th Anniversary Party, 7:30 p.m.
Fri, Mar 3 • Film Night: Bikes, 7:00 p.m.
Sat, Mar 4 • Kids' Variety Show: 7:00 p.m. at Old First Church
Sat, Mar 11 • Clothing Exchange: Adult, 10:00 a.m.–2:00 p.m.
Fri, Mar 17 • Good Coffeehouse: Madam Levitsky & Bruce Markow, 8:00 p.m.
Mar 23-25 • Blood Drive: See inside for hours.
Thu, Mar 30 • Wordsprouts: Elizabeth Royte, reading with discussion following, *Garbageland*, 7:30 p.m.

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

IN THIS ISSUE

Shift Less? When Sameness Yields More	3
Keeping It Fresh! City Gardeners Grow Food	5
Coop Hours, Coffeehouse, Puzzle.	6
Coop Calendar, Workslot Needs, Governance Information, Mission Statement	7
Community Calendar	8
Letters to the Editor	9
Classified Ads	10

PROGRAMS
Thursday, March 2 through
Saturday, March 4

The following programs will happen within four days of publication of this issue. For full ads, please look at the January 5 or 19 issues or pick up copies of the flyers in the Coop.

Thu, Mar 2
7:30 It's a Party! Celebrate 10 years of the Food Class at the Coop with Susan Baldassano

Fri, Mar 3
7:00 Film Night-Bikes

Sat, Mar 4
10:30 Public Speaking
2:00 Divorce Mediation
4:30 Eating for Energy
7:00 Permaculture
7:00 Kids' Variety Show (at Old First)

Natural Childbirth:
Exploring your options

WITH STANA WEISBURD AND LORA GARCIA

Pregnant? Feeling overwhelmed?
Wondering what options are available?

Join us to explore how you can prepare for the most satisfying birth experience possible.

Topics will include:

- Choosing a birthplace – home, birth center or hospital
- Childbirth preparation – what type of class is right for you
- Labor support – how doulas make a difference
- Mental preparation – explore your hopes and fears
- Pain management – learn about various options

Connect with like minded women and inform

Stana Weisburd is a licensed massage therapist and birth doula. Stana is the founder and director of the Prenatal and Postnatal Doula Program. She is currently coordinating the doula birth assistant program at Long Island College Hospital's Birth Center. Lora Garcia, M.D., C.E. is a Coop member and mother of two. Through her company Mindful Mama Lora works as a childbirth mentor, labor support doula, infant massage instructor and holistic health counselor. Stana and Lora regard childbirth as sacred and monumental. They strive to empower women and their partners as they prepare for childbirth.

FREE
Non-members welcome

Sunday, March 5
1:00 pm at the Coop

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

Deconstructing
Diet Confusion

A free workshop on food enlightenment

WITH COLEEN DeVOL

Atkins The Zone. Raw. Macrobiotic. Vegetarian. Vegan. Food combining.

There are so many different and often contradictory diets to choose from that selecting the one that's best for you can be overwhelming. It's enough to make you want to throw your hands in the air and grab a doughnut. This is an opportunity to find clarity amid all the confusion. In this workshop, I will discuss the pros and cons of many popular diets, enabling you to make the choice that's right for you.

Coleen DeVol is a holistic health counselor certified by the American Association of Drugless Practitioners as well as a certified yoga instructor. She runs a private practice in Prospect Heights, Brooklyn, and is a Coop member.

FREE
Non-members welcome

Saturday, March 11
3:00 p.m. at the Coop

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



An Introduction to Acupressure

with Steven Guidi

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

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

FREE
Non-members welcome

Saturday, March 11
6:00 p.m. at the Coop

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

MINDBODY MEDICINE

Overcoming Anxiety and Depression,
Creating Peace and Joy in Your Life

WITH ALBERT SPERANZA, MD

Please join me for a discussion focused upon emotional recovery, creating more joy and more satisfaction in your life.

We will address:

- Concepts of MindBody Medicine and how they apply to emotional and physical health
- Identifying emotional medical conditions
- Approach to wholistic treatment
- Process of emotional growth
- Rediscovering Peace and Joy



Albert Speranza is a Coop member and a physician who has been practicing MindBody Medicine and Psychiatry since 1993. He is board certified in Adult and Addiction Psychiatry and specializes in treating anxiety and mood disorders.

FREE
Non-members welcome

Saturday, March 18
10:30 a.m. at the Coop

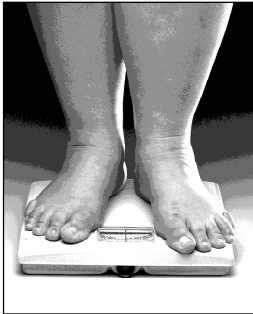
Views expressed by the presenter do not necessarily represent the Park Slope Food Coop

The
Ideal Diet

WITH JEFFERY CARL & WINNIE JAMIESON

A hypnotherapist and health counselor join forces to bring you this exciting workshop. Come and learn more about the food-healing process, and what it is about diets that are set up only to fail. You will also learn more about:

- Reinventing a healthy body image
- How to customize diets to work for you
- How using food as tools and hypnotherapy can help the healing process
- And the comprehensive "Vital Health" program



Jeffrey Carl, Cht. is a clinically certified hypnotherapist specializing in weight loss. Winnie Jamieson, HHC. is a board certified holistic health counselor, and graduate of the Institute for Integrative Nutrition. Both Jeffrey and Winnie are proud members of the Food Coop.

FREE
Non-members welcome

Saturday, March 18
2:00 p.m. at the Coop

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

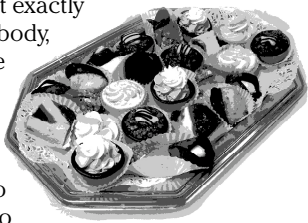
Conquer Your
Sugar Cravings

WITH KRISTA PETERSON

- Are you constantly craving sweets and want to understand why?
- Do you want to gain control without willpower or deprivation?
- Overcome your sugar cravings and stabilize your life!

In this eye-opening workshop, Krista will walk you through understanding what exactly sugar is, how it affects your body, and what you can do to take charge of your cravings and win back your life.

Naturally sweetened goodies will be available for all to share, so you will not want to miss this!



Coop member Krista Peterson is a Holistic Health Counselor who specializes in helping people of all walks of life to eat well, feel well and live well. She holds a Bachelors Degree in Psychology from Columbia University and is currently studying at the Institute for Integrative Nutrition. She offers counseling to individuals, couples and groups and takes joy in being part of the Park Slope community.

FREE
Non-members welcome

Saturday, March 18
7:00 p.m. at the Coop

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

Educational Assessments
and Accountability

with members of the Brooklyn Free School community

The U.S. Education Department announced recently the formation of a commission to explore administering standardized exams to students ages 2-26 to see if they are fulfilling their potential and what, if anything, they've learned from their years of formal education.

This may seem far-fetched, but a recent article on the front page of the NY Times makes one wonder if this could be a reality. The Times reported on a federal commission now working on standardized exams for U.S. colleges and universities to see if students are learning anything and if people are getting their money's worth.

Some standardized tests that many NY Children take:

- IQ tests before pre-school and kindergarten
- New York State test for grades 3 through 8
- New York City test for grades 3, 5, and 7
- No Child Left Behind tests (planned forever)
- High school entrance and placement tests
- New York State Regent tests for high school graduates
- AP, SAT and ACT tests
- In-college standardized tests?
- Is after college next?

Join us for an exploration of some alternative, non-judgmental and non-competitive assessment methods.

