

Volume AA, Number 5

March 16, 2006

General Meeting Passes Health Benefit for Coop

'he Coop General Meeting of February 28 passed a Medigap benefit for retired Coop employees, elected Elizabeth Pongo to the Agenda Committee, and discussed how the General Meeting could improve its rules to make them more intelligible to first-timers. Attendees heard a financial report from General Coordinator Tricia Leith pronouncing the Coop in sound fiscal health, a report from the Safe Food Committee on legislation affecting organic standards and the issue of genetically modified foods. General Coordinator and produce manager Allen Zimmerman also gave an entertaining account of recent developments in the produce aisle.

Financial Report

Standing in for Mike Eakin, Tricia Leith reported on finances for the fiscal year ending January 29, 2006. Net sales were \$25,646,947, up a little over \$3 million from the previous year. If the Coop were more typical of other Coops, she explained, and charged higher prices, it would have shown an additional \$8.7 million in sales; but because of its low price policy, that money remained in the hands of members. Average sales per week were \$493,211, up 13.72% over last year. Membership now stands at 12,923, an increase of 10.18%. Because of this healthy financial condition, the Coop is no longer seeking member loans, and is in fact discouraging them, since borrowing



obligates the Coop to pay interest on money it doesn't need now.

Safe Food **Committee Report**

Stana Weisburd reported on the Safe Food Committee's February 8 trip to Albany to lobby legislators. Committee members met with six legislators and gave each a copy of the documentary film, The Future of Food, an investigation of the unlabeled, genetically engineered foods filling U.S. grocery store shelves, and how this new technology is affecting our health and the livelihoods of farmers. Stana urged members to pressure state legislators to pass a law requiring the labeling of any seeds in New York State that have been genetically modified. She also asked members to actively oppose the Uniformity in Food Labeling Bill, HR 41267, now before the United States Congress. This innocuous sounding bill, supported by food giants like Monsanto, would actually take away the right of states to label foods, replacing it with what would be in all likelihood a much looser federal standard. For example, California would no longer be able to require labels for allergens in food if a uniform federal standard went into effect, unless the federal law also mandated it. Stana urged members to support Congressman Dennis Kucinich's bill instead, which would mandate labeling of GM foods at the federal level. Another bill she urged consumers to fight would place the liability for contamination of organic farms by GM foods (through pollination, for example), on the organic farmer, rather than the GM food grower—using a tangled legal argument that organic farms would be growing the patented seeds illegally. Consumers and members can find more information about these issues at NYSAGE.org, the website of the organization New York State Against CONTINUED ON PAGE 2

COORDINATORS' CORNER

Change the Work Requirement?

By Joe Holtz

ILLUSTRATION BY LYNN BERNSTEIN

our different members submitted agenda items for the General Meeting that address whether or not we should change the work requirement so we either work less often or have shorter shifts. The Agenda Committee has decided to group these items into one big discussion scheduled for the March 28 General Meeting.

"Can we work less?" may be a legitimate question, but as a General Coordinator and a founding member of the Coop, I have been asking myself some different ones: • "Can we make our workslots better?'

• "Can workers give better services to shoppers and to the Coop as a whole?"

• "Are we thinking of all the ways that our work will be as valuable as possible?"

In 2001, just before the Or because of expanded Coop renovation, membershopping or office hours. Or ship was about 5,700. Now, because of the cart return our membership is about service. What other improve-13,000. The more shoppers ments might we make to help we have the more food members feel like the Coop we order and the more memkeeps getting better? bers it takes to stock the shelves from even bigger deliveries. A larger memberservice and sidewalk manager ship needs more cheese to be cut and more dried food year ago. More than 600 bagged by more workers. More members make more phone calls to the already very busy Membership CONTINUED ON PAGE

Office. This "more-ness" impacts nearly all areas of the Coop.

One of the Coop's longstanding goals has been to make it possible to look back and say, "The Coop is better than it used to be." Over time members have said this because our growth has allowed us to expand our inventory, allowing members to spend less time and money in other stores. In the late '80s members said this

One of the Coop's longstanding goals has been to make it possible to look back and say, "The Coop is better than it used to be."

because workshifts were reduced by 30 minutes. Maybe some of you have said this because we've added new workslots at new times.

The outside cart return jobs were created less than a members now do that work in a typical four-week cycle. If we increased the cart return

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 is in this Gazette and available as a flyer in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue. Exceptions for November and December will be posted.

IN THIS ISSUE

GM Agenda
Seeds of Deception
The Evolution of Coop Work Slots
Kids' Variety Show at the Carroll Street Church
Coop Hours, Coffeehouse, Puzzle
Coop Calendar, Workslot Needs
Governance Information, Mission Statement
Community Calendar 10
From the Presidents' Kitchen
Letters to the Editor
Classified Ads 14

Coop **Event** Highlig

	Yiddishe Syncopaters; Bruce Markow presents: "The Mango Festival," 8:00 p.m.			
Mar 23-25 • Blood Drive: see inside for hours.				
	Thu, Mar 30 • Wordsprouts: Elizabeth Royte, reading with discussion following, <i>Garbage Land</i> , 7:30 p.m.			
	Thu, Apr 6 • Food Class: Northern Brazilian Cuisine, 7:30 p.m.			
nts	Fri, Apr 7 • Film Night: Gotham Fish Tales, 7:00 p.m.			

Fri, Apr 21 • Good Coffeehouse: Jenny Hill & the Chill Factor; Cooperating Cooperators, 8:00 p.m.

Fri. Mar 17 • Good Coffeehouse: Madam Levitsky & her

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

Health Benefits for Retirees

CONTINUED FROM PAGE 1

Genetic Engineering of Food.

Produce Manager's Report

Produce Buyer and General Coordinator Allen Zimmerman said "There's a thing that happens every year, and it's called 'winter' in response to people asking for more local produce. He said the Coop is still selling local parsnips, and until recently was featuring local squash, but very little else is local right now. The big story of the hour is bananas, which are expensive and scarce due to storms last fall in Central and South America that left in their wake dramatic shortages.



tor's services and outpatient care. The supplementary benefit would be primarily for co-payments and deductibles associated with these policies. Under the proposal, to be eligible for the benefit, a Coop employee must have reached age 60 and have worked for the Coop for the previous 15 years or longer, including any periods of partt i m e employ-EINNANI ment. То

Allen cited the anomaly of a large conventional market in St. Louis having so much trouble finding bananas of any kind it was forced to buy organic ones, further reducing the supply for natural food stores. He pointed out that for those who can only find nonorganic bananas that these are among the safer nonorganic crops, as they are not very high in pesticides. But in any event the supply of either the organic or nonorganic variety may be more limited in the future. In other produce news, snow and ice have affected the California strawbeny crop, aphids have bitten into California baby bok choy yields, and white flies have affected all crops out of the California desert. New Harvest, a major grower there, lost three plantings of

date, no Coop employees have retired, although two

employees are currently eligible, and that number will increase at a very slow rate over the coming decade. The total expense of the program would be capped at 1/10 of one percent of the Coop's previous fiscal year's sales. If the expense exceeded that number, the benefit would be reduced by a percentage for all of the recipients.

A lively discussion ensued. One member questioned why the health benefit couldn't be Joe Holtz responded that it is complicated to amend the pension plan-health benefits are not governed by the same rules as pensions, which is why most companies make Medigap benefits a separate outlay. Other members questioned the eligibility, citing situations where someone might work, for example, for the Coop for fifteen years during their youth, years before retirement, or for some other lengthy period of time during their earlier working years. Other members questioned why the cap on the program was tied to sales, and not to sales minus expenses, which would reflect more accurately the Coop's ability to pay the benefit. A vote to table the motion so that these issues could be discussed further was defeated by fifty to eight, and the motion went on to pass 45 to 17, with six abstentions.

added to the current pension

plan. General Coordinator

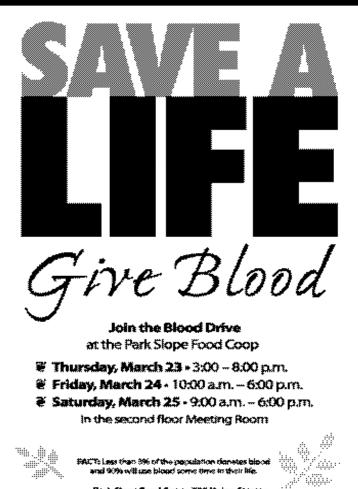
Agenda Committee Election & GM Rules of Conduct

In other business, Elizabeth Pongo, a four-year Coop member, was elected overwhelmingly to a two-year



term on the Agenda Committee. The meeting also discussed changing rules for General Meetings to make them easier for members to understand and participate. The number of people attending their first Coop meeting is likely to increase now that members can receive workslot credit for attending, two, instead of just one, General Meetings per year. While it was generally agreed that the parliamentary rules the meeting uses, based on Robert's Rules of Order, are inevitably complex, in order to cover a broad array of potential situations, there was also a consensus that there may be ways to make them less arcane. The chair committee agreed to study the matter.

The four board members present accepted the decisions of the Meeting. ■



Park Slope Ford Coop - 781 Union Street Kooskfyn, NY - 714 482-0560 En cooperation with New York Methodist Hospital For further information about blood donation, call Steart Rosenbaus, 780-3644

PSFC MARCH '06 GENERAL MEETING Tuesday, March 28, 7:00 p.m.

• Items will be taken up in the order given.

- Times in parentheses are suggestions.
- More information on each item may be available at the entrance table at the meeting. We ask members to please read the materials available between 7:00 &7:15 p.m.

• Congregation Beth Elohim Social Hall (Garfield Temple), 274 Garfield Pl at 8th Ave.

AGENDA: "What should the Coop's work requirement

ILLUSTRATIONS BY LYNN BERNSTEIN

zucchini recently on account of these pests. Allen said problems facing growers seemed worse this year than he can remember.

Medigap Proposal Passes

A proposal for a health benefit for retired Coop employees that passed the Meeting would pay each retired Coop employee up to \$3,000 per year to defray part of his or her "Medigap" insurance and Medicare Part B expenses. Medigap insurance is insurance that pays for costs not covered under Medicare, the government sponsored health plan available to anyone over 65 years of age, (or to persons under 65 with a disability). Medicare Part B covers doc-



be?" (90 minutes)

Discusson: The agenda will consist of a ten-minute presentation by General Coordinator Joe Holtz, followed by five-minute presentations by each of four members who submitted agenda items pertaining to this. The presentations will be followed by an open discussion. —the Agenda Committee



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.

Seeds of Deception

By Alison Levy

n February 13, 2006, the GMO labeling committee co-sponsored a talk by Jeff rey Smith, author of Seeds of Deception (Yes Books, 2003) at the Park Slope Methodist Church. In his talk, Smith spoke about the campaign to promote genetically modified (GMO) foods, as well as the failure of government to assure that they are regulated appropriately and tested for safety. He also shared information about studies that have been done here and abroad, which indicate the potential for health risks that he feels cannot be ignored.

In Smith's telling, it almost sounds like the plot of a "B" movie: corporations behind closed doors plotting to dominate the ownership of all the plant seeds on earth. The ultimate corporate takeover—owning life itself. Yet, this horror story is in fact quite real, as can be seen by a Monsanto media campaign, cited by Smith in his book, which stated that there isn't much "difference between foods made by Mother Nature and those made by man. What's artificial is the line drawn between them."

FDA Bypassed Opportunity

As amply documented in his book, Smith told the assembled audience that the Food and Drug Administration bypassed the opportunity to regulate the development of genetically modified foods under the assumption that these foods are not substantially different from foods grown from natural seeds, and thus warrant no proof of safety. However, Smith argues that safety studies were inadequate and never have confirmed this assumption; moreover, Smith revealed that studies done abroad by distinguished scientists did indeed reveal safety risks—although the true impacts could well go beyond their initial calculations.

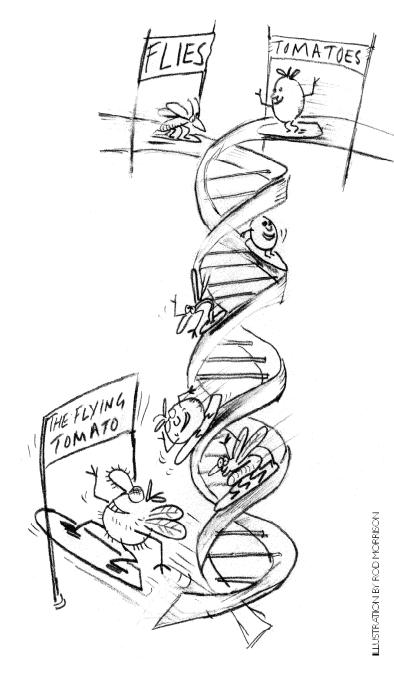
... it almost sounds like the plot of a "B" movie: corporations behind closed doors plotting to dominate the ownership of all the plant seeds on earth.

Why weren't thorough safety studies done before these foods entered the market? According to Smith, although the popular notion is that government policy regulators act to protect consumers, in fact, in many instances, an industry leader or executive does a tour of duty in a U.S. government agency in which a key policy affecting his business interests is to be decided. In a crucial leadership role, that individual helps shape that policy. A short while afterwards, the policy maker departs his government service, returning to the industry from whence he originated. It was via this kind of regulatory migratory pattern, says Smith, that the FDA, under the leadership of Michael Taylor, a former Monsanto attomey named the agency's Deputy Commissioner, determined that studies were not warranted because the genetically modified foods were the same as the natural foods they mimicked. The FDA made this determination, even though internal scientific studies conducted by their own experienced scientists found just the opposite to be the case. In fact, Smith documents that these internal memoranda and studies were ignored or suppressed. Smith surmises that this occurred because the scientific evidence inconveniently did not support his former client's mission to create policy favorable to the development of genetically engineered foods.

The bottom line? Has the safety of these foods been validated? Far from it, says Smith.

GE vs. Natural Selection

In order to convey the seriousness of the safety concerns articulated by both the FDA and outside scientists, Smith unfolded two levels of information. First, he explained the process by which food is engineered. A fragmented portion of genetic information is taken from one plant and catapulted into the genes of another. Indeed quite often this is done across species so that a tomato may receive genetic information that originated from, say, a fruit fly. Although pro-GE companies, like Monsanto and others, liken this process to the natural selection that has produced evolution over thousand of years, others dispute this analogy. In his book, Smith quotes several scientists who point out that this technology is so recent and so little studied, that it's quite hit or miss. Even those undertaking this process regularly experience uncommon and unpredictable results. For instance, when Monsanto produced a new GMO cotton, many acres of crops died or malfunctioned. Scientists studying a GMO yeast found that it unpredictably increased toxicity levels, while many farmers have reported that farm animals routinely avoid eating fields with GMO feed. In Smith's book, he quotes scientists who argue that a number of common activities involved in gene expression could potentially go further awry. For example, experiments could produce novel toxins, carcinogens, allergens, or infectious agents that could be hard to control since they are hardier than other natural substances, or act in novel and unpredictable ways. For example,



the prions responsible for Mad Cow disease are far more resilient than normal proteins, surviving even extraordinarily high temperatures, rendering standard hygienic methods inadequate

Why weren't thorough safety studies done before these foods entered the market?