FREE
Non-members welcome

Tuesday, March 28
7:30-9:00 p.m. at the Coop

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



DIVORCE
is Never Easy

So WHY NOT GET ALL THE SUPPORT AVAILABLE?

WITH COOP MEMBER THERESE BIMKA, LCSW,
RACHEL GREEN, ESQ. AND LEE SLATER, CPA

In Collaborative Divorce, an interdisciplinary team of specialists agree not to litigate. Instead, this team of lawyers, licensed mental health and financial specialists work together to help each spouse and the family unit as a whole negotiate a post-divorce co-parenting plan with as little angst and trauma as possible. This unique collaboration provides support and guidance during a critical time when lifelong decisions are being considered and negotiated.

Join us as we present the benefits and challenges of this exciting new model which promises to revolutionize and humanize the divorce process by valuing dignity, honesty and respect.

Therese Bimka, LCSW has a private practice in Park Slope and has worked with children and spouses of divorce and separation since 1995. Rachel Green has ten years of experience as a divorce mediator and fifteen as an attorney. She is a member of the Board of Directors of the Family & Divorce Mediation Council of Greater New York where she chairs the Ethics Committee. Lee Slater, MBA, CFP®, CIFA is a Certified Financial Planning Practitioner and a Certified Divorce Financial Analyst. Lee has been active in the divorce area for eight years and has worked on numerous divorce cases with matrimonial attorneys, divorce mediators and divorcing individuals.

FREE
Non-members welcome

Friday, March 31
7:30 pm at the Coop

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



Shift Less? When Sameness Yields More

By Barbara Ensor

ILLUSTRATION BY MOLLY PARKER-MYERS



Most Coop members like to fulfill their workslot requirements by doing something they aren't used to. Kindergarten teachers break down boxes, emergency room nurses unload trucks, and defense lawyers regularly restock shelves. Then there are those select few among us, like Shawn Gargagliano, who do exactly the same kind of work for the Coop that they do in the rest of their workaday lives—and for that the rest of us can be deeply grateful.

An artist who both paints and sculpts, Shawn Gargagliano makes his living as a contractor. Back in the seventies Gargagliano and his roommate at the time, Ron Mitkowski supervised several dozen Coop members in pouring the concrete floor in the basement of the original building. That same basement is where Gargagliano and other members of the Construction Committee work on the various building projects they are assigned to. Except for a brief stint on the Receiving Committee—during the days when that meant passing boxes up the stairs to the Coop on the second floor—Gargagliano has used his skills as a contractor to satisfy his Coop work requirement for close to thirty years. “I actually kind of have fun doing it,” he explains. Sometimes though, particularly when his shift comes after a difficult week on a work site, Gargagliano admits he wonders how he got into all this. “Those are the times I wish I was slicing cheese!” he says ruefully.

There are definitely easier ways to fill a Coop workslot requirement, but the Construction Committee seems to inspire loyalty among its members. “You know what you are doing,” says Mark Groh, who has been on the committee for about fifteen years. That makes him something of a newcomer, he says. “At least half of them have been doing it longer than I have,” says Groh. Not that the job is without its frustrations.

The space set aside for building projects has shrunk over the years. Materials are not always readily available, particularly as the work shifts are always on Sunday. Working on Sunday has its downside too. And inevitably jobs progress at a snail's pace, since eight-hour work shifts only occur every eight weeks. “It takes even longer!” complains Groh—as though that downside is almost too painful to contemplate for someone in his line of work.

“The best workslot in the whole Coop,” is the way that Carl Picco...describes what he does.

Donating highly valued skills doesn't make much sense from a business point of view. But occasionally there can be a small financial reward. The Coop has hired Groh, for example, to manufacture several countertops. Gargagliano says he has been hired by fellow committee members on occasion to help with home repairs and renovations.

Learning to sharpen knives—a skill he learned from watching his father while growing up in Kew Gardens—proved easy for a boy who went to camp, and liked carving things. Long-time Coop member Alan Rosner later applied this skill to sharpening chisels as he started sculpting from wood. Nowadays Rosner makes sculptures mostly out of found objects.

So it is fitting that Rosner's workslot contribution to the Food Coop is as a sharpener of knives—the *cheese* knives to be exact. During his monthly shift on the Food Processing Committee, he cycles through the various knives, using several stones (some coarse, some very fine) and oil that he brings with him from his kitchen to get the job done. As he explains, “Just lightly touch the blade to the

back of your fingernail and if it doesn't slide it is sharp.”

“The best workslot in the whole Coop,” is the way that Carl Picco, leader of a squad that produces the Coop's weekly cable television show, describes what he does. But the long intense hours may not be for everyone. Picco admits he has “years” of FTOP work credit amassed at this point. Members of the squad (which includes a film director, several video editors and the host of a cable television show) recently headed for Albany to cover lobbying efforts in favor of compulsory labeling for genetically modified foods. (A group from the Coop participated in that lobbying effort.) The cable program could not be produced without expensive video equipment owned by members of the dedicated squad. “Inside The Park Slope Food Coop” airs on Brooklyn Community Access Television (BCAT) on Fridays at 1:00 and 9:00 pm; Time Warner channel 56; CableVision 69.

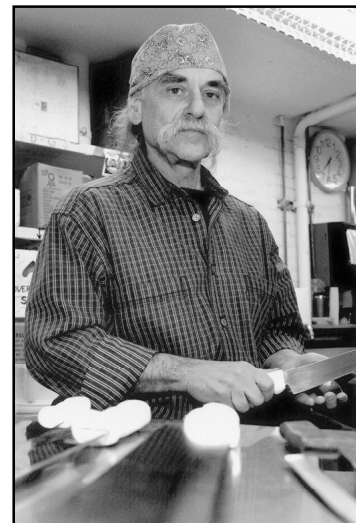
Perhaps Kim Pistone wins the prize for holding a day job most like her workslot at the Coop. On the job Pistone teaches one-off cooking classes to groups of enthusiastic novices; at the Coop she leads a squad of enthusiastic home cooks preparing bi-monthly birthday lunches for Coop staffers. Besides accommodating the dietary needs of the fifty or so “carnivores, vegetarians and vegans,” Pistone says she tries to come up with a gastronomic theme for meals served to Coop staffers. Next time “I think we'll do American soul food, with mac and cheese, maybe fried chicken, black eyed peas and collard greens,” she says thoughtfully.

A birthday cake is more or less a constant fixture on the menu according to Pistone. (No stranger to catering Coop events, Pistone was in charge of feeding several hundred people at the Coop's renovation celebration in 2002 and its 30th birthday bash in 2003.)

As an employee of a Manhattan-based company called

“Cooking by the Book” (CBTB), Pistone introduces corporate workers to the pleasures and pitfalls of cooking a large meal. The object of the classes, Pistone explains, is not to teach cooking techniques to would-be professionals. Instead the goal is to produce a sense of community, and foster cooperation amongst professional colleagues. “We show them how to use a recipe as a loose blueprint and think more creatively as they work together,” says Pistone. Participants leave with skills, she says, but more importantly, “It is a way to build teams and have fun.” Cooking sessions culminate in savoring the meals that have been collectively produced. It is a chance for people who work together to kick back and enjoy a good meal. After years as a caterer and a private chef Pistone particularly values the fact that with this job her ingredients, her pots and pans, and even her uniform are all waiting for her when she arrives at work. “I don't have to schlep a thing,” she says happily.

Her experience teaching non-cooks gives Pistone a relatively relaxed attitude when it comes to working with Coop members on preparing meals. Coop workers on this particular shift are often quite experienced cooks, Pistone explains. What is new for many of them (which she believes they enjoy learning) is how those skills can be translated into preparing meals for larger groups. They find out “how to sauté a lot of onions,” says Pistone. Of course the logistics of cooking under Coop conditions inevitably lead to the occasional fiasco. The tight schedule for use of the Coop “kitchen” and space constraints add considerably



Alan Rosner, metal sculptor who sharpens the coop knives.