to eradicate them. Although no one knows for sure how prions came into existence, and no one claims that they originated from genetic engineering, they are cited by Smith, as just one example of baseline genetic components gone awry in destructive ways that man cannot control. While many scientists concur that the new frontiers of working with genes have great potential, we are only now beginning to learn more about genes, and given the above-mentioned risks, Smith and others hold that it would be more prudent to keep these efforts in the lab rather than planting them in the earth and feeding them to people and animals before they have been thoroughly studied, and the activities well understood and controlled.

there has been little study of the effects of eating GMO foods on either people or animals. Normally, in the development of new items for human consumption, food additives, drugs and other substances are first studied in the lab, then on rats, and larger animals, and finally, if they are safe to other species, they are tested on humans. But GMO foods have been offered straight to humans without these other protections. Yet, far from being identical to natural plants, some studies show that they have substantially less nutritional value than their natural counterparts. What's more an important study done by a distinguished scientific research team in the U.K. found that consuming GE foods caused significant immune system damage to rats. The team isolated for other factors to assure that the damage could not possibly have arisen from other causes. Smith argues that studies like these are just the tip of the iceberg. Long-range health impacts can occur over time and the causes are hard to pinpoint. The population is seen to get fatter, or sicker. Cancer rates rise. But no one can say why. For example, the prions in Mad Cow Disease often take years before they activate and wipe



Garbage Land

On the Secret Troil 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, Gorboge Lond, America's trash trucks, waste treatment facilities, landfills, and compost heaps, as well as her san men, hadlers, bureaucrats, suspiciously facture headfill operators, and oddly evangelistic environmentalists, are lavished with the attention of a thorough perceptive, graceful. and often witty writer.*

----jamle Malanowski, Washington Monthly, September 2005



Eizabeth Royte has written for The New York Times Plagazine, Harper's. National Geographic, The New York Times Book Review, the New Yorker, and other national magazines. Royte is the author of The Topir's Monday Both: Solving the Mysterles of the Trapical Rain Forest, a New York Times Notable Book of the Year for 2001.

Books will be available for purchase.

Thursday, March 30 7:30 p.m. at the Coop



XIII Non-Members Welcome

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Wews agreemed by the presences do not recensely represent the Park Siepe Food Coop.

Little Study on Humans

Further, quite apart from the risk of developing virulent and uncontrollable strains of allergens, bacteria, or toxins,

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Change Work Requirement?

CONTINUED FROM PAGE 1

territory by several blocks in either direction (as we have been asked to do) we would need another 300 people to provide the service. What other workslots might we create as we learn what our incredible growth means for our Coop's future?

Every retail business has the challenge of matching the service needs of its shoppers with the perfect amount of staff.

One example of something that has not grown as fast as the membership is the number of checkout stations. The result is members waiting on line longer. The January General Meeting included a discussion of how checkout lines could move faster if workers helped by placing groceries onto the checkout counter and bagging groceries. If we were really to create a "service culture" for shoppers we would need several hundred more members doing this work. So far only a few squads have fully embraced this idea. If we developed a Coop-wide service culture, what other ideas might we come up with?

Another example of an area that hasn't grown with membership is our building. We are running out of space in the basement. Soon we may not be able to order enough to keep popular items stocked until the next delivery. One possible solution is a big Saturday delivery, which would allow an even more efficient use of our already very efficiently used space. Saturday deliveries would require the presence of more Receiving Coordinators and also another hundred or so members each four-week cycle. But the delivery trucks would block the curb during a busy shopping time. During Saturday deliveries, curb-loading would be hard so we might

need to increase the range of the cart return service.

Every retail business has the challenge of matching the service needs of its shoppers with the perfect amount of staff. There are times when there will be too many workers, and at that same time next week the same amount of workers will be insufficient. Some businesses err on the side of having too many workers just to make sure their shoppers have a reasonable experience. How do we members want to handle this challenge?

Reforming our make-up system could have a big impact since members are currently able to do makeups whenever they want regardless of the Coop's need for additional workers. We have been brainstorming about a plan that would reduce make-ups by rewarding consistent attendance. Whatever system we develop must still emphasize the important message that scheduled attendance helps to develop strong squads. In a perfect Coop world, members who are unable to attend their shift would trade with another member, thereby reducing absences and subsequent make-ups owed. It is usually the number of unscheduled make-up workers on any given shift that causes squads to be overstaffed. In those cases, workers may be standing around if there are too many workers in relation to the number of people who know how to assign work. And there is always work to do. Sometimes the "What to Do When You Think There Is Nothing to Do" fliers are ignored. We need to increase education so that members will know what work needs to be done.

What if we did go to a fiveweek rotation instead of our current four-week? We have 13,000 members currently; that's 3,250 working per week. Assume for a minute that the majority of these people are needed. If we go to a fiveweek rotation we would need 3,250 more members. (Reducing the work time by half an hour per shift would create roughly the same numbers.) If we could find new members to fill the 3,250 new vacancies, these members would create more work because they would need to shop and join the already busy aisles and lines. They would also obviously add to overcrowding in the store. We can spread work out over five weeks but not shopping.

Maybe you think the current number of members is adequate to be spread over five weeks, that we don't need to add more workers to make this proposed change? If we divide 13,000 by five, the result of 2,600 per week (instead of the current 3,250) would leave us with 650 fewer members per week running the Coop. That would mean that we think 650 people are really not necessary at all each week. It would mean that 650 people are doing nothing each week and can be eliminated entirely from the schedule.

That's the crux of the guestion: Do we have 650 members a week wasting their time here? If we say yes and lessen the work requirement but are wrong, we would be risking longer lines, less help in the Membership Office, and ultimately a deterioration of service. It would mean increasing the frequency of empty shelves while we actually have food in the basement. We would risk overworking people during heavy deliveries. Do we want to take these risks? Are we that confident that we have 650 per week in excess of what's needed? Are there other ways to address workers who are "underemployed" that would improve the Coop more than reducing the work requirement?

I think a better first step is figuring out how to make our collective labor more productive. I encourage as many members as possible to attend the March 28 General Meeting and participate in this important dis-



the Coop on Cable

FRIDAYS 1pm with a replay at 9pm Channels: 56 (TimeWarner), 67 (CableVision)

Tenth Season! Samplings of old shows plus new ones.

Inside the Park Slope Food Coop

The Park Slope Food Coop Fun'Raisers invite you to...

RAISE YOUR VOICE WITH THE COOP!

Bring very brief pieces to share (original or otherwise)

Read them aloud in our cozy circle. Light refreshments "on the house."

Beer and wine for sale.

Old Stone House of Brooklyn JJ Byrne Park 3rd Street at 5th Avenue

from 3:00-5:00 p.m.

FREE ADMISSION All Ages Welcome

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

PROGRAMS

Friday, March 17 & Saturday, March 18



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.

Fri, March 17

8:00 Coffeehouse—Madam Levitsky and her Yiddische Syncopaters; Bruce Markow presents: "The Mango Festival"

Sat, March18

- 10:30 MindBody Medicine
- 2:00 The Ideal Diet
- 7:00 Conquer Your Sugar Cravings



ILLUSTRATION BY ETHAN PETTI

The Evolution of Coop Work Slots

By Michael Esterowitz

n the agenda for discussion at the March 28th General Meeting are several proposals to change the work requirements by adjusting their frequency and/or their length. In looking at this issue, it is helpful to examine our work assignment structure and trace how it has evolved.

From its inception, the Park Slope Food Coop has asked its members to work. The concept, as General Coordinator and original member Joe Holtz points out,

was both philosophical and economic. "You want member-owners to feel a connection. The best way to build a connection is to put time in." The model of universal work requirement, once followed by most food cooperatives in the United States, became increasingly rare through the 1980s and 90s. Many coops today follow a multi-tiered system with differing prices for weekly workers, monthly workers, non-working members, and non-members.

A seminar on Educational Assessments and Accountability

with members of the Brooklyn Free School community

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Joinusf oradiscussionandexplor ationofsomealt ernative, non-judgmentalandnon-c ompetitiveass essmentmet hods.

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, ESO. AND LEE SLATER, CPA

Work Requirement Impact

Our work requirement impacts in ways both directly measurable and intangible. Since we need to hire far fewer employees than other coops, expenses related to payroll amount to less than 12% of our sales; this in turn allows us to maintain our 21% markup, far below the typical large coop's markup of about 61%. But at least as significant as the cost saving is the sense of loyalty fostered by direct participation. General Coordinator Holtz feels that the active involvement of each member makes our future more secure than cooperatives that define membership purely in economic terms. "We are in a better position to withstand pressures...because of the loyalty of our members," he states.

While we have always had a universal work requirement, the actual nuts-and-bolts of how that is implemented has evolved significantly, especially during those shaky early years. When we began in 1973, with approximately 200 members and no staff, there were no pre-assigned shift rotations, and work requirements were very loose. Shoppers were asked to sign up for work slots—3 hours at first—on a large board. Without general coordinators or an office (the "office" was a phone and file cabinet in a member's apartment), the task of trying to coordinate the operations fell to a small group of dedicated members called the Work Committee; it was they who organized the work and were most in touch with all the problems of the nascent operation.

With all deliveries occurring on Thursday (including our own rental truck, driven by Joe Holtz and others, arriving from Hunts Point Market), the most difficult slots to fill were receiving. The Set-up Committee prepared the Coop for shopping after the deliveries had been received. The shopping squads—then named for the day of the week-functioned somewhat similarly to today, although with no coordinators present and without functions added later, such as childcare. Sunday was reserved for squads doing inventory, cash receipts (now part of the office work), and ordering, which was done by members in those pre-computer days.



efforts at toughening up the work requirement, but in the fall of 1974 came the real turning point, when we implemented the modern

While we have always had a universal work requirement, the actual nuts-and-bolts of how that is implemented has evolved significantly...

four-week ABCD squad cycle. Shortly thereafter, the need for a full-time paid employee to coordinate the work slots became self-evident, and in June of 1975 Joe Holtz was hired to be our General Coordinator.

Even after our four-week work rotation was established, several issues regarding the work responsibility for each member needed to be resolved, often with significant dispute. Certain squads remained difficult to fill, and it was felt that the system then in effect of one makeup for one missed shift contributed significantly to the problem. At a large meeting called by the Receiving Committee, the current system of two make-ups for one missed shift was implemented.

Another issue that raised heated discussions was whether each adult household member was responsible for a work slot. Our original system used a complicated system of one work slot for one or two adult household members, two work slots for three adults, and three work slots for five adults. A member who was a single parent of several children argued forcefully at a GM that it was unfair that she had the same work requirement as two childless adults. The membership agreed with the logic of her position, and our current system of a work requirement for each adult household member was implemented.

mostly in teams, but in some cases in individual jobs. (9.6% of the membership does not work due to disability, parental leave or other exempt status.) Certain squads follow different rotations than the four weeks because of the inherent time demands of completing their task (this includes the Gazette squads). About 11.8% of our members have jobs that do not follow any rotational cycle, but they still must fulfill an annual commitment of 35.75 hours (some go well over that requirement). This grouping consists mostly of FTOP workers, but it also includes special committees such as Construction, Disciplinary Hearing, and Fun'Raising.

General Coordinator Linda Wheeler points out that most of our work assignments derive from the practical experience of our needs, not theory. For example, FTOP was created in the late 1980s to address the problem of hard-to-fill slots. Those who signed up for it—many of whom were freelancers with unpredictable schedulesgot increased flexibility in exchange for working at "unpopular" times. More recently, FTOP workers, who have had an increasingly difficult time finding work slots, have been used to implement the cart return service. While our overall philosophy is to have equal work requirements to the extent practicable, adjustments sometimes need to be made. Our maintenance committee works only a two-hour shift, because historically that has been a difficult work assignment to fill. Similarly, some assignments, like certain bookkeeping jobs, are taskoriented, and are based on completing a particular chore rather than working a set period of time. The ABCD system for our basic squads—currently shopping (including childcare), inventory, receiving and stocking, office, and maintenance—has been in effect for many years, but we have tinkered with the work requirement. The length of a work shift has been altered CONTINUED ON PAGE 11

IN COLLABORATIVE DIVORCE, AN INTERDISCI-PLINARY TEAM OF SPECIALISTS AGREE NOT TO LITI-GATE. 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 GUID-ANCE DURING A CRITICAL TIME WHEN LIFELONG DECISIONS ARE BEING CONSIDERED AND NEGOTI-ATED.



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®, CDFA 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

Early Crises

The problem of fulfilling essential work requirements on a consistent basis led to several early crises, and twice in the 1970s we had to shut down. There were two early

The Four Week Cycle

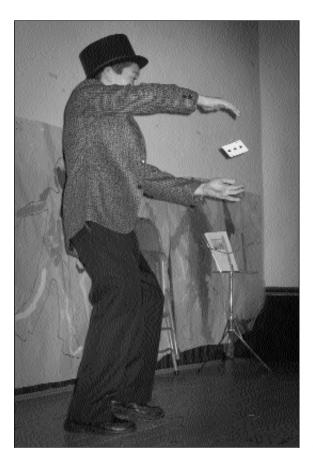
Much of the work required for the Coop to function does not fit into the structure of a four-week cycle. Currently, about 77% of our membership is on a four-week cycle,

Kids' Variety Show at the Old First Church Organized by the The Fun'Raising Committee Photos by Ethan Pettit

What a wonderful and successful evening it has been. Every performer was a star, just as the pictures show!



Isoke Senghor is performing an African dance choreographed by Anoa Senghor, Fatima Friday and herself.



Violin Teacher Mitch Johnson of the Brooklyn College Preparatory Center for Performing Arts is introducing his young and very talented students: Maeve, Flora, Cyan, Kaylen, Aiden, Devin, Madeleine and Baruch.



Martha Siegel of The Fun'Raising Committee, performing with her cello students' ensemble: Aidan Farhi, Jory Dawidowicz, and Ian Outhwaite. They are playing the Aria Di Chiesa, by Stradella.



Marcello "The Magnificent" Ritondo is bedazzling the audience with his magic tricks.





Lenny Heisler of the Fun'Raising Committee serenading all the young performers with his rendition of "We are the Champions" by Queen.

Neqhevah Amennun is dancing to raving applause by the audience.



Benjamin Groh is dazzling as a juggler, juggling as many as four items at once.



Sarah-Hadley-Yakir is performing the Prelude from Partita #3 in E Major by Bach, to roaring applause by the audience.





An ecstatic audience.

Conaugh Cutler performing "Bring Me To Life."



Is Your Business RUNNING You?

The SEVEN crucial things you MUST know to get sane about your business, love what you do, and get paid generously for it



Are you spread too thin? Need more clients? Missing deadlines? Want to increase profits and productivity?

Are employees annanageable?

This workshop will to help you: • Make more money

- * Enjoy less stress
- Manage your time
- Think strategically
- And, have time and energy for your life

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



April 4 7:30 p.m. at the Coop

Tuesday,

FREE

Non-Members Welcome

Susan Martin designed the Business Sanity Program as help business owners and professionals make more money with less effort and sitess. She mainteens a private coaching practice in Park Siope. Soson is a Coop member.



Iolanthe Brooks is captivating her audience with the performance of "I could have danced all night" from "My Fair Lady."





What are the philosophical frameworks that help you approach and solve technology problems? We will go over some key epiphanies in computing history, as well as some recent movements aimed at democratizing technology.

There will be an overview of the major parts of the computer using fun metaphors that help you visualize how your system operates.