Kim Pistone, chef and teacher whose coop shift is cooking staff meals.

to the challenges, Pistone adds cheerfully.

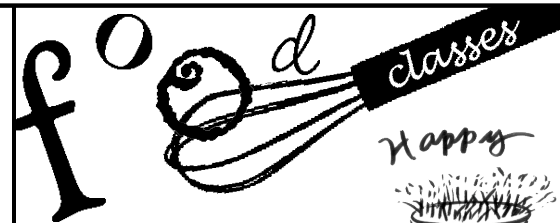
“I like doing it. It's kind of a cool shift,” says Pistone. But her former workslot on the Receiving Committee was certainly a whole lot easier she concedes, recalling those days with a note of nostalgia. Does she ever think of switching to another workslot—maybe something a little less demanding?

“Oh, all the time,” says Pistone—a statement which could strike fear in the hearts and stomachs of Coop staffers. ■

PHOTOS BY WILLIAM FARRINGTON

Thursday,
March 2

7:30 p.m.
at the Coop



PARK SLOPE FOOD COOP

It's a Party!

Birthday!

Celebrate 10 years of food classes at the Coop with Susan Baldassano

A special thanks to my assistants over the years (Emily & Pirco), Linda Wheeler, all the guest chefs too numerous to mention, and the Coop members and visitors who have attended the classes. Susan Baldassano

MENU...

- Pizelle with White Bean Dip topped with an Olive Oil Tapenade (Vegan)
- Roasted Red Pepper Hummus
- Whole Wheat Pita garnished with Black Sesame Seeds (Vegan)

\$4 materials fee

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

Susan Baldassano is Director of Education at the Natural Gourmet Cookery School in Manhattan and a graduate of the Institute of Culinary Education (ICE). She is the owner, director of To Grandmother's House We Go Cooking Tours, visiting and working with local men and women in their homes.

Susan has been teaching and coordinating the PSFC Food Class since 1996.

MEMBERS & NON-MEMBERS WELCOME.

Come early to ensure a seat.

COOP WORK SHIFTS
CONTINUED FROM PAGE 1

stress on the Coop, particularly in the shopping floor workshifts. A shopping squad member, Herod felt that at times there were too many workers on her shift.



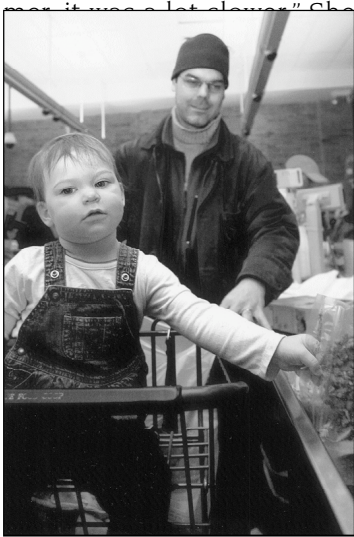
Ngina Duckett, a pre-med student, shopping in the produce aisle.

bers feel it “is a great thing.” He felt an overstaffed shift was “a nice problem to have.” As an example, Quinn mentioned the high volume of deliveries on Tuesdays at the Coop. He pointed out that heavily staffed shopping squads on Tuesday helped support and stock the large number of deliveries. Quinn was also concerned that long-time members might feel as if they had put in a larger labor commitment

than recent members, should the workslot commitment decrease. Quinn pointed out that this wouldn’t bother him, but other members might see it as unfair.

Working his regular Sunday morning receiving shift, Chris Seymour, a member since 1990, feels the current workslot system works. “The work needs to get done. I think we keep finding new things that make shopping less of a hassle—like the cart-return folks. I think there’s a lot more stuff that we could figure out to do that could make shopping easier.” Seymour continued, “I wouldn’t mind working a little less, but I think that there’s enough times that shopping’s a hassle that we could direct labor to making it easier rather than reducing the workload.”

Jessica Thomas, a member since August 2005, and Ruth Orlowicz, a member for several years, were stocking the tofu case. Said Orlowicz, “I’m used to it, so I guess it’s fine.” She felt that the summer got a little bit slow in terms of enough work to do, but during all the other times of the year, the current system “made sense the way it was set up.” Thomas sometimes felt that she had to look for things to do. She did think that the situation was improving, and she had more to do during her workslot, observing “in the sum-

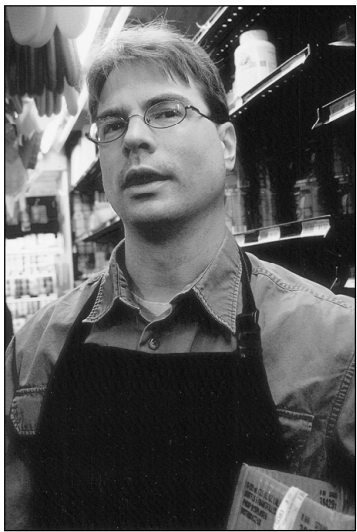


David Quinn (with 18-month-old daughter Aury) checking out groceries. within reason, to keep the Coop running.

I also spoke with General Coordinator Joe Holtz about the workslot commitment. Joe observed that the perception of overstaffed shopping workslots can be influenced by cyclical fluctuations. As an example, he pointed to post-holiday January as a traditionally heavier-than-usual month for workshift makeups.

Joe also stressed the relationship between membership growth and the member work hours required to support the Coop. The more Coop members, the more member labor we need to receive the food, stock the shelves, fill checkout and cashier slots, answer the phones, input data, maintain the Coop and staff all the

many other workslots necessary for our unique Coop to flourish. When one considers the Coop’s growth from 5,700 active members in the middle of 2001 to more than 12,000 at the close of 2005, the number of member hours required becomes a weighty question. ■



Chris Seymour working a receiving workslot on a Sunday morning.



Jessica Thomas stocking tofu on a Sunday morning shopping squad.

PHOTOS BY WILLIAM FARRINGTON

FINANCIAL FREEDOM
CONTINUED FROM PAGE 1

Know Thy Balance Sheet

The first step in working off debt is to know how big it really is, said Scott Brewster, of the firm Brewster Financial Planning. That means opening all the bills and making a list of every credit card and store credit card.

Beside each one, write down how much is owed, the interest rate, the minimum payment, and, most importantly, the payment due date.

Knowing the due date is essential because paying on time is one of the most important pieces of getting your wallet back in shape, according to Henry Singer, CPA and former Coop auditor.

Singer said creditors are “slaughtering” consumers on late fees, and that some card agreements even allow companies to raise interest rates

due to missed payments. Plus, each late charge is a credit score black mark.

He also suggested automating payments to keep the money going out on time, which takes the money out of your hands before it is missed or spent on anything else.

One Card at a Time

Financial pros say the next step is to pay as much as you can on the highest interest rate card, while making at least the minimum payments on the rest. Once that card is taken care of, tackle the next highest-rate card.

Paying the minimum on all cards is just not an option if you’re serious about getting out of debt, Singer said, since the minimum amount rarely covers more than the interest.

It sounds easy on paper, but the challenge is to figure out the maximum amount you can put toward bigger

credit card payments, create a budget and stick with it.

Build a Budget

Budgeting is a study in human behavior as much as it is an exercise in math. Luckily, at least the math part is simple.

Bosworth said to divide spending into two groups—expenses you have no control over and those that are discretionary.

Bosworth included rent, utilities, auto payments and groceries in the “no control” category. Everything else can potentially be cut and the money can be used on larger credit card payments.