We will discuss perspectives that geeks bring to their technical goals and successful troubleshooting strategies. "You're OK. Your computer's OK."

Phoenix Soleil is a Coop member with ten years professional experience working with and troubleshooting computers. She is a creative and spiritual person who enjoys technology and wants to spread the joy around.

FREE

Non-members welcome

Saturday, April 8 3:00 p.m. at the Coop

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

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



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 cameraready and business card size (2"x3.5").





JENNY HILL AND THE CHILL FACTOR

Join Jenny Hill, saxes and flute; Stefan Bauer, vibes; Jerome Harris, bass guitar; todd Isler, drums and hand drums, in an evening of acoustic world Jazz, featuring rhythms from India, Brazil and Brooklyn.

THE COOPERATING COOPERATORS

The Cooperating Cooperators have a collective experience of cooperation spanning decades. Young cooperators, old cooperators, cooperating coordinators, and new cooperators joined in an effort to entertain us all. There is little doubt that greatness shall occur in their latest incarnation of cooperation. Don't miss it!



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 15.

Cryptogram Topic: Packaged Grains 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.

DORAZ XTVW KVRAG

This Issue Prepared By:

Coordinating Editors:	Stephanie Golden Erik Lewis
Editors (development):	Erik Lewis Joan Minieri
Reporters:	Michael Esterowitz Alison Levy Ed Levy
Art Director (development):	Eva Schicker
Illustrators:	Lynn Bernstein Rod Morrison Ethan Pettit

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).

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ΚΖVQ			
AZBB BJTFV			
KJFAZW-BVZZ			
NVZUI YRC			
VRXZ NVUW			
XTVWNVZUI YRC			

Photographers: Ethan Pettit Traffic Manager: Barbara Knight Classified Ads Prep: Heather Cotrell Saturday Coordinator: Leah Kopperman Text Converters: Abenaa Saunderson-El Proofreader: David Sternlieb Thumbnails: Kristin Lilley Preproduction: Georges Louis-Jacques Photoshop: Terrance Carney Art Director (production): Joe Banish Desktop Publishing: Ruby Levesque Namik Minter Michael Walters Editor (production): Louise Spain Final Proofreader: Israel David Fishman Post Production: Becky Cassidy Index: Len Neufeld

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 checkout 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.

COPCALENDAR

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: 7:00 p.m., Mon, Mar 20

Mar 30 issue: Apr 13 issue:

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WORKSLOT

7:00 p.m., Mon, Apr 3 **CLASSIFIED ADS DEADLINE:**

10:00 p.m., Wed, Mar 22 Mar 30 issue: 10:00 p.m., Wed, Apr 5 Apr 13 issue:

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 <u>Clean & Dry!</u>

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.

General Meeting



TUE. MAR 28

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

TUE, APR 4

AGENDA SUBMISSIONS: deadline for consideration for the April 25 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, APR 11

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.

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.

Авоит ALL ТНЕ 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.)



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.

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.

- 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.

THU, MAR 16

WOMEN'S HISTORY MONTH: The National Museum of the American Indian presents environmental activists Winona LaDuke (Mississippi Anishinaabeg) & Gail Small (Northem Cheyenne). Free, 6 pm, 1 Bowling Green (across from Battery Park). Info: 212-514-3700, www.americanindian.si.edu.

FRI, MAR 17

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

SAT, MAR 18

WOMEN'S HISTORY MONTH: The National Museum of the American Indian presents environmental activists Winona LaDuke (Mississippi Anishinaabeg) & Gail Small (Northern Cheyenne). A discussion follows the documentary "Homeland: Four Portraits of Native Action" described as "beautifully crafted" by Variety. Free, 2 pm, 1 Bowling Green (across from Battery Park). Reservations recommended: 212-514-3737, FVC@si.edu.

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

SUN, MAR 19

ZEEMEEUWSIC! An eclectic convert series at the Old Stone House, JJByrne Park, 5th Ave btw 3rd & 4th Sts. *Barry Kornhauser, cellist, jazz. Admission \$10, 2:00 p.m. (Zeemeeuw is Dutch for Seagull, a play on *Martha Siegel's name, organizer of the series.) BACK FROM IRAO: NYC vets speak out about the many problems they face. Also: Congressman Major Owens & Job Mashariki of Black Veterans for Social Justice. 2 pm, Lafayette Ave Presbyterian Church, 85 S. Oxford St, Fort Greene. Free. Info: Brooklyn Parents for Peace, 718-624-5921.

FRI, MAR 24

GOOD COFFEEHOUSE: Traveling Troubadour series. Ginny Hawker & Tracy Schwarz–Fine mountain music, great singing and amazing harmonies from two icons of American music. \$15 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, MAR 25

PEOPLES' VOICE CAFE: Heather Lev; Terry Kitchen. 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.

THU, MAR 30

HOLISTIC MOMS NETWORK: Brooklyn Chapter Event: Dr. Lawrence Palevsky, MD, "Vaccinating Your Children," will discuss science behind immunizations including benefits & risks. \$15 non-members, \$5 members. 7:00-9:00PM, Old First Reformed Church, 729 Carroll St. at 7th Ave. Contact Ann Murphy: annmurphy22@yahoo.com or 718-633-1835

SAT, APR 1

PEOPLES' VOICE CAFE: *Bev Grant; *Jacqué DuPree. 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

FRIDAY–SUNDAY, MAR 17 - 19

BENEFIT TAG SALE: in support of Develop Don't Destroy Brooklyn, Ft Greene Park Conservancy & Brooklyn Garden District. Friday, 6-8:00 pm, Preview Sale/Party \$5 at the door: music, fun & first choice of antiques, art, designer clothes, books, music, glass, fine china, fumiture, garden/architectural items, electronics, collectibles, jewelry & more. Saturday 11-8:00, Sunday 1-6:00. 104 S. Oxford St (Fulton/Lafayette). Info: 718-622-2897.

SUN, APR 2

A CELEBRATION OF WOMEN & the Female Spirit: 2–5:00 pm. Kabbalah / Jewish mysticism workshop & lesson on techniques of massage. Fundraiser for Youth Aliyah / Children at Risk. Donation: \$18. 442 9th St at 7th Ave. Young Leaders of Brooklyn Hadassah. RSVP to Brooklyn @ hadassah.org or 718-382-6454,

SAT, APR 8

PEOPLES' VOICE CAFE: Ray Korona Band. 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.

SUN, APR 9

URBAN LANDSCAPING & PERMA-CULTURE Workshop at The Old Stone House in J.J.Byrne Park (5th Ave @3rd St). Group discussion on permaculture techniques plus hands-on gardening led by Claudia Joseph. Noon–3pm, \$20 suggested donation. Free to MS51 students. The goal of this project is to partner the park & the school, to add useful & edible plants, to develop a colonially referenced landscape & to expand environmental awareness. All are welcome.

FRI, APR 21

GOOD COFFEEHOUSE-COOP NIGHT: *David Roche & Friends. \$10 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972.

SAT, APR 22

PEOPLES' VOICE CAFE: The Kennedys. 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.

SUN, APR 23

ZEEMEEUWSIC! An eclectic convert series at the Old Stone House, JJByrne Park, 5th Ave btw 3rd & 4th Sts. Finckel4cellos: Cello Octets / Book publication "Cellobration." Admission \$10, 2:00 p.m. (Zeemeeuw is Dutch for Seagull, a play on *Martha Siegel's name, organizer of the series.)



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.

MAR 18 - APR 8

THE DILIGENT HAND: "Drawing is the first thing artists engage in as children, usually evolving into a kind of obsession. It is their first encounter, and one that should be taken on its own terms. It is the artist stripped down, at their barest, expressing themselves in the most direct form." Drawings by 20 local artists. Gallery 64, 64 Saint Marks Ave (@6th Ave), Bklyn, 718-638-2447. Open Sat & Sun, noon - 6 pm.