But, he warned, this is where people often get tripped up.

“Those who never succeed set unreasonable goals, then they get disappointed when the debt doesn’t disappear as fast as they want,” said Brewster. “One of the reasons people spend money they don’t have is to make themselves feel good. If you set goals you can’t achieve, you’ll just exacerbate the cycle.”

The financial gurus said that one time-tested approach is to keep track of every dollar spent for a month. Bosworth said he understands that shame can play a significant role in a person’s unwillingness to know what they shell out for.

“It can be embarrassing to know where all the money goes, but not as embarrassing as being in debt,” he said.

Then the challenge is to be honest with yourself about the kind of spender you are in order to create a budget and goals that are possible to follow. If you’re shelling out \$300 a month on dinner out and \$100 a month on lattes, it’s possible to put that \$400 toward a credit card payment.

Living in debt becomes a bad habit—and like smoking or overeating, it doesn’t feel like it’s hurting your quality of life until it’s too late.

But if treating yourself to the lattes will keep you from feeling deprived and ditching the budget altogether, then plan to put a more realistic \$300 toward your debt and keep the caffeine.

Tips and Tricks

On top of the basic three-step program, certified financial planners offered the following tips and tricks to get damaged finances back into shape.

- Go green. “Paying in cash is emotional because you feel your wealth leave you,” said Brewster. “You’re less likely to spend when you have to go

through the act of counting out the money.”

- Leave the cards at home. Brewster said that when McDonald’s introduced credit card sales, the average sale nearly doubled, going from \$4.50 to \$7. This illustrates the fact that when people pay with plastic, they tend to spend more.

- Give yourself a day to breathe. Most shopping is impulse buying, Brewster said. So wait a day before buying. Chances are, you won’t “need” that object after a night’s rest.

- Get lower interest payments. If your credit is decent and you haven’t missed any payments, you can call your card issuer and ask to have the interest on that card lowered. Customer service will put you in touch with a rate specialist who often will lower the rate with no fuss. Many cards allow users to do this every six months.

- Say no to store cards. That extra 10% off on a store credit card seems like a good idea when your arms are laden with holiday goods, but they typically charge the highest interest rates and late fees around. Unless you can pay the balance off in full, your discount is immediately eclipsed by charges.
- Once you’ve paid off a card, don’t close out the account.

CONTINUED ON PAGE 5

ILLUSTRATION BY DIANE MILLER



Keeping It Fresh!

City Gardeners Grow Food

By Robin Simmen



PHOTO BY JUDY JANDA

In her Brooklyn GreenBridge office, Robin Simmen prepares for the “Keeping It Fresh! City Gardeners Grow Food” event on March 11.

Imagine that it’s a hot summer afternoon and you’re dreaming about making a nice cold gazpacho soup. Why not use organic vegetables fresh from a Brooklyn garden? Learn how to grow delicious, healthy food in the city at **Keeping It Fresh! City Gardeners Grow Food, the 25th Annual Making Brooklyn Bloom from 10:00 a.m. to 4:00 p.m. on Saturday, March 11 at the Brooklyn Botanic Garden.** This free conference is open to the public and features exhibits, workshops, a film, and a keynote address at 1:30 p.m. by Dave Jacke: “Eat the City! Cultivating Agriculture in Brooklyn Today.” Jacke, author of *Edible Forest Gardens*, is an engaging, passionate teacher and practitioner of ecological design and permaculture, a design approach that models nature’s patterns for efficiency.

Growing food in the City is nothing new. In fact, Brooklyn has a rich agricultural history, starting with Native-American crops, then the Dutch colonists in the 17th century and continuing into the 20th century, when our last commercial farms disappeared. During Making Brooklyn Bloom, stop by the Wyckoff Farmhouse Museum exhibit to see how a real cider mill works and enjoy some fresh apple cider. To learn about the Newton pippin (an apple, adored by Europeans, bred near Newton Creek) and other local fare, be sure to attend the workshop on “Parmentier, Pippins, and Cabbages: A History of Agriculture in New York City.”

...Brooklyn has a rich agricultural history, starting with Native-American crops, then the Dutch colonists in the 17th century...

Sadly, the average food item for sale in New York City now travels more than 1,200 miles to get here! As energy costs soar, community food security is a growing issue. A workshop and exhibit from Just Food, a non-profit group that works to build a more just and sustainable food system, will focus on “Growing for Market” and on “Brooklyn’s Bounty,” a new coalition of four Brooklyn farmers’ markets that sell fresh produce grown in Brooklyn and by regional farmers.

Community gardeners from East New York Farms!, Urban Oasis in East Flatbush, and Added Value in Red Hook will be on hand to answer your questions about what they grow and sell. In addition, the New York State Department of Agriculture will present an

exhibit on how New Yorkers are improving food security through community-supported agriculture. Other exhibitors include American Community Gardening Association, American Horticultural Therapy Association, Brooklyn Botanic Garden Master Composters, Brooklyn GreenBridge, Cornell Cooperative Extension, Council on the Environment of New York City, Horticultural Society of New York, New York Restoration Project, New York City GreenThumb, and Slow Food New York City.

The featured film, *Seeds in the City: The Greening of Havana*, tells the remarkable story of how the people of Havana, Cuba, pulled themselves back from the brink of starvation by starting 20,000 urban farms. Produced by Sound Development Communications Media (<http://sounddevelopment.com/globalheroes>),

the film will be shown twice in the auditorium.

Although the conference is free before noon, be sure to arrive at the Brooklyn Botanic Garden, 1000 Washington Avenue, by 10:00 a.m. to register for the following workshops:

- Garden Planning for Maximum Output
- Growing for Market
- Parmentier, Pippins, and Cabbages: A History of Agriculture in NYC
- The Moveable Feast: Growing Vegetables, Fruits, Herbs & Edible Flowers in Containers
- Gardening Like the Forest
- Urban Permaculture
- Starting with Seeds and Propagation
- Heirloom Vegetables
- Renewing Your Soil with Compost
- Best Vegetables to Grow in Brooklyn
- Organic Pest Control
- Extending the Season with Cold Frames
- Pretty Enough to Eat: Designing Beautiful Gardens with Edible Plants
- Canning to Preserve the Harvest
- From Windowsill to Tabletop: Growing and Savoring Herbs

Some workshops will be held at 11 am and others at 2:45 pm; the schedule will be announced at registration. Attendees will have a chance to choose one from each time block, as long as space permits. We recommend that you arrive at 10 am to get your first choice. And don’t forget to pick up your free spring gift bag as you leave! For more information, visit www.bbg.org or call 718.623.7209.

Robin Simmen manages the Brooklyn GreenBridge Community Horticulture Program at Brooklyn Botanic Garden and has been a Coop member since 1980. ■

Coop Job Opening: Receiving/Stocking Coordinator

Evenings & Weekends

Description:

The Coop is hiring a Receiving/Stocking Coordinator to work evenings and weekends. The evening and weekend Receiving/Stocking Coordinators have a lot of responsibility overseeing the smooth functioning of the store and supporting the squads. They work with the Receiving squads, keeping the store well-stocked and orderly and maintaining the quality of the produce. At the end of the evening, they set up the receiving areas to prepare for the following early morning deliveries.

We are looking for a candidate who wants a permanent evening/weekend schedule. The ideal candidate will have been working on a Receiving workslot for the Coop. Because fewer paid staff work evenings and weekends, it is essential that the candidate be a reliable and responsible self-starter who enjoys working with our diverse member-workers. You must be an excellent team player, as you will be sharing the work with one to several other Receiving Coordinators. You must have excellent communication and organizational skills, patience, the ability to prioritize the work, and to remain calm under pressure. This is a high energy job for a fit candidate, and you must be able to lift and to work on your feet for hours. The job will include work in the walk-in coolers and freezer.