TUESDAYS, MAR 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.

FRI, APR 28

GOOD COFFEEHOUSE: A rare U.S. appearance by blues and ragtime guitarist & native New Yorker, Nick Katzman. \$10 adults, \$6 kids. Bkln Ethical Culture Society. 8:00 p.m. 53 Prospect Pk W. 768-2972. A discussion with Coop member and filmmaker Rob Maass will follow.

Film Night organiær, **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

Tocha Alberts

From the President's Kitchen

By Israel David Fishman

DITOR'S NOTE: Winter's not over yet! Fortunately, Coop president Israel David Fishman has more delicious comfort foods to share. Each recipe is, in the Fishman style, modular as to ingredients and quantities. In fact, if it weren't for his editor, there would be no amounts given at all.

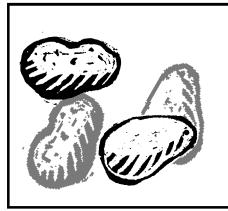


ILLUSTRATION BY SUSAN GREENSTEIN

WOODSTOCK POTATOES

We first encountered this dish in a restaurant in Woodstock some three decades ago. Not being a shy person, I asked the chef what it was, and he told me, but in a very vague way-no quantities, no oven temperatures, no timing. Since then it has taken on a life of its own. I once prepared it in a commercial kitchen for a large event and made about six roasting pans full. Only about three pans made it out of the kitchen to the assembled guests! The rest were devoured by those working in the kitchen or simply passing by.

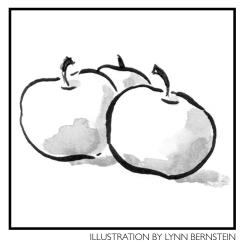
INGREDIENTS:

- 3-4 lbs. red or Yukon Gold potatoes, unpeeled, cut into chunks
- 1 lb. Shiitake mushrooms, sliced thinly (use entire mushroom, except for 1/4 inch or so at the tip
- 6-12 cloves garlic or more (!), chopped
- good handful of fresh dill, finely minced
- 1 tablespoon dried rosemary salt
- Cayenne pepper

Optional: freshly ground black pepper and white pepper

Casa Pareja olive oil (an excellent, and in my opinion the very best, organic olive oil we carry at the Coop)

Preheat oven to 350 degrees. Stir



APPLE SAUCE

The trick here is to use a variety of apple types, both the soft, juicy, sweet types (such as Empire, Golden Delicious, Macintosh, and Mutsu) and the hard or tart types (such as Fuji, Granny Smith, and Cortland). Use any apples that are available and that you like, but be sure to use a mixture of varieties. I suggest using more of the first type than the second type. I once used about six pounds of Empire, three pounds of Fuji, and about one and a half pounds of Cortland, even though I usually try to follow a proportion of 2:1 (twice as much soft as hard). Theoretically, I should have stopped with the Fuji, but I just got carried away. It was the best apple sauce I ever made!

This apple sauce freezes beautifully, and when defrosted (do that in the fridge) nobody will ever know that it was frozen!

Core but do not peel the apples. Add the following:

- I teaspoon salt (salt brings out the sweetness of things!)
- about 2 teaspoons cinnamon
- about 2 teaspoons vanilla extract (or even more)
- a little freshly grated nutmeg Optional: a pinch of ground ginger

I use a pressure cooker, but you could use any kind of pot. (Avoid aluminum, which, in my opinion, isn't good for your health.) Add a little bit of water to the pot and steam until the apple are soft.

Using an old-fashioned, singlelayer strainer over a large bowl, with a large spoon, strain the apples through, separating the skins from the pulp and liquid.

If you are freezing it, be sure to leave an inch of space at the top of the containers.

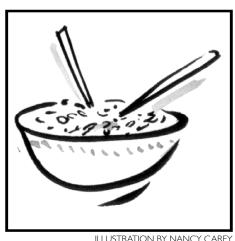


ILLUSTRATION BY NANCY CAREY

BASMATI RICE

This is a great party dish—quick, easy, inexpensive, and, above all, really yummy. When I make it, and even if there's other food around, I just gorge myself.

INGREDIENTS:

- 3 cups white basmati rice
- 4.5 cups water
- 1.5 teaspoons salt
- 1+ tablespoon vanilla extract
- l+ teaspoon cinnamon
- 1/2 teaspoon freshly grated nutmeg 1 cup dried organic pears, cut into little pieces
- 1/2 cup good walnut oil (the French one in cans that we sometimes carry is, in my opinion, far superior to the one in glass jars).
- 1 cup pecans, lightly toasted or roasted (see below)
- 1 cup pine nuts, lightly toasted or roasted
 - Preheat oven to 350° Bring the water to boil

Rinse the rice and place it in a large Pyrex or similar covered baking dish and add salt, vanilla, cinnamon, nutmeg, and diced pears.

Add boiling water to rice in casserole, cover and bake in the oven for 20 to 25 minutes. Check to see that all the water is absorbed and the rice is tender. (As with any dish, the rice will continue to cook a bit even after removed from the oven, so rice should be a bit al dente.) You may need to add a bit of water and cook for a bit longer.

Fluff the rice with a fork. Add walnut oil and stir a bit. Sprinkle pecans and pine nuts on top and do not stir (you do not want to get them soggy).

Note: you can roast the nuts by preheating the oven to 300°, placing them in one layer in a pan and keeping close watch. The nuts are done

PARK SLOPE FOOD COOP

Community Ties Returns!

- To facilite this, we need the following:
- two members to input data from applications into the File-MakerPro database.
- six people to work on Saturday afternoon, April 15, collating information and addressing & stuffing envelopes.

FTOP or make-up credit is available.

Please call the office or email CommunityTies@psfc.coop to sign up.

The Evolution of **Coop Work Slots**

CONTINUED FROM PAGE 5

several times, settling at our 2 hour and 45 minute requirement about 18 years ago. As we adapt to the enormous expansion of our membership and make adjustments to accommodate growing needs, we and the staff who design and coordinate the work shifts must be able get the Coop's business done within the structure of the member work requirement that is essential to our core philosophy. As General Coordinator Wheeler stated, "We [the coordinators] have to be experts at forming work slots out of the needed work. We have learned to design the work of the Coop so it can be broken down into discrete work slots that can be filled interchangeably." We can largely ascribe our success to that ability.

What Is That? How Do I Use It?

Have you ever been frustrated at not being able to take advantage of the richness of offerings in the Coop because you didn't know how to prepare a particular item?

Beginning March 31, the Coop will have food tours. They will last an hour and be limited in

all ingredients together, using lots of olive oil, and put potatoes, in a single layer, in a large roasting pan or pans. Roast about 45 minutes until done and nicely brown on the outside (your cooking time will depend on how large or small you cut your potatoes). Toward the end of the cooking time (maybe for the last 15 minutes) you raise the temperature to 450 degrees.



Caarl Navarro (left) and Israel **David Fishman (right)**

when they become fragrant and crunchy. Stir them or shake the pan occasionally. You can also toast them on top of the stove, using a frying pan and very low heat.

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!

This article is copyrighted and not to be printed without the author's permission.

size in order not to create congestion in the aisles.

First tours available:

Friday, March 31 1:30 and 2:30 p.m.

Sign Up:

People must sign up for a tour. If there are openings, a page will be made at the time of the tour, but if you want to assure a space for yourself, sign up on the first floor at the bulletin board to the right of the elevator

The tours will look at produce, bulk items, packaged grains, etc.