Hours: 30-38 hours per week, schedule – to be determined – will be evening and weekend work.

Wages: \$20.28/hour with at least an annual cost-of-living adjustment effective every February.

Benefits: • Health and Personal time
• Vacation—three weeks/year increasing in the 4th, 7th & 10th years
• health insurance • pension plan (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 it in the mail slot in the entryway of the Coop. Please state your availability.

All applicants will receive a response. *Please do not call the office.*

If you applied previously to another Coop job offering and remain interested, please reapply.

Probation Period:

There will be a six-month probation period.

Prerequisite:

Minimum of six months’ membership in the Park Slope Food Coop.

Applicants who have not previously worked a Coop shift in Receiving should arrange to workslots in Receiving.

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

FINANCIAL FREEDOM

CONTINUED FROM PAGE 4

Credit scores look at the amount of credit available versus the amount used, so it’s good to keep open an account that you’ve had for a long time.

• Get thoughtful. Gifts are given year round, but stuff isn’t always the best gift. “When you’re on the receiving end, you’re probably not tallying up the ticket

price of a present,” said Bosworth. “The people you give to are no different.” Try giving a night of free babysitting to a frazzled couple, helping around the house of an elderly friend, offering cooking or sewing skills, or even doing someone’s Coop make-up shift.

“When we buy things, we’re spending little bits of our lives,” said Brewster. “If you make \$20 an hour

and buy a \$400 gift, you’ve sacrificed 20 hours of your life for it.” In this scenario, a few hours running errands for a friend seems like a savings of time as well as cash.

“The things that mean the most are absolutely free,” Brewster said. “Truly believing in that, not just [paying it lip service] is what will allow people to start taking control of their finances for real.” ■

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

LI NEWAITERS' 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
Mar. 17
8:00 p.m.

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

Jeannette Lewicki

MADAM LEVITSKY & Her Yiddishe Syncopaters

Madam Levitsky & Her Yiddishe Syncopaters play red hot & sweet klezmer music while Matthew Fass from the Zagnut Orkestar leads easy Jewish dances from Eastern Europe. Jeanette Lewicki (accordion & Yiddish vocals) joins trumpeter Sarah Ferholt (of Zlatne Uste Brass Band) & clarinetist Jeff Perlman (from the “gypsy punk” band Romashka), and internationally acclaimed saxophonist Jessica Lurie (of The Tiptons). Plus special guests TBA!!!
For more information: www.MadamLewicki.com

BRUCE MARKOW presents: "The Mango Festival"

Revel with songs, stories and experiences for all five senses in praise of mangoes, “the fruit of the gods,” and every juicy thing they represent... alongside Bruce’s other soul gratifying, multi-genre music, brimming with passion, playfulness and well-honed craftsmanship. This spirited singer/multi-instrumentalist moves hearts, minds and bodies with enchanting melodies and rousing lyrics of hope and healing that “renew the belief that love is ultimately the answer.” Guests: Robin Burdulis (percussion), Bev Grant (voice, guitar), Barry Kornhauser (bass, cello), Ben Silver (voice, keyboard).
www.brucemarkow.com

Bruce Markow

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

Performers are Park Slope Food Coop members and receive Coop workslot credit.
Booking: Bev Grant, 718-230-4999

Puzzle Corner

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

Cryptogram Topic: Frozen Dinner Brands

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.

M S O S Y G J Y C

O U B R G O U V S

J F E ’ Q

G J A

M W I I E M O J Q Q U M Q

T S S K V C C T Q

P S U B R G P J G M R S I Q

R S J O G R E M R U M X S Y

O S B W F S

Q S Y C I V S O U D

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Inventory Data Entry

The Sunday Evening Data Entry Squads are expanding, so we have several openings Sunday 9:15-11:30 p.m.

Facility and accuracy in numerical data entry is the main requirement for the job. You will input the numbers generated by the earlier Inventory Squad who count several sections of the Coop rotating on a weekly basis. Your data adjusts/corrects data transferred from the check-out and is used the next morning to generate orders for the week.



Soup Kitchen Jobs

Both at the Coop and at CHIPS

COOP EARLY MORNING: We have openings in the 7:00 a.m. squads in the Coop. Food—mainly produce—is placed in barrels for the soup kitchen that is edible, although unsaleable, throughout the day.

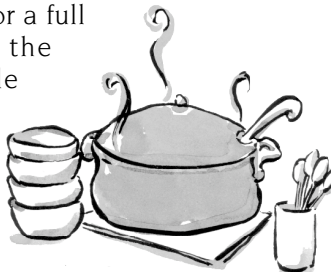
These squads work in the Coop on six days of the week, sorts the food that has been set aside, cleans is up, and in general gets it into condition for the cooks at CHIPS to use it when it arrives.

CHIPS MORNING & MID-DAY: The 9:00 a.m. squad assists in the preparation of a nutritious, not mid-day meal.

The 11:15 squad finishes the prep and serves the meal.

BOTH: You will be working with other CHIPS volunteers. There are Coop workslots on Monday, Tuesday and Saturday.

If you are interested and want to know more, look at the January 19 *Linewaiters' Gazette* for a full article. Copies of the article are available through the office.



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:

Mar 16 issue: 7:00 p.m., Mon, Mar 6
Mar 30 issue: 7:00 p.m., Mon, Mar 20

CLASSIFIED ADS DEADLINE:

Mar 16 issue: 10:00 p.m., Wed, Mar 8
Mar 30 issue: 10:00 p.m., Wed, Mar 22

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, MAR 7
AGENDA SUBMISSIONS: deadline for consideration for the March 28 GM, 8:00 p.m.

TUE, MAR 28
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.

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, MAR 14
SAFE FOOD COMMITTEE: (formerly GE Campaign Committee): Open meeting for members & non-members. 6:30 p.m. for training on genetic engineering; 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, March 28, 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, MAR 3

GOOD COFFEEHOUSE: Patrick Wictor & Tim Grimm, singer-songwriters with the blues. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

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

SEED SWAP: At the Old Stone House in JJByrne Park, 5th Ave & 3rd St. Noon-3:00. Free. Bring seeds to trade, learn about growing plants, swap ideas, enjoy the seeds. Info: 718-768-3195 or permie@earthlink.net.

SUN, MAR 5

WEMOMS FESTIVAL: storytelling, drumming, intergenerational fashion show by Zawadi Fiber Art. Free. Bring family & friends. 3-6:00 pm at Bedford Stuyvesant Restoration Plaza, Skylight Gallery, 3rd fl, 1368 Fulton St, Bkln. Open to the public. Info: 212-568-1645, afhc96@juno.com, www.african-folkheritagecircle.org

THU, MAR 9

HOLISTIC MOMS NETWORK: Brooklyn chapter March monthly meeting. Viewing of the DVD by Dr. Sherry Tenpenny called "Vaccines: the Risks, the Benefits, the Choices" with discussion. As usual, children allowed, learn about our local chapter, playgroups! 7:00PM, 828 President St. Contact Ann Murphy, annmurphy22@yahoo.com or 718-633-1835

FRI, MAR 10

GOOD COFFEEHOUSE: Guitar Masters Del Rey & Steve James. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

REEL SISTERS OF THE DIASPORA FILM FESTIVAL: opening night gala honoring filmmaker Julie Dash (Daughters of the Dust) and Zora's niece, biographer Lucy Anne Hurston, featuring live performances and a special screening. Full info for this and for the entire weekend in the box below. Bring this ad and your membership card for a \$10 discount.