New Disciplinary **Committees** Seek **Members**

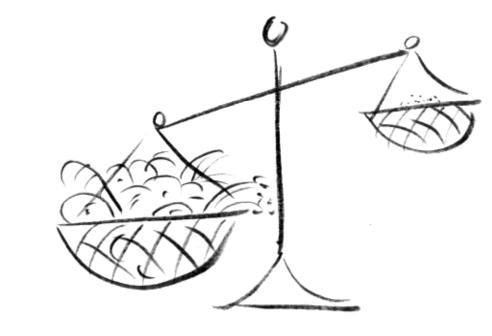
- Hearing Administration **Committee:** performs administrative functions necessary to arrange and facilitate hearings. Applicants should be detail-oriented, have experience with and enjoy working by telephone; they should be Coop members in good standing for at least one year and have good attendance 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 these new committees will meet and receive workslot credit on an asneeded basis only, that is, when hearings are required. Therefore, their 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



SPIRITUAL ACTIVISM

WITH MARLY HORNIK

MARLY HORNIK RECENTLY TRAVELED TO INDIA, TO STUDY THE TEACHINGS OF MAHATMA GANDHI WITH VANDANA SHIVA, SATISH KUMAR AND SAMDHONG RINPOCHE. SHE WILL SHARE SOME OF THE INSIGHTS SHE GAINED FROM THIS EXPERIENCE, AND ALSO DISCUSS HOW WE CAN USE THESE IDEAS TO RESPOND TO CORPORATIZATION AND GLOBALI-ZATION. FINDING GREATER FULFILLMENT IN OUR SPIRITUAL PRACTICES AND OUR SOCIAL ACTIVISM.

This is a non-denominational presentation.

Marly Hornik is a Coop

FREE **Non-members welcome**



member and currently working with the Safe Food Committee.

Saturday, April 8 7:00 pm at the Coop

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

Spring Cleaning for Mind, Body and Soul

WITH HEATHER COTTRELL

Spring is fast approaching. The buds



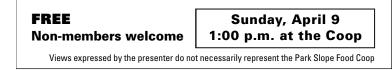
Mold! Electromagnetic fields! Lead! Gas leaks!

with Israel David Fishman, Carl Navarro and guest May Dooley

These were some of the concerns that led us to schedule environmental home inspector and WBAI host, May Dooley, to conduct an inspection of our apartment and provide peace of mind that it was a healing place. The saga of this adventure, along with plenty of time for audience questions on home health concerns, will be the subject of a lively session. Plan to



Members Israel David Fishman and Carl Navarro recently celebrated their 32nd anniversary, and have long been committed to living in as healthy and sustainable a way as possible. May Dooley is an expert on mold and other household hazards and is the host of WBAI's Create Your Healthy Home (99.5 FM on alternate Tuesdays at 11 a.m.).



ENRON EXPOSED the So-Called Smartest **Guys in the Room** with Mark Rego-Monteiro

Treat yourself to some



description of these committees, see the December 22 issue of The Linewaiters' 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.



begin to show, the days become longer, our appetites change and we shed our winter layers. Now is the perfect time to prepare your mind, body and soul for the change of season.

In this fun, interactive workshop you will learn the benefits of fasting to cleanse and detox your body, how to adjust your diet for the Spring season, and how to clear space to lighten up your home and your life.

Heather Cottrell is a Certified Holistic Health Counselor specializing in helping people live happier and healthier lives through gradual nutrition and lifestyle changes. She offers individual and group programs in her Union Square private practice. Heather is proud to be a Coop member.

FREE **Non-members welcome**

Saturday, April 15 10:30 am at the Coop

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

documentary therapy. Come look behind the deregulation curtain and see how some of the worst offenders just could not hide their lunatic corporate crime. Based on the bestselling book by reporters from Fortune magazine, this m ovie details the shocking inside story of one of history's greatest business scandals.

If you want to take action, some will be available.

Bring movie snacks to share.

Mark Rego-Monteiro has a degree in Biological Anthropology, and diverse work experience, recently in financial services and social services. A Coop member for years, he is involved in the arts and in activism

FREE **Non-members welcome**

Saturday, April 15 7:00 p.m. at the Coop

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

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BOARD OF DIRECTORS ELECTION

COMRADES IN SUBMISSION:

Now folks, let's all pull together and maybe we can make some sense out of this mess! My letter on voting rights for the Jan. 19 issue was supposedly lost by our super-professional *Gazette* staff. An editor's note was printed in the Feb. 2 issue—not exactly an apology, but I'd say it was at least 90% there. So far so good except that of course I had lost a letter.

But in the Feb. 16 Gazette, where the voting rights letter finally appeared, editor Michael O'Keeffe added a note saying that he had spoken to-guess who!-Linda Wheeler. And she claims that there were only 81 disgualified ballots in the June Board of Directors election. Well, I do apologize for taking so long to produce the figures after spending a lot of time I finally located them: Yes - 244, No - 714, Abstain - 177, Blank 449. Where do you see an 81? I don't. I don't know what a blank ballot means but I am assuming it means that, whatever they did wrong, the person wanted to vote for me-otherwise how would we know they were my blanks and not my opponent's (Israel David Fishman's)? And they were, as I said, on the order of twice as many as the Yes votes I received. Now evidently editor O'Keeffe didn't attend the meeting or else he might have been aware of these figures, and might have had some question over the 81.

But if my notes are right Ms. Wheeler *did* attend; and if so wouldn't she know that 81 does not equal 449—and then getting to the difference between blanks and disqualifieds all our brains could rot in hell before we get an answer to this newest Co-Op donnybrook!

And wasn't O'Keeffe being overzealous in placing a note at all? I would think editor's notes would clarify questions of fact but not try to contradict the writer or make them look ridiculous, however wrong they may have been about the facts.

And that was not all Mr. O'Keeffe was about. He also insisted that I delete "that nattering, evasive, disingenuous coordinator," which referred to Joe Holtz and was written in 1995 by Josh Karpf (see http://foody.org/ coop/coop02.html). Actually he didn't even have to insist, because I can tell from that hard voice when a Gazette editor isn't going to listen. Believe me, I've had lots of experience! Actually I was feeling contrite at the time, and the expression was gratuitous because I had already made my point about Joe. But when I saw O'Keeffe's note, there I was back to my old nasty self! By the way, it should be noted that the expression was approved by the previous editor, Joan Minieri. Since the Gazette had previously apologized, you would think they would give me the benefit of the doubt. Corrections and attempts to dissuade me of my delusions welcome. In solidarity and cooperation, Albert Solomon 718-768-9079 hobces@yahoo.com

FTOP RESPECT

TO THE EDITOR:

I am writing in response to an issue raised at the January General Meeting RE: FTOP workers, specifically the proposal concerning work slot credits for attendance at the general meetings ("That the number of work slot credits available to individual Coop members who attend general meetings be doubled to two per year, and that there be no limit to the number of work slots available at each meeting for eligible Coop members, with the existing exemptions and the additional exception that only 15 slots be available at each meeting for FTOP workers").

When I rejoined the Coop as an FTOP worker, nobody told me that the FTOP system undermines the spirit of the Coop. Additionally, I wasn't told that FTOP workers do not serve the needs of the Coop, but rather serve their own individual needs. I assumed that my 2 hours and 45 minutes of work was equivalent to and valued the same as squad work. It wasn't until I started attending GMs that I learned that certain coordinators and members harbor these negative feelings, so much so that they feel justified in attempting to establish separate and discriminatory rules for FTOP workers.

I am wondering how a Coop with an avowed mission statement "committed to diversity and equality" can, at the same time, attempt to implement a policy that discriminates against a large segment of its own members. It is my hope that this apparent negative under-current against FTOP workers can change since it is antithetical to the cooperative spirit on which the Coop is based. Julie Zellat

EDITOR'S NOTE:

The limit of 15 slots at GM meetings for FTOP members was removed from the motion before it was approved at the GM.