SAT, MAR 11

BROOKLYN BOTANIC GARDEN: "Keeping It Fresh: City Gardeners Grow Food," the 25th Annual Making Brooklyn Bloom, 10 a.m.-4 p.m. This free event features exhibits & workshops covering organic gardening & food security.

Arrive at 10 a.m. at 1000 Washington Avenue to register for workshops. For more info: 718-623-7209.

ROSES & BREAD: Women's open poetry & performance celebration. Women & trans folk only. Special guest Sonia Sanchez. Benefit for INCITE, a New Orleans women's group working against violence. Presented by Resistance in Brooklyn & Brecht Forum, 451 West St 6:30 pm. Donations \$10, 15, 20. For info & to perform, 212-242-4201.

FRI, MAR 17

GOOD COFFEEHOUSE-COOP NIGHT: Madam Levitsky* & her Yiddishe Band; Bruce Markow* Mango Festival. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, MAR 18

PEOPLES' VOICE CAFE: Reunion Concert with Jim Glover & Jean Ray. 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.

ONGOING SHOWS/EVENTS

TUESDAYS, MAR 7, 14, 21, 28

ON WITH THE SHOW! Go behind the scenes and experience music, staging and tech rehearsals for the March 28th opening of the new 2-act version of A.F.R.A.I.D. (Premiered at 2005 New York International Fringe Festival!) \$15 single session, \$40 three sessions. No reservations needed! Brooklyn Lyceum, 227 4th Ave. www.SusanStoderl.net/On_With_The_Show.html

FRIDAY-SUNDAY, MAR 10-12

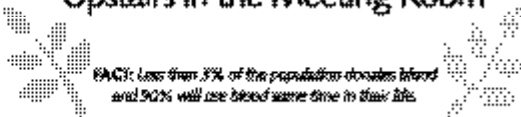
COLORFUL WOMEN'S WORK: 9th Annual Reel Sisters of the Diaspora Film Festival. Over 30 narrative, documentary, experimental, dramatic, comedic, social, political & futuristic films with a theme of "Jump at de Sun: a Cinematic Tribute to Zora Neale Hurston." Kumble Theater, LIU's Brooklyn Campus at Dekalb & Flatbush. Wkend or day passes available, (a full day is only \$20), also student, senior & group prices. The full roster of films is on the website www.reelsisters.org Tickets are available on the website or at 718-488-1052.

SAVE A
LIFE
Give Blood

Join the Blood Drive
at the Park Slope Food Coop

- Thursday, March 23
3:00 – 8:00 p.m.
- Friday, March 24
10:00 a.m. – 6:00 p.m.
- Saturday, March 25
9:00 a.m. – 6:00 p.m.

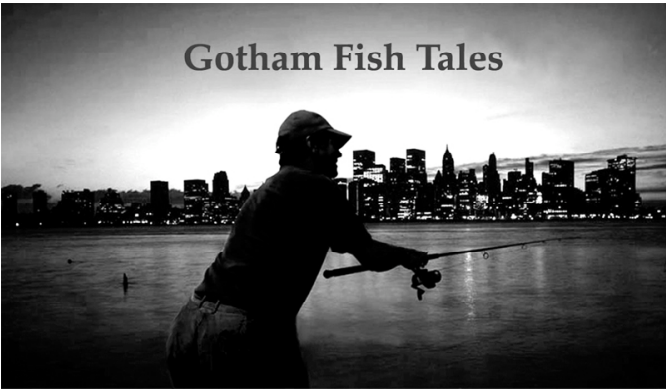
Upstairs in the Meeting Room



- Park Slope Food Coop • 782 Union Street •
• Brooklyn, NY • 718-622-0560 •
- In cooperation with New York Methodist Hospital •
For further information about blood donation,
call Stuart Rosenhaus, 780-3644



Friday, April 7 • 7:00 p.m.
at the Coop



GOTHAM FISH
TALES

Gotham Fish Tales weaves a hopeful, inspiring story of dogged fishermen who fish New York City waters, from Hell's Gate to massive bridges, to the shadow of the Statue of Liberty. Professional fishermen struggle to hang on while recreational anglers catch and eat fish of surprising abundance and variety. Genuine fish tales entertain and provoke, reflecting the city's buoyant character.

Filmmaker **Robert Maass**, born and based in New York City, has been working as an editorial still photographer for over 20 years. He has been widely published in domestic and international publications. For ten years he was a Contributing Photographer for Newsweek magazine. His editorial experience has taken him around the world covering feature and major news events, from the collapse of the Soviet bloc to American presidential campaigns. He has also worked extensively for various non-governmental organizations.

Since 1989 he has written and photographed ten books for children on a diverse range of subjects, from a series about the seasons, to a book about tugboats, a book about garbage and one about Madeleine Albright when she was ambassador to the United Nations. *Gotham Fish Tales* is his first feature length documentary. It has played in film festivals in the U.S. and was acquired by the Sundance Channel for viewing commencing in March 2004. Rob lives with his wife Hillary and children Lucas and Lily in Brooklyn, New York.

A discussion with Coop member and filmmaker Rob Maass will follow.

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

**FREE
Non-members
welcome**

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





LETTERS TO THE EDITOR

SHORTER SHIFTS = MORE WORK SLOTS

DEAR GAZETTE,

It seems to me the answer to the workslot crises (it is especially hard for FTOPers), is for there to be shorter shifts, which will translate into more workslots. The 2 and 3/4 hour commitment seems entirely arbitrary. I realize fully that the rearrangement could be a logistical challenge, but the Coop has overcome larger challenges in the past. Why not create a committee to investigate the pros and cons of this idea? I would volunteer to be on it. I think it is way past time for a change. Maybe a coordinator can comment about this: Give us some history and a rationale for the shift length in response to this letter.

In cooperation,
Gene Hicks

MORE BAND WIDTH....

TO THE EDITOR

On February 17th, the Coop Big Band played at The Good Coffeehouse. There were twenty (20) musicians of stellar quality performing as the program noted, "everything from traditional swing to up-to-date jazz at its finest." Judging by the response of the audience, the night was a complete success. This was the best (well maybe it ranks with the best) of the Coop events that I have attended, excepting for some exciting General Meetings.

I hope that there will be more of these Big Band programs and that they will be better advertised. These musicians deserve a larger staging, room for a larger audience, and good PR.

Moe Kornbluth

Recycle the Linewriters' Gazette:

I'M YOUR CONCIERGE

DEAR GAZETTE,

Neither rain, nor snow, nor gloom of night keeps your friendly cart roller from his appointed rounds.

But I am more than a mere cart pusher and a car stuffer. I am the person telling you to "drive safely" on a rainy night. I am the ears for those who want to talk, and the voice for those who want to listen. I am the person putting a smile on your face after a tough day. I am the man

in the day-glo vest.

When I was a squad leader, I carried the weight of the Coop on my shoulders. Now, as an outside guy, I find myself footloose and fancy free!

So when you see me outside on a chilly night, don't feel sorry for me. I'm doing what I want. But remember, I'm more than just a "cart-slinger"...I'm your concierge.

David Meltzer

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.



Adult Clothing Exchange

Have you noticed that Coop members are great dressers!

The season is changing, and this is your opportunity to trade gently used and beautiful clothes that you no longer wear.

A clothing exchange is a community event that is ecologically responsible and fun. Why support the consumer market and buy, when you can wear clothes that have already been well loved.

Bring items that you think others might enjoy—and a snack to share.

Saturday, March 11
10:00 a.m. – 2:00 p.m.
in the meeting room

To bring Clothes...

- Do not leave clothing in the Coop before the hours of the exchange.
- Bring up to 15 items only
- Bring gently used, clean clothing that you are proud to be able to exchange with it's new owner.

(Unchosen clothing will be donated to a local shelter.)

WORDSPROUTS

The Park Slope Food Coop's Reading Series

Garbage Land

On the Secret Trail of Trash

Join Coop member Elizabeth Royte for a reading and discussion of her book, named a New York Times Notable Book of the Year for 2005, and a Washington Post Best Book of the Year.

"Garbage has found its poet, and her name is Elizabeth Royte. In her new book, *Garbage Land*, America's trash trucks, waste treatment facilities, landfills, and compost heaps, as well as her can men, haulers, bureaucrats, suspiciously taciturn landfill operators, and oddly evangelistic environmentalists, are lavished with the attention of a thorough, perceptive, graceful, and often witty writer."

—Jamie Malenowski, Washington Monthly, September 2005



Elizabeth Royte has written for The New York Times Magazine, Harper's, National Geographic, The New York Times Book Review, the New Yorker, and other national magazines. Royte is the author of *The Yogi's Morning Bath: Solving the Mysteries of the Tropical Rain Forest*, a New York Times Notable Book of the Year for 2001.

Books will be available for purchase.

Thursday, February 23
7:00 p.m. at the Coop

FREE Non-Members Welcome

All Wordsprout participants are Coop members.

Reservations: P.J. Corra,
pjcorra@earthlink.net

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

New Disciplinary Committees Seek Members

• **Hearing Administration Committee:** performs administrative functions necessary to arrange and facilitate hearings. Applicants should be detail-oriented, have experience with and enjoy working by telephone; they should be Coop members in good standing for at least one year and have good attendance records.

• **Hearing Officer Committee:** conducts and presides over disciplinary hearings; insures that hearings proceed in an efficient and unbiased manner and, after a randomly selected Deciding Group has decided whether an accused member violated a Coop rule, determines 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.

• **For Both of These Committees:**

Members of the new committees will meet and earn workslot credit on an as-needed basis only, that is, when hearings are required. Therefore these members must maintain regular Coop work slots 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.

For a more detailed description of these committees, see the December 22 issue of *The Linewriters' Gazette* or the flyers posted in the Coop.

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

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

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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.

CLASSES/GROUPS

RELATIONSHIP SUPPORT GROUP. A safe, open, co-ed forum to improve communication; deepen self-understanding; reduce isolation; 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.

VACCINATION OPTIONS? New Yorkers for Vaccination Information and Choice holds bi-monthly meetings in Manhattan. Email nyvictteam@nyvc.org or www.nyvic.org. 212-696-6677.

THE ALEXANDER TECHNIQUE – learn to use the body/mind connection to enhance posture, balance and well-being. If you have: poor posture habits, stress-related disorders, neck, back and shoulders discomfort, lack of flexibility and coordination. If you are: singer, actor, musician, dancer, consider Alexander Technique. 718-832-1460.

YOGA CLASSES Think you're too busy, too out-of-shape, too inflexible, too old, too fat to do yoga? Try Mina's gentle, caring classes. Get a great workout, tone muscles and reduce stress. Private and group instruction with experienced teacher. Central Park Slope location or your own home/apt. Call Mina 917-881-9855.

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.

EMPLOYMENT

SEEKING ELDERCARE: Large, sunny room plus salary. Care for spunky wheelchair-bound woman with stroke. Personal care, accompany to doctor, light cooking. Adult daughter and dog on premises. Central Midwood, porch and garden 718-258-0214.

HOUSING AVAILABLE

DUPLEX APT FOR RENT - Beautiful and sunny with 2 full baths, 3 and one half bedrooms, parquet floors on charming block in Bedford Stuyvesant 2300.00 per month. Plus electricity, 25.00 credit check fee. No pets. No smokers. Call Anu 646-372-8628.

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

FOR SALE: Saks Fifth Ave. cashmere coat - camel color - small size - \$200 neg. Old coins and paper money - collector's dream - call 718-826-3254 between 11AM and 10PM for details.

MERCHANDISE-NONCOMMERCIAL

ONE BOOKCASE, 4 shelves, Pine wood, mission style, 30" wide X 12 3/4" deep X 60" high. Easy assembly, still in boxes. Were \$145 each, sell for \$95. Brooklyn, 718-951-7168.

MASSAGE CHAIR FOR SALE. Golden Ratio quick light with case, excellent condition. Sea mist turquoise with white frame, very portable, 14 lbs. Call Susan at 718-768-6994 or email srkaner@aol.com.

SERVICES

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

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

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

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.

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.

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.

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: kittrosslaw@verizon.net.

COMPUTER HELP-Call New York Geek Girls. Crashes, viruses and spyware; networking; setup; upgrades; training; etc. On-site or pickup/drop-off. References available. Long-time coop member. Call 347-351-3031 or email info@NYgeekgirls.com.





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NEED AN ELECTRICIAN? Call Art Cabrera 718-965-0327. Celebrating 34 years in the electrical industry. Brownstone specialist, troubleshooting, small jobs, total electrical renovations and rewiring, old wiring, fans, etc. Don't wait till summer to install your AC lines. Original Coop member, residing in P.S. since '72, born in Bklyn.

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

AGENTREADY. 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.

MADISON AVENUE HAIRSTYLIST in Park Slope one block from coop-by appointment only. Please call Maggie at 718-783-2154 at a charge of \$50.

HOME/OFFICE ORGANIZING. Interior design/staging. Exp'd Interior Designer works with you at all levels to create the environment of your dreams. From clearing clutter to rearranging to total renovations Living Spaces will change the look and energetics of your space. Call Mark Schrader 201-330-8535 for rates/appts.

SERVICES-HEALTH

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

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.

RELIEVE PAIN & DISCOMFORT, prevent illness naturally, gently and safely with Jin Shin Jyutsu @ Japanese Bodywork, Nutrition & Health Counseling, Meditation and other modalities to choose from. Heather Faraone, Certified, Member of Associated Bodywork and Massage Professionals. 718-768-1274 heather-sriver@hotmail.com.

PSYCHOTHERAPY: IT'S ABOUT LEARNING, clarifying and enhancing your repertoire. It's conversations using resources already present, though not yet noticed. It's about useful confusion, predictable uncertainty. Curious about this approach? Call for consult. Licensed psychologist. Greenwich Village. 718-398-2498.

ELIMINATE STRESS: relieve neck, shoulder, back pain and tension. Improve sleep. Improve digestion and elimination. Lessen chronic fatigue. Get rid of headaches. With a Shiatsu session you'll increase the joy of living! Call Claudia Copparoni – Shiatsu practitioner with over 12 years exper. – clcoppa@hotmail.com-718-938-5573

FINE TUNE YOUR HEALTH and/or address chronic or acute health concerns - licensed (VT) Naturopathic Doctor in Park Slope. Bastyr Graduate. AANP member serving adults. Karen L. Fuler, ND, LMSW. 347-342-0220.

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SERVICES WANTED

SEWING TEACHER WANTED: 2-3 girls 11-12 years old in my South Slope home. For Sundays. 12:30 – 2:30. 718-369-0647.

VACATION RENTALS

BERKSHIRES VACATION RENTAL on beautiful clean lake in Otis, MA. Near Jacob's Pillow and other cultural attractions. 4 bedrooms, sleeps 7-9. Deck and dock for swimming, kayaking, canoeing. Well-equipped kitchen. Large screened-in porch. Games and puzzles. \$950/wk. Call Marc at 718-768-4768.

WHAT'S FOR FREE

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

FREE TICKETS for concerts for true classical music lovers (only...) Lincoln Ct., Carnegie, etc. on short notice (sometimes). For more info, call: 212-802-7456.

ABSOLUTELY FREE! Get a high-quality water filter system for free with the purchase of replacement carbon block filters. If you're tired of buying bottled H2O or poor quality H2O filters consider this fantastic offer by the respected Multi-Pure Corp. For more information call Denise at 718-435-3169.



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Answer to Puzzle on page 6

Celentano, Lightlife, Amy's, Taj, Curry Classics, Deep Foods, Weight Watchers, Healthy Chicken, Legume, Senor Felix

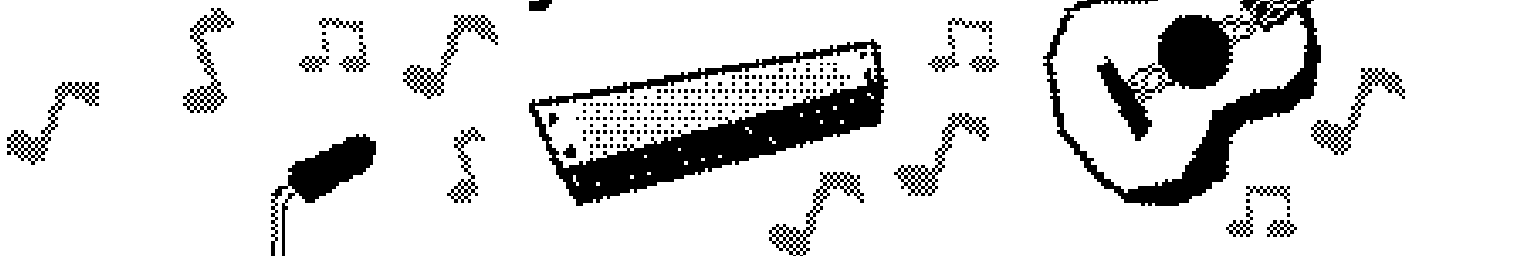
ADVERTISE ON THE WEB

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





Come experience the Thrills, Chills and Spills of the Park Slope Food Coop's second biennial... Kid's Variety Show!



**Saturday, March 4
7:00 p.m.**

**Old First Church
Carroll St. & 7th Ave.**

**Admission: \$5
Refreshments for sale
Non-members welcome**

PERFORMERS: ages 4-18 (partial list)
Jacob Gilford, MC
Asher Afua; Ajahee; David Gritz; Zoe Frazer-Kietz; Natasha Radtka; Thornton Farnbacher; Isakz Sanghar; Isantika Brooks; A group of violinists: Meghan Accariso, Alexander & Jonathan Amir, Maeve Farrell, Flora Gallina-Jones, Cyee Hunte, Madeline Palden, Aidan & Devon Melanophy and Barock Tomabour; Cellists: Aaliyah Searles; Jory Dawidowicz, Aidan Parki, and Ian Duthwaite (with their teacher Martha Siegel);
Lenny Heister of the Fundraising Committee will lead us all in the singing of "We are the Champions" by Queen.
INTERMISSION
Benjamin Grah; Amanda Kelly & Isabelle Siegel will sing; Neqhevat Afua; Sarah Hadley, who is a national competitor in strings; Conaught Cutler; Marcello ("the Magnificent") Ritonda

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.					
Leslie Aiello Mary Anderson Monica Antohi Michelle Arvin Nihal Ataman Akira Barclay Michael Barclay Mark Bednar Christina Benkert Nancy Blissett Zara Bode Jesse Brenner Richard Bruce Heather Bryant Paula Calvert Robert-Joseph Cappiello Mary Catanzaro Craig Charland Andrew Close Naomi Close Karrie Cornell Paul Curtis Amanda Davis William Day	Kristin De Souza Emily Dennis Cori Doran Oded Dorou Joseph Doughty TJ Edwards Michael Elliot Lena Eson Meghan Falvey Cecile Fandi Eric Feldman Sara Feldman Gayle Forman Joel Forrester Mary Forrester Erica Fraser-Johnson Erica Freas Shara Frederick Georgia Freedman- Wand Joshua Freedman- Wand Simon Garrett Lisa Gilman Anne Girven	Rachel Given-Wilson James Graham Ulrike Hamann Genevieve Harley Cody Head Deborah Henry Nan Herbert Jonathan Howell Michael Iovino Jared Jenks Ronald Johnson Brian Jones Jesse Kaminash Jelena Karanovic Hannah Kehn Catharine Kendall Brad Kloza Maya Kukes Tobi Jo Langmo Jeanne LeClare Hope Lee Paul LeGendre Patricia Lehecka Noelle Leonard Michael Levin	Olesia Lew Zhen Li Patricia Lie Rob Linwood Erika Lively Diane Loucar Opal Loucks Jean Marie Louis LuAnn Lupia Kate Maas David Mandel-Anthony Marcos A. Martinez Beverly May Gisbert Mayr Christopher McConnell Danielle McConnell Andreas Mendez- Penate Lena Merrill Iara Miguel Abigail Miller Abigail Miller Jessica Millstone Randy Minor Maria Monteldoro	Elena Morris Santiago Mostyn Marissa Nielsen- Pincus Deon Noble Jennifer O'Neal Ndong Obiang Charlotta Otterbeck Monica Parikh Jonathan Pederson Daniel Piatek Beverly M. Post Paul Radakovich Kadiana Raposo Hila Ratzabi Gary Reilly Mia Reilly John Reisinger Kathleen Richardson Steve Rivo Joseph Robitaille Alicia H. Rodriguez Lenox Romeo Kelly Ryan Josh Samton	Joel Schwartz Andrew Scudero Victoria Simon John Skwiot Amber Smith Diane Strully Devin Swaney Adam Tagliamonte Rivka Teitelbaum Nick Tucker Luis Tupacyupanqui Tanja Vulin Jermaine Waddler Rohan Walters Sarah Weiss Erin Wendt Mike Worthington Lara Wright Makiko Yamashita

THANK YOU!					
Thank you to the following members for referring friends who joined the Coop in the last two weeks.					
Gillian Aldrich Zoe Anderson Ariel Maria Bayne Sarah Beek Melis Birder JC Calhoun Lester Chisholm Fabrice Covelli Caledonia Curry Sherie Davis Deborah Diamant Maura Dilley Jeannine Dillon	Nihaya Dugan Dora Fisher Rachel Fishman Jennie Fiske Maureen Flaherty Curran Gaughan Julie Glickman Joseph Aldo Glussich Diane Goettel Posey Gruener Mame Gueye Laura Hames Seunghee Han Denise Harding	Miho Hatori Vanessa Hodge Patricia Hulse Margo J. Susan Jacobs Jameson Jeanna Ilyana Kadushin Peter Kanning Laura Kaplan Michelle Kay Rebecca Keeling Barry LeBron Patricia Lehecka	Frumie Lev Sam Levine Aga Aakhu Mothudi Khalfani Mothudi Todd Neufeld David Nimmons E. Wynne Noble Kelli Rae Patton Megan Piontkowski David Pollack Jennifer Powell Alan Pratt Joel Remland Rebecca Rivo	Alicia H. Rodriguez Lisa Sack Claude Samton Sarah Sawyer Anna Sea Ed Seamon Ann Seaton Ilana Sichel Summer Starling Irma Suarez Susan Christopher Tabick Shawn Tepper-Levine Joseph Therrien	Emily Votruba Courtney Walsh Yuri Weber Rachel Weiss Sarah Wenk Conor Williams Joe Wilson Ana Wright Yuri Paula Zaslavsky