OBITUARY CRITICIZED

TO THE EDITOR:

I read about an obituary (I think that's what it's called) in the *Gazette* for a member passing away which bothered me. I know it was not made in any offense but the words—something to the tune of "he had lung cancer but was a non-smoker" —offended me. ing and I believe ready to quit a bit before he died.

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I wonder if the deceased had been obese but it was blamed on genetics. Would that have been mentioned?

I know that the *Gazette* probably did not intend any offense but please consider more carefully not only what is said but what it implies.

Thanks. Victoria Wong

OPEN LETTER

DEAR MEMBERS,

Feb. 20, 2006 Steve Hindy, President Brooklyn Brewery 79 North 11th Street Brooklyn, NY 11211

Mr. Hindy:

What a shock to discover that you—whose beer and whose company represent a true Brooklyn spiritare supporting the Ratner Arena rape of Central Brooklyn!

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Ratner's arena will kill local businesses—including Freddy's, a bar at which your beer has long been the favorite—while not providing jobs or other significant benefits to local residents. It will exacerbate an already ridiculously high level of pollution from traffic congestion in the area. It is an incredibly malicious misuse of public funds, public lands, and eminent domain.

While I'm not a big beer drinker, Brooklyn Lager has been my beer of choice for several years, and I always have some in the house. Unless you publicly switch your stand on the Arena, that will stop.

And, as an active member of the Park Slope Food Coop, I will do my best to make sure that every member becomes aware of this anti-Brooklyn stance.

I would be thrilled to find out when you make this change, so I can again purchase and drink Brooklyn Lager. Brent Kramer



LETTERS POLICY

Fairness

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. 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.

My father passed away about 11 years ago from lung cancer. Yes, he was a heavy smoker when he was younger and was slowly cutting down before he died.

I fail to see what his being a nonsmoker had to do with his service to the Coop or even to his personal attributes in general. Your article seems to imply that the deceased, because he was a non-smoker with lung cancer, was somehow more "less to blame, a casualty of secondhand smoke"...? Is my father considered "guilty" then, a worse person for it...?

Incidentally, my father had already begun to make changes in his lifestyle, before it really became "fashionable," and was cutting down smok-

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. 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.





LEE SOLOMON ∞ 718.399.4105

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(w/ Federal and State Individual Returns,2 Schedules and E-File. Must book appointment by March 31st. New Clients only.)

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To Submit Classified or Display Ads:

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

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



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SPACIOUS ONE-BEDROOM APT. in

heart of Park Slope available for

weekly and nightly stays for 1 to 4

people. Beautifully furnished and

newly renovated w/ many amenities.

CLASSES/GROUPS

RELATIONSHIP SUPPORT GROUP. A safe, open, co-ed forum to improve

communication; deepen self-under-

standing; reduce isolation; and

explore how you can have more

rewarding relationships. Led by an

experienced psychotherapist. To

learn more, call Gary Singer, LCSW, at

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ers for Vaccination Information and

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Manhattan. Email nyvicteam@

www.nyvic.org.

or

Call 718-789-5571.

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nyvc.org

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WANTED TO RENT OR SHARE. Com-

COMMERCIAL SPACE

mercial kitchen for a raw dessert co. in Brooklyn (at least 200 sq. ft.) Ovens and stove tops are not necessary. Please contact Mike or Monisha at 718-788-0885.

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.

TIRED OF PAINTING IN THE KITCHEN? There's a better place. Join BAG! Brooklyn Artists Gym provides a large, bright, well-equipped, inexpensive community studio space. BAG also offers a 1500 sq. ft. gallery. We have moved to Park Slope! Come to our Grand Opening, Sat., March 18, 6-9 p.m. Get an opening discount. Call 718-858-9069 or visit www.brooklynartistsgym.com.

EMPLOYMENT

SATURDAY JOBS: Computers for youth (www.cfy.org) seeks energetic computersavvy "people" people to help manage and teach @ Saturday family computing workshops. \$20/hr. 3 yrs. of college required. Foreign language proficiency and teaching experience a plus. Send letter and resume to jobs@cfy.org. Hiring immediately.

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 Noncommercial

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.

FOLDABLE, PORTABLE, NEEDAK SOFT BOUNCE rebounder (trampoline) for sale in excellent condition. Barely used. Comes with carrying case. \$150 (orig. price \$275). 718-788-0885.



BRAUN 10-CUP coffeemaker, \$15; vintage table radio (wood, solidstate, circa 1960), \$50 or BO; goldplated jewelry signed by artist (vintage); \$20-\$40. Call 718-768-1598.

SERVICES AVAILABLE

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.

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Phillipe St. Luce ** Phone: 718-789-3002 Maiorano & Fusco, Inc. 790-A Union Street (steps from the PSFC)



MY CHILD'S ROLLER HOCKEY TEAM, The South Brooklyn Hockey League, is looking for players ages 14 & under for spring season. No experience necessary. Games are held outdoors on a huge rink on McDonald Ave. For great fun and exercise call Ed at 718-788-3756.

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.

SEMI COMMUNAL HOUSE looking for fourth housemate. Low rent in exchange for house/cat sitting & other assistance. Must join PSFC & be non-smoker. House is close to public transportation. Large room. Call Eleanor 718-522-3561.

MERCHANDISE FOR SALE

THINKING OF BUYING A WATER FIL-TER? 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 maximum compensation. Member of the NYSTLA & ATLA. No recovery, no fee. Free consult. Manhattan office. Park Slope resident. Long time PSFC member. Adam D. White 212-577-9710.

ATTORNEY-PERSONAL INJURY EMPHASIS. 26 yrs. experience in all aspects of injury law. Individual attention provided for entire case. Free phone or office consultations. Prompt, courteous communications. 18-year Food Coop member; Park Slope resident. Tom Guccione, 718-596-4184.

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

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

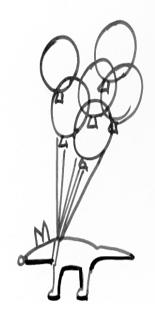
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FREE INITIAL ORAL EXAM in holistic dental office for all Coop members. X-rays are strictly minimized so bring your own. Dr. Goldberg's non-mercury offices in Soho or in Midwood section of Brooklyn. For info please call 718-339-5066 or 212-505-5055.

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



ABSOLUTELY FREE! Get a highquality 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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ADVERTISE ON THE WEB

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

Answer to Puzzle on page 8

White Corn Grits, Flax Seeds, Wheat Berries, Blue Corn Meal, Polenta, Toasted Wheat Germ, Teff Flour, Gluten-Free Bread Mix, Rice Bran, Cornbread Mix



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Seeds of Deception

CONTINUED FROM PAGE 3

out the brain and nervous system of sufferers. But even an activated allergen can be a problem. Recent studies indicate that 10% of the world's population is allergic to gluten, for example, which is present in a number of grain products. Suppose that potent allergens crossed species to make all grain products allergenic to a larger proportion of people. This could easily set the stage for widespread famine, one of many unpredictable scenarios that could arise from playing with basic genetic information without solid protections.

Coop members seeking more information, can read Seeds of Deception, or consult Smith's website www.seedsofdeception.com. He details specific information about which foods and food products are likely to contain GMO ingredients and how to avoid them at: www.seedsofdeception.com/ Public/BuyingNonGMO/inde x.cfm In addition, Smith has produced The GMO Trilogy, a DVD, book, and CD set which provides complete information on GMO foods, which can also be obtained from his site.







Alternative Power Users & Designers

If you live in or design buildings that incorporate solar, geothermal, wind or other alternative power sources, the PSFC Video Squad would like to talk to you for a

show we are producing on alternative energy options! Please leave a message for Elizabeth at 718-858-0240.



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.

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THANK YOU!

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

